SCOUTS South Africa

58th Durban Air Scouts

The Spitfire Spotlight (58th's Official Newsletter)

Family Camp 10 - 12 May 2024 - Book your spot

The group camp aims to get to know the families of 58th and to get to know one another. The object is also there to spend time with your kids/parents.

The family camp will be held from the 10 – the 12th of May 2024 at the ATKV Natalia in Illovo, 40km from Durban down the South coast. This allows us to use all facilities, including the swimming pool, super tube, volleyball court, etc.

The cost for a camping site for the weekend is R1020. A campsite can accommodate a maximum of 6 people per campsite with 1 car. Additional cars can be accommodated at R80 per car.

The group has decided that we will pay R100 per night for campsites booked. This means that a family booking a campsite will **not** pay R1020, but R820 per campsite for the weekend. (2 nights)

Each family will be responsible for their own food for the week-end, however a general menu is provided below. The idea is for families to bring and share.

Scouts who would like to attend and whose families cannot make the camp can attend as a team "Family" of 4 to 6. They need to treat this as a "patrol camp" and be self-sufficient, like any other family.

Cubs that would like to attend and whose family cannot attend, need to be adopted by another cub family for the weekend.

Menu:

Friday Night: Braai and salads. Families can bring different salads and then share. Please note that campsites do not have braais and we need to supply these.

Saturday Breakfast: Egg and Bacon with Toast / Cereal

Tea: 58th to provide juice and biscuits

Saturday Lunch: Hotdogs

Tea: 58th to provide juice and biscuits

Saturday Night: Family Potjiekos competition

Sunday Breakfast: Egg and sausages with Toast / Cereal

Tea: 58th to provide juice and biscuits

The program: Over the weekend the Meerkats, Cubs, and Scouts will follow a program that includes family time and family activities. The idea is to promote family unity over the weekend including getting to know the 58th family. See page 2 for details.

Potjiekos competition:

Each family is a team of 4 – 6 members. Each person in the team needs to take part in some way. The team needs to prepare a main meal (potjie), bake a loaf of bread to go with the meal, and then a pudding. All of these need to be cooked on fire. The team needs to supply all ingredients and cooking equipment needed for the meal. The team needs to submit 1 plate of food with a slice of bread and a little pudding for judging. The competition will start at 16:00 and will be judged at 18:30 Strictly no alcohol for the weekend or to be used in the potjie.

For any queries and bookings contact Gregory Southey.

Bookings need to be done via Gregory by the 26th of April and payments made by the 3rd of May 2024. Payments for the camp need to be paid into the 58th Banking account.

Daily visitors are allowed at R100 per person and R80 per car.

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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Volume 2024: Issue 5 Newsletter Date: April 2024

Mental Health Challenge 2024 - Awareness

According to the mental health calendar for South Africa, the 30th March is World Bipolar day, what does it mean when someone says they bipolar disorder?

Bipolar disorder is a mental illness that causes unusual shifts in a person's mood, energy, activity levels, and concentration. These shifts can.
https://www.nimh.nih.gov/health/topics/bipolar-disorder#part_2260

Is Bipolar genetic?
Dr Antoinette Miric: Yes it does run in families. If you have an affected family member your chances of developing a mood disorder are higher. It is not purely genetic though - it involves an interplay of environmental and genetic factors. If you have a close family member diagnosed with Bipolar Disorder your risk of developing Bipolar Disorder increases about 10 %. Therefore if you experience an unusual swings in mood and have a family member affected it is good to see a doctor to investigate it.

Is there an overlap between ADHD and Bipolar? Are many people misdiagnosed? What are the main differences?
Dr Antoinette Miric: Great question - there is a link between them. About 10% of people with Bipolar Disorder are thought to have ADHD as well. It requires a careful interview by a mental health professional to determine the difference. The main differences are that the mood shifts in Bipolar are more episodic with episodic impulsiveness and hyper activeness whereas with ADHD it is a day-to-day occurrence.

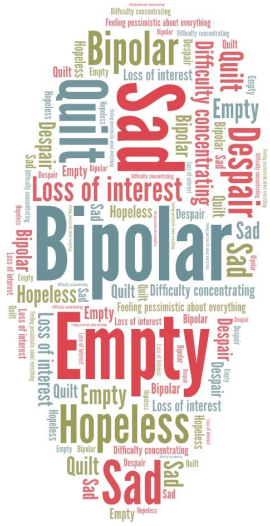
Are there differences in the way bipolar is treated vs major depressive disorder? The medication has changed slightly but what differences are there between CBT for depression and bipolar? Dr Antoinette Miric: Yes - there are different medications used. CBT for both is similar but CBT for Bipolar disorder focuses largely on what things stabilize Bipolar, watching for relapses, and understanding thought and behavioural processes in either depression or highs.

How is the brain affected by bipolar disorder?
Dr Antoinette Miric: There are physical changes seen in the brains of people with Bipolar Disorder on MRIs and scans. Certain parts of the brain that work with mood, sleep, and thoughts have some changes. Every relapse we think alters the brain in some way and can cause damage to certain areas - especially those involved in memory and concentration.

I felt like my meds weren't doing much for me. I also feel they are harming my health. I recently tried to reduce my dosage and it had terrible consequences. I don't know if it was withdrawal symptoms or my bipolar.
Dr Antoinette Miric: Your concerns are common and the side effects and benefits of medication also need to be looked at. In my experience withdrawing from these medications needs to be done carefully in conjunction with a doctor - or else it can feel awful. It is hard to know in that initial phase if it is Bipolar symptoms or just withdrawal. That being said withdrawing certain medications, for example, Lithium too quickly can cause a Bipolar relapse within days

I think someone I care about might have Bipolar or Depression. What can i do?
Dr Antoinette Miric: It's so hard sometimes to know what to do. If you have a good relationship with the person it may be useful to say that you are worried about them and that maybe the symptoms they have such as sleeping too much or sleeping too little may be a sign that something not quite right. Advise that they see their GP or doctor and go with them to explain to the doctor your concerns. Remind them that you are there to support them and that you don't think that they are mad or crazy but that you think they may benefit from some support and investigations. Medical conditions can also cause depressive symptoms - so you can advise that they need to get that looked at.

How real is the threat of suicide in bipolar disorder, and what can be done to reduce the risks?
Dr Antoinette Miric: The threat is real. Suicide attempts made by people with Bipolar Disorder are more than 10 x as likely to succeed than those without Bipolar Disorder. Rates of completed suicide range from about 15%. Preventing suicide is such a complicated topic - and I know that SADAG have some articles on their website that can help. Specifically in Bipolar Disorder, the risk of completed suicide are higher in males, higher in a mixed episode (they have energy but also feel very depressed), and are higher when leaving the hospital.



If I am diagnosed with bipolar disorder, will I be on medication for the rest of my life?
Dr Ryola Singh: Bipolar Disorder is considered a lifelong condition, just like diabetes or hypertension. Sometimes, as things change over time, you may need to be on less or more medication depending on how you feel.

Hi Dr Ryola, how do I explain to my 10-year-old son that I have Bipolar Disorder? I just need him to understand me without confusion.
Dr Ryola Singh: Hi. This is a really important question. Remember that children are intuitive and do pick up on our body language, what we say and do etc. It is important not to hide your illness from your son as he probably already knows something is not ok. It is best to not let him make assumptions about what you are going through. At the same time, you don't want to scare him with too much details or information. Rather let him know that sometimes your mood is not ok and when this happens it affects your ability to sleep, do things etc. But also reassure him that you are getting the help that you need and that he should feel free to ask you if he has any questions about it.

Hi. I think my daughter may have Bipolar? Are Psychiatrists able to diagnose her at 13 years old?
Dr Ryola Singh: Hi. Bipolar Disorder is much more difficult to diagnose in childhood and adolescents as there are many other conditions that can mimic Bipolar. For example ADHD, Epilepsy, Oppositional Defiant Disorder etc. Also, Bipolar Disorder doesn't in adolescents doesn't present in exactly the same way as it does in adults - it may present more with irritability, not last as long etc. That being said, it does not mean that it cannot be diagnosed at the age 13 years. It would be best to consult with a psychiatrist or child psychiatrist who would be best able to make the diagnosis.

https://www.sadag.org/index.php?option=com_content&view=article&id=3039:bipolar-disorder-q-a&catid=57&Itemid=149#

Learn more about Scouting

Hiking

At a Springbok level (the highest award a scout can earn) a scout needs to lead a party of at least 4 scouts on a 30km, 2 night and 3 day hike. The hike needs to a hike that the scout has not yet done and no adults accompany the group on the hike. Considering that a Springbok candidate is normally 17 years old some might say that this is irresponsible. If this was a 17 year old with absolutely no training I would totally agree, however normally Springbok candidates have had the correct training.

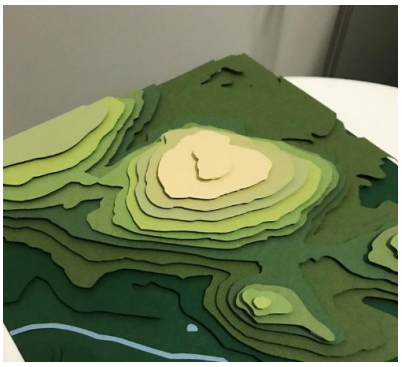
58th, having a Meerkat Den, we already start teaching them at the ages of 5 - 7 already to hike. The requirements are really basic but of importance. They need to go on a 3km hike (walk) and then know what to wear and what they need to pack for that hike. This would include hats, sun block, the correct shoes and then what snacks would be appropriate for the walk in mind. Bear in mind that one of there badges is healthy eating which covers the importance of drinking water, eating fresh fruit and vegetables and preparing simple food meals.

When moving up to cubs (ages 7 - 11) we carry on with the training but step it up. Here the cubs also have a hiking badge and need to do at least 2 different hikes, on 2 different days covering a minimum of 8kms'. These 2 hikes can only be recorded after they have turned 10. There is a discussion with the cubs on what they need to take for what type of hike. The different types of hikes could be a beach hike, a hike in a nature reserve or even along the waterfront. The choice of footwear, clothing and snacks for the hike is also discussed as well as the day bag used. An important part of Scouting is the buddy system and this is once again covered. The buddy system covers that each cub has a buddy at all times to ensure that no one gets lost, in this case. They cover concepts like hiking at the slowest persons pace, been fit and being aware of the surroundings while hiking. Last but not least for the cub hiking badge looks at the care of one's feet.

It is also at cubs that we start coving navigation. The basics of caring for, and using a compass. What do we do when we get lost in the bush or on a hike. How to read maps, including treasure maps to make it interesting. A key concept with mapping is looking at the contours on the map and visualizing the real terrain. This is an art and is developed within cubs by first dealing with 3D. This is done by using a diorama which cubs use for play. Here are examples of dioramas which scouters use.

This is a Solar Diorama.

This is a campsite Diorama



This is an excellent example of a Contour diorama

You can clearly see the different heights while also seeing the shape of the hills. While this one would more than likely be used at scouts as a training aid.

Once moving onto scouts (11 - 18) hiking is covered at every advancement level from Traveller, Discoverer, First Class to Springbok. There is also a hikers badge and Hike Leaders badge.

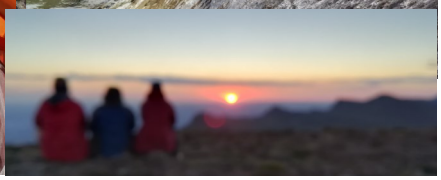
At Traveller level we do not assume that a scout has been through Cubs and so we cover all the requirements that the Meerkats and Cubs would have covered.

One of the junior or beginner hikes in the berg, is the hike of 15 km to the sort after Marble baths. The hike starts at the Injusuti camp and heads into the lower part of the berg. The hike is a moderate hike of 7.5 km to the baths is a pleasant hike.

The hike is normally done over night and the scouts sleep in a cave with to die for views. The water is cristal clear and one can drink straight from the stream. The hike is called marble baths due to the pools in the that look as

Hiking - Continued.

if they made from marble. I would advise any scout who would like to do a berg hike, that they start out with this hike.



The cubs over the last month or so have been focusing on hiking, or doing a cub ramble for those under 10. The first weekend saw the cubs visit the mangrove swaps at blue lagoon. This was a very interesting day and all the cubs learnt so much. The second hike say the 10 years old leaping wolf candidates doing a 7.7 km hike at Giba Gorge as part of their hikers badge.

Who is Megan Allan, besides being our Den Scouter?

I grew up in Pinetown but moved to Durban when I started studying. Durban is where I met and married my husband Rob Allen. Together we then moved to the Transvaal and lived there for about a year then moved to KwaZulu Natal where we had our son Matthew. After another year we moved to Ugie in the Eastern Cape. Two years went by but KwaZulu-Natal was always home because we moved to Eston where we had Byron. Then we moved to back to Durban and have been here ever since.

Megan and Matthew her eldest son.

I qualified in 1992 as a nurse and I specialized in trauma in 2006. I then went on to do my degree in management and education in 2014. In 2019 I studied to qualify as a midwife however I enjoy being in the trauma unit more.

I became involved in scouting when my youngest son Byron was a cub and then he went up to scouts, once he moved up to scouts, we then got my oldest son, Matthew, involved. The parents we were so involved and I was loved fundraising and going camping, Midmar raft races you name it we did everything until they left scouts when they turned 18

However, I got involved in scouting again when my friend, who had a 5-year-old, was interested in scouts. So I asked the group leader if we could start up the meerkat program and that's where meerkats started

I saw the benefit that it had on meerkets especially for the young five and six-year-olds where you can still nurture them and teach them the skills they actually don't learn in school you know a lot of people say it's like the grade r program but in scouting. In school, they don't learn half the stuff that these meerkats can do. When some of our meerkats went to grade r they were the only ones in the whole grade that could swim.

When I ask myself why I stayed in scouts, I think of the little meerkats and how eager they are to take in knowledge

They are so attached to you and you almost become like a confidant for them. You're creating a bit of a safe space. A space that allows them to grow and be comfortable in a way that school might not be able to provide for them. The practical and structured space of scouting provides such a good environment for growth for our little meerkats.

I think for me, starting with Lacee-Mae it's been important to do the whole journey, now she's going to get a gold star in June and I really want to take her to the end. What has impacted me the most is that whole sense of family in scouts that is amazing. I think we feel it more in the meerkats because the parents are very involved

Additionally, I wouldn't say I was like OCD before but everything had to be done in a certain way but you get a 5-year-old and it just teaches you that it's ok if things go wrong and it's ok if you don't get it right. Just like the motto says as long as you're trying your best, that's all that matters. I think also in my career, you always strive to do well in your studies. And you know what, it's ok if you don't make it, as long as you've tried your best and someone said Well done what more do you need.

It has taught me that love is all about trying your best. If you have tried your best, its ok if you colour out the lines, you're going to cut it out anyways. Those little happy mistakes actually show character. And the kids are creative. They teach me things I never could have thought of. When I started, I had a structured program from 4 to 5 and I had to stick to it. Now it's like let's wing it. That's where it's impacted me, it's ok not to be so structured

If I could give one piece of advice to anyone thinking of starting a den or joining scouts is simply: do it, don't hesitate. If you think about it too much you won't do it. You definitely won't be sorry. You've just got to commit and go with the flow that's what I've learned. Just go with the flow don't stress too much about everything being perfect. Just go for it.

We are sad to announce: Megan will be leaving us shortly.

It is bittersweet that we say good bye to Megan. The Allan's (Rob, Megan, Matthew and Byron) have been part of the 58th family for about the last 17 years. Rob was chairman for 10 years while Byron and Matthew came up through the ranks. Rob is currently working in Zambia and busy looking at relocating. Byron has moved from the Montclair area and now relocated to Pinetown. Matthew is now a qualified helicopter pilot in the South African Air Force. He has just been offered the opportunity to become a drone pilot is looking at moving away from Durban. Megan will be joining Rob shortly and then looking for other opportunities outside on South Africa.

We would like to wish the Allan family all the best as they start a new chapter, and thank the family for their contribution to the growth and establishment of 58th Durban Air Scout Group.

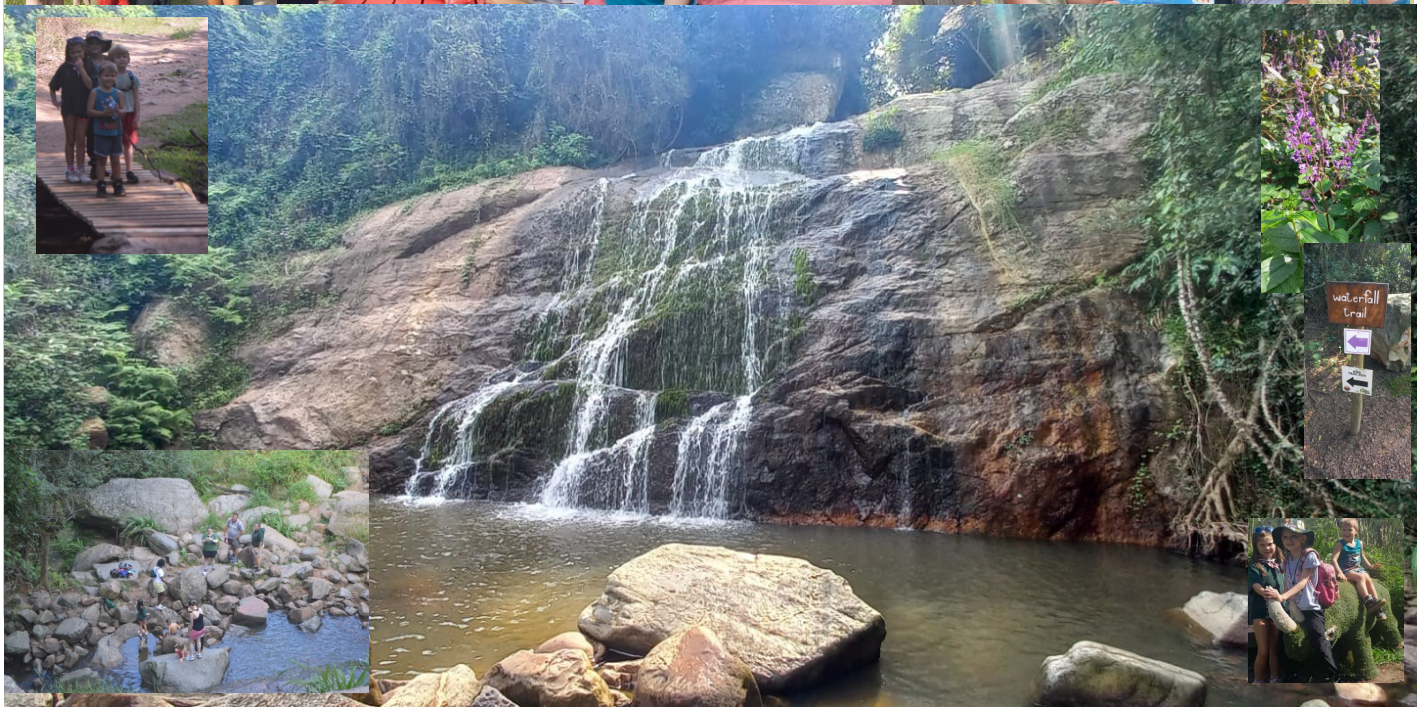
The Cubs have been so Busy!

District Cub Membership Day

The cubs over the last month or so have been focusing on hiking, or doing a cub ramble for those under 10. The first weekend saw the cubs visit the mangrove swaps at blue lagoon. This was a very interesting day and all the cubs learnt so much.

Gold Wolf Cubs hiking in Giba

The Meerkats went on a hike to Giba and had a picnic afterwards



Calendar

April		May		June	
1 Mo	Family Day	1 We	Workers Day	1 Sa	IAL (BP)
2 Tu		2 Th		2 Su	IAL (BP)
3 We	Schools Open	3 Fr		3 Mo	Committee Meeting
4 Th		4 Sa		4 Tu	
5 Fr		5 Su	Soap Box Derby	5 We	
6 Sa	Cub Nature Ramble / Scout Community Service	6 Mo	Committee Meeting	6 Th	
7 Su	Scout Community Service	7 Tu		7 Fr	
8 Mo	Committee Meeting	8 We		8 Sa	Regional Youth Forum
9 Tu		9 Th		9 Su	Regional Review
10 We		10 Fr	58 Family Camp	10 Mo	District Scouter Council
11 Th		11 Sa	58 Family Camp	11 Tu	
12 Fr		12 Su	58 Family Camp	12 We	
13 Sa	Cub Membership day / Scout Community Service	13 Mo	District Scouter Council	13 Th	
14 Su	Scout Community Service	14 Tu		14 Fr	Schools Close
15 Mo	District Scouter Council	15 We		15 Sa	
16 Tu		16 Th		16 Su	Youth Day
17 We		17 Fr		17 Mo	Public Holiday
18 Th		18 Sa	SSS @ BP	18 Tu	PLTU (Staff)
19 Fr		19 Su	SSS @ BP	19 We	PLTU (Staff)
20 Sa	Sixer Leadership Day / Scout Community Service	20 Mo		20 Th	PLTU (Staff)
21 Su	Scout Community Service	21 Tu		21 Fr	PLTU
22 Mo		22 We		22 Sa	PLTU
23 Tu		23 Th		23 Su	PLTU
24 We		24 Fr		24 Mo	PLTU
25 Th		25 Sa		25 Tu	PLTU
26 Fr		26 Su		26 We	PLTU
27 Sa	Freedom Day Campers	27 Mo		27 Th	PLTU
28 Su	Campers (C/S) BP	28 Tu		28 Fr	PLTU
29 Mo		29 We		29 Sa	PLTU
30 Tu		30 Th		30 Su	PLTU (Staff)
		31 Fr			

Meerkats Cubs Scouts Group (Everyone) Adult Leaders Training

Would you like to be added to our digital calendars? Email calendar@58dbnairscouts.co.za and request to be added to whichever calendar you need, Meerkats, Cubs or Scouts. Or any combination of the calendars.

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