

The Spitfire Spotlight (58th's Official Newsletter)



Safe From Harm!

As a Youth Movement we have a responsibility towards all our members to ensure that we create a safe environment where Scouting and personal growth can take place. To ensure these safe places, we put together a plan called SCOUTS South Africa's Safe from Harm Framework. It includes pro-active measures, clear policies, and guidelines on how to react promptly and efficiently in a situation that would affect the development, wellbeing, and safety of our children, youth, and volunteers. Ensuring the safety of all our members is the responsibility of each one of us. We all have a part to play, and so we all need to ensure that we know our policies, create safe spaces, and that our members know how to identify and report abuse. Together we can give our members an amazing and safe Scouting experience.



In Scouting we try create a safe, non judgmental environment for all members (of all ages) to grow no matter what race, gender, religion, culture, beliefs, political presence, mental or physical disabilities or social standing. To create this environment each member needs to learn to respect one another's beliefs, point of view/s and value each person. Diversity is key. Scouts SA offers many different ways of learning more on each of the topics. Please approach your SGL (Scout Group Leader) or DC (District Commissioner) for more information.

Welcoming Zoe to the 58th Family



58th would like to welcome Zoe to the 58th family. Zoe was born on the 23rd May 2024 after a longer wait than expected. We would like to congratulate Kerry (Pegasus) and Terence (Hornet) on the birth of their daughter. May Zoe be a blessing to you both and to sister Khloe.



A special thanks goes to Sonja De Lange for the making of the campfire blanket and scarf for Zoe



Our Leaders Contact Details

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Men's Mental Health Awareness Month And The Unique Challenges Men Face

June is Men's Health Awareness Month – a call to create awareness about men's specific health issues, from physical and emotional to mental health awareness. The focus of this article is on men's mental health – what to look out for when someone is struggling and information on when and how to seek help.

Men's Health Month was created to heighten the awareness of preventable health problems and encourage early detection and treatment of diseases among men and boys. It is also an opportunity to encourage men and boys to seek regular medical advice and go for check-ups, which men are typically more negligent about than women.

Let's start with the hard facts.

According to the American Foundation of Suicide Prevention, in 2022, men in America died by suicide 3.85 times more than women. In South Africa, the rate is even higher, with figures reporting that of the 13774 suicides in SA, 10861 were men. SA is currently ranked 10th on the list of countries with the most suicides with men being 5 times more likely to die from suicide. In many cases, the stigma around men's mental health prevents men from seeking help – this according to the South Africa Society of Psychiatrists.

However, even when men do speak up about struggling with mental health, the Anxiety & Depression Association of America reports that they are less likely than women to receive proper mental health treatment or a diagnosis and this can be due to stigma around perceived "weakness". Understanding the unique challenges that men face is the first step in addressing this silent crisis.

Common Mental Health Issues in Men

Depression:

Men with depression may feel irritable, angry or lose interest in work, family or hobbies. They might also have difficulty sleeping and experience changes in appetite.

Anxiety Disorders:

Men with anxiety may experience constant worry, tension or fear, which can interfere with daily activities and relationships.

Substance Abuse:

Men are more likely than women to turn to alcohol or drugs to cope with their mental health issues, which can lead to addiction and further exacerbate their problems.

Signs Someone Might Be Struggling

Withdrawal from social interactions
Changes in sleeping or eating patterns
A lack of interest in activities they once enjoyed
Increased irritability, anger, or frustration over minor issues
Frequent headaches, digestive issues, or unexplained aches and pains can sometimes be linked to mental health struggles
Increased reliance on alcohol or drugs as a way to cope with stress or emotional pain.

When to Seek Help

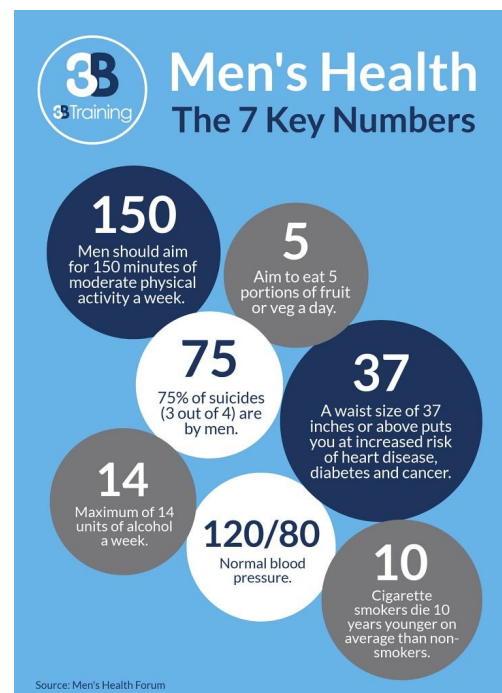
Knowing when to seek help is crucial. If you or someone you know is experiencing persistent symptoms of mental health issues that interfere with daily life, it's time to reach out for professional support. If feelings of sadness or anxiety last for more than two weeks, it's important to consult a mental health professional. Difficulty performing daily tasks at work, home or in social settings is a clear sign that help is needed. Any thoughts of self-harm or suicide should be addressed immediately.

If you're experiencing any of the above symptoms or have any mental health concerns, contact your GP who can refer you to a psychologist.

The South African Depression & Anxiety Group (SADAG.org) has a suicide hotline and a call center line for all mental health matters. There is help available –

no one should struggle alone!

<https://medshieldmovement.co.za/mens-mental-health-awareness-month-and-the-unique-challenges-men-face/>



Learn more about Scouting

Camping!



BP (Sir Robert Baden Powell, the founder of Scouts) said "A week of camp life is worth six months of theoretical teaching in the class room"

When he was a boy, young Robert Baden-Powell enjoyed being in the outdoors. After school finished, he used to explore

the forests, where he would follow the tracks of animals, and make fires for cooking. When he grew up, he chose a career that would lead him to adventures all over the world. He became a soldier in the British army, and spent years travelling around the world, from India to Africa.

By the time he was sent to take part in the Anglo Boer War in South Africa, he was a Colonel, and he was put in charge of the soldiers in a small town called Mafeking, in what is now the North West province of South Africa. While he was there, the town was attacked and surrounded by the enemy. Baden-Powell had to lead the soldiers who were defending the town. The battle was called the Siege of Mafeking, and it went on for 7 months - 217 days. But at last, the rest of the army reached them and the enemy was defeated, and the town was safe. Baden-Powell became a hero!

In those days before rock musicians, film stars and sporting heroes, Baden-Powell's success as a soldier made him a hero for thousands of people in Britain. He was especially famous among boys. Many of them started to read his books. The problem was that those books were about being a soldier, and were written for adults. Baden-Powell decided he needed to do something for the boys who wanted to be like him.

That is why Baden-Powell was wondering how he could teach young people about the skills they would need to "Be Prepared" for the adventures they would have in life. Be Prepared - Baden Powell - both of them start with the letters B-P. He took the words "Be Prepared" and made them his motto.



In August 1907, Baden-Powell took 20 boys from different parts of England, and ran a camp - the very first Scout

camp in the world. For the campsite, he chose Brownsea Island, an island about 2 km long, situated in a natural harbour in the South of England. The camp started when B-P blew a note on a kudu horn that he had brought from South Africa. The flag was the flag from Mafikeng.

The boys were divided into four Patrols, each led by a Patrol Leader: Wolves, Ravens, Bulls and Curlews. They each had a colour: Red, Green, Blue and Yellow. Each Patrol had its own campsite and the boys learnt to put up their own tents. They also had duties to keep watch to ensure that they kept their campsite safe. They were worked in pairs, like the "buddy" system Cubs and Scouts use today.

During the camp, they learnt to make fires cook, to follow the tracks of animals, and to stalk without being heard or seen. They learnt about first aid and bravery and service to others. They played tug-of-war, basketball, and many other team games and challenges. At night they held campfires and listened to Baden-Powell's stories of his adventures as a soldier.

On the last day, their parents came to the camp to see what they had learned. The next morning they packed up camp and sailed back from the island to the shore. That was the end of the camp - the first Scout camp in the world.

Baden-Powell now knew that his ideas would be successful. He quickly finished his book, called "Scouting for Boys". Within a few months there were Scout groups starting in England - and soon after that in South Africa.

Info: www.wikipedia

"The open-air is the Real objective of Scouting and the key to its success."

Group Camp 10-12 May 2024



The Meerkats made their own horses for a horse race.



Tug of war
We towed a car with toilet paper by using it to make a rope.



Pioneering with a difference, or rather tower building with a difference!



WHO IS MADELEINE SOUTHEY OUR PACK SCOUTER?

Madeleine Coetzee grew up in Randburg, Johannesburg in an Afrikaans family who loved camping, caravanning and the great outdoors

I was a 'Voortrekker' both in primary and high school. One could describe it as the Afrikaans version of the Cubs and Scouts. In primary school our pack was called The Swallows/ 'Swaeltjies'.

In high school we had an annual raft race on the Vaal river where we build rafts out of treated timber poles tightened on top of drums. It was an inter troop competition. The raft had to be built next to the river and we sailed at about 9pm where after we 'rowed' through the night to our destination. Those were some of the coldest nights I ever experienced (no toilets on a raft either)

We learned skills as animal spoor tracking, survival skills, trail signs, knotting, outdoor cooking etc. We were very fond of singing and campfires. I attained my equivalent of the Springbok badge.

Our troop had a tradition of doing a big hike once a year during the July holidays and this is how I completed various hikes such as Richter's Veld in the Northern Cape, Fort Grosvenor to Port St Johns– Eastern cape, Oyster Bay – Southern cape, Blyde River Canyon- Mpumalanga, and after leaving school The Fish River Canyon in Southern Namibia (one of the largest canyons in Africa). It was usually fantastic fun driving to the hike overnight in a school bus!



The year after Matric I went on a discipling course and we did a missions trip to the Piketberg/ Ceres area in the Western Cape. Then it was on to studying Stage and Theatre Design & Management at the Tshwane Univ of Technology in Pretoria for 3 years. Working backstage on décor and costumes was my happy place. For pocket money I used to work at the State Theatre in PTA as a costume dresser for the BIG operas– lots of jokes and laughter. Which reminds me, did you know that Madeleine used to deliver newspapers in the afternoon after school from her bicycle to earn money?!



After univ, my first job was for about 2 years a ballet costume maker for the State Theatre. Working for government and being in the arts meant our income wasn't all that wonderful and I explored alternative options. This led me to Nelspruit where I learned the business

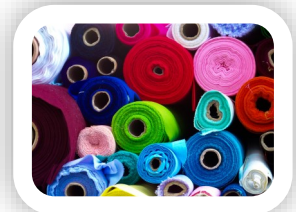


and art of professional curtain manufacturing. It was also in this town that I met and married Mr G. Work led us to relocate to JHB about 6 months after getting married.

Bruce and Maria was born in Jozi and when they were little Greg was transferred to Durban. And that's the short version of our history! Lolana was our surprise package, just when we thought we knew what we had planned!



Madeleine's passion is arts, colour, pattern, fabrics, pictures, Ephemera (ja, look it up) and all manner of hand crafts.



But closest to me is our family – born / adopted / assumed / and the deep friendships I've made over the years.

Madeleine took up the challenge of Akela in May of 2021 after COVID had depleted the pack.



Potjie kos competition



Needless to say, there was loads of good food and fellowship, and a little competition.



We also celebrated the 1st Meerkat in our Group to earn her Gold Star



The group would like to congratulate our Den on the first of many Gold Star awards. Lace-Mae, her family and the scouters have been working hard towards this for nearly a year. To Lacee-Mae and the Ellis family, well done, we know the work that has gone into this achievement and look forward to awarding you your leaping wolf in a few years time.

The group would also like to introduce the "Megan Allan Meerkat Honours Board" The honours board has been named after the den leader (Megan Allan) who started our Meerkat Den. We look forward to seeing so much more from our Meerkats



Congratulations to lolana Southey



Iolana has now earned her Leaping Wolf and we would like to congratulate her on this achievement. To the Pack Scouters, thank you for all your help and assistance in the part that you played in her achievement. Congratulations to the pack on another Leaping Wolf, the 3rd since Covid. We look forward to 3 or 4 next year. Iolana is the 1st Southey to have earned her Leaping Wolf, despite the families long scouting history.



July		August		September	
1 Mo		1 Th		1 Su	
2 Tu		2 Fr		2 Mo	Committee Meeting
3 We		3 Sa		3 Tu	
4 Th		4 Su		4 We	
5 Fr		5 Mo	Committee Meeting	5 Th	
6 Sa		6 Tu		6 Fr	
7 Su		7 We		7 Sa	GILWELL Reunion
8 Mo	Committee Meeting	8 Th		8 Su	
9 Tu	Schools Open	9 Fr	Women's Day	9 Mo	District Scouter Council
10 We		10 Sa	PLTC	10 Tu	
11 Th		11 Su	PLTC	11 We	
12 Fr		12 Mo	District Scouter Council	12 Th	
13 Sa		13 Tu		13 Fr	
14 Su		14 We		14 Sa	
15 Mo		15 Th		15 Su	
16 Tu		16 Fr		16 Mo	
17 We		17 Sa		17 Tu	
18 Th		18 Su		18 We	
19 Fr		19 Mo		19 Th	
20 Sa		20 Tu		20 Fr	Schools Close
21 Su		21 We		21 Sa	Coastal Clean-up
22 Mo		22 Th		22 Su	ALT
23 Tu		23 Fr		23 Mo	ALT
24 We		24 Sa	Highland Gathering	24 Tu	Heritage / ALT
25 Th		25 Su		25 We	
26 Fr		26 Mo		26 Th	
27 Sa		27 Tu		27 Fr	
28 Su		28 We		28 Sa	
29 Mo		29 Th		29 Su	
30 Tu		30 Fr		30 Mo	
31 We		31 Sa			

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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