

In the Lend a Hand section of the challenge, what is important is making a personal connection. If the girls, your councils or your Guild are asked where they would like to make connections or be of service, they will then have a personal interest in making a specific connection that is in keeping with the spirit of the challenge.

Here are small samplings of ideas and opportunities for the girls to get involved in their community. Remember, it is the connection that counts, like taking the time to teach the girls to be comfortable in having a conversation with a senior rather than just making the card or craft or performing at the senior centre.

To complete this section of the challenge and receive your ***Lend a Hand crest***, all units and/or members must participate in or complete three of the following—at least one of which is something new to you.

### **Guides, Pathfinders and Rangers and Adults— service should be minimum of 1–2 hours**

- ♣ Make cards and give individually to veterans at November 11 events
- ♣ Make Valentine cards for veterans or seniors. Have the girls personally present them at a tea or other opportunity to meet and mingle with the recipients
- ♣ Participate in Cancer Society daffodil sales or sell poppies to support your local Legion—these two opportunities are within the BC Fundraising Guidelines
- ♣ Have each girl bring non-perishable food items that total her age for the local food bank (i.e., an eight year old brings eight items)
- ♣ Arrange for the girls to have a tour and help at the local food bank
- Participate in a food drive or Hike for Hunger for the Peninsula, Goldstream, Sooke or Mustard Seed food banks
- ♣ Organize a campfire in a seniors' care facility and sing old and new Guiding songs. You will be amazed how many seniors will remember the words
- ♣ Arrange ahead of time to visit with seniors for Grandparents Day
- ♣ Make tray favours for Meals on Wheels with Sparks and Brownies—Guides, Pathfinders and Rangers can help with distribution
- ♣ Wash dishes at a food bank, seniors centre or community hot meal service

- ♣ Make a quilt from blocks created by the girls—use embroidery, fabric paints, appliqué etc. and arrange to have the girls present it to a recipient or organization
- ♣ Learn to knit or crochet teddy bears—try asking a member of your nearest Trefoil Guild to come and teach the girls to knit
- ♣ Volunteer at a local fall fair or craft fair
- ♣ Be of service at a community event like Run for the Cure, Victoria Symphony Splash, Candle Light Tribute at God's Acre, Holy Trinity Pancake Supper, etc.
- ♣ Participate in a service project for someone in need (i.e., hygiene kits, socks, mittens, baby hygiene kits for the Open Door)
- ♣ Participate in the Samaritan's Purse project at Christmas

