

# Monashee Area Heart to Heart Challenge

Province-wide, all of Guiding has been asked to have our members interact more with the public in our local communities.

Many of us already do service projects that have a positive impact on our communities.

Our goal is to try something new, or to take what you are already doing to a new level of connection within the community.

We have 6 parts to our challenge, and each section features a crest that can be earned separately. Please think outside the box and feel free to substitute activities as long as the substitutions are age appropriate and sufficiently challenging for the level of girls involved to meet the spirit of the objective.

Remember to take photos when participating in your service projects, and **ALWAYS wear your uniform!**



**Sparks & Brownies:** must complete 3 separate activities or events from a category (note that you could complete the same activity at three separate occasions, for example: 3 litter pick up meetings).



**Guides & Pathfinders:** must complete 4 separate activities or events from a category, for a total of at least 4 hours of service.



**Rangers & Adults:** must complete 5 separate activities or events from a category, for a total of at least 5 hours of service.



## Help Our Guiding Sisters

- Help plan, create or decorate a float – or participate in a parade
- Put up posters in local libraries, community stores or malls
- Plan a camp or activity for another branch
- Have a tea party for your local Trefoil Guild
- Collect money for another WAGGGS country
- Collect craft supplies for a new unit opening or for a unit that needs supplies
- Participate in a Twinning project
- Assist at adult or girl events
- Write an article for the newsletter about “Why I am in Guiding” or “How Guiding has changed my life”
- Create an article for the newsletter or local paper that highlights what you have done to earn this challenge
- Write thank you notes to your meeting place, or those that help in your unit
- Discuss with the girls who helps Guiding in your community and write a thank you card to them; take a picture of the girls delivering the note with a box of cookies and submit it for publication
- Nominate another Guider to receive a formal Guiding Award – send your letter to the Area Awards Adviser

## Caring Community Service

- Visit senior homes
- Quilt blankets for the homeless
- Knit hats for the homeless
- Collect hats for the homeless
- Valentines for vets
- Make hygiene kits for women’s shelters
- Bake pies for a women’s shelter for Thanksgiving or Christmas
- Make cards for the seniors, soldiers, hospital patients
- Plant flowers for the seniors
- Ask your local municipal councils if Guiding can paint over a graffiti covered wall or bench
- Organize and participate in a community candlelight walkabout
- Clean up the graffiti around your town or meeting space
- Visit the sick children in the hospital (at Halloween, Christmas, other times)
- Do a book drive to support a local school or daycare centre
- Make up some care packages for the local SPCA
- Take part in Remembrance Day ceremonies
- Adopt a family at Christmas

### Protect our Environment

- Plant trees
- Plant different plants at meeting spaces, seniors residents or schools (ask permission first)
- Spray paint storm drains (Yellow fish drain painting)
- Invasive weed pulling
- Help weed at a community garden
- Participate in water awareness program
- Learn about endangered species
- Build bird or bat houses
- Help build or beautify a trail
- Attend a local hatchery

### Helping Hands

- Volunteer at a local "run" to assist in giving out bags or water
- Volunteer at the local SPCA to walk dogs or clean kennels
- Help decorate the senior center at Christmas
- Volunteer at a community garage sale
- Assist neighbours with chores
- Make tray favours
- Go Christmas caroling
- Meals on wheels
- Go caroling in a neighbourhood (or "walled city")
- Volunteer at a community event

### Trash Clean Up

- Litter pick up
- Stream clean up
- Road clean up
- Tim Hortons clean up
- Shore clean up
- Annual camp cleanup/work party (painting, gardening, brush clean up, etc.)
- Meeting hall clean up
- Clean up trails

### Reduce Hunger

- Collect for Food Bank
- Volunteer at Food Bank
- Assist Salvation Army with December drive
- Assist local shelters with dinner
- Gleaners event (Lavington and Oliver)
- Grow a row in community gardens
- Hunger awareness activity
- Excess food from orchards for Food bank
- Other: (tell us what it is) \_\_\_\_\_

### Order Your Crests

To order the crests, send a description of how you accomplished the objective of the section of the challenge, and please send pictures of the event to [commissioner@monasheegirlguides.com](mailto:commissioner@monasheegirlguides.com).

Contact Guider: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

E-mail Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Unit: \_\_\_\_\_ District: \_\_\_\_\_ Area: \_\_\_\_\_

# of **Help Our Guiding Sisters** crests: \_\_\_\_\_ x \$1.00 = \_\_\_\_\_

# of **Caring Community Service** crests: \_\_\_\_\_ x \$1.00 = \_\_\_\_\_

# of **Protect Our Environment** crests: \_\_\_\_\_ x \$1.00 = \_\_\_\_\_

# of **Helping Hands** crests: \_\_\_\_\_ x \$1.00 = \_\_\_\_\_

# of **Trash Clean Up** crests: \_\_\_\_\_ x \$1.00 = \_\_\_\_\_

# of **Reduce Hunger** crests: \_\_\_\_\_ x \$1.00 = \_\_\_\_\_

Units outside of  
Monashee Area,  
please add \$5.00  
shipping.

Please contact [commissioner@monasheegirlguides.com](mailto:commissioner@monasheegirlguides.com) to order crests.