

# 4<sup>HER</sup> Volunteer Menu

Which suits you: *At a meeting? At home? On the go? Are you a subject matter expert who likes to teach?*

Your calendar is full. Your to-do list is jam-packed. You want to help out, but it's almost impossible to find the time. Don't panic. You don't have to give up your life to be a part of Girl Scouting!

There are only so many hours in a day, so girls and their parents or guardians have to balance many growing and diverging interests, commitments, and responsibilities. That's why Girl Scouting today is more flexible than ever. You can choose how little or how much time and energy you can give – a month, a week, a day...a few hours. I'm only asking for ***your promise*** of 4 hours, per family, per year – **4 HER**.

## Customize Your Role

Here are a few of the many ways you can support your Girl Scout; look through the below lists and select the one or a few that fit your time and interests. **Write the number code found in the column left of the role you like on the back of the 4 HER Promise Card.** Sign the card and return it to your Leader. Keep this volunteer menu for your own personal reference. Time volunteered from all members of the family counts; that includes dads and grandparents, aunts and uncles too. Got an idea for something, but don't see it? Customize your own task if you want to participate in a way that isn't on here by writing it on a piece of paper and stapling it to the Promise Card. (Remember though, that anyone working directly with girls in the troop (other than their own child) must be registered and pass a background check. If they're not, ask your Leader how they can be!)

At A Meeting		
	Job Role:	Description of Task to be Accomplished:
M1	Activities Leader	Assist in leading activities; example, craft projects, games, etc. on an <i>as needed</i> basis.
M2	Assistant Leader	Registration, training, and background check required. Provide <u>regular support</u> to the key leader of the troop and attend all meetings.
M3	Troop Committee	Registration and background check required. Step in if either the leader or the assistant leader cannot be present for a meeting. (2 adults are always required)
M4		

## At Home

**Job Role:**                      **Description of Task to be Accomplished:**

H1	<b>4 Her Coordinator</b>	Manage the Promise Cards and match parents' volunteer interests up to the needs of the troop. Communicate with leader, make phone calls or send emails.
H2	<b>Badge Counselor</b>	Work one on one with your girl to help plan and guide accomplishment of badge requirements of her own interest and choosing separately from the troop.
H3	<b>Birthday Coordinator</b>	Keep track of birthdays & assist leader with simple recognition.
H4	<b>Child Sitter</b>	If leader has a younger child, volunteer to help watch their child during the meeting. Usually a couple of hours bi-monthly.
H5	<b>Decorations</b>	Provide support in making decorations for ceremonies, meetings & events. (Cut out patterns, make stencils, etc.) As needed.
H6	<b>Historian</b>	Keep track of events, mementos, & photographs. Work with a girl to keep a scrapbook. Time commitment varies on the scope of the project.
H7	<b>Newsletter Editor for Troop</b>	Coordinate the troop newsletter, either printed or electronically. Usually several hours bi-monthly.
H8	<b>Poster Maker</b>	Make posters to promote sales for use at cookie program booth sales, or other activities. March.
H9	<b>Refreshment Coordinator</b>	Set up the schedule of girls/parents bringing snacks for the meetings & reminders.
H10	<b>Seamstress</b>	Help sew uniform patches & badges for those needing help
H11	<b>Service Project Supporter</b>	Research and help organize service projects; example, clothing or food drive, etc.
H12	<b>Special Event Coordinator</b>	Help coordinate any special event or celebration; example, holiday party or year-end award celebration.
H13	<b>Supplies Coordinator</b>	Coordinate collection and purchase of troop craft supplies.
H14	<b>Telephone Tree Coordinator</b>	Serve as an emergency contact person when the troop goes on field trips or camping trips. Notify other parents of changes in itinerary, or emergencies. Recruit help for phone tree as needed.
H15		

## On The Go

**Job Role:**                      **Description of Task to be Accomplished:**

G1	<b>Camping Adult</b>	Registration, training, and background check required. Drive and chaperone the troop on overnight camping trips
G2	<b>Cookie Program – Booth Chaperone</b>	Registration and background check required. Pick up cookie cases from Cookie Manager, set up booth table and chaperone shifts of girls during annual sale. Return money to Manager. Usually 2 -4 hour shifts on weekends in late Feb. / early March.
G3	<b>Cookie Program – Location Scout</b>	Approach store managers at <u>non-council arranged locations</u> and set up an agreement & schedule to allow troop to sell cookies in front of their store during March booth sale period. Communicate locations & times to the troop Leader and Cookie Manager. Usually done while out and about in late November, December, or January.
<b>All Drivers must be registered members w/ background check, 18+, licensed &amp; insured.</b>		
G4	<b>Driver – carpool for day camp</b>	Transport a group of girls from home to summer day camp OR pick up from day camp and transport home. 5 days in June or July depending upon location.
G5	<b>Driver – field trips</b>	Drive and chaperone on troop field trips on an as needed basis. Usually requires 3 to 4 hours.
G6	<b>Driver – carpool for meetings</b>	Transport a group of girls from school to the meeting place OR pick up from the meeting place and transport home. Usually bi-monthly.
G7	<b>Driver – carpool for resident camp</b>	Transport a group of girls from home to summer resident camp OR pick up from resident camp and transport home. Varies by session in the summer.
G8	<b>Driver – transportation of equipment or product</b>	Provide a van or truck to transport needed equipment for an event, camping trip, or to receive delivery of troop cookie order.
G9	<b>Leaders Meetings</b>	Attend a Leader's Service Unit meeting in her place when she is unable to go. Service Unit meetings are usually held in the evenings on a weeknight once a month for approx. 2 hours.
G10	<b>Shopper – badges &amp; awards</b>	Get list of rewards & recognitions or materials as needed from the leader and purchase at the Girl Scout Shop or pick up from a Service Center.
G11	<b>Shopper – groceries</b>	Coordinate purchase of food supplies for outings as needed.
G12		

# Subject Matter Expert / Teacher

	Job Role:	Description of Task to be Accomplished:
S1	<b>Ceremonies Helper</b>	Work with Leader to plan ceremonies. Provide support during ceremonies and presentation of awards for girls
S2	<b>Day / Twilight Camp – Unit Volunteer</b>	Registration, training, and background check required. Volunteer for one week to serve on staff and work with girls at summer day camp. Usually requires two trainings and five days/evenings of camp experience. Usually in June or July.
S3	<b>Firewood Supplier</b>	Provide firewood as needed for campfires and outdoor ceremonies on an as needed basis.
S4	<b>Flag Ceremony Expert</b>	Work with girls to teach them Color Guard protocol and different types of flag ceremonies. Varies upon need.
S5	<b>Game Expert</b>	Research and teach girls group games to play. (Examples; while riding in the car, waiting at a restaurant, at camp outs, or to share while at a large GS gathering)
S6	<b>Hobby Expert</b>	Give a presentation on a hobby of interest to the girls. Varies by subject.
S7	<b>Lifeguard</b>	Registration, training, and background check required. Serve as a certified lifeguard for aquatic activities. Must provide proof of certification.
S8	<b>Photographer</b>	Take pictures or videos of events. Share with Historian or show at meetings. Varies by needs.
S9	<b>Skit Leader</b>	Teach and work with girls to practice and prepare skits for a GS event. Usually 6 to 8 hours over a few practice sessions.
S10	<b>Song Leader</b>	Teach and help build up girl's library of song knowledge. Usually 6 to 8 hours over a few practice sessions.
S11	<b>Troop Cookie Manager</b>	Registration, training, and background check required. Attend Cookie Program Manager training. Train the girls and the parents on the aspects of the sale. Order & receive troop's product. Distribute to the families for delivery and collect monies. Periodic involvement may begin in late November and increase during February and March.
S12	<b>Troop Treasurer</b>	Registration and background check required. Work with Leader to help with budgeting, collection, deposits and payment of troop funds. Yearlong commitment.
S13	<b>Ceremonies Helper</b>	Work with Leader to plan ceremonies. Provide support during ceremonies and presentation of awards for girls
S14		

**Q: Does working just with my own daughter at home on her uniform or badge work count?** Yes! Everything you do to support your daughter's experience both inside and outside of the troop setting makes a positive difference

**Q: Should I track and report my volunteer hours to the leader?** Possibly yes; your leader or 4 HER coordinator may wish to recognize family service to the troop in their newsletter.  
 (You will be setting an example of volunteerism for your child btw, and think about how proud your child will feel when her family is recognized!) Additionally, you may choose to take it one step further. By volunteering time to your troop, collectively *entire families* have the ability to participate in **The President's Volunteer Service Award Program**. The President's Council on Service and Civic Participation created the President's Volunteer Service Award Program as a way to thank and honor Americans who, by their demonstrated commitment and example, inspire others to be of service to their own communities.

The President's Volunteer Service Award recognizes individuals, families and groups that have achieved a certain standard – measured by the number of hours served over a 12-month period or cumulative hours earned over the course of the lifetime. Combine your service to the troop together with the service your child may extend to the community as part of a troop Take Action Project and measure your whole family's service impact! **You can register and track your volunteer hours online at [presidentalserviceawards.gov](http://presidentalserviceawards.gov).** All types of service that strengthens the community qualifies for this award, *including assisting Girl Scouts, PTA, coaching recreational sports, etc.*