

# Let's take a moment to identify some needs and skills in your area

## ARTS



Jewelry Making  
Portrait Drawing  
Pressed Flowers  
Dried Flowers  
General Art / Drawing  
Photography

## DOMESTIC



Mending / Alterations  
Housekeeping / Sitting  
Grocery Shopping  
Ironing / Laundry  
Pet care : Cats & Dogs  
Errands/ Transportation  
Overnight Accommodation  
Haircuts

## LESSONS



Lessons in Clay  
Knitting Lessons  
Pressed Flowers  
Dried Flowers  
General Art / Drawing  
Scrabble Lessons  
Guitar Lessons  
Piano Lessons  
Cello Lessons

## RECREATION



Coaching Youth Activities  
Dance  
Outdoor Adventures  
Kayaking  
Tennis  
Biking  
Hiking

## BUSINESS



Notary Public  
Real Estate Advice  
Public Relations  
Financial Budgeting  
Small Business Advice  
Business Card Design  
Marketing  
Informal Financial Advice

## EDUCATION



Tutor- Math  
Tutor - English  
Portland Adult Ed (see their brochure)  
Time Dollar Classes  
Design Training Programs  
Tutor- Reading

## MINOR HOME



Garden / Yard Work  
Handyman  
Firewood Stacking / Cut  
Haul Stuff  
Lawn Mowing  
Moving Assistance  
Basic Plumbing  
Basic Electrical  
Painting inter / exterior  
Carpentry  
Wallpapering

## VEHICLE



Oil Changes  
Tune- up  
Truck / Car Washing  
Cleaning

## COOKING



Chocolate Desserts  
Cooking Casseroles  
Cake Decorating  
Vegetarian Cooking  
Cultural Cooking  
Specialty Cooking

## ENTERTAINMENT



Guitar  
Piano  
Cello  
Recording Services  
Video Tape Duplicating  
Reading Aloud

## MISC.



Space Blessing  
Tarot Card  
Reading  
Psychic Readings  
Dowsing  
Bau - Biologie

## COMPUTERS



Computer Assistance  
Technical Website Design  
Internet

## HEALTH/ALTERNATIVE



Informal Health Advice  
Herbal Healthcare  
Massage  
Polarity  
Feldenkrais Method  
Relaxation Technique  
Reiki  
Aromatherapy

## OFFICE



Facilitate Meetings  
Transcriptionist  
Writing / Editing  
Clerical  
Translation of Language  
Resume & Cover Design

# Portland Time Bank

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