

# volunteer

with Tri-Valley CAREs!

**Name:**

**Phone:**

**Address:**

**Email:**

**(I prefer to be contacted by (circle one) : phone    mail    email)**

**(I want to help with (check all that apply):**

- Community events (rodeo parade, farmers market, others)
- Mailing parties
- Public speaking (city council, public hearings, others)
- Technical reading or research
- Assist answering phones, office tasks
- Artistic design or banner making
- Musical performance/entertainment
- Providing truck/special equipment for events
- Offering childcare or carpooling for events
- Distributing newsletters to libraries, coffee houses, other locations.

**To participate with us, do you need transportation, childcare, or other? (specify below)**