

Art and Crafts

Antiques and Collectables Appraisal  
Art Advice/Conversation  
Art Painting  
Arts and Crafts  
Arts and Crafts For Children  
Artwork  
Furniture  
Gift Wrapping  
Jewelry  
Knit and Fabric  
Modeling  
Music Instrument Making/Repair

Audio and Video

Audio Recording/Studio  
CD Burning  
Radio Production  
Radio Station Tours  
Recording/Editing  
Tape Duplicating  
Taping  
Video Production  
Wedding Video

Auto/Boat/Bike

Auto Minor Repair or Advice  
Auto Purchasing Assistance  
Bike Build/Repair/Tuneup  
Bike Partner  
Boat Building or Repair  
Boat Partner  
Car Wash  
Lock Outs  
Mechanic

Beauty/Cosmetic/Spa

Barber/Stylist  
Body Image  
Body Treatments/Wraps  
Cosmetologist  
Facials  
Hair Braiding  
Hair Coloring  
Hair Cuts  
Henna/Mendi Parties  
Manicure/Pedicure  
Misc. Beauty and Spa

	<ul style="list-style-type: none"> <li>Sauna Time</li> <li>Skincare</li> <li>Tattoos</li> </ul>
Business/Office Services	<ul style="list-style-type: none"> <li>Accounting</li> <li>Bulk Mailing</li> <li>Business Cards</li> <li>Clerical Help</li> <li>Data Entry/Typing</li> <li>Facilitate Meetings</li> <li>Financial Advice-Home or Business</li> <li>Human Resources</li> <li>Interview Skills/Employment Coach</li> <li>Misc. Business/Office</li> <li>Nonprofit Consultation</li> <li>Office Administration</li> <li>Office Cleaning</li> <li>Phone Calling</li> <li>Planning or Startup Advice</li> <li>Printing</li> <li>Shredding Copies</li> <li>Transcription</li> </ul>
Children/Youth	<ul style="list-style-type: none"> <li>Advice/Training</li> <li>Children's Activities</li> <li>Family Home Daycare</li> <li>Infant Clothes Exchange</li> <li>Licensed Child Care</li> <li>New/Young Mothers Support</li> <li>Parenting Support</li> <li>Supervised Play Dates</li> <li>Used Toys</li> <li>Youth Mentor</li> </ul>
Classes/Lessons/Tutor	<ul style="list-style-type: none"> <li>Arts and Crafts Lessons</li> <li>Board Games</li> <li>Cooking Lessons</li> <li>CPR or First Aid Classes</li> <li>Dance/Exercise/Sports</li> <li>Home School Support</li> <li>Language Lessons</li> <li>Meditation Lessons</li> <li>Misc. Classes/Lessons</li> <li>Music Lessons</li> </ul>

	<ul style="list-style-type: none"> <li>Musical Instruments Lessons</li> <li>Outdoor Activities/Sports</li> <li>Photography Lessons</li> <li>Poetry/Writing Lessons</li> <li>Portland Adult Education</li> <li>Presentations/Workshops</li> <li>Reading Aloud</li> <li>Reading Misc.</li> <li>Reading with Students</li> <li>Tutor/Coaching</li> </ul>
Community	<ul style="list-style-type: none"> <li>Activities/Projects</li> <li>Advocacy</li> <li>Pluralism and Diversity</li> <li>Voter Registration</li> </ul>
Computer	<ul style="list-style-type: none"> <li>Access/Usage/Purchase</li> <li>Computer Assistance/Advice</li> <li>Database Design/Assistance</li> <li>Digital Graphics/Imaging/Photography</li> <li>Geographic Info System</li> <li>Graphics Design</li> <li>Internet Research</li> <li>Misc. Computer</li> <li>Online Training</li> <li>Quick Books</li> <li>Refurbishing/Repair</li> <li>Set-up/Configuration</li> <li>Web Hosting</li> <li>Web Site Design/Development</li> </ul>
Construction and Home Repair	<ul style="list-style-type: none"> <li>Architecture</li> <li>Carpentry</li> <li>Electrical</li> <li>Electrical - Basic</li> <li>General Home Repair</li> <li>Minor Roof Repair</li> <li>Misc. Construction/Repair</li> <li>Odd Jobs/Handy Person</li> <li>Painting</li> <li>Plumbing</li> <li>Property Maintenance</li> <li>Wall Papering</li> </ul>

Conversation and Counseling

Conversation  
Counseling  
Language Practice Partner  
Life Coaching  
Listening/Talking  
Mediation  
Misc. Conversation/Counsel

Cooking and Foods

Baked Goods  
Casseroles  
Catering  
Coaching  
Culinary Guidance/Meal Planning  
Desserts  
Ethnic  
Food Prep  
General Cooking  
Herbal Teas  
Home Brewing and Food Preservation  
Juicing  
Meal Preparation  
Misc. Cooking  
Personal In-Home Catering  
Shopping  
Soup Making  
Vegetarian/Vegan/Macro  
Wheat and Gluten Free

Design and Decorating

Decorating and Remodeling  
Feng Shui  
Landscape

Elder and Companionship

Calls to Shut-ins  
Direct Home Care  
Driving to Appointments & Errands  
Elder Advice  
Food Delivery  
Holistic Eldercare  
Homebound Visits/Companionship  
Limited Respite Care  
Misc. Elder Care  
Reading Homebound

Entertainment/Performance/Shows

Access to the Arts Tickets

Event

Actor/Actress  
Dance  
Entertainment For Children  
Misc. Entertainment  
Music  
Storytelling  
Theater Production  
Theater Space

Admission  
Art Based Activities  
Banner Making  
Bartending  
Decorating  
Event General Help  
Event/Party Planning  
Events For Children  
Face Painting  
Licensed EMT availability  
Emcee  
Misc. Event  
Party Help  
Public Speaking  
Site Coordination  
Ticket sales  
Ushering  
Wait-staff  
Wedding Help/Prep

Fitness/Outdoor/Nature

Activity Partner  
Birding Tours  
Day Trips  
Environmental Education  
Fishing  
Fitness/Exercise Activities  
Guided Tour  
Mining for Rocks  
Misc. Nature  
Nature Walks  
Outdoor Adventure  
Outdoor Team Building  
Sail Crew  
Sailing/Schooner Trips  
Sports

## Garden/Yard

## Trail Building

Advice/Planning/Design  
Compost Advice/Training  
Cut Flowers in Season  
Cut/Stack Firewood  
Farm Share  
Farming  
Flower Arranging  
Garden Space  
General Garden/Yard  
Herb  
Installation  
Landscaping  
Lawn Mowing  
Leaf Raking  
Organic Gardening  
Plant Care  
Produce and Plant Swap  
Repotting  
Snow Shoveling  
Starting Seeds  
Weeding  
Worm Composting

## Health and Wellness

Acupuncture  
Alternative Health  
Assessment  
Bodywork  
Breath-work  
Chiropractic Care  
Direct Care  
Eastern Medicine/Treatment  
Energy Therapy  
Exercise and Fitness  
Family Planning  
Food and Nutrition  
General Health Services  
Herbal Medicine  
Homeopathic Medicine  
Hypnotherapy  
Informal Advice/Consult  
Massage  
Mental Health/Counseling

	<ul style="list-style-type: none"> <li>Mindfulness Meditation</li> <li>Naturopathic Medicine</li> <li>Osteopathic Medicine</li> <li>Physical Therapy</li> <li>Reflexology</li> <li>Respite Care</li> <li>Self Healing Techniques</li> <li>Shamanic Healing</li> <li>Social Well Consult</li> <li>Speech Therapy</li> <li>Support</li> <li>Wellness Education</li> <li>Women's Health</li> <li>Yoga</li> </ul>
Help in the Home	<ul style="list-style-type: none"> <li>Cleaning</li> <li>Environmental Housekeeping</li> <li>Grocery shopping/errands</li> <li>Helping Hands</li> <li>Housesitting</li> <li>Laundry/Ironing</li> <li>Personal Shopper</li> <li>Recycling</li> <li>Yard Sale Assistance</li> </ul>
Interpreting	<ul style="list-style-type: none"> <li>American Sign Language</li> <li>Azerbaijani</li> <li>French</li> <li>Khmer</li> <li>Kifulero</li> <li>Kinyarwanda</li> <li>Kirundi</li> <li>Lingala</li> <li>Mashi</li> <li>Persian</li> <li>Portuguese/Engli</li> <li>Russian</li> <li>Spanish/English</li> <li>Swahili</li> </ul>
Legal	<ul style="list-style-type: none"> <li>Business Law</li> <li>Family Law</li> <li>Informal Legal Assistance</li> <li>Landlord/Tenant Disputes</li> </ul>

	Misc. Legal Notary Public Probate
Local Exchange Support	Ambassador Tasks and Outreach Board Meetings Ebuddy Service Event Miscellaneous Event Planning and Support Food Fairy Food Potluck Food Trainings and Meetings Fundraising Fundraising Grant Gift Certificate Items Exchange/ In kind Donation Kitchen Cabinet Meetings Member Mentors Member Referral Membership Bio and Photo Membership Enlistment Miscellaneous Support Office Support Phone Calling Testimonies Trainings and Meetings Transportation/ Taxi Service
Lodging/Accommodation	Cottage Retreat Overnight Stay Real Estate Brokerage Real Estate Management Rent Room
Marketing and Media	Marketing and Publicity Misc. Marketing Product Design and Packaging Public Relations Strategic Planning and Consultation
Miscellaneous	Initial Balance from Prior Software Item Exchange Miscellaneous Opinion/Appraisal of Value



Moving and Hauling

Hauling  
Moving Assistance  
Packing Assistance

Organize

Clutter/Organizational Management  
Files  
Home/Work Space  
Project Management  
Time Management

Pet Care

Basic Dog Obedience  
Cats and Dogs  
Dog Boarding  
Dog Walking  
Grooming  
Misc. Pet Care  
Pet Sitting  
Professional Dog Training  
Rat Care  
Transport to Vet/Groomer

Photography

Business Promotion Photos  
Landscape Photography  
Misc. Photography  
Modeling Shots  
Musicians/Performance Photography  
Photo Restoration  
Photography  
Photojournalism  
Portrait Photography  
Wedding Photography

Rental-Space/Equipment

Conference Hosting  
Equipment/Tools  
Lend Books  
Misc. Rental/Space  
Party and Event Supplies  
Party Space  
Skis and Snowshoes  
Storage Space  
Video Rental

Sewing

Costumes

	<ul style="list-style-type: none"> <li>Costumes and Wedding Mending</li> <li>Hand Sewn Products</li> <li>Hemming</li> <li>Home Decorating</li> <li>Mending and Alterations</li> <li>Repurposing</li> <li>Sewing</li> <li>Sewing Lessons</li> </ul>
Spirituality/Philosophy	<ul style="list-style-type: none"> <li>Astrology/Astrological Chart</li> <li>Ceremonies</li> <li>Channeling</li> <li>Dream Work</li> <li>Embodied Life Visioning</li> <li>Meditation</li> <li>Misc. Spirituality</li> <li>Native American Wisdom</li> <li>Past Life Regression</li> <li>Philosophy Study/Groups</li> <li>Readings</li> <li>Soul Mate Searching</li> <li>Water Divination/Dowsing</li> </ul>
Translation	<ul style="list-style-type: none"> <li>Arabic/English</li> <li>Bosnian/English</li> <li>Bulgarian/English</li> <li>Chinese/English</li> <li>Croatian/English</li> <li>English/Spanish (Verbal)</li> <li>French/English</li> <li>German/English</li> <li>Japanese/English</li> <li>Misc. Translation</li> <li>Portuguese/English</li> <li>Russian/English</li> <li>Serbian/English</li> <li>Serbo-Croatian/English</li> <li>Somali/English</li> <li>Spanish/English</li> <li>Thai/English</li> <li>Tiv/English</li> </ul>
Transportation	<ul style="list-style-type: none"> <li>Deliveries</li> <li>Driving Rental Vehicle</li> </ul>

Errands / Shopping  
General Transportation  
Long Distance  
Misc. Transportation  
Transportation for Medical  
Travel Advice  
Use of Vehicle

Weatherization

Energy Audits  
Weatherization Consulting  
Weatherization Misc.  
Weatherizing

Writing/Research/Publishing

Creative  
Editing  
Essays  
Feature  
General Research  
Grants  
Journaling  
Legal Documents  
Letter  
Misc. Writing/Research  
Music/Composition  
Poetry  
Proof Reading  
Publishing  
Research Assistant  
Resume  
Short Stories  
Survey Assistance  
Technical  
Writing