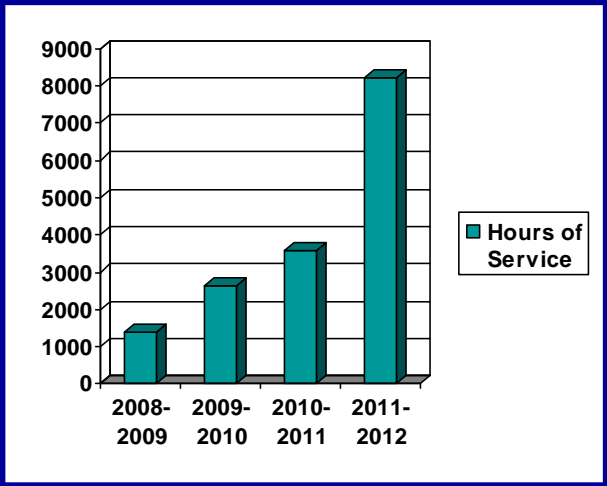


COMMUNITY CONNECTIONS is a Plumas County Time Bank where Members earn time credits by exchanging services with each other. One hour of service equals one time credit—all Members and services are equal.

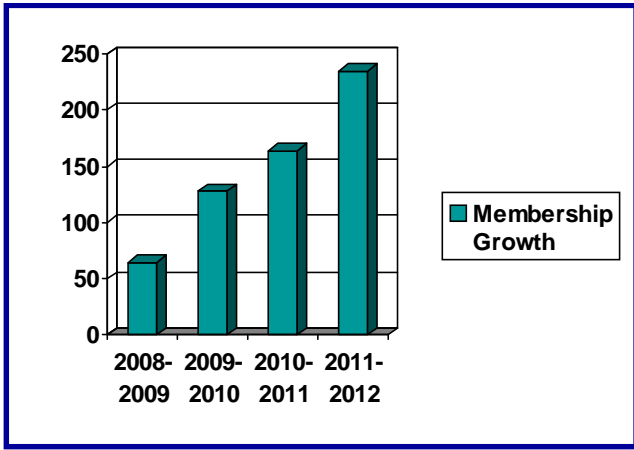
In addition to exchanging services with each other, Members have the opportunity to support community businesses and service organizations. Every Sponsor offers a variety of special events and activities where Members can participate.



Everyone can do something and every hour makes a difference to someone else.

Never doubt that a small group of thoughtful committed citizens can change the world...indeed it's the only thing that ever has.  
~Margaret Mead

Revised December 2012



Many people are already very busy and volunteer their time for a variety of activities. Now you can earn time credits for what you are already doing!

People helping people is how healthy communities are built.

COMMUNITY CONNECTIONS Members choose which activities they want to provide and when. There is never a requirement to do something you don't enjoy.

**For more information**

[www.plumasruralservices.org](http://www.plumasruralservices.org)  
On-line registration is available!

**530-283-3611 \*818**

**communityconnections**  
**@plumasruralservices.org**  
**Leslie Wall, Coordinator**




COMMUNITY CONNECTIONS...  
it's about TIME



**586 Jackson Street**  
**Quincy, CA 95971**  
**530-283-3611 \*818**  
**1-800-284-3340**

**Leslie Wall, Coordinator**  
**communityconnections**  
**@plumasruralservices.org**  
**www.plumasruralservices.org**

## **Our Mission:**

To connect people, strengthen families and build communities through the exchange of services.

## **Our Core Values:**

### **ASSETS**

We all have assets. The real wealth of a community is its people. Every person, regardless of their age, income level, or education is valuable and has something to offer to others.

### **RECIPROCITY**

The impulse to give back is universal. We replace all one-way acts of helping with two-way transactions, so that “you need me” becomes “we need each other.”

### **REDEFINING WORK**

Work is redefined to include whatever it takes to rear healthy children, preserve healthy families, make neighborhoods safe and vibrant, and care for the frail and vulnerable.

### **SOCIAL CAPITAL**

People require a social network that is as essential as roads, bridges and utility lines. Social networks require ongoing investments of individual time and talents.

**We are all unique...but equal.**

## **WHAT CAN YOU DO?**

### **Arts/Crafts**

Scrapbooking  
Drawing/Painting  
Knitting, Crochet, Embroidery  
Sewing, Mending, Alterations

### **Babysitting**

### **Business Services**

Bookkeeping  
Typing/Graphic Design  
Filing/Photo Copying/Fax

### **Computer/Internet Assistance**

### **Cooking**

Cake Decorating  
Meal Planning/Grocery Shopping  
Meal Delivery

### **Gardening**

Planning/Planting  
Weeding/Watering  
Composting/Harvesting

### **Healthy Lifestyles**

Yoga/Massage  
Relaxation/Meditation  
Nutrition Guidance/Herbs

### **Home Maintenance**

Yard Care  
Handyman Services  
Basic Plumbing/Electrical  
Painting/Wallpapering  
Construction Projects (small)

### **Pet Care**

Sitting/Feeding/Walking  
Grooming/Training

### **Recreation**

Walking/Hiking/Biking  
Fly Tying  
Music/Dance

### **Transportation**

Appointments  
School Field Trips  
Pick-up/Delivery

**THERE ARE MORE  
THAN 400 SERVICES  
AVAILABLE!**

## **MEMBERSHIPS**

*COMMUNITY CONNECTIONS*  
is for everyone!

### **JR MEMBERSHIP—FREE**

For individuals under the age of 18  
(parental permission is required)

### **INDIVIDUAL MEMBERSHIP—\$20.00\***

For individuals over the age of 18  
RENEWAL: \$10.00 annually

### **SPONSORSHIP—\$100.00**

For businesses, organizations or groups who would like to receive services from Members.  
RENEWAL: \$100 annually

### **DONOR**

For individuals or businesses who would like to support *COMMUNITY CONNECTIONS* by making a donation.  
All donations are tax deductible.

### **SCHOLARSHIPS**

For individuals who would like to become Members and can not afford the membership fee. A brief application process is required.

*\*All Members over the age of 18 will receive a background check prior to exchanging services.*

*Sometimes the greatest gift you can give another is to feel needed and appreciated.*