



**LIFE RAFT GROUP CANADA
GROUPE SAUVETAGE GIST CANADA**

Ensuring that no one has to face GIST alone

www.liferaftgroup.ca

Volunteer Checklist

| | | | | | |
|----------------|--|------------------|--|----------------------------|----------------------------|
| Last Name: | | First Name: | | <input type="checkbox"/> M | <input type="checkbox"/> F |
| Address: | | | | | |
| City: | | Province: | | Postal Code: | |
| Primary Phone: | | Secondary Phone: | | Email: | |

Please indicate the level of involvement you would like to have:

Ongoing: 2-4 hours per month 4-8 hours per month 8-12 hours per month Other:

Time-limited projects: 2-4 hour project 4-8 hour project 8-12 hour project 12 or more hour project

times per year: once twice three times other:

| Areas of Contribution | | GLAD GIFTS Things you do well and enjoy doing. | QUESTS Areas of interest you may not yet have the skills to perform but would enjoy learning. | NO – NO's Anything you really don't like/want to do. |
|-----------------------------------------------------|----------------------------|---------------------------------------------------|--------------------------------------------------------------------------------------------------|---------------------------------------------------------|
| Providing support to other GISTers / family members | Phone and/or email support | | | |
| | Welcome new members | | | |
| | Act as a Regional Liaison | | | |
| | Send birthday greetings | | | |
| | Other: | | | |
| Raising Awareness of GIST & Advocacy | Design flyers | | | |
| | Public speaking | | | |
| | Contact GPs | | | |
| | Appear on TV or radio | | | |
| | Organize events | | | |
| | Other: | | | |
| Fundraising | Organize local events | | | |
| | Be on a committee | | | |
| | Other: | | | |
| Writing / Editing | Contribute to Newsletter | | | |
| | Language Translation | | | |
| | Other: | | | |
| Other | | | | |
| | | | | |
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