

# Have you finished your 40hrs!?

## VOLUNTEERS NEEDED



The *rare* Charitable Research Reserve is a community-based urban land trust and environmental institute that protects over 1,200 acres of highly sensitive lands across 7 properties in Waterloo Region and Wellington County. The organization manages over 12 kilometres of trails free and open for the public. We seek to make the world a more sustainable place. We believe we can achieve this by acknowledging that people are a part of the environment. By working together, we can protect our natural spaces for our enjoyment and well-being, today and into the future.

### Weekly volunteer opportunities throughout the growing season!

- **Springbank Food Bank Garden** – help grow healthy organic produce for your local Food Bank while increasing your knowledge of basic gardening skills, healthy eating, and sustainable food systems. Drop in volunteer opportunities every Sunday from 1pm to 4pm and every Wednesday from 9am to noon from May 24 to Oct 18. Located at 681 Blair Road, Cambridge.

**Tasks may include:** weeding, watering, planting, raking and shoveling compost and mulch, and harvesting in our organic Food Bank gardens.



- **Conservation** – help protect the ecological functioning and integrity of the *rare*'s ecosystems, helping to preserve the natural landscape intact and in perpetuity while increasing your knowledge of invasive species, native species, biodiversity, and why conservation and restoration is important. Check our events calendar regularly to see upcoming events.

**Tasks may include:** manually removing invasive species, helping to propagate native plants and/or planting native plants.



### Benefits of Volunteering with *rare*:

- Build confidence and new skills while learning from experienced professionals
- Healthy physical activity in the out-of-doors

### You will need:

- Transportation to and from *rare*
- Closed-toe shoes
- Sunscreen / sun hat
- Drinking water

### We supply:

- Guidance
- Tools



(A. Walker, 2012)

Visit our events calendar to register for events and volunteer opportunities at:

<https://raresites.org/events-calendar/>

If you have any questions please contact us at: [rare@raresites.org](mailto:rare@raresites.org) or (519) 650-9336