



FUN FACT:

Did you know that over 600+ members exchanged over 21,000 hours with each other last year? And we are on track for an increase this year! WOW!



The Portland Times

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Fall 2008

Hour Exchange Portland, formerly the Portland Time Bank

Big Changes at Hour Exchange Portland

Just in case you haven't heard, many changes occurred this summer. First, Portland Time Bank evolved to become Hour Exchange Portland (HEP). The name change went into effect on Aug. 1, 2008. We are now located at 85 Grant Street at PROP's Parkside Family Center, Studio 100 in the back.

Despite the name change, the organization continues to function in the same manner. Member accounts remain active. HEP is very happy in its healthy (finally!) new location on Grant Street, sharing a building with PROP in a mutually supportive environment.

One of the big advantages to working with PROP is the use of their community room for functions and the partnering with Community Police, Head Start and the outreach staff of this multi-service organization.

Additionally, we have a timely and exciting development to announce.

more information, contact Terry Daniels at 874-9868.

Please read inside to learn about the new AmeriCorps*VISTA Members who have joined our staff. They bring a menu of skills that will help us as we blend the functions of Hour Exchange with the development of Co-ops. Our goal is to offer more services and benefits to our membership.



Parkside, 85 Grant Street, Portland

Hour Exchange Portland is creating a Home Energy project. This program is funded by grants and will be supported by HEP members who will help other members with home audit and weatherization projects aimed at decreasing energy costs. This initiative was inspired, in part, by member Fred Pedula.

Members will earn and spend time on weatherization projects and home energy classes. For

We want to serve you better!

In the next few weeks you will receive a phone call from one of us asking a few easy questions about HEP, your time bank.

This call will be brief (unless you want to talk longer, which is fine with us.) We're looking for advice, ideas and feedback about HEP.

Thank you for your guidance.

What's New? A lot!

- This newsletter is printed for you with help from the Maine Women's Fund, a HEP member. Thank you, MWF!
- For eBlast Messages visit: www.hourexchangeportland.org/bank/Eblast.htm
- The TIME Gallery has reopened at CTN, 516 Congress Street for the First Friday Art Walks each month. Join us!
- Survey coming soon - we want to know what kind of time bank you want! Let us know in through the survey.

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Mercy Hospital Volunteers Join HEP: Many More Opportunities Available!

Mercy Hospital is a partner organization with HEP. Through a pilot program launched this spring, twenty-five hospital volunteers were invited to join HEP. These individuals, who have been working in service to our shared community in different roles at the hospital, now

earn time credits at Mercy and exchange them with HEP. Charity is beautiful, but now reciprocity occurs!

Mercy Hospital has many openings for volunteers and invites HEP members to hear about the opportunities available. *Imagine—earn time credits for working at the*

hospital!

Call for details if you want to be a part of this exciting project with Mercy Hospital.

Flu clinics will be scheduled for October at our new Parkside location. Please contact Cynthia for registration and more information.

Note: Please remember to return telephone calls and emails from other members requesting services within 48 hours, even if you are unable to provide the service. This service exchange network is only as strong as its membership. Thank you!



Nicole Hill- A*VISTA Member Regional Program Development Project

"I look forward to growing, learning and meeting many new people and doing new things throughout my service here." -

Nicole Hill



Nicole Hill, AmeriCorps*VISTA Member, Painting at the TIME Gallery.

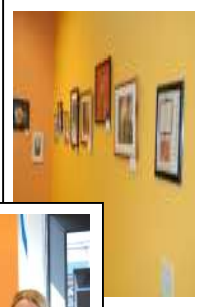
Nicole Hill joined Hour Exchange Portland in July 2008. She grew up in Bangor, Maine and has been

living in Portland since 2005. In August 2007 she traveled to Belize, Central America for a semester abroad and studied anthropology, botany, social issues and geographic information systems. She has a self-designed degree from the University of Southern Maine in Social Science.

Nicole joined the Hour Exchange Portland team as an AmeriCorps* VISTA

because she believes in the inherent strengths of communities working together.

She looks forward to growing, learning and meeting many new people and doing new things throughout her service here.



Abby painting Fresh Orange at the TIME Gallery at CTN & art on the walls.

Abby Laplante - AmeriCorps*VISTA Member for Fundraising & Outreach Projects

Abby Laplante hails from Bath, Maine. She graduated from Morse High School in 2003 and the University of Maine at Orono in 2007, earning her B.A. in English and communication.

She also studied at Saint Michael's College in Vermont, the University of Southern Maine and Lancaster University in the U.K. Abby is drawn to the VISTA program through her interest in non-profit work and hopes to apply her knowledge to a career in arts management.

She writes fiction and obsesses over music, art and film. Abby was formerly a retail slave at Reny's (A Maine Adventure) Department Store in Bath and has worked a number of odd jobs. She is a Sagittarian and enjoys long, candle-lit conversations, short walks on the beach and pretentious black-and-white French films.

Special thanks to Charlie Kennedy and Key Bank for support of our new office and Holiday Card Program.



If you need cards for the holiday, please contact us. We have beautiful cards from our Artist Guild Members for sale this season. Order early!

Cynthia Fitzgerald - A*VISTA Senior Resource Development Project



Cynthia Fitzgerald, A*VISTA Member & long-time HEP Member

I was born and raised in Lynn, Mass., the oldest of eight children. My family moved to Maine in 1975 and to Portland in 1977.

I have been married to my husband Bob for 45 years and am the mother of 4 children, grandmother of 10 and great-grandmother to 5. I graduated from USM with a B.S. in Education.

I have been involved with the Time Bank movement since 1997. I served on the Kitchen Cabinet, an advisory board, for a number of years.

Soon I started working with the office doing administrative support work and then graduated to Timekeeper. I have always enjoyed working in the HEP office. In the community I served as

Board Member of MHNO for 25 years and was recognized by the City of Portland for my community work.

I am currently active with the St Luke's Food Pantry, and with Community Partnerships for the Protection of Children.



REMINDER: We will be having our 3rd Annual On-line Auction. For more information, visit www.hourexchangeportland.org. We are accepting donations for this auction starting September 15th. Call Nicole at 874-9868 to help out. See you at http://TimeBanksBestAuction.cmarket.com!

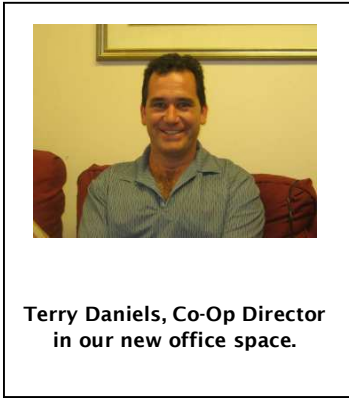
PROFILE: Terry Daniels - Director of Cooperative Development

HEP welcomes Terry Daniels to its family! Terry brings a well stirred background of business ownership, co-op development and community service to Hour Exchange.

Terry was the owner of East End Gardens, Inc., in Hamptons, NY and co-owner of Reddan Surveying Inc.

After years of volunteering with Habitat for Humanity and winter seasons with the E.F. Shumacher Society, Terry wove his passion for addressing the needs of affordable

housing into a new national model called Home Enterprise.



Terry Daniels, Co-Op Director in our new office space.

Terry and his Home Enterprise partners were trained at Portland Time Bank.

They married the Time Bank model to a co-op model, creating a hybrid that allowed individuals to buy

homes, using time credits as collateral for a down payment and opening the experience to TB Members to earn credits renovating those homes.

Terry will help develop community cooperatives, which are small businesses owned and managed by HEP members.

The first model will be a weatherization program. (Read more about this on Page. 1.)

All kinds of social co-ops are possible. Stay tuned for more information.

Thank you to everyone who has helped out with HEP projects, including the Garden, First Friday Art Walk, the move and everything else!

This is your time bank and it shows!



Check out the web site for new eBlast messages: www.hourexchangeportland.org/bank/Eblast.htm

How Does Our Garden Grow? Just Beautifully, Thank you!



Do you shop at the Portland Farmer's Market on Saturdays? If so, you've seen the beautiful flowers from HEP. These flowers are grown at HEP member Zachary Sprague's farm in Cape Elizabeth. The garden land is

rented for time credits and many of our members have participated in the planting, weeding, selling and purchasing of these gorgeous flowers.

Proceeds benefit HEP, as well as beautify the homes of the buyers. You can also enjoy our flowers at Local 188, Silly's, Brealu and Mercy Hospital.

Greg Busierre, our master gardener, has done a mag-

nificent job with this pilot venture.

Plans for next spring include expanding the garden space with even more lovely choices. Remember us if you, or your favorite business, needs flowers for any occasion.

Flowers will be blooming until mid-October and available for sale by contact us at 874-9868 or stopping by the Farmer's Market Saturdays between 7am and noon!

Dear Greg at the Hour Exchange Portland:
Thank you for the beautiful flowers! We enjoyed them for almost 2 weeks! They made our house smell wonderful and they added beauty to our home! We like that we helped support a local nonprofit with our purchases, too!"
• Mrs. M., Portland

The TIME Gallery now hosted at CTN, Channel 4, at 516 Congress Street



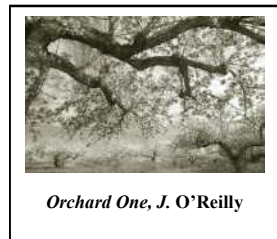
In late August, staff at HEP, began painting the space at CTN, Channel 4 at 516 Congress St. . This is our new location of the TIME Gallery. On Fri., Sept. 5, over 400 visitors welcomed our first artists, Pamela Larsen & Donna B. Bryant, photographers and HEP members. This

show was a huge success! It was a fundraiser where 20% of the sales benefited HEP. It's great to be in the heart of the Arts District and celebrate the First Friday Art Walk with our community. This show runs through Sept.24.



Water Web, P Larsen

Next Month— Join us **Fri., Oct. 3** as we welcome Jim O'Reilly



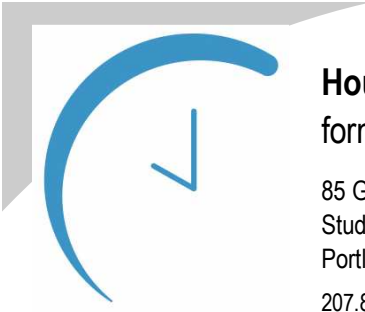
Orchard One, J. O'Reilly

Each event will have music Dave Bullard & Friends in the CTN studio from 6-8pm.

For more information about the FFAW, visit www.firstfridayartwalk.com or jimoreillyphoto.com.

Thanks to the staff at CTN including Bill Blood, Beth Allen and Tom Handel, & PACA & our members for all their help in making the Gallery event successful!

Future Shows
Nov. - Stephen Becket
Dec. - David Merritt/ Lesley Jones
Jan.- No Show
Feb. Spiral Arts March - Gail Wartell
April - Lesley McVane & Bill Blood & more...



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eBlasts available at:

www.hourexchangeportland.org/bank/Eblast.htm

TIPS: Don't forget: Please report if you have new contact information so that members and HEP staff can get in touch with you! When calling members, and you get a bad email addresses or telephone numbers, please report that to the office. Thank you!



Hour Exchange Portland is a service exchange program based on the equal exchange of time.

www.HourExchangePortland.org



The TIME Gallery
Every First Friday
at CTN, Ch. 4,
516 Congress St., Portland
www.ctn4maine.org

Survey Coming Soon

We will be calling you soon to canvass members about what they want the Time Bank to look like, and what projects members want to participate in. Staff, AVISTAs & volunteers will be contacting you soon to conduct a short survey about **your ideas about making this a great program!**

More information will be coming soon. Also, see on-line survey below.

Calendar of Events: We Want You!

EVENTS

- **First Friday Art Walks - Each first Friday** of each month at CTN, 516 Congress Street, from 5-8pm. Fun, festivities and musical entertainment. Art Show and Sale and 30% of sales benefit HEP. Check out www.ctn4maine.org or www.firstfridayartwalk.com.
- **Common Ground Fair -** We need two people to help out at our booth for 4 hour shifts on Sunday with transportation; after that enjoy the Fair, **Sept. 20 & 21** in Unity, Maine. Please call!
- **Annual Open House and New Beginnings Celebration** at HEP, 85 Grant Street, Large Class Room, 1st Floor

on **October 23** from 4-8pm.
Lots of surprises!

- **Farmer's Market -** Come see us on **Saturdays (and Wednesdays)** at the Farmers' Market at Deering Oaks from 7:30am to 12noon! Get your beautiful flowers from us and support this membership organization!
- **Portland Market House -** HEP has a booth each Monday (weather permitting) outside the Market House on Congress St. at Victory Square. We offer flowers and our *Hands of Time Pins!*
- **Fundraiser for HEP with Cindy Bullens at the EMPIRE Dine & Dance**, 575 Congress Street on **Friday, Nov. 14**. Tickets are \$10 or \$12 day of show. Come enjoy

great music and support the Hour Exchange Portland in a very fun way! FMI: For tickets or to volunteer at the event, call Lesley at 874-9868.

SNEAK PEAKS & THANK YOUs

- **FLU SHOTS** will soon be available to HEP members, compliments of Mercy Hospital. Details will soon be available on the **Free Flu Clinic at 85 Grant Street**, conference room. Contact Cynthia at 874-9868 to pre-register for this health clinic.
- **HEP Holiday Fair**—Sat. Dec. 6 at St. Luke's Basement from 9am-3pm.
- **Wicked Good Fundraiser**—Thanks to everyone who helped out at the recent fundraiser at the North Star Café. More wicked good stuff to will be coming later in 2008 and 2009!
- Ask about new **travel services!**
- **Thank you, Stephen Beckett**, for our website and the 'Time & Talent' Software Program!

We Want You: Earn a Time Dollar for Completing this On-line Survey -
http://www.surveymonkey.com/s.aspx?sm=VHct3_2bRvVqx_2bRUpDgFkcGA_3d_3d