



PORTLAND TIME BANK

It's About TIME!

FALL 2006

UPDATE ON PORTLAND TIME BANK SURVEY

Sincere thanks to Buckdancer's Choice located at St. John Street., Portland, for the use of a PA system at no charge for our concert at Bouy Park in August. Thanks to Ronda Dale and Dylan Bolles, Time Bank members who performed at the event. And a special thank you to members of the band Monkey Shine and to Kevin Attra who lent their talents to this event. KUDOS to Judith McAllister for organizing the event.



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The Survey Team is still *hard at work!*

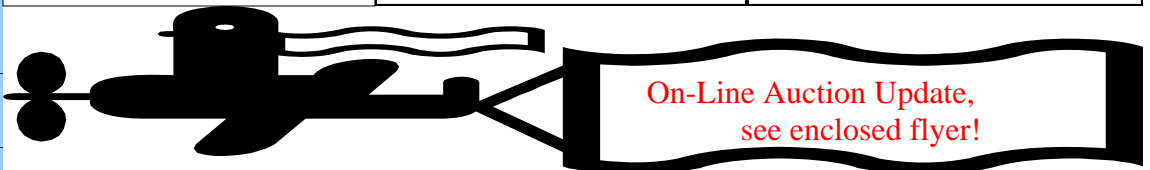
Members have received an invitation to participate in the Portland Time Bank survey and a big thank you goes out to the 149 members who have taken the survey on-line or have stopped by the office to take it. The Portland Time Bank is larger and more successful than most Time Banks. We are committed to making certain that our organization continues to thrive. We have and will continue to adapt to the environment in which we operate. Ideally, our Time Bank will become more self-sufficient given the scarce resources available for these types of ventures. So, now is the time for us to learn from one another. We wish to know about the impact of being a Time Banker and what members perceive to be the strengths and weaknesses of the Portland Time Bank. We realized that we learn a lot from our members. The informal discussions that we have in the office and with one another are valuable.

We want to extend and formalize this discussion in order to hear the voices of all of our Time Bankers. Many other (if not most) Time Banks conduct membership surveys. Time Banks UK even did a country-wide survey of all of their Time Bank members several years ago. These previous surveys have been very valuable in identifying "best practices" as well as troublesome areas. When the positive outcomes of time banking are documented, Time Banks can use such evidence to attract more publicity and resources.

Our survey at the Portland Time Bank will be much more grassroots than surveys done elsewhere. We are intentionally making this an open process, a survey of members, by members. Recently we held a drawing for the first 100 members who completed the survey on-line and we have a winner! Drum roll please, Congratulations goes out to Nancy Sanchez who won a \$50.00 gas card to the station of her choice

We also had a drawing for the first 25 members to come into the office to take the survey. Drum roll please, Congratulations to Isabelle Hart who won a \$50.00 gift certificate to Hannaford's. All responses to the survey will be confidential. We will not be linking any names with survey responses and any summaries or reports that result will treat all members anonymously. We realize that our time is valuable, so all who complete the survey will receive a Time Dollar. These time dollars will be tallied after the survey is complete. We look forward to everyone participating in this survey so that we can learn more about our community and how to keep our Time Bank thriving. We set our goal of 250 surveys to be completed; we have 151 to go. If you wish to assist the survey team, we are looking for members to take 10 surveys home and call ten members and fill in the blanks, please contact Robin.

robin1@mainetimebanks.org or Ed Collom at collom@usm.maine.edu or at 797-0340.



On-Line Auction Update, see enclosed flyer!

Time Banks Gallery, Presents: Hannah Atkins McChesney

Join us for our first First Friday Art Walk event on November 3rd from 5:00-8:30pm!
The Maine Time Banks Gallery will be showing the work of local photographer and Time Bank member, Hannah Atkins McChesney. Hannah studied at

the University of Rochester, as well as the Cooper Union in New York City. She will be showing a variety of landscape photos. She has traveled to and photographed in India, Senegal, Ireland, Scotland, Iceland, France, Russia, and England. Nowhere, however,

touched her so much as it has in the wildness and beauty of Maine. This is her first gallery showing in Portland. Hannah's work will be displayed and can be purchased at our opening, weekdays from 9:00-3:00pm, and by appointment



Harvest Cooking Series ("Put some more water in the soup ma, company's coming!")

Calling all diners! Do you want to thrill your taste buds with some delectable dishes and learn how to prepare them yourself? Well then join us for our "Harvest Cooking Series" to be held 5 Monday evenings starting on October 23rd and ending on November 20th, from 6:00-8:00 at Parkside Neighbor Center located at 85 Grant Street (corner of Mellen).

October 23rd

Chiki Burnham's sensational
Sushi

October 30th

Joan Sheedy's famous
Baked Stuffed Peppers

November 6th

Beatrix Manoe delicious
Indonesian Dish

November 13th

John Navarra's incredible
Chicken Adobo

November 20th

Jennifer Caven's delightful
Szechuan Delights

Registration is required for these classes so our demonstrators can be prepared. There is a limit of 15 members per class. To register contact Robin at 874-9868 or robin1@mainetimebanks.org

Courtesy Rules

* Please return calls and emails for requests, even if you cannot provide the service in a timely manner. A member is waiting to hear from you.

*Follow through and provide the service to which you committed. Folks are counting on you.

*If you need to cancel, contact the other member in advance so s/he can make other arrangements.

*If an emergency arises and you are unable to contact the member in advance, please contact the member as soon as possible and explain why you could not provide the service.

* All no-shows will be charged a Time Dollar!

Celebrate Your Commitment to Portland Time Bank!

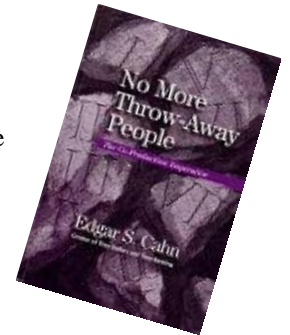


Portland Time Bank Mentoring Program

Portland Time Bank, in partnership with the Institute for the Study of Children at Risk at the University of Maine in Orono, is developing an on-site targeted Mentoring Program at Congin Elementary School in Westbrook. Portland Time Bank Mentoring Program matches caring adults with children in grades three through five who are referred by guidance because they could benefit from another caring adult in their lives. The mentors will be Congin School parents and community members who will join the Time Bank and earn Time Dollars from mentoring activities. The Coordinator will be on-site for the mentoring activities and will supervise and coordinate the program while being accessible to Time Bank members as well as school staff, parents, and students. The coordinator will also market the program, and recruit, train, and supervise parent and community volunteers. Congin School will provide a space for mentoring, a location for training and informational meetings, and student referrals. Guidance or teachers will complete a pre and post program student progress report and program evaluation. For more info contact Kathy Card -874-9868

Book Club

We are very excited to have 7 members interested in participating in our Time Bank Book Club. The first meeting is scheduled for October 17th from 6:00-8:00 here at the office. The Book Club will meet on a regularly basis to read and discuss books or articles on the subject of Time Banking and social capital. This is an opportunity to go in-depth into the philosophy/possibilities/applications of the process as we practice it, and to educate ourselves. Possible books to begin with: "No More Throw-Away People", "The Perfect Gift", "Funny Money", "Going Local" and any others you would like to add. If this strikes a chord in you - please join us. Call Kym or Robin at 874-9868.



Gift Wrapping Fundraiser at BORDERS

Hey all you talented crafty gift wrapping mavens! Do I have an opportunity for you!

Border's over by the Mall is thrilled to have us participate again in this year's gift wrapping program at their So. Portland location. We will be there throughout the month of December. To make this a success we need member's who are interested in earning Time Dollars wrapping at various times. Below is the schedule for wrapping. If you are interested please call the office 874-9868

December 3, Sunday	9:00-11:30am and 11:30-2:00pm
December 9, Saturday	3:00-6:00, 6:00-9:00pm and 9:00-11:00pm
December 11, Monday	6:00-9:00pm and 9:00-11:00pm
December 13, Wednesday	3:00-6:00 and 6:00-9:00pm
December 15, Friday	9:00-11:00pm
December 18, Monday	9:00-11:30am and 11:30am-2:00pm
December 20, Wednesday	12:00pm-3:00pm and 3:00-6:00pm



ENERGY AUDITS FOR TIME DOLLARS

Hello Fellow Time Bankers,

Given the high cost of electricity and home heating fuels, an energy efficient dwelling has become increasingly desirable. Over years of trial and error I have been able to reduce my own electric bills to around \$15 a month and heating to about \$500 for a century old three bedroom house with all modern amenities. I have also reduced energy costs for a number of friends' houses. Prior to becoming a college professor, I was a carpenter. I am also working in the Keep ME Warm state energy program. I will check your attic, living area and basement, looking for cracks in foundations, ill fitting windows, lack of weather-stripping on outside doors, un-insulated basement

bulkheads, leaks around baseboards, and electrical outlets.

An assessment of these factors will take about an hour. I will provide advice on how to remedy these issues. If you wish, I will spend one or two additional hours caulking air leaks, fixing storm windows, and doing other minor energy related repairs. To lower your electricity use, I will provide, free of charge, compact florescent light bulbs for your most used lights. I may also suggest the need for set back thermostats and for new refrigerators. I will suggest the use of electric power strips to lower "phantom" loads caused by your television, hi-fi or computer set ups. For those who would like a more extensive examination of their houses,

I recommend the home energy inspectors listed on the Maine Public Utilities web page.

A typical certified home energy inspector charges about \$250-\$300 for his work.

Fred Padula,
Home Energy Advisor
contact me at- 772-5214
alpadula@aol.com

Other interesting sites to check out:

Operation keep ME warm

PROP- propeople.org

HEAP- Home Energy Assistance Program.



What one member has to say about Time Banking!

"It's really about how we live our lives. The network expands your circle of neighbors and friends. I've met new people, broadened my horizons and got items and help I would not have been able to afford. Plus I've felt good about myself when offering my services."



Dear Time Bank Members,

As promised Silly's is back and looking forward to being part of Portland Time Bank. We are on a new level of membership and are offering a 10% discount to all Time Bank members who show their membership cards when settling up. For brand new members we are offering a one-time gift certificate to order off the Time Bank menu; this is retroactive to July 1st, 2006 and you can pick yours up at the Time Bank office. Thank you for all your patience and support, it means a lot to myself and my staff.



Sincerely, Colleen Kelly, owner

FRIENDLY REMINDER!

Have you made an exchange lately? Need to report your hours?

Here's how:

- The provider is the one who reports.
- We need to know, who, what, date and how much time you spent doing the exchange.
- Report all your hours in a timely manner.

KUDOS TO YOU!

Time Bank members Joan Janeski, Joan Bullock, Ushi Carhart, Jennifer Caven and Julia Davis for their efforts in entering data for our Annual Appeal. Ed Collom, Helaine Stone, Isabelle Hart and Janine Collins, the survey team. Thank you for all your work.

HAPPY TIME BANKING!

Help Influence the Direction of Healthcare in Maine (and earn Time Dollars, too)

Portland Time Bank and True North are collaborating on an exciting project for MeHAF (the Maine Health Access Foundation). MeHAF wants to hear your experiences of health care to help them direct their new integrated care initiative.

We will be holding the following focus groups to ask questions and note your experiences on patient-centered care:

- | | |
|------------------------------------|------------------------------------|
| Caregivers/family members | 10/30, 10am to noon at True North |
| Non-Traditional Thinkers | 11/1, 5:30 to 7:30pm at PTB office |
| People Living with Chronic Illness | 11/6, 10am to noon at True North |
| Low-Income | 11/8, 5:30 to 7:30pm at PTB office |

Participants can choose to be in only one of the above groups.
For more information, visit www.truenorthhealthcenter.org
or call Judith McAllister at 207-899-9096.

You may register for a group by calling Judith, or the Time Bank office at 207-874-9868.



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"We have what we need if we use what we have."

Maine Time Banks Launches New Television Program

Greater Portland, Maine - The Maine Time Banks (MTB) is pleased to announce that it recently became a Member and supporter of the Community Television Network (CTN). This affiliation allows for the two non-profit agencies to collaborate on the production of a monthly television program to air on CTN, Channel 4.

This new program, *Banking Time for Changing Times*, will focus on the mission, vision and activities of the Time Banking community. A Time Bank is a service exchange model based on Time Dollars, the currency of equality that empowers individuals to utilize their assets, and to enhance their lives, neighborhood and community. The Maine Time Banks agency promotes and develops Time Banks throughout communities in Maine and New England.

This program will begin airing Tuesdays at 8pm beginning October 11, 2006, and

will reach over 70,000+ households in greater Portland. Television sponsorship opportunities in support of this program are available to area businesses and groups. Please contact Lesley Jones, Producer of *Banking Times for Changing Times*, at MTB at: (207) 874-9868, ext. 6, or lesley@timebanks.org or Mary Regan, TV Sponsorships Coordinator at 874-9868, or mary@mainetimebanks.org.

Additional information and details about Time Banks and this program are available at: www.mainetimebanks.org or MTB, 47 Portland Street in Portland. Broadcast schedules and additional information are available through CTN at: www.ctn4maine.org or CTN, 516 Congress Street in Portland.

