

# The Commons



## TIME BANK RALLY FINALE

**Special thanks to all who attended the rally!**

Teams were created at the rally to jump start our ideas about becoming sustainable.



**INSIDE THIS ISSUE:**

True North	1
2nd Annual On-Line Auction	1
Classifieds	2
East Meets West	2
Start Your Own Business	2
Yardsale Update	2
Member Story	3
Member Story	3
Members have a great deal to offer	3
Fundraising Book Sale	4

## TRUE NORTH AND EETB—Changing the World One Hour at a Time

True North, Maine's Center for Functional Medicine and the Healing Arts, and the East End Time Bank have been partners for over 4 years. The relationship between True North and EETB members is successful because as Bethany Hays, MD, True North's Medical Director notes, "When patients contribute to the care they receive, they value it more and become more invested in following through on improving their health."

Janine Collins, member of both the EETB and Saco Bay TB, had this to say about her medical care at True North, "True North is a life saver. The practitioners respect my experience and my sense of what works best for me while offering helpful guidance and suggestions. I am never treated as just a set of symptoms and my progress has been remarkable." EETB staff member Judith McAllister has lowered her cholesterol significantly since she went on an *Elimination Diet* recommended by Dr. Steve Leverett. They also discovered she had some food allergies that

caused inflammation.

True North is interested in further increasing access for individuals with limited financial means in partnership with Time Bank because of the successful outcomes that have been experienced by everyone involved.

This is a real win-win-win situation. True North gets better health outcomes from patients and also receives the reciprocal services it needs for clerical help in their office. Doctors and practitioners utilize member services. Time Bank members who fall within True North's economic guidelines are able to access excellent health care at True North and are able to "give back" through the skills they offer. EETB is able to offer added value to its membership by having True North as a partner. It is a great collaboration.

As of June 1, 2006, the following income guidelines will apply for members who wish to visit True North by using Time Dollars for their appointments:

Family Size	Annual Income
1	\$22,050.00
2	\$29,700.00
3	\$37,350.00
4	\$45,000.00
5	\$52,650.00
6	\$60,300.00
7	\$67,950.00
8	\$75,600.00

Both True North and EETB ask that if you don't fall within these economic guidelines and/or you have adequate medical insurance, please do not make an appointment using your Time Dollars. The good news is that Time Bank members can receive a 10% discount on all medical services, plus on high quality vitamin and mineral supplements and reading material even if you/your family earn above these guidelines.

If you have any questions regarding the relationship between True North, EETB and its members, please call the office at 874-9868 and speak to a staff person.

## ANNOUNCING Our 2nd Annual Online Auction

It's never too early to start thinking about the **2<sup>nd</sup> Annual Online Auction** which will take place this November. This year we are looking at having get-away packages, sporting event tickets, services and more every day useful items like gas and grocery cards. Again, we are asking the members to help make the auction bigger and better!

**How?**

- Members can donate a new item, or a like new item or a service to be bid on and a chance to win \$50.
- Members can send us email addresses of their friends and family
- Members can ask businesses they frequent for a donation or a sponsorship on behalf of the Time Bank.

**What do you get?**

- For every usable donation the member will be eligible for a weekly drawing of a **\$50 gift certificate!**
- Grand prize at the end of the auction is a **\$100 gift certificate!!**
- Satisfaction of knowing you are contributing to your Time Bank.

*The drawing starts June 19<sup>th</sup> and winners will be notified every Friday.*

## EAST MEETS WEST a merging of two Time Banks

In an effort to unify the Time Banks in Portland, the Time Bank at Portland West has merged with the East End Time Bank. As of June 1st, all West End Time Bank business will be handled through the East End Time Bank located at 47 Portland St, (near Forest Ave Post Office). This change will allow easier access to services, better coordination of services and more networking opportunities. West End Time Bank members are encouraged to attend an orientation at the EETB to get acquainted with the staff, get your EETB ID card, and learn about the Ambassador program.

The East End Time Bank operates very much the same way that the West End Time Bank did. Potluck dinners are held once a month at the EETB office, the date will be announced in a monthly calendar inside the newsletters. An updated member directory will be sent to all members in PDF format as soon as it is completed; for those who do not have email access or cannot receive PDF files, hardcopies will be made available for pick up at the EETB office. The "Opportunities and Requests" emails will continue as before; Robin Lakin is the contact person for requests and opportunities, her email is robin1@maine.rr.com. The East End Time Bank also offers regular office hours so you can always reach them with questions; summer office hours are Monday 9-7 Tuesday-Thursday 9-5 and Friday 9-1. Stop by the office and meet everyone when you get a chance.

## Classifieds

### HELP WANTED!

The East End Time Bank is looking for 5 members to help sell one box of candy that contains 36 chocolate candy bars.

Members will earn 2 Time Dollars per box of candy bars sold. It's a win-win situation. You earn Time Dollars and you raise money for your local Time Bank.

Money can be prepaid or is due one month from the date you take the candy bars.  
**THANK YOU!**

Call Charlene at 874-9868  
or email her at  
charlene1@maine.rr.com

**Great gift ideas:**  
Birthday  
PMS Therapy  
I'm Sorry

## Celebrate Your Commitment to East End Time Bank!



## START YOUR OWN BUSINESS!

**Have you ever wanted to start your own business but, didn't have the funds?**

Maine Time Banks is interested in hearing from Time Bank members with their ideas and inspirations for starting their own small business. Maine Time Bank, has resources available to assist those individuals with well developed ideas. For more information contact the office 874-9868

Let us help to make your dream come true!

## LIBRARY SHOWCASE on our Time Bank

Did you know that the East End Time Bank has a beautiful display in the Portland Public Library Showcase for the whole month of June? A big thank you goes out to long-time member Sally Waite for pulling this incredible and lovely display together with help from members Kate Quin-Easter, Annika Black, Robin Lakin, Allen Greenleaf and Faith Sheehan.

Sally designed and created the back drop which is going to be a table covering for our booth displays when we are out in the community and at special events. It captures many of the wonderful things that Time Banking can do!



*Display case at Portland Library*

## YARD SALE RAISES \$1,200

Our first ever Time Bank yard sale is officially over and has been a success. It took many of our members to help set-up, sell items, yummy goodies, cook hotdogs, and help break down at the end of the day to complete this fundraiser. We couldn't have asked for better weather as the rain held back both days. We already have suggestions for next year including more time for picking up donations. We found that offering this service really helped with the increase in donations.

Thanks again to all of the members who contributed their time and effort to help raise money for the Time Bank!

**“BAGS WITH PERSONALITY”** *by Tara Merrill*

Springtime is here and things are buzzing all around us. If you're anything like me you've got more projects and plans than you have time to complete them all: spring cleaning, yard work, bike tune-ups, gardening, painting, planting, finding new ways to get outside and enjoy Maine. Those are just a few of the things on my plate; how about you? This month I'm focusing on ways that you can get all of those things accomplished and more— through Time Banking! Have you checked out your directory lately? You can do more through Time Banking than ever before and people are itching to earn some time helping you out!

Lea Cutter offers Hand-made bags from recycled material. Don't waste money on some generic beach bag for your summer fun; get one with personality!

Lea made her first bag—a diaper bag,—6 years ago because “I didn't like the idea of having to have some ugly, store bought bag that was covered in pastels and teddy bears.” she remarked. She still uses the bag, and still gets compliments. Lea followed her mother's lead and has been sewing since she was a little girl. Her mother was a costume designer and made custom dresses for special events. Recycling material from old clothes is an economical, environmentally friendly and fun way to create custom, one-of-a-kind bags.

Lea also makes purses, book bags, laptop bags, diaper/overnight bags and a few other things. If you're really in the mood for something different, ask her about bags made from hardcover books, record albums

and canisters! She would gladly accept any old clothes you are getting rid of (especially raincoats, windbreakers, t-shirts, jeans and button down shirts). In addition to bags she also creates covers for glass water bottles (say goodbye to plastic). Bags cost 4-8 Time Dollars depending on size, cost of materials and time. Lea joined EETB about a year ago after hearing about it from a roommate. She uses her TD's for housecleaning, laundry, moving assistance and True North.

Asked if there are services she'd like to see through EETB that she hasn't found she replied, “I am just terrible at the phone calling [to arrange TD services]. I could really use help with several things on a regular basis, but I can't seem to manage it.

So I guess I need a personal assistant.” She added, “My bags have an energy and a life to them that just can't be bought at your local brand name store.”



Lea also offers odd jobs, housekeeping, cooking and body casting. If you can help Lea out please give her a call at 939-1077

**COFFEE SHOP TALK A Time Dollar Story**

*by Tara Merrill*

Sitting in a coffee shop talking to Ruth about East End Time Bank you just get the sense that she's a people person. She read about EETB in the Casco Bay Weekly and decided to check it out. She has been an EETB member for 4 years. Ruth enjoys being outside and would like to share that joy with other Time Bank members. Explore a new trail, enjoy the cool breeze off Back Bay or stroll the streets of Portland. Ruth also offers hospitality in her home. Do you have friends or family visiting this summer but nowhere for them to stay at your place? Well, Ruth can help you out with overnight accommodations in her home. Ruth enjoys the arts and uses her TD for theater tickets.

Ruth Elkin is an Organization Liaison for EETB and offers walking, hiking, companionship and hospitality. Ruth can be reached at 774-9378 or relki3@yahoo

**MEMBERS HAVE A GREAT DEAL TO OFFER!** *By Tara Merrill*

**Do you have a big event coming up this summer (family reunion, wedding, birthday)?** EETB can help! Accordion music, balloon twisting, party planning, banner making, catering help, cooking, baking, entertainment, decorating, cake decorating, even wedding ceremonies and space rentals!

**Does your home need some TLC this summer?** Check out our offerings in closet cleaning, small exterior/interior painting jobs, interior decorating, kitchen design, moving assistance, and odd jobs.

**Get outside and try something new this summer!** EETB members are an outgoing bunch, just look at the things you can do and learn! Our members offer bike repair, bird tours, fly tying, companionship for hiking, nature walks, biking, walking, jogging, lessons in kayaking, tennis, swimming, sailing, tai chi, yoga, lacrosse, horseback riding, wrestling, contra dancing, golf, and Latin dance.

**Going away on vacation?** There are members who will housesit, water the plants, walk the dog, and care for the pets while you're away!

**How does your garden grow?** Do you long for a beautiful lawn and garden but lack a green thumb? EETB members do it all; gardening, composting, garden planning and classes, landscape design, and good ole yard work. You can even enjoy the fruits of others labor and receive garden produce (even organic stuff) and juicing.

**Don't forget to pamper yourself!** It's sandal season, get a pedicure! And while you're at it indulge in a massage, manicure or haircut. Relax and rejuvenate with polarity, reiki, and reflexology.

**FRIENDLY REMINDER!**

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

Here's how:

- The provider is the one who reports.
- Who did you do your exchange with?
- What date was the exchange made?
- How much time did you spend making the exchange?
- What was the exchange that you made?
- Report all your hours in a timely manner.

Please remember to return all Time Banking request calls, even if you cannot make the exchange. Members are waiting to hear back from you.

**HAPPY TIME BANKING!**



Maine Time Dollar Network

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183



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

## First Annual BOOK SALE Fundraiser *by Kym Dakin*

### *A Book Sale with a Difference!*

It looks like everyone is having or has had a booksale - libraries, and non-profits and Borders and Books Etc. If our book-sale was going to be just like everyone else's I would be concerned - but fortunately it isn't.

When I first started putting the fundraiser together, Judith McAllister suggested I contact Lee Orme of Fold-A-Book for Peace to do a workshop. And she is coming! Then we remembered - "Doesn't Lea Cutter do something cool with books?" Does she ever! But she will be in California on our sale day. No worries - Lea came in and taught Judith and I to make awesome boxes and handbags out of hardcover books - (I know what MY family is getting for Christmas!) and I am teaching four other Time Bank members this week to do the same, so they can teach YOU at our marvelous booksale with a difference on Sat-

urday, June 24th at Washington Gardens. The recycling aspect of this art form really pleases me and intersects nicely with Time Banks' philosophy of "We have what we need if we (re)use what we have"! So come and pick out some BOOKS - Books to read, Books to Give, Books to TRANSFORM into awesome art, handbags and boxes....I'm working on creating a laptop cover out of an old Encyclopedia Britannica....

Oh And....if you've got any BOOKS we can take off your hands - we will happily pick them up from you on Friday, June 23rd. Call 874-9868 and Thanks!



Book Art by Lea Cutter



Book Art by Lea Cutter

**When:**  
Saturday, June 24th  
**Where:**  
Washington Gardens  
Community Center  
**Time:** 10:00am-6:00pm

To benefit the East End Time Bank