



Winter 2008

The Portland Times

Dear Time Bank Friends,

Volume 1, Issue 1

Happy belated 2008! We, the Portland Time Bank Staff, wish you a fabulous year ahead. We are very grateful for the commitment shown in gifts of time, creative ideas, group activities, cards and cash donations that eased our transition last year. 2008 has begun with renewed enthusiasm. We're having FUN again!

Here's what is happening: Microenterprises! We are launching several products that support the mission of Portland Time Bank while contributing to its operating costs. These include:

****Immersion Training for new Time Banks.** Members from new and existing TBs spent two days here learning how to open and operate a TB. Our members helped with food, housing and presentations, making the experience authentic and the information provided personal and relevant.

THANK YOU TO: Carolyn May, Charlie Kennedy, Mary Grant, Maureen Hall, Courtney MacIsaac, Bess Weldon, Nancy Sanchez & Paul Manoff and Marjorie Stone.

****Portland Artists Guild Cards.** Thank you to Pam Larson, Donna Bryant and David B Merritt for donating images for the first three sets of cards. They are beautiful! These were sent to all members, board members and "friends of" PTB with a peace greeting for the new year. Thank you to Morrison Real Estate for sponsoring our first cards and to Stuart Ray for sponsoring the newest Valentine Card.

****Time Gallery and First Friday Art Walk.** Member shows continue to grow in popularity. We're attracting larger audiences each month. The variety of art is intentional and delicious. Come!

****Software.** Thanks to Member Stephen Beckett, we have new software that will allow members to report their hours, view the directory, make updates to their profiles and check their accounts online. This will

be active online at the end of March. Eventually we will sell this software to new TBs for their convenience.

****Classes:** Tong Ren, Knitting and Game Night are new additions. We heard you when you said you wanted more reasons to get together. Join us!

Finally, we are planning a fundraising, FUNraising event for late this summer. (More on this in the next newsletter.) If you have other ideas for programs, gatherings, micro-enterprise development or other ways to connect us to each other, please call, email or best yet, stop by the office. Our coffee pot is on and the living room is very cozy.

Our Best to Everyone,
Linda, Robin, Kym, Lesley & Charlene
Americorp*VISTA: Kennedy & Kathleen
Office Members: Cynthia & Jennifer

Member quote:

Andrea was very friendly, helpful and efficient. She helped us get organized at our house. It was so wonderful to enjoy the way our home was newly organized!

Thank you to the Portland Time Bank and Andrea C. for the help! – David Merritt

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New Partnership

Portland Time Bank is proud to announce our new Partner Liaison. Please welcome Genet Gebrewahd! Employed by Catholic Charities Maine, Genet will build bridges between our Time Bank community and New Americans from around the world. Genet brings linguistic skills in a variety of African lan-

guages, as well as intern experience in Uganda and Washington D.C. In Portland she worked for Multilingual and Multicultural Programs for Portland Public Schools, and as Education Center Coordinator for Portland Housing Authority. We look forward to working with Genet and welcoming many new American members! Look for

upcoming announcements of informational evenings hosted by Genet and Catholic Charities staff. Hear the stories of how and why these neighbors made their journey to America, and see what opportunities exist to earn time dollars as a participant in the Refugee & Immigrant Services Program.



Time Gallery News

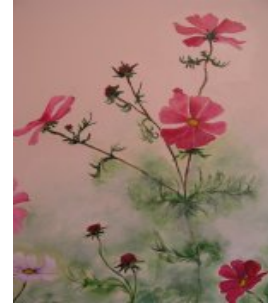
A Delicious Celebration of Art, Music, Poetry and Treats for you in March - You are invited to the First Friday Art Walk event on March 7 from 5-8pm with Time Bank members Jackie Hawkins and Alice Tweedie at the TIME Gallery, 62 Elm Street in Portland.

Stop in here along your Art Walk tour and enjoy good company, musical entertainment, treats and an art sale, featuring oil and acrylic painting and collages. Paintings are created with oil paint, Japanese's ink, archival medium, collage materials and museum board. Prints and original framed art are available for purchase. Additionally there will be a classical guitar

performance by local musician Charles Muldoon. Enjoy samples of sweet treats from Dean's Treats. These gourmet truffles will delight your taste buds. Boxed chocolates are available for sale. Poetry readings will round out the evening festivities with three poets and well-known, masterful storyteller Deb Freedman sharing their work. This event is open to the public and we have free parking. 20% from sales will benefit the Portland Time Bank. Call Lesley at 874-9868 for more information about the TIME Gallery.

Upcoming Shows at the TIME Gallery:

April 4 Zack Sprague
May 2 Jewelry Show
June 6 SUBONE and Block Party with Tim Clorius and Andrew Coffin



“Cosmo” by Alice Tweedie



“Red House” by Jackie Hawkins

Members Go Green

The Tenants Go Green Project started when a small group of residents at Longfellow Commons inquired about recycling. What we found out was it was nearly impossible for us to recycle! The city of Portland does not offer curbside pickup for facilities that house over 20 families. There are collection bins near Marginal Way that can be utilized. The problem is, how do people with low incomes get the recyclables there? Most cannot afford a car or just choose not to have one. This system just doesn't work for us.

Most elderly or disabled people are not go-

ing to save recyclables in their small apartments and have them hauled down to Marginal Way. After calling various city officials to try to find a solution, we only found frustration. So we sat down and brainstormed for an answer...and Time Banking was part of the answer! We formed a group called Tenants Go Green, and the group joined the Time Bank. We earn Time Dollars by doing various tasks. So far we have done baking, sewing and light housework.

We use our Time Dollars to have paper and cardboard picked up for us. The response from Tenants has been great. People want to

“What we found out was it was nearly impossible for us to recycle!”

recycle but found it too inconvenient. People have thanked me for starting this. Management has cooperated as well.

We have met the challenge even with our limited resources, limited transportation and limited mobility. I say never give up.

Written by Time Bank Member Joan Bullock

Tong Ren Energy Healing Classes

The Portland Time Bank is opening its **Tong Ren Energy Healing Classes** to members beginning Thursday, Feb. 14. The Energy Healing aspects of Tong Ren Therapy are part of the larger Tom Tam Healing System which utilizes acupuncture, qi gong and Tui-na for healing. To find out more go to www.yinyanghouse.com/tongren or stop in for a class.

Classes are held each Thursday from 5:15 to 7:30pm. throughout the winter. (Classes

are subject to change due to weather.

Always call the day of class for updated information, please.)

Comfort Notes: Please do not wear strong scents or colognes due to the fact that some members have allergies. Wear comfortable clothes as you would for yoga. We generally go shoeless during session. The first 15-minutes opens with short, easy stretching exercises and meditation techniques before the healing circle

begins. Let us know if you need any special accommodations.

How: The cost is 1 Time Dollar for members, and a suggested donation of \$10 for non-members per week. Call The Portland Time Bank and ask for Lesley Jones!

“The Portland Time Bank, 62 Elm Street, Portland (behind the former Portland Public Market Parking Garage.)



Maine Time Banks Training Center

PTB held its first Start-up Immersion Training – and it was a hit! 10 participants from 5 different Time Banks enjoyed an experiential menu of all things Time Bank – from chair message to member-created foods to the latest Time and Talents software. Participants stayed overnight with member hosts and spent a day of their training in the Phoenix Room, courtesy of PTB partner Key Bank. They went home with great stories, memories, and a comprehensive CD for future reference. Here's a sample of participant responses: "I wanted to send a warm thank you for welcoming me into your Time Bank community and for the fabulous training! It was so inspiring to see how your Time Bank builds community in Portland and so wonderful that you were happy to share it all with your trainees!" Julianna – Allentown, PAMaine Time Bank Staff;

Thank you for hosting such a lovely training and thank you for sharing your thoughts and vast knowledge. I'm looking forward to getting things up and running in Vermont!

Stephanie - Montpelier, VT

Portland Time Bank Artist Guild

"We would like to specially thank three members of the Portland Time Bank Artists Guild. Donna B. Bryant, Pam Larsen and David B. Merritt recently donated photographic images to us for use on thank you and greeting cards. Donna supplied *Yellow Flowers*. Pam provided *Helping Hands One* and *Hearts & Flowers*. David offered us his *Winter Tree*. You may have enjoyed seeing these photographs when we sent each member a Thank You card in December. We appreciate Morrison Real Estate, our first business sponsor, whose generosity paid for the printing costs.

We have *Helping Hands* and *Hearts & Flowers* boxed sets available for \$10. We hope to feature additional images from other talented artists in our membership throughout the coming year. Contact us if you are interested in participating in our Artists Guild.

This is a great way for members to market their work while supporting our Time Bank. Thank you to **everyone** who has made this Card Program possible.



The Time Bank is a service exchange based on Time Dollars, the currency of equality that empowers individuals to utilize their assets to enhance their lives, neighborhood and community



~Free Tax Help~

If your family income is less than \$50,000 a year, you may qualify for free income tax preparation through the Greater Portland CASH Coalition. Your taxes will be filed on the spot and, with direct deposit, your refund check could be in your hands in 10 to 14 days!

Dial 2-1-1 when you have all of your W-2 and 1099 forms to see if you are eligible and to schedule an appointment. Interpreters are available by appointment.

You will need to bring:

1. Photo ID
2. Social Security card for each member of your family.
3. W-2 and 1099 forms for all jobs worked in 2007 (including unemployment)
4. Childcare provider name, address and tax ID
5. Other IRS forms as appropriate
6. Last years tax return (if available)

7. Bank account and routing number for direct deposit (if appropriate)

2008 Tax Preparation Sites

- Mercy Hospital 144 State Street, Portland
Mondays, January 28-February 25, 5-8 pm
Wednesdays, February 13-27, 5-8 pm
Thursday, January 31, 5-8 pm
Saturdays, January 19-March 15, 9 am-1 pm.
- Unity Gardens 124 Tandberg Trail, Rt. 115 Windham Maine
Tuesday, February 5-April 8, 2-7 pm
- Portland Public Library 5 Monument Square, Wednesdays & Thursdays February 6-April 10 Wednesdays, 9 am-5 pm Thursdays, noon-8 pm.

CASH Coalition partners are AARP Tax-Aide, Key Bank, Annie E. Casey Foundation, Casey Family Services, City of Portland, Consumer Credit Counseling Services of Maine, IRS, Pine Tree Legal Assistance, Portland Housing Authority, PROP, United Way of Greater Portland, and Women, Work, and Community.

AmeriCorps*VISTA

AmeriCorps*VISTA Members – We Want You – We are *currently* recruiting for five Time Bank sites in **Maryland and Rhode Island**. If you are interested in serving in the community using the Time Bank model, please visit www.americorps.org. This position pays a small monthly stipend and health benefits; offers End of Service (\$1,200) or Educational Award benefits for school (\$4750); student loan deferment; provides training and best of all, a chance to make a difference in your world! This recruitment cycle is ongoing throughout the year with new sites added frequently. Contact Lesley Jones at lesley@mainetimebanks.org for more information about an exciting year-long service program.