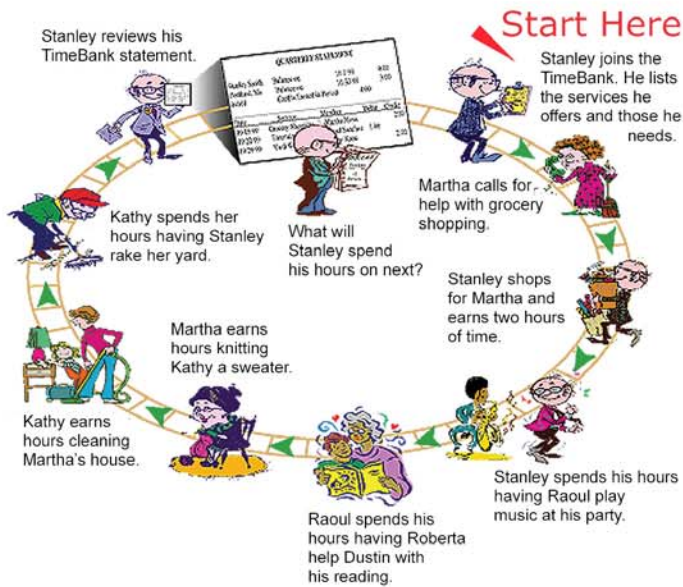


*"We have what we need if we use what we have."*

*Dr. Edgar Cahn, Founder*



A TimeBank has profound effects on your community.

- Get to know your neighbors
- Save money
- Give what you want, get what you need
- Connect unmet needs with untapped resources
- Make your neighborhood a better place to live

## *Current Offers Include*

- Minor Home Repair
- Transportation
- Painting
- Grocery Shopping
- Childcare
- Pet Care
- Cooking
- Music Lessons
- Respite Care
- Photography
- Home De-cluttering
- Sewing
- Garden/Lawn Care
- Tutoring
- Cosmetics
- Interior Design
- Computer/website/ebay/Craig's List skills

## *How it Works*

When you spend an hour to do something for an individual or group, you will earn one hour.

You can use your hour to buy one hour of a neighbor's time or to engage in a group activity offered by a neighbor.



## *Core Values of TimeBanking*

### **We are all assets.**

Every human being has something to contribute.

### **Some work is beyond price.**

Work should be redefined to value whatever it takes to raise healthy children, build strong families, revitalize neighborhoods, make democracy work, advance social justice and make the planet sustainable. That kind of work needs to be honored, recorded and rewarded.

### **Helping works better as a two-way street.**

How can we help each other build the world we both live in?

### **We need each other.**

We can help each other reweave communities of support, strength and trust. Community is built when we sink roots, build trust, and create networks that are built on mutual respect and commitment.

### **Respect demands accountability.**

The voices of all must be heard and heeded to promote social justice and compel accountability.