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## **Ten Reasons to Support Your Local Exchange**

*Hour Exchange Portland is a service exchange based on time dollars, the currency of equality, that empowers individuals to utilize their assets and to enhance their lives, neighborhood and community. (Mission Statement)*

### **Why Support your local Exchange?**

- 1. Earn and spend Hours, like you do cash dollars.**  
Hours are a type of community currency that anyone can earn by using their time, energy, skills and talents to help others. One hour of service provided to another member earns one other hour of service. You can spend your Hours on any number of services.
- 2. Hour Exchange Portland has over 800 talented, creative and engaged members, all citizens of the Greater Portland Area.**  
HEP, (formerly Portland Time Bank) began in 1997 in the East End of Portland, and was inspired by the teachings of Dr. Edgar Cahn, the founder of the international Time Bank movement.
- 3. Support other members in their creative and professional development.**  
HEP holds a variety of events throughout the year including socials, dances, potlucks, Art Exhibitions and Service Fairs where members share and enjoy each others' varied and innovative services. We have artists, musicians, teachers, computer gurus, cooks, health practitioners, gardeners, pet walkers, and so much more. HEP events offer a unique environment where members gather and forge friendships.
- 4. Recycle, reuse and reduce**  
Many members collaborate with each other to share or donate products to each other. This social network connects people to each other and allows for continued sharing in new and creative ways. Members stay connected through regular E-Blasts, newsletters, the member directory, and social events.
- 5. Build Community One Hour at a Time**  
HEP continues to grow. With more than 800 members, we are exchanging more than 20,000 hours of service per year. Come grow with us! Share your time and make the community a stronger place to live. See the difference you can make hour by hour.
- 6. Conserve Your Tax Dollars**  
Time Dollars is based on the currency of time and not linked to a cash value. One hour of service equals one time dollar, no matter the service. Exchanges are tracked with our member created TIME & TALENTS software. You can save your time dollars for a specific exchange, donate them to another member or donate them to the HEP Social Capital Fund.
- 7. A Huge Array of Services, and a Wide Range of Choices**  
With over 800 members and growing, there are literally hundreds of services to choice from, including health care, small business development, fun and recreation and tickets to local events and classes. Over 50 businesses and non-profits already participate.

**8. Talented and Gifted Neighbors**

Did you ever take a moment to talk to the neighbor next door, the guy at the bus stop or the person in line at the grocery store? Were you pleasantly surprised by their life experiences, hobbies and talents? Portland is blessed with thousands of citizens with various interests, skills and talents. We have musicians, artists, teachers, craftspeople, entrepreneurs and small business owners – all who enrich the social fabric of our community. Many of your neighbors and friends might already be HEP members.

**9. Support Local Entrepreneurship** Bank provides a social network of support for services in starting and growing your own business. Many members, including artisans and craftspeople, have used the TIME GALLERY to gain exposure for their products. HEP is developing additional micro-enterprise models in conjunction with its members to develop expanded opportunities for local entrepreneurship.

**10. Keep Portland A Great Place to Live, Work and Play**

Hour Exchange Portland helps to create a social network of Neighbors helping Neighbors. When we support each other, we create a better community for all of us.