



Winter 2008

The Portland Times

Dear Time Bank Friends,

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 McLissac, Beth (and people who housed participants)

**Portland Artists Guild Cards. Thank you to Pam Larson and ?? and David 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 in their

profiles and check their accounts online. This will be active at the end of March for PTB, and 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. 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, Kennedy, Cynthia and Kathleen & Jennifer

Volume 1, Issue 1

Special quote:

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Story from Genet



Welcome Kathleen Worcester!

The Portland Time Bank is excited to introduce a new member to our office team: Kathleen Worcester! You may have met her before through exchanges, as she has been a Time Bank member for a few years now. She is serving the Portland Time Bank as an AmeriCorp VISTA. AmeriCorp is a National Service program and VISTA stands for "Volunteer In Service To America". Kathleen attended the University of Maine in Orono for many years part-time, while working. She double majored in Theatre and Anthropology with a minor in Women's Studies. "Some people may think that seems like a strange mix of studies, but it makes sense to me: Anthropology is the scientific study of human beings and Theatre is the artistic study of humans *being*."

Along with studying and working, Kathleen enjoyed being very involved in a number of student organizations while in Orono. She has been out of school and living in Portland in recent years, though. "I moved here to jump into a bigger pond so-to-speak of arts and activism and social consciousness, but became very sick shortly after settling down here, which changed a lot of things. My illness kept me inactive, isolated, and rather dependent on others, which was a very new, unpleasant, and eye-opening experience for me. One of the many blessings that came out of that very difficult time in my life was being introduced to the Portland Time Bank. It was especially good to have small opportunities to do things for others so I didn't feel completely useless, and to be

able to treat myself to some Time Dollar services as well." We are excited to have Kathleen as a new member of our team, and so is she.

Business Partner of the Month



Sue Murphy may run her business a "far piece" from Portland – but I know from experience, it is well worth the drive out to Standish to have your pet come home happy and healthy, trimmed up – and smelling a lot better! Sue is an expert groomer who will also board your dog. She can give you tips and advice about keeping your dog's coat in tip-top shape.

Kym Dakin

"I just used Sue Murphy to board & groom my dog & she was great! I was so happy to find this person and use my time dollars- Barbara Fertig

Give her a call at 642-3027 or email her at suemurphy@fairpoint.net.

True North Liaison

True North Healthcare has been a truly valued partner for over 5 years. Each practitioner has signed on to the Time dollar concept, and last month the staff – with truly appreciated member assistance- provided lunch for the practitioners and did an educational presentation to re-connect our two organizations. The program was very well

received and it was decided to assign a liaison for True North to make sure this relationship stays strong. We had a wonderful response to our ad for this position and many qualified people expressed interest. It wasn't an easy decision, and we are happy to announce that Sandra Kornblum will be the True North Liaison. Congratulations

Sandra and thanks again to all who applied!





Time Gallery News



Image by: Time Bank Member Pam Larson

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 also can be utilized. The problem is, how do people on 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 going to save recyclables in their small apartments and have them hauled them 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 a solution. 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

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

cardboard picked up for us. The response from Tenants has been great. People want to 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.

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 Tuina 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 like you would for yoga. We generally go shoeless during session. The first 15-minutes are generally 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,





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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 CA\$H Coalition. If you qualify for the Earned Income Tax Credit (EITC), Super Refund Saturday is for you. Not only will you receive free tax preparation and filing services, but 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. Additionally, you'll learn about tools which will help you make informed financial choices. Super Refund Saturday will be held at Casey Family Services, 75 Washington Avenue, Portland, ME on Saturday, February 2, 2008 from 9 a.m. to 3 p.m.

You will need to bring:

1. Photo ID
2. W-2 forms
3. 1099 forms (interest, earnings as an independent contractor)
4. 1098 forms (mortgage interest paid)
5. Unemployment form
6. Proof of childcare payments
7. Social Security card for each dependent
8. Other IRS forms as appropriate
9. Last years tax return (if available)
10. Bank account and routing number for direct deposit (if appropriate)

Super Refund Saturday is sponsored by KeyBank. Other CA\$H Coalition partners are AARP Tax-Aide, 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, [Portland Time Bank](#) and Women, Work, and Community.

Can you just post the remaining dates, and

Cancel this one since it's past? Thanks.

