

TIMEBANK TIMES

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You May Say I'm A Dreamer...

By Jan DeCourtney

Five fearless TimeBankers joined together to give impetus to their dreams and encourage each other to achieve them. **Howard Lambert, Sheila Sullivan, Dorothy Cohen, Sharon Simmons, and Jan DeCourtney** spent several meaningful hours telling their stories and listening compassionately to each other. Our dreams included getting our lives organized, traveling, or socializing more, and getting to know ourselves better. We spoke of how TimeBanking has helped us all, and how it and might help in the future to bring these dreams to life. In speaking and listening, we opened our hearts and reminded each other that dreams really can come true.

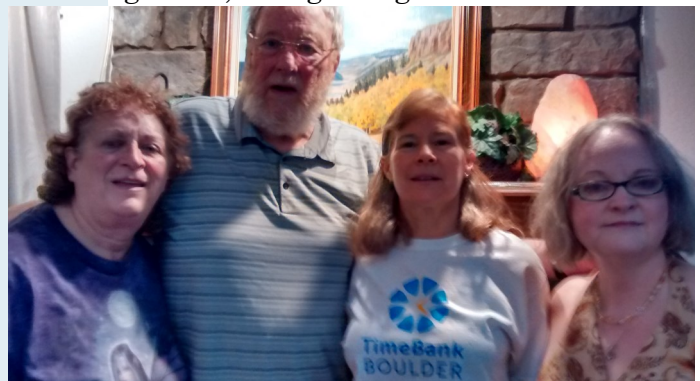


Photo by Dorothy Cohen

The Dreamers (from left): Sharon Simmons, Howard Lambert, Jan DeCourtney, and Sheila Sullivan. Dorothy Cohen is behind the camera.

Join TBB at the Farmers Market

We are hosting an informational table at the Boulder Farmer's Market on the following dates: June 6 and 13, July 11 and 25, August 1 and 22, and September 12 and 26. We will be at the Longmont Farmer's Market on July 7.

We need members to come and talk to the public about the general awesomeness of TimeBanking and the specific awesomeness of joining TBB. Please contact **Don Parcher** to schedule when you'd like to come and help.

Notes from Your Board

By Mary Webber

Although we had a rather mild winter, spring and the beginning of summer are always great times of the year. With all the lovely rain Mother Nature shared with us in May, I'm hoping that the fields are still green and the flowers are blooming profusely as you read this. Take a moment to enjoy if you can! It's time to bring out the shorts and sandals, and don't forget the sunscreen! Got your garden planted yet? Our onions and snow peas survived the hail, so life is good!

The TBB Board is making special plans for this summer. We normally meet once a month, but since the Farmer's Market is such a great venue for spreading the word about TimeBanking, the Board is suspending meetings for June and August to focus on staffing the TBB participation in this year's Farmer's Market. We'd love to have your assistance in talking with potential TimeBank members, so if you have some time to help with this project, please get ahold of **Don Parcher**, who is coordinating this effort. The more the merrier!

We should be easily recognizable at the Farmer's Market (and any other events) because we will be sporting white TBB t-shirts and there will be a TBB table runner on the table. Very professional!

We'd like to spread the good news about TimeBanking in other ways, as well, so if you know of a location that would accept TBB tear-off fliers (a person can tear off a slip of paper with TBB contact information from the flier to take with them), let the marketing team coordinators (**Sharon Simmons** and **Hailey Nicole**) know. Since people will be out and about more now that the weather has improved, this is the perfect time to place these fliers in as many locations as possible. Sharon and Hailey are also the folks to contact for a packet of TimeBanking information that you can share with family and friends.



Keeping one of these packets in your car or office is a handy way to spread the word when the occasion presents itself.

I don't know if you have noticed lately, but TBB has more and more great events happening. From our twice-monthly Spanish practice group to a monthly Waist Watchers gathering to numerous other interesting offerings, TBB is working very hard to develop ways in which you can spend your hard-earned time dollars while enjoying the company of interesting and talented people. There are already events scheduled for later in the summer, so RSVP and put those dates on your calendar now to make sure you are able to attend. For example, on Friday, July 6, **Jan DeCourtney** is hosting a Sunset Swim and Hot Tub gathering. Later in July (Saturday, the 21st to be exact), there will be a carpool excursion to the Pacific Ocean Marketplace in Broomfield. And then Saturday, August 25 is the date for the second annual Women's Clothing Exchange. What great opportunities! Check your calendars now and RSVP to make sure you get a spot at one or more of these special events!

The members of the TBB Board would love to hear your ideas, concerns, and suggestions. Do not hesitate to get in touch with any one of us at any time. Enjoy these lovely spring days!

Notes from Your Primary Coordinator

By Howard Lambert

When new TBB member **Rebecca Biter**, was notified on a Thursday that her mom was scheduled to return from rehab on the following Monday, she realized she needed help preparing the house right away.

She emailed TBB's Primary Coordinator (PC) **Howard Lambert**, who advised her to first ask those members she had made exchanges with to help her and then, if she still needed help, to request an Alert be sent to all TBB members.

Additional help was needed, so Rebecca asked Howard to send out an alert. She provided the text describing what she needed and Howard sent it out to all TBB members on Friday.

Seven members responded and four came by on Saturday to help. **Howard Lambert** and **Don Parcher** helped around the house and took cardboard to be recycled. **Jake Reeve** completed painting a small section of a wall, and **Dan Zskin** donated shelving and put together shower chair.

On Monday, **Deborah Hailey** helped move Rebecca's mother, **Andi Blaustein** delivered groceries, and **Bonnie Sundance** was there to listen and help out where needed. In all, it was a great example of the way TBB members come together to help each other in times of need – even at the last minute.



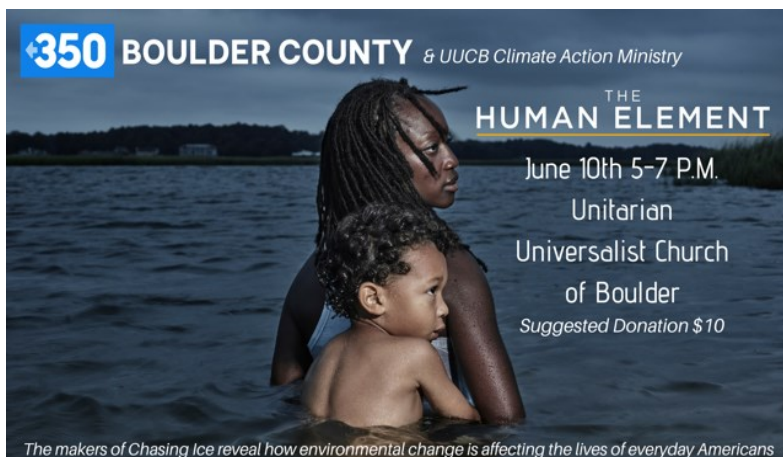
The Human Element to be Screened in Boulder

Bonnie Sundance shared this upcoming event, which is cosponsored by 350 Colorado and the UUCB Climate Action Ministry.

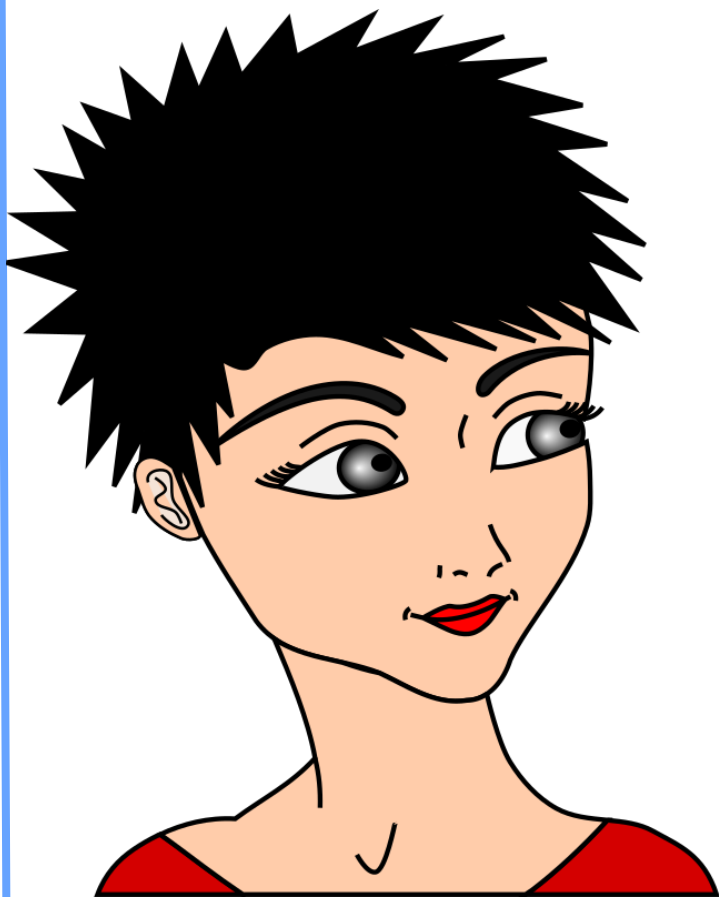
Spend a few hours watching a brilliant documentary. Renowned photographer James Balog, whose most recent work is the amazing

Chasing Ice, uses his camera to reveal how environmental change is affecting the lives of everyday Americans. Focusing on the four classical elements — air, earth, fire, and water — *The Human Element* explores changes in the air we breathe, hurricanes, coal mining, wildfires, and sea level rise.

The film tells an urgent story with compassion and heart, and offers inspiration for creating a more balanced relationship between humanity and nature.
 When: Sunday, June 10, from 5:00 to 7:00PM.
 Where: Unitarian Universalist Church of Boulder, 5001 Pennsylvania Ave., Boulder.
 Suggested Donation: \$10.



EXCHANGE: Short Summer Haircut = Happiness



By Melissa Mezger

A few months ago, I was perusing the TimeBank requests and saw that **Kathryn Allen** had requested a haircut. I didn't think much of it, since I'm not a professional hairdresser. Recently, however, I was looking over the requests list again and I saw that she still needed a haircut. Her ad indicated that she has really short hair and uses clippers to cut it, so I thought maybe I could help. As a person with really short hair myself, I knew that if I went a couple of months without getting a haircut my hair would be driving me crazy!

So, I got in touch with Kathryn to see if she still needed a haircut and she said, "Yes, definitely, it's been too long." I explained that I was not a professional hairdresser but that I've been cutting my own hair for 20 years. She said, "Well, it can't look much worse than it does now, so let's try it out!"

We set a date and I went to her house. She explained that her hair has been growing for a while, so she really wanted her hair cut short.

In less than an hour, I had it to the length she wanted.

Everything went as we'd both hoped. Kathryn got a short summer hairdo. She was happy with the haircut and grateful not to have hair bothering her ears anymore.

Third TBB Introverts Gathering

By Jan DeCourtney

An introvert is, contrary to popular thought, not necessarily a shy person. The real definition of an introvert is someone who recharges their energy by being alone. That is in contrast to an extrovert, who gets charged by being around other people.

Introverts like being around people, but not all the time!

Three TimeBank "innies" met on Sunday May 20 at Meadows Library and held an insightful discussion about some of the issues we face as being quiet people in a world that doesn't stop talking. We enjoy quietude and solitude, and when there is talking, we appreciate depth of meaning instead of just making small talk. We are deep thinkers and we have a lot to share from our depth of insight and vision.

We hope that our TimeBank can be fulfilling to both introverts and extroverts! Our community welcomes diversity of all kinds.

"Our minds cannot move away from anything, only towards something."

Andrew Matthews

"Being Happy!"

TBB Made an Impression at VIA Health Fair

Two-legged TimeBank Boulder members **Jenn Cohen, Bonnie Sundance, Jan DeCourtney, and Sharon Simmons** were joined by four-legged member **Gracie** in our booth at VIA's annual employee health fair. This event is held once each year in order to educate VIA's hard-working drivers and other staff about health related organizations and options that might be of help to them. This was our first time having a booth there.

Between the new tee shirts, the enthusiastic booth staff, and the appeal of little Gracie, we made quite an impression. Lots of flyers were handed out and many email addresses were collected for follow up by our awesome outreach team. Everyone had so much fun, VIA has asked us to participate again next year.



Sharon Simmons and Gracie working the TBB booth.

Free Online Class on Science of Well-Being

Yale University has been teaching classes for 316 years, but none of their courses has been as popular as their course on happiness. Almost a quarter of the student body signed up for "Psych 157: Psychology and the Good Life" during its inaugural year. That's about 1,000 students expressing interest in learning about mental health and well-being.

The course was so popular, the school decided to start teaching the class online – for free – and allowing anyone to enroll.

The modified six-week class, "The Science of Well-Being", is taught by psychology and cognitive science professor Laurie Santos on Coursera, a free online college education platform. The class description says: "The purpose of the course is to not only learn what psychological research says about what makes

us happy but also to put those strategies into practice. The first half of the course reveals misconceptions we have about happiness and the annoying features of the mind that lead us to think the way we do. The second half of the course focuses on activities that have been proven to increase happiness along with strategies to build better habits."

In the introductory video, Santos says, "The hope is that this isn't gonna be an ordinary class or lecture series. This is the kind of thing that we hope will change your life in a real way." Check it out at <https://www.coursera.org/learn/the-science-of-well-being>

Thanks to Jan DeCourtney for sharing this. Information. She found it on Goodnewsnetwork.org, which sounds like a site worth checking out.



And a Lovely Time Was Had by All

By Deborah Hailey

About ten TimeBank Boulder members and their friends met for a jolly good time at The Rayback Collective on Monday, May 14th for some food, some drinks, some conversation, and some laughs. **Lisa Marti** brought her sweet, fuzzy dog, **Zack**, who really enjoyed lying under the table hoping for dropped morsels from the food purchased from that evening's two featured food trucks.

We nibbled on cherry pie and chatted, congratulating **Jordan Dicksteen** (Lisa's son) on the phone call he'd received that

afternoon confirming he'd just gotten his first job using his new degree in mechanical engineering from the Colorado School of Mines. **Jake Simpson** dropped by to plug the Spanish Conversation Group (see page 9 for meeting schedule). **Geoff Murphy** entertained us with his awesome Australian accent and engaged in a deep conversation about computers. **Daniel Ziskin** told us about a satellite at NCAR



that's constantly searching the skies for information about outer space.

Many new connections were created and when a short but furious rainstorm arrived, everyone who had been enjoying the outdoor space came scurrying in, which just increased the fun atmosphere.

Deborah Hailey arranged this event ("it was easy and fun!") and she encourages someone else to set up the next one here or somewhere else.



“If you think you understand everything that is going on, you are hopelessly confused.”
Walter Mondale

The Song of a Spring Storm

By Bonnie Sundance (longtime TBB member and President of Our Sacred Earth)

On two evenings in mid-May, we were visited by strong spring rain storms. Instead of thinking “oh, it’s raining” I made a conscious effort to give myself to the experience of nature, which allowed me to really attune and enter into the powerful energies and expressions of this Earth. Before it burned, I used to stand outside my mountain cabin to do this – with lightning and thunder crashing around me, loving the storms. Yes, a risk, but so exciting. Tuning in to nature’s majesty rewards us with unforgettable experiences. I commemorated this one with a poem, which I happily share with my TBB family.

The Evening Storm’s Song

I stand in the doorway in awe,

The sound of rolling thunder goes on and on, continuously

Minutes upon minutes of drumming sound coming from the sky,

Sonorous waves rolling into shore, a song

perhaps of voices speaking from the ocean waters

A grumbling message along with the rain, reaching to us humans and saying:

We aren’t being appreciated.

We’ve been working overtime

to make up for the ways our energy use overheats the planet

And we’re trying to ameliorate it

And it’s now overheating our waters and ways

And we’re trying

to deal with your plastic garbage choking our waters as well

We’ve come to remind you to pay attention to what you are doing to the oceans and waters which are part of your support system.

Don’t continue to take advantage of our goodwill.

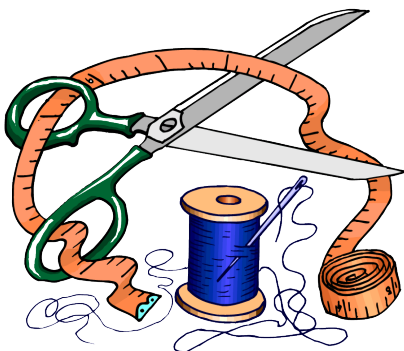
We send our blessing. We send our concern. Please hear our plea.

Sew, a Needle Pulling Thread...

By Lisa Dicksteen

Having put on a few pounds over the winter, I purchased a few pairs of pants at the thrift store—you know, just to wear until my summer things fit properly again. But, as often happens, the waists and thighs were comfortable, but the crotches were too low.

Unlike a hem, this is not something one can measure and repair oneself. And I certainly was not going to spend \$45 to tailor clothing I had spent less than \$10 on. What to do? What to do?



That was easy! See who offered sewing repairs or tailoring on the TBB website.

Enter **Mary Webber**. I sent her an email. We set up a time. And I drove to her lovely home. I tried things on, she pinned, then we had time to relax and visit for a while.

Less than a week later, she sent a message saying she was done, and that she’d post the 2.5 hours. I reminded her not to forget the initial half hour for the fittings, and we move on to trying to find a time when we might both be in Boulder—more or less the mid-point between our homes.

We met, I picked up the stuff and rushed home to try it on. Success! Already planning to bring her something else as soon as she has time to work on it.

Share a Summer Sunset Swim and Hot Tub

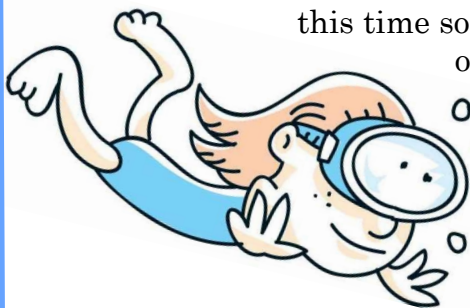
Jan DeCourtney is hosting a small event at her home. The complex she lives in has a kidney-shaped swimming pool and a hot tub and you're invited to enjoy them as her guests.

In fact, eight TBB members are invited to enjoy the sunset on a warm summer's eve and take in the fresh air, the quiet beauty of old growth pine trees, an open view of the sky and the stars coming out, in the company of great TBB-ers.

She says the local kids are usually home for dinner at this time so we may even have the place to

ourselves. There are lounge chairs for when you want to be out of the water. Wear or bring your swim suit and towel. There is a place to change but showers are not available.

The event is scheduled for Friday evening, July 6 from 7:30 to 9:00PM. [RSVP is required](#) as there is only room for eight attendees. If it rains, the event will be rescheduled.



Second TBB Women's Clothing Exchange

Do you have clothing to give away? Would you like to receive new clothing for free? Then come to TBB's second women's clothing exchange.

Participation is easy. Just bring clean clothing in good condition that you're willing to part with. You can bring tops, skirts, pants, sweaters, coats, jewelry, hair ornaments, shoes, purses, and/or accessories.

Spend some time setting up—sorting items into groups by type—then spend more time trying things on. That's about it. We'll bundle up everything that doesn't find a new home and donate it to a local charity so nothing goes to waste. (And if you have men's or children's clothing you'd like to donate, we will take that as well and include it with our donation, saving you the trip.)

Last year, people left with new things they loved and more space in their closets. And it was loads of fun seeing everyone trying things on and putting together new outfits.

Everyone brought a (non-sticky!) snack or drink to share last time, and that went really well, so we're suggesting it again.

Please bring your friends, TBB members or not. The more the merrier, and the better the selection!

This event is scheduled for Saturday, August 25, from 10:30am to 1:30pm at the Meadows Branch of the Boulder Public Library (4800 Baseline Road, Boulder). Please [RSVP](#).



INTRODUCTORY/NEW-MEMBER EVENTS

[RSVP REQUIRED FOR ALL NEW MEMBER](#)

WHAT	WHEN	WHERE
<u>New Member Orientation</u>	Friday, June 1 6:30PM	Panera Bread 29th St Mall, Boulder
<u>New Member Orientation</u>	Tuesday, June 5 12:00PM	Ozo Coffee 1232-A S Hover St, Longmont
<u>New Member Orientation</u>	Wednesday, June 20 7:00PM	Brewing Market Coffee 2610 Baseline Rd, Boulder
<u>New Member Orientation</u>	Sunday, June 24 7:00PM	Starbucks 6550 Lookout Road, Boulder

TBB-SPONSORED EVENTS

WHAT	WHEN	WHERE
<u>Intermediate/Advanced Spanish Discussion Group</u>	Saturday, June 2 10:15AM	Red Rock Coffee House 3325 28th Street, Boulder
<u>Waist Watchers</u>	Friday, June 15 9:00AM	Jan DeCourtney's house Address provided with RSVP.
<u>Intermediate/Advanced Spanish Discussion Group</u>	Saturday, June 16 10:15AM	Red Rock Coffee House 3325 28th Street, Boulder
<u>Intermediate/Advanced Spanish Discussion Group</u>	Saturday, June 30 10:15AM	Red Rock Coffee House 3325 28th Street, Boulder
<u>Sunset Swim & Hot Tub</u>	Friday, July 6 7:30PM	Jan DeCourtney's house Address provided with RSVP.

To RSVP for any TimeBank Boulder event, go to
<http://www.meetup.com/Boulder-Sharing-Economy-Events/>

Contact Us...

Directory of Team Leaders

TEAM	NAME	EMAIL
Marketing (co-coordinators)	Hailey Nicole Sharon Simmons	haileynicole@me.com hawksndragons1955@gmail.com
Farmers Market	Don Parcher	don@checklists.com
TimeBank TIMES	Lisa Dicksteen	LMNEditorial@msn.com
Membership (co-coordinators)	Don Parcher Ashley Doriss	don@checklists.com ad_yogini@zoho.com
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New Member Orientation	Ashley Doriss	ad_yogini@zoho.com
Organizational Partners	Jan DeCourtney	coloradojan97@yahoo.com
Renewals/Deactivations	Don Parcher Esther Flessner	don@checklists.com eflessner@juno.com
Member Services	Jan DeCourtney	coloradojan97@yahoo.com
Incentives	Daniel Ziskin	ziskin@jote.org
Movie Night (co-coordinators)	Laurie Dameron Sharon Simmons	windchime1@aol.com hawksndragons1955@gmail.com
Potluck (co-coordinators)	Dorothy Cohen Sharon Simmons	dorothy_cohen@q.com hawksndragons1955@gmail.com
Spanish Member Advocates	Jake Simpson Jan DeCourtney	Jakesimpson@msn.com coloradojan97@yahoo.com
Primary Coordinator	Howard Lambert	sshpl351@gmail.com

“We have to behave as if everything we do matters. Because it might.”

Gloria Steinem

DIRECTORY OF BOARD MEMBERS		
POSITION	NAME	EMAIL
President	Jan DeCourtney	coloradojan97@yahoo.com
Vice President	Daniel Ziskin	ziskin@jote.org
Treasurer	Mary Webber	imaginemw@msn.com
Secretary	Mary Webber	imaginemw@msn.com
Member-at-Large Marketing	Hailey Nicole	haileynicole@me.com
Member-at-Large Marketing	Sharon Simmons	hawksndragons1955@gmail.com
Member-at-Large Membership	Ashley Doriss	ad_yogini@zoho.com
Member-at-Large Membership	Don Parcher	don@checklists.com

DIRECTORY OF SUPPORT STAFF		
POSITION	NAME	EMAIL
Bookkeeper	Geoff Murphy	aussiegeoff@hotmail.c
IT Manager	Daniel Ziskin	ziskin@jote.org

Mailing Address: PO Box 1524, Boulder, CO 80302

Email: info@timebankboulder.org

Website: TimeBankBoulder.org

Phone (message only): 720-295-8814

Let more people know what's going on at TBB by encouraging them to sign up for our email list. Post this link on your Facebook or other social media page, tweet it to your followers, or put it in an email and send it to your contacts <http://eepurl.com/b1Y5L9>.

TimeBank BOULDER

OUR MISSION

To provide a social networking system for Front Range individuals and organizations to engage in the non-money-based exchange of services and resources.

OUR VISION

To create a social environment founded on a sharing economy that facilitates connection and cooperation; sharing of time, talent, skills and resources; encourages service to others; and fosters a healthy community capable of meeting many needs without money.

OUR CORE VALUES

- **ASSETS:** Every individual has valuable skills, talents, and knowledge to share
- **RECIPROCITY:** We gracefully serve others and gracefully receive the service of others
- **RESPONSIBILITY:** The health and success of the community depends on each of us participating
- **RESPECT:** Every individual is equally accepted, honored, and held accountable
- **COMMUNITY:** By helping each other, we build social capital and develop strong bonds of friendship, trust, and support.

DO WHAT YOU LOVE. GET WHAT YOU NEED.

New Member Manuals Not Just for Newcomers

Several TimeBank members have gotten together to update our Member Manual. The Manual contains information about how our TimeBank works, how to make exchanges, and how to be more effective at communication so you get what you need while helping others meet their needs.

A digital (PDF) copy of the manual will be emailed to all current members within the next several weeks. If you would like to have a paper copy, please contact **Jan DeCourtney** to arrange for you to pick it up. If you cannot pick one up, we may be able to drop one off for you, let her know that as well.

Even if you've been a member for ages, this is a helpful document to read to get a deeper understanding of the nature of TimeBanking and how to be an even better contributor to our wonderful and caring community.

