

TIMEBANK

TBB Celebrates & Educates Women

By Jenn Cohen

TimeBank Boulder celebrated International Women’s Day this year on March 8 with The Business and Professional Women of Colorado (BPWC) at the View of the World Gallery in Boulder.

The event, which honored Boulder County Commissioners Cynthia Domenico, Elise Jones, and Deb Gardner, was a tremendous success. Multiple women’s organizations, representing the area’s non-profits and businesses, were represented by members offering information and a cornucopia of treats to share.

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Jenn Cohen (L) and Jan DeCourtney at the TBB booth.

Photo credit: Sharon Simmons

Notes from Your Board

By Mary Webber

Well, spring is officially here! By the time you read this, the temperature outside could be well into the 80's or there might be a foot and a half of snow on the ground (such is spring weather in the Rockies)!

At the last Board meeting, Team Coordinators shared reports outlining their team's activities over the past month. For example, the Marketing team has been and will continue to be all over social media, letting people know about the great events we have happening. If you attend one of those activities and wish to share photos of the event that could be used in the future to encourage new folks to join TBB, please let Sharon Simmons know. If you happen to notice a post on Facebook and would like to spread the word about the fun things TimeBankers are involved in, feel free to comment, like and/or share the post so that your friends and family will also get word of these events and, hopefully, join us!

Those of us who participated in the TBB movie night on March 17 had a great time! The movie, *Three Billboards Outside Ebbing, Missouri*, was certainly Oscar-worthy, and everyone brought food to share. Since I don't often take the time to see a movie at the theatre, this was a special treat, and I plan to take in the next one, too. Several attendees brought friends or family members, which added to everyone's enjoyment. These events are small and fill up quickly, so make sure you RSVP (for yourself and those who are going to join you) as soon as the information about the next movie event becomes available! (See related article on page 7.)

Speaking of fun, both the beginning and the intermediate Spanish classes are in full swing and meeting every two weeks. The stitchery event was a hit, and another one is in the plans in the next six to eight weeks. Don't miss out. The more the merrier!

It won't be long until the Farmer's Market



season is in full swing! This is a great venue for people from TimeBank Boulder to talk with folks and gather information from those who are interested in exploring what the TimeBank has to offer. Don Parcher, who coordinates the TBB's Farmer's Market events, has created a spreadsheet to track the dates and times TBB will have a table at the market and make it easy to volunteer. If TBB has a significant presence at any given Farmer's Market, more information about TimeBanking can be shared with more market-goers. Please consider volunteering for one or more time slots this summer. The schedule is wide open at the moment, so get in touch with Don right away for the best selection of volunteer times. You will earn time dollars and it will have a huge impact on the future of our TimeBank!

Well, that's the news from your Board! I hope you all have a great month!

**Don't be pushed by your
problems; be led by your
dreams.**

--Ralph Waldo Emerson

Notes from Your Primary Coordinator

By Howard Lambert

TimeBank Boulder is about building community and we do that by building relationships with other members as we make exchanges with them. But did you know that TBB also enables you to earn T\$ by volunteering time to local nonprofits?

Here is how you do it:

- Volunteer the time to a local nonprofit
- Log on to the TBB website and enter an exchange for the time you volunteered. You are paid by the Community Service Fund (CSF).

Click the Hours tab. Complete the form using these parameters:

- You provided the service
- Enter the date
- Enter 1 for one member
- The member's name is the CSF
- The category is Community Service
- For the service, select one of about 45 local nonprofits from the list that comes up
- If your nonprofit isn't on the list, you will not be able to complete the form until you email me at SSHPL251@gmail.com with the name of your nonprofit so I can add it to the list.
- After you have entered the exchange, look it over to make sure it is correct. If it is incorrect, delete it and enter it again.

Note that this is the same way you enter time you volunteer to any one of our four nonprofit organizational members: Sacred Earth, Cool Girls, Local Food Shift Group, and Natural Highs Health Alternatives to Drugs.

You might ask, what is the function of organizational members? They are just like the other nonprofits on the list *except* that each has a TBB-member who represents the nonprofit to TBB to help us help them provide their particular service to the local community.

These organizations are members of TBB because they hope you will help them with their community service efforts. They are just like individual members, in that they can post offers and requests, earn and spend T\$, and participate in all of TBB's many activities.

In these ways, TBB is not just about making exchanges with other members. It is about helping the community by volunteering time to our local nonprofits.



Every day is a bank account. Time is our currency. No one is rich. No one is poor. We've got 24 hours each.

Christopher Rice

Stitchery Social: an Old-Fashioned Good Time

By Sylvia Keepers

Note from the author: Just for fun, I decided to write this article about our sewing circle as if it were from the "social" column of the small town newspaper where I lived as a child. Please excuse the corn. It was hard to avoid.

The TimeBank Boulder Sewing Circle convened at the home of Ms. (that's *miz*) Sylvia Keepers on the afternoon of Saturday March 3. Attending were Dorothy Cohen, Lisa Dicksteen, Bonnie Sundance, Gail Wagner, and Jan DeCourtney.

Our hostess served an assortment of tempting treats, and then the seamstresses got down to work in earnest. Friendly conversation flowed together with knitting, crocheting, quilting, and just plain mending to create a delightful afternoon.

The guests agreed to pay TimeDollars for the pleasure, apparently without having their arms twisted, and Sylvia accepted graciously, after a little talk from Jan about how giving and receiving TimeDollars is what makes the TimeBank go 'round. A good time was had by all.



TimeBankers at Women's Day Event

Continued from front page



Laurie Dameron sharing a song.

TimeBanker Sharon Simmons organized the event for BPWC and was responsible for getting TBB a booth. The gathering enjoyed fantastic acoustic music from Laurie Dameron, another TBB-member, as well as food, wine, and conversation. There were speeches by the Boulder County Commissioners and each organization in attendance had a few minutes to tell everyone what they do. We heard from two ZONTA chapters, the United Nations Association, the American Association of University Women, and, of course TimeBank Boulder.

TimeBank Boulder's booth was represented by Jenn Cohen, Jan DeCourtney, Lisa Dicksteen, and Hailey Nicole, who gave out flyers and chatted with visitors about what we do. A list of names and contact information was collected and those people have already been contacted about joining.

Toward the end of the evening, Boulder's new District Attorney Michael Dougherty dropped by to lend his support and share his optimism.

All in all, it was a pleasant evening that was both educational and supportive for those who are working for a brighter future.



Lisa Dicksteen explaining TimeBanking.

Donations Needed for hOurworld

By Lisa Dicksteen

Everyone knows that hOurworld's Time and Talents software is the platform on which we do all our Time Banking. It handles our exchanges, manages our hours, posts our requests and offers, and does everything we need done in order to make TimeBank Boulder work.

What you might *not* know, however, especially if you joined in the last few years, is that this software was developed as an open-source project with input from TimeBankers all over the world, but with the hard work of compiling everyone's great ideas being done by Stephen Beckett, the founder of hOurworld, and his merry band of programmers/TimeBankers.

Well, over time, hOurworld has grown – they recently doubled their server space. And this growth has led to the need for updates, changes, revisions, and reprogramming. And it turns out that those updates are so extensive that, much like we decided to rebuild our website from scratch, Beckett says, “We’re going to rebuild from the ground up!”

The plan is to use the “Agile” approach to development, which means it will happen a

little at a time and each change will be tested as it is upgraded, so they can have feedback from people like us along the way.

The problem, of course, is that they can't pay for all of it with TimeDollars, so they have asked for donations. Our Board voted to donate \$100—a check went out in March and their thank you note is reproduced in the

***Hi Jan and TimeBank Boulder,
Thank you for your contribution to helping hOurworld update its software and keep it freely accessible to timebanks everywhere! Periodic updating of the software is essential and your financial support and feedback inspire us to bring you the latest software tools.***

With all of you helping, hOurworld's nearly 44,000 members have received 2.3 million hours of services from timebankers in over 500 communities around the world. Each contribution you make in time or money is surely appreciated in helping build a time economy for all.

Today your cash contribution helps us meet our software development expenses and goals so that we can do our part in helping you do yours, and for this we are very grateful!

***Thanks for being part of hOurworld!
Stephen, John & Terry***

center of this page—but that will not go very far. Beckett said that if everyone who uses hOurworld donated just 50 cents, they would have enough to do everything.

He reminds us that, “hOurworld is something special. We support a world built on abundance and equality of action using our own time as a currency,” and asks if we can help them grow so they can better meet our needs as a TimeBank. As an organization, we have said yes, what do you, as an individual, have to say?

If you want to make a donation, please contact our Prime Coordinator, Howard Lambert, for details. And thanks in advance for helping to keep this essential engine of Time Banking going.

Ecocycle Tour: Both Educational and Inspirational

By Bonnie Sundance

Twenty-four interested people showed up for the Ecocycle Tour organized by TBB member Laurie Dameron. Her efforts resulted in people coming from her Mapleton mobile home park, the Business and Professional Women's organization, and TBB. Impressive.

On the tour, we got to see clearly what happens when people use a plastic bag to collect their single stream recycling and then neglect to remove the bag when they put their recyclables in their own can or bring them to a collection point – and it's not pretty. The bags collect on the big rollers, jamming the machine, which must be stopped so the bags can be removed **BY HAND!** So, please pass the word, no plastic bags in your recycles. You can recycle plastic bags at CHaRM or almost any grocery store.

We also learned about a number of things we can all do to make the work of these people and machines easier and more efficient.

- Please avoid flattening anything. Ecocycle conveyor belts have optical sensors which "read" the size and shape of materials to direct them to the right place. Flattened materials get "read" and seen as paper!
- Don't put small stuff into recycling – even paper. That means anything smaller than a regular size 3" by 3" post it note, should go in the regular trash.
- Those of you who don't already do this, be sure to rinse things well so there is no wet food clinging or anything that will pour out onto machinery and personnel. Dried food is less problematic, but no more pleasant smelling for the staff.
- Compostable and corn to-go boxes and cups can't go in the landfill because their decomposition creates methane gas, one of the major causes of climate change. Be sure

these containers are composted or recycled properly.

Did you know that the sale of our recycled materials actually pays for the operating expenses of the Ecocycle plant and that 15% of that comes from the sale of the 1.5% of total materials which are aluminum cans?



Recycling is the third important thing we can all do, **AFTER** making sure to reduce consumption of materials and goods, especially those with non-recyclable packaging, and reuse whatever we can.

Ecocycle tells us that, "42% of our greenhouse gases come from the way products are extracted from the Earth, produced, transported and even gotten rid of!" That's almost half the problem! And, "Striving for zero waste is one of the quickest and easiest ways to fight climate change." As you know, TBB tries to make all our events zero waste, and we encourage everyone to do the same.

It's easy to share what you know about recycling with your neighbors by downloading printed materials from Ecocycle.org or picking up the Ecocycle Guide 2018 booklet. You can tell people about TimeBank Boulder at the same time. That's what I plan to do.



Photos of EcoCycle machinery and some attendees by Sharon Simmons.

April Movie Night: Lady Bird and Potluck Dinner

Sunday, April 8 from 5:00-8:00pm TBB-ers are invited to Daniel Ziskin's home (address revealed when you RSVP at [MeetUp!](#)) for a potluck dinner, networking and conversation, and a screening of the film *Lady Bird*.

According to our own MeetUp page, "*Lady Bird* is a warm, affecting comedy about a high school senior who must navigate a loving but turbulent relationship with her strong-willed mother over the course of her eventful and poignant senior year of high school. Christine "Lady Bird" McPherson fights against but is exactly like her wildly loving, deeply opinionated and strong-willed mom, a nurse working tirelessly to keep her family afloat after Lady Bird's father loses his job. *Lady Bird* is an affecting look at the relationships that shape us, the beliefs that define us, and the unmatched beauty of a place called home."

The March event was a great success, good movie, great company, fabulous food. This one promises to be just as much fun. There are only 12 available spots, so RSVP early.

TBB Member's Views in the *Daily Camera*

Sharon Simmons was published in the March 6 issue of the Daily Camera. Here's the text of her letter and a link to the original.

I was pleased to read the guest opinion by Kelsey Coolidge regarding "Cities for CEDAW" (Convention on the Elimination of all Forms of Discrimination Against Women/ Girls). Colorado for CEDAW task force has been diligently working on this very item in Colorado since May of 2016. Kelsey's article is very passionate and she addresses many of the very items that frustrate us every day in all women's movement forward in America! She is right about nothing prohibiting local or state governments from applying international law to local ordinances.

To recap briefly, all but six United Nations countries have signed the CEDAW treaty worldwide. Yes, you guessed it — the U.S. is one that has not. That is why San Francisco started the Cities for CEDAW movement in 1998. For statistics, see www.citiesforcedaw.org for the documented improvements that city has seen (top 10 achievements of the San Francisco ordinance — i.e., 44 months without domestic violence homicide, gender-equality principles initiative, family violence council formed, and many more), along with all the other cities that have signed resolutions or ordinances and are moving forward in this important work — from the ground up! If we get enough ordinances in America on Cities for CEDAW, maybe the national government will pay attention and sign the treaty.

We are all hopeful!

To date, our task force has obtained resolutions (working toward an ordinance) from these amazing Colorado cities that care about women: Lafayette, Louisville and Boulder. One more city is signing hopefully in March of 2018. We have 11 total cities we are working on. We have reached out to Longmont, Westminster, Golden, Lyons, Nederland, Denver (headed by Denver for CEDAW), Erie

and Greeley are all on our hit parade and we hope will sign on for at least a resolution soon. If you look at our website www.cedaw-colorado.org you will see all the supporting organizations and legislative leaders behind this work. If any of you wonderful Colorado citizens, companies and nonprofits would like to help us and move forward even faster, please do contact me to help with the efforts of all women and girls in Colorado! Anyone can jump in and help. Men too! Boulder and Denver have already done fantastic gender analysis studies and are available on their websites.

Something else to know is that America has formed the U.S. Women's Caucus at the U.N. this year and our task force is speaking on a panel at the CSW62 (Committee on the Status of Women). This year the theme is around life for rural women:

Women now make up 43 percent of the world's agricultural labor force, as much as 60 percent in the developing world and 28 percent in the U.S.. They will produce the next generation and will determine the future of the world's food security. They are seriously under-recognized, discriminated against, often unpaid and too often violently abused. Major changes must be made to address those issues for women and girls today, with consideration for subpopulations such as migrants, widows, disabled persons, and ethnic, religious, and indigenous minorities.

Also, our country leads the way with women, peace and security. This is the statement from the agreement: The United States Government is deeply committed to the participation of women in advancing peace and security around the world. Consistent with this commitment, in December 2011, President Obama released the inaugural United States National Action Plan on Women, Peace, and Security (WPS) — a document that has helped chart a course for the United States Government to accelerate, institutionalize, and

Picnic with TBB at 63rd Street Farm

TimeBank Boulder members are invited to attend the 63rd Street Farm's annual Spring Celebration as a picnic. Bring your own lunch and we'll all eat together and enjoy the beauty. Expect music, fresh air, a tour of the farm, and – we hope – sunshine and birds singing! What better way to celebrate Earth Day than on your local farm?

For the picnic, we'll have either picnic blankets or a table and chairs, depending on who is coming. Come for all or part of the time. Bring your own lunch (or purchase a wood-fired pizza from Laudisio's catering) and bring something to share with others—chocolate is encouraged! (For those so inclined, there will be wine for sale from Settembre Cellars.)



The farmers say:

Well it seems as tho a wet spring may be coming, if the snow keeps up like it has. It's starting to feel like the farm is buzzing with life right now. The Greenhouse has a few thousand seedlings started and our baby layer chicks all working together in symbiosis. The chicks exhaling, the plants inhaling, it's like it's meant to be.

We are gearing up for the season fixing some things that got broke last summer, getting some new things for this summer, and hiring on some great staff for the season!

Our animals are a part of our system by rotating throughout the pasture mowing down the grass, eating bugs, tilling the fields and allowing more nutrients and moisture to enter into the land. At the end of the season our animals are put onto our vegetable plots to finish eating anything we missed. The fields are then left fallow through the winter.

To attend, please RSVP at our MeetUp! and be prepared to pay Jan DeCourtney \$TD1 for creating and organizing. Non-members are welcome to come and learn about TimeBanking at no cost. It'll be a lovely event! So beautiful out there!

If you go, bring a nice full water bottle, sunscreen, your lunch, sunglasses, and a sun hat. We may need some extra tables/chairs or picnic blankets. Feel free to bring food to share, especially chocolate. Parking will likely be hard to find, so carpooling is a good idea. The farm is located on 63rd Street between Jay and Valmont Road. If it's raining or snowing, everything will be cancelled.

Trip to Esh's Discount Gourmet Grocery Store

Esh's is a family-owned, Colorado-based discount liquidation grocery store. They sell closeout, overstock, and straight-from-the-source items, so everything is really inexpensive, but if you don't get it when you're there, it might not be there next time you go. TBB is organizing a trip on Saturday, April 7.



Photos from Esh's website



They open at 9:00am so the plan is to meet at 8:30am at Jan's house in Gunbarrel (receive address when you RSVP through [MeetUp!](#)).

Allow about half an hour for driving each way, and then

plan to spend one or one-and-a-half hours shopping. (If we have two cars and some people

want to go home sooner, that's okay, and if everyone wants to stay a little longer, great.)

Everyone pays each of our two organizers \$1TD and donates \$1.00 toward gasoline. Your shopping expenses are, of course, your own. If you want to bring someone who's not a member, they just have to pay the USD for gas and listen to us talk about how awesome TimeBanking is along the way.

Bring your grocery bags if you wish. (Dacono does not have a bag law.) Also bring a cooler if you might buy frozen or refrigerated foods.

RSVP required!

Speaking Out in the *Daily Camera*

Continued from page 8

better coordinate efforts to advance women's inclusion in peace negotiations, peacebuilding activities, and conflict prevention and response; to protect women and girls from gender-based violence; and to ensure safe, equitable access to relief and recovery assistance in areas of conflict and insecurity. The 2016 updated United States National Action Plan on Women, Peace, and Security will help the United States Government continue building on this strong foundation.

To this end, right here in Boulder County we have many organizations that are working on these issues every day locally. Please feel free to join this new march in America, while waiting for the last two states to ratify the ERA. Check out Business and Professional Women of Boulder (or a chapter near you), Zonta Foothills or United Nations Association as well as the Women's Collaborative of Boulder (for nonprofits to work together) on the web/Facebook. Equal rights are women's rights. Women's rights are equal rights. Let's do this city by city! Read the original article at http://www.dailycamera.com/opinion/ci_31716028?source=AP

Introductory / New-Member Events

[RSVP REQUIRED FOR NEW MEMBER EVENTS!!](#)

WHAT	WHEN	WHERE
<u>New Member Orientation</u>	Sunday, April 1 10:00-11:15AM	Pekoe Sip House 1225 Alpine Ave, Boulder
<u>New Member Orientation</u>	Sunday, April 22 10:30-11:45AM	Pekoe Sip House 1225 Alpine Ave, Boulder
<u>New Member Orientation</u>	Tuesday, April 24 7:00-8:15PM	Panera Bread 29th St Mall, Boulder

TBB-Sponsored Events

WHAT	WHEN	WHERE
<u>Esh's Discount Gourmet Grocery</u>	Saturday, April 7 8:30AM	Meet in Gunbarrel and drive to Esh's in Dacono
<u>Spanish Discussion Group—Int/Adv</u>	Saturday, April 7 10:00-11:00AM	Red Rock Coffee House 3325 28th Street, Boulder
<u>Movie Night (Lady Bird) and Potluck Supper</u>	Sunday, April 8 5:00PM	Daniel Ziskin's house. Address provided with RSVP
<u>Waist Watchers</u>	Friday, April 13 9:00AM	Jan DeCourtney's house. Address provided with RSVP.
<u>Spanish Discussion Group—Beginners</u>	Saturday, April 14 1:00PM	Boulder Public Library, Main Branch, Arapahoe Room
<u>Potluck Picnic at 63rd Street Farm</u>	Saturday, April 21 Starting at noon	3796 63rd Street, Boulder

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
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Potluck (co-coordinators)	Dorothy Cohen Sharon Simmons	dorothy_cohen@q.com hawksndragons1955@gmail.com
Spanish Member Advocates	Jake Simpson John Short Jan DeCourtney	Jakesimpson@msn.com johnfshort@gmail.com coloradojan97@yahoo.com
Primary Coordinator	Howard Lambert	sshpl351@gmail.com

The Boulder Public Library is holding over 20 events in April—not just Earth Day but [Earth Month](#). There are planting events, cooking events, story-times, films, art exhibits, the Conference on World Affairs, and much more. And most events are free! Celebrate the earth with your local library/community!

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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>.

