

TIMEBANK TIMES

Inside this Issue

| | |
|---------------------------------|----|
| Notes from Your Board | 2 |
| Primary Coordination | 3 |
| TBB Resource Library | 4 |
| Upcoming Happy Hour | 4 |
| For Want of a Drill | 5 |
| Business Values Event | 5 |
| Wallpaper Patch | 6 |
| Dreaming Big | 7 |
| Trip to Esh's | 8 |
| Waist Watching | 8 |
| Visit to VIA | 8 |
| New Member Events | 9 |
| Upcoming Events | 9 |
| Contact Us | 10 |
| Our Mission, Vision, and Values | 12 |
| Cycle of TimeBanking | 12 |

Chilly Earth Day Picnic Celebration

Several hardy TBB-ers ignored the message that if it was raining or snowing the event would be cancelled and headed to Boulder's 63rd Street Farm's annual Spring Celebration on April 21 to celebrate Earth Day together. They were rewarded for their intrepidity with a great day out on the farm in the chilly Colorado spring.



By Bonnie Sundance

Crackling bonfire, live folk music, open spaces under grey cloudy skies – perfect for a Spring Farm Celebration. Our president, Jan, planned a wonderful gathering for our Time Bank at the farm where she has a CSA share (Community Share Agriculture). Farmer Brian sat with us as

Continued on page 6



Everyone enjoying lunch *al fresco*.

Photos by Rebecca Biter

Notes from Your Board

By Mary Webber

Our TimeBank is growing! We welcomed four new individual members and one new business member in March. These folks heard about us in a variety of ways, including MeetUp, Facebook, a *Boulder Weekly* article and, in one case, a personal friend. The skills and talents these new members bring to the TimeBank only broadens the variety of ways in which we can be helpful to each other while getting some of our own needs met.

There may soon be more opportunities to share the value of TBB because Sharon Simmons, co-coordinator of the Marketing Team with Hailey Nicole, was recently appointed to a five-year term on the Human Relations Commission for the City of Boulder. (**CONGRATULATIONS, SHARON!**) In this role, she will be attending many events which may match up with TBB's marketing efforts. Bully for the Marketing Team, who have been busting their collective selves in spreading the word about TimeBanking! It is paying off!

2018's second TBB movie night for was held on April 8, and a grand time was had by all. The feature film was *Lady Bird*, one of the Oscar nominated films for this year. If you'd like to partake in an actual feast, as well as a cinematic one, without having to spend a huge amount of time in the kitchen, these evenings are great. Everyone brings food to share and when it is all put together on one table, you'll think you've entered culinary heaven. And the company is superb as well! One can't go wrong with that combination! I'm already looking forward to the next one!

One administrative item to share is that the TBB Social Capital Fund has a new name. This fund was originally established to provide Time Dollars to those members who have few or no \$TD to spend but are in need of assistance as the result of, for example, an unexpected illness or injury. The new name, Emergency Assistance Fund, makes the

purpose of the fund clearer. For those of you who have extra \$TD and a philanthropic spirit, please contribute to this important TBB fund. How to do so was outlined in last month's newsletter. It's pretty similar to doing any other type of exchange, but please feel free to contact Howard Lambert, TBB's Primary Coordinator, and he will help you with your donation. It's a great way to be of assistance to your fellow TBB members.

Question: do people still give out May baskets on May Day (the first of May)? Does anyone out there remember May baskets? The way it works is that a person makes and/or decorates small baskets (or paper cups) and fills them with spring flowers (or popcorn and candy in some areas of the country), puts them on the doorstep of the recipient, (or hangs them from the doorknob), rings the doorbell and high-tails it out of there before the recipient answers the door and identifies the giver. The tradition dates back to Roman times as part of the Festival of Flora, the goddess of flowers.

What brought this on (you may be wondering)? Well, May baskets are also a way of letting a person know that someone is thinking of them. So, here's a newsletter-based May basket delivered to each of you for all the good things you do in and for TBB and in all the other areas of your life. Bringing May baskets via the TimeBank Times means that I don't have to actually run away after delivering each basket – which is a good thing, as I'm not sure I could make it around the corner before you spotted me! Happy May to you all!

SMILE! It makes people wonder what you've been up to.

Notes from Your Primary Coordinator

By Howard Lambert

This month's column focuses on the proper way to code time as the organizer (Provider) or attendee (Recipient) at a TBB event.

TBB holds many events and the hOurworld software has always provided us with a way to code the time. What is new is that I finally understand how to do this properly.

I used to think that the person creating and organizing the event (Provider) would earn hours for the time they spent preparing the event plus the time each Receiver spends at the event. For example, if I spent two hours prepping and there were four attendees who each spent three hours at the

event, I would earn 14 hours ($2 + 4 \times 3 = 14$). It seemed almost too good to be true. It was.

In fact, when you enter an event exchange, defined as more than one Receiver, the software counts the above example as two hours of prep time plus three hours of supervision time for a total of five hours ($2 + 3 = 5$).

This is how it breaks down:

- a. First exchange (input by me) - I earn 2 \$TD from TBB for prep time
- b. Four more exchanges (one input by each Receiver) - I earn a total of 1 \$TD from each Receiver who pays for each hour of the event they attended ($3 \times 4 = 12$).
- c. Last exchange (automatically handled by software) - 9 \$TD is deducted from my account as it belongs not to me but to TBB, the host (owner) of the event.

So $2 + 12 - 9 = 5$, with five being the actual number of hours I spent providing this event, making it the correct number of hours I should earn.

Still not sure? Here's another example. If I spend 10 hours preparing and three people spend two hours each taking my class, I would earn a total of 12 hours.

All you have to do as the provider is honestly record the amount of time you spend to the best of your ability to remember it. As the receiver, just needs to enter the time spent at the event. Then I, as the Primary Coordinator, continue to look at each exchange to see if it is coded correctly, just as I do with every exchange. I just know exactly how the software arrives at its calculations now.



**“Education is what survives
when what has been learned has
been forgotten.”**

—BF Skinner

Access TBB Resources for Summer Projects

What are YOU doing this summer for fun or accomplishment????

- Moving? Check the "Moving and Hauling" section of our offers to find some help. Then contact Hailey Nicole to borrow TBB's handcart, dollies, and moving blankets.
- Holding a party? Contact Jan DeCourtney to borrow up to eight folding chairs, a stockpot, and/or a folding table.



- Gardening? Contact Ashley Doriss to borrow a spade for breaking hard soil.
- Sewing? Contact Bonnie Sundance to borrow a sewing machine.
- Playing Piano? Contact Deborah Hailey to practice on her baby grand! (At her house of course.)
- Home Improvement Project? Contact:
 - Jan DeCourtney to borrow a medium-height ladder or a plumbing snake
 - Daniel Ziskin to borrow a heavy rock bar, a big pipe wrench, or a bolt cutter
 - Don Parcher to borrow a tall ladder, a circular saw, sawhorses, a generator, or a reciprocating saw (sawzall)
 - Melissan Dezotelle to borrow a small ladder.
- And while you're not *planning* on injuring yourself, Melissan Dezotelle has a left-foot boot in case something happens when you're out and about this summer.

If you have something to loan out, please list it in our Resource Library/Items section!



Spring into Summer Happy Hour Gathering

By Deborah Hailey

We had a few of these last year when the place was brand new and everyone loved it, so we're looking forward to more happy hours together this year. The first one is scheduled for Monday, May 14 from 4:00 to 7:00PM.

The Rayback Collective is a food truck park with both inside and outside tables. The bar features local beers, as well as mixed drinks and wine. It's very casual and you serve yourself by going to the truck (or trucks) you like and ordering. You can check out which food trucks are scheduled to be there that day on their website: <http://www.therayback.com>.

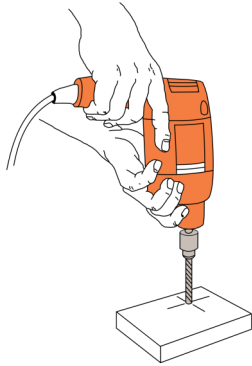
We'll meet at the first table just inside the door starting at 4:00. If you're a member, be sure to bring your offers and requests for sharing and on-the-spot exchange planning. The food trucks start serving at 5:00PM.

The Rayback Collective Food Truck Park is located at 2775 Valmont Rd, Boulder. That's on the north side of Valmont, just west of 28th Street. There is parking in the long lot along the brick building and you enter at the end of that building. It's also easy to get there by bus or from the bike path.

Sometimes a Drill is More Than Just a Drill

By *Rebecca Biter*

This community is amazing. I was thinking I needed to borrow a drill, so I emailed Jan [DeCourtney] and asked if I was right in recalling that there was some type of lending program through TBB. She said yes, it's listed as Resource Library on the hOurworld website. (See related article on page 4.)



That reminded me that Daniel [Ziskin] had already said he would lend me his drill a couple weeks ago. Right after that, I found one on Craigslist that I was going to buy and keep. But that guy went and sold it to somebody else. Arg! Anyway, I got that need met, and now I need a drill again for a different project. So it's back to the website for me.

Really, it's not about the drill per se. It's more about finding my way around. Spreading out my needs. And frankly, asking others for help. It's fun for me and uplifting for others. And it seriously saves my energy for the things I can't ask other people to do.

TBB has taught me a lot in a short period of time. I love doing manual labor myself, and I can do it, but I take so long. I like to take my time. I don't want to speed up my work. But I just don't have the time now and I'm getting drained of energy.

The problem is that it can actually take longer for me to explain my needs in a post on TBB and then schedule a meeting and maybe schedule a second meeting, than it would take to just do it myself. On the other hand, the benefit (and it's a big one) is that using TBB actually gives me joy and energy. Through TBB I give and get hugs, understanding, and stories. I learn about other people's lives and pick up tips and tricks I didn't even think to ask about. So, if you're wondering if it's worth the trouble for a small project, I say yes!

TBB-ers Wove Value into Businesses for Less

By *Sharon Simmons*

On April 17, there was a great event that was advertised by TimeBank Boulder and sponsored by Jess Dewell. The event was called Weave Value into Your Business Growth. The idea was to implement some takeaways, get continuous results, and use short-term gains for long-term results! Laurie Dameron and I (Sharon Simmons) attended this seminar and had a blast!

Jess is a business advocate who grabs chaos by the hand and grows businesses. She is the host of *Voice of Bold Business Radio* and owner of Red Direction. She let various fun exercises to show us how we think and where our thought processes are coming from. One was SO enlightening. She stood at the front of the room and read four typed pages of words that we could use to describe ourselves. We

listened to catch the ones that described us and write them down as fast as we could. Oh my. SO insane! So much laughter. Then Jess had us pick three that describe our values! I chose non-judgmental, proud, and cooperative.

In the end we had fun, networked with some fun people, and learned a lot about organizational culture and decision-making. There was a four-person panel of experts (Nancy Chin-Wagner, Gary Barnes, Abigail Manning, and Nikhil Mankekar) who shared their experiences of human behavior in business/work and life.

Jess will no doubt offer TBB more opportunities and I encourage you to come and learn from her! The regular cost of this event is \$250, but TBB members paid only \$20 to cover her cost of materials and some TimeDollars – a real bargain!

Perfectly Patched by Paul

By Howard Lambert

We replaced the old cracked bathroom sink with a new, smaller one that left some of the wall without wallpaper. My clever wife Marjory said, "Why don't you ask someone in TBB to do it?" So, I put up a request.

On Tuesday, the day after the TBB newsletter came out, Paul Douglas called to say he would drive up to Gold Hill and patch the wallpaper for us.

Looks perfect!



Photo by Howard Lambert

Paul hard at work on the wallpaper patch.

63rd Street Farm Outing



The group meeting one of the farm's pigs.

talking to the juvie chicks. They own six acres and lease another nine acres across the road from Boulder Open Space.

I realized again while in conversation with hard-working farmer Amanda just how fortunate we are to have farmers in our county providing us local fresh and organic food. It's a lot of work, with stiff economic challenges. They need our continued and informed support.

Thanks to Jan and all for a delightful afternoon.

Continued from page 1

we lunched and shared his love of farming 150 varieties of vegetables provided directly to the 350 families they grow food for.

We wandered around the farm, saying hi to the pigs nose-to-nose and



Bonnie and the pig getting better acquainted.

Helping Each Other Make Our Dreams Come True

By Jan DeCourtney

What do you dream about realizing in your life? Where are you stuck? Do you need ideas? Or maybe just someone to listen to you remember the things that nurture your soul?

How would you like to attend an event designed to help? On Friday, May 25, there will be a structured two-hour gathering, starting at 5:30PM, designed to do just that. It will be limited to seven TimeBank Boulder members. Each participant will have 15 minutes for talking about

our dreams, goals, aspirations, and wishes (more if there are fewer of us). The group will act as wonderful compassionate listeners, or, if you want, you can ask for ideas or encouragement. Naturally, everyone agrees to keep everything confidential.

This is a wonderful opportunity to see if, as TBB members, we have ways to collaborate and help each other fulfill our dreams.

As we are meeting on a Friday night after the work day, please bring finger foods to share so we can concentrate on listening and helping rather than our growling stomachs. I will supply non-alcoholic beverages. Cost is 1 \$TD, payable to Jan DeCourtney, organizer.

RSVP through our [MeetUp](#) page to receive the address.



Trip to Esh's Discount Gourmet Grocery Store

Six people (four members and two guests) turned up at Jan DeCourtney's house at 8:30am on Saturday, April 7 for a road trip. 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.

We took two cars in order to accommodate all the people and the expected loads of groceries, and it was a good thing because Lisa Dicksteen and her son had to leave early as he became ill on the way. She took over the driving. Turned out he had food poisoning from eating from a taco truck outside a concert venue the night before. Everyone was most motherly, and he was well cared for. He opted to nap in the back of the car while everyone else explored and shopped, but he needed to head for home before they were quite done. (He slept all day and made a complete recovery.)

Many great bargains were obtained and scheduling another trip was discussed.



photos from Esh's website

First Gathering of TBB's Waist Watchers Group

By Jan DeCourtney

TimeBank Boulder's Waist Watchers group had their first meeting on Friday, April 13. Four TBB members attended. We weighed in, took measurements, set goals, and had a cup of tea. Our discussion included tips for losing weight, controlling eating, and one change or goal for ourselves for the coming month. We will check in with each other on these goals at the next meeting, which will be on Friday, May 11 at 9:00PM.

We're contemplating a theme song for enthusiasm, and will definitely be sharing recipes, discussing emotional eating, and other topics. We decided to extend these monthly meetings to a full hour instead of only 30 minutes and will limit the group to six people who are committed to regular attendance and support. That means there is still room for two more members.

[RSVP](#) required.



New Member Marketing Opportunity Via VIA

Everyone has seen VIA's busses around town – the ones that take the disabled and elderly wherever they need to go. Well, our crack marketing team has arranged to have a table at their annual employee health fair on May 2 from 10:00AM to 2:00PM. I am hoping that by the time this issue of the newsletter comes out all the helper slots will be filled, but, if you are interested, contact me just in case (hawksndragons1955@gmail.com). It's a great opportunity to tell folks who really understand helping others about TimeBanking and perhaps bring in some new members.

INTRODUCTORY/NEW-MEMBER EVENTS

RSVP REQUIRED FOR NEW MEMBER EVENTS!!

| WHAT | WHEN | WHERE |
|---|------------------|-----------------|
| <u>New Member Orientation</u> | Saturday, May 13 | Pekoe Sip House |
| <u>New Member Orientation</u> | Tuesday, May 22 | Panera Bread |
| <u>New Member</u> | Sunday, May 27 | Pekoe Sip House |

TBB-SPONSORED EVENTS

| WHAT | WHEN | WHERE |
|--|------------------|--|
| <i>VIA's Annual Employee Health Fair</i> | Wednesday, May 2 | VIA HQ |
| <u>Spanish Discussion Group—Int/Adv</u> | Saturday, May 5 | Red Rock Coffee House |
| <u>Waist Watchers</u> | Friday, May 11 | Jan DeCourtney's house |
| <u>Introverts Discussion Group</u> | Sunday, May 20 | Boulder Public Library, Meadows Branch, 4800 Baseline, Boulder |
| <u>Spring into Summer Happy Hour Gathering</u> | Monday, May 14 | The Rayback Collective |
| <u>Spanish Discussuion Group—Int/Adv</u> | Saturday, May 19 | Red Rock Coffee House |

To RSVP for any TimeBank Boulder event, go to
[**http://www.meetup.com/Boulder-Sharing-Economy-Events/**](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 |
| Membership Processing | Jay Wyshak | rockinjay@creativeheadspace.com |
| 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 |

“Just as a tree without roots is dead. A people without history is a dead people.”
—Malcom X

| 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 | 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.com |
| 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>.



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.

