



ANNUAL REPORT 2018





Message from the Board President

In March I broke my wrist, and when I got home from the emergency room began to think with dismay of all those things I would be unable to do but that were kind of important, like shopping for and preparing meals, or tying my shoes. While I had to stop complete strangers in the street to tie my shoes, it was Hour Exchange members who took me shopping, chopped vegetables and loosened jar lids, vacuumed and ironed. I don't know how I would have managed without HEP.

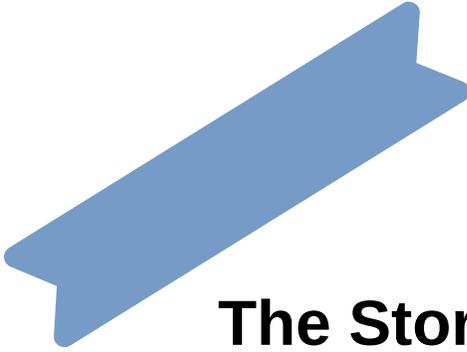
While I live in a building that functions as an informal exchange, and I relied on them to lift things for me and open pill bottles, most of the surrounding community is community in name only. People tend to live in their own little boxes and isolation is a huge problem. Another problem with our culture is that it artificially and falsely divides people into service consumers, who need and take but have nothing to give, and service providers who, professionally or on a volunteer basis, give but do not receive. The former are too dependent, while the latter are too independent, and there is an ever-widening chasm between the two.

Hour Exchange builds community. That's what we do. However our membership is largely white, middle class, community-oriented and educated. I would like to see us broaden our scope and begin to change the cultural norms that tell the have-nots that they are worthless and the haves that they do not need anything from the have-nots. Our mission statement ends with "together we are restoring our local community currency based on relationships and time." I would like us to live more fully into this mission during the coming year.

We will begin a strategic planning process in November and will be seeking your input. Help us make Hour Exchange Portland so successful that interdependence becomes a way of life for the entire community and we will no longer be needed.

Sarah Braik
Board President





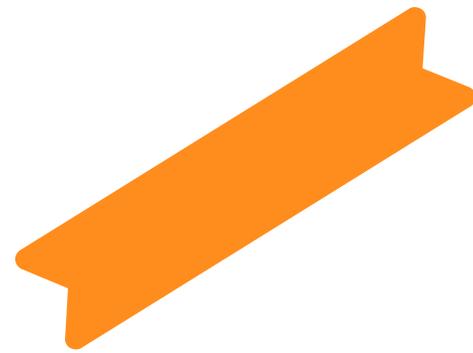
The Story of Hour Exchange Portland

The seeds of Hour Exchange Portland (HEP) were planted when its founder, Dr. Richard Rockefeller first heard Dr. Edgar Cahn speak about Time Dollars in 1995. Hearing Dr. Cahn speak led Richard to see the interconnectivity between caring for our environment and caring for one another, catalyzing Richard's vision of bringing the Time Dollar concept to Maine. In 1997 Maine hosted an International Time Dollar Congress in cooperation with Dr. Cahn, bringing together 40 service exchanges from around the globe. For many, it was the first opportunity to share their experiences about their programs and learn from others. In Portland, the Congress inspired a new vision and direction to grow a local service exchange, which germinated into today's Hour Exchange Portland.

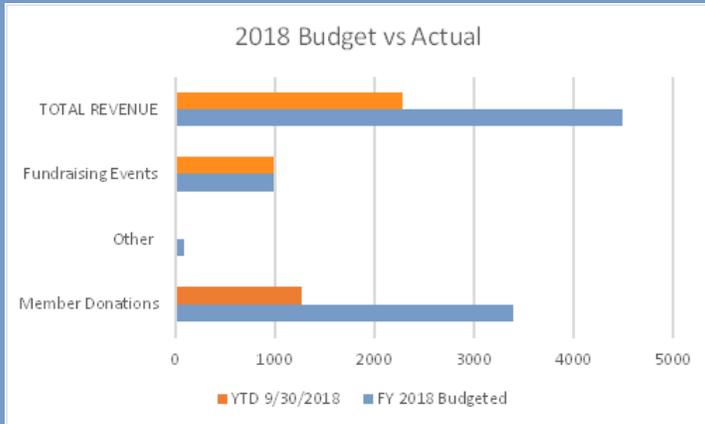
HEP is founded on the concept that everyone's time is valued equally. Originally named Maine Time Dollar Network, and later Portland Time Bank, HEP may at some point warrant another name change to emphasize the exchange between people rather than units of time. Though certain skills and tasks are valued more highly than others in a capitalist society, if you have a certain need you cannot meet at a given point in your life due to physical, time, or other constraints, that skill can become virtually priceless. HEP brings people together in profound ways, building networks based on authenticity and allowing complete strangers to feel the kinds of connections that are traditionally the privilege of next-door neighbors, family members, members of the same spiritual congregation, or the closest of friends. Why not meet one another with the presumption of trust and care, rather than having to build that only after a period of circumspection or through some pre-existing bond of shared geography, religion, bloodlines, or shared educational experience?

Now more than ever this kind of caring communal attitude is needed in our society. With new Mainers arriving every day, HEP creates opportunities for long-standing Mainers to benefit from exchanging goods and services as a way of welcoming new arrivals, whether they are arriving from Brooklyn or Bangladesh. It is with excitement and profound commitment to the value and importance of what Hour Exchange currently has and could potentially have to offer its members--and to other communities through role modeling--that our Board Members work hard to keep Hour Exchange Portland vital.

Adriane Herman
Vice President



Financials

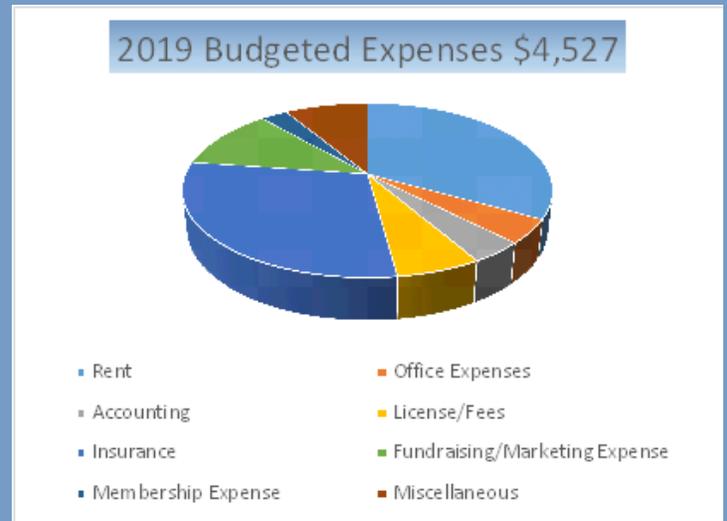
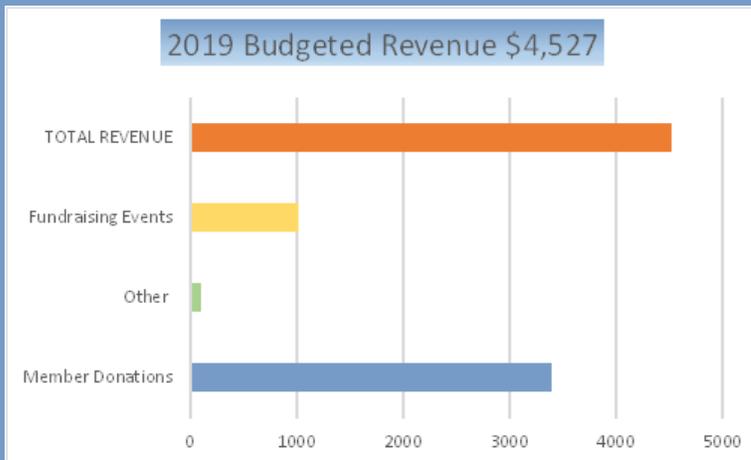


During the first three quarters of 2018, Hour Exchange members donated \$1,285. To meet our 2018 expenses of \$4,505, we need 85 additional \$25 donations before the end of the year.

What is the value of HEP to you? To the community?

Please give generously so that together we can fully live into our vision.

2019 Expenses are estimated to be roughly the same, with a cost-of-living adjustment of 2.6% in some areas.



Here is a reminder about what it's all about-our mission and values:

Hour Exchange Portland is an hour exchange based on the equality of time, empowering individuals to utilize their assets and enhance their lives, neighborhood and community.

Assets: Every human being has something of value to contribute.

Equality: An hour is an hour, regardless of the service. All people are valued equally.

Reciprocity: "How can I help you?" needs to be changed to "How can we help each other build the world we both want to live in?"

Redefining Work: Work must be redefined to include all of the activities it takes to sustain families, neighborhoods and communities, to help democracy work and to advance social justice.

Respect: Everyone matters.



Thank you to our Member-Helpers

Member-helpers are the lifeblood of Hour Exchange Portland. Thank you to all who supported our organization.

New Member Orientation Leaders

Diane Brakeley, Jackie Hawkins, Patty Renaud, Sarah Stowell

Member Leadership

Mario Cardoza

Anniversary Calls

Louisa Beckett, George Burchill, Jackie Hawkins, Danice Jacobson, Sally Lehtinen, Kathy McGuire, Louise Sharp

Bizarre Bazaar Coordinators

Diane Brakeley, Paul Manoff, Marjorie Stone, Sally Trice

E-Buddies

Jennifer Caven, Sidra Nasir, Sandra Kornblum, with a special thank you to Paul Manoff for making in-home visits to show members how to navigate the website.

Marketing Committee

Danice Jacobson, Melanie Lawlor, Jacqueline Quidort, Patty Renaud

Tabling

Ruth Elkin, Margaret Kuhlen, Jack Smith, Laurel Snow, Patty Renaud and Carolyn Tkach

Greendrinks to Benefit Hour Exchange Portland

James Crow, Melanie Lawlor, Paul Manoff, Colleen McGrath, Jack Smith

Event Space

Liz Trice, CEO and Co-Founder of Peloton Labs, St. Luke's Cathedral and Portland Media Center f

Graphic Design

Arthur Page - Brochure Jackie Quidort - Banner

Board of Directors Meeting Minutes

Sarah Stowell

Thank you to anyone who we omitted and to those who provided miscellaneous services. Your contributions make a difference!

Board of Directors



President Sarah Braik joined HEP in 2016 and doesn't know quite how she ever lived without it. She recently retired from careers in the restaurant, community mental health, and education fields. In addition to her service to HEP, Sarah is a co-leader of the Portland Chapter of Citizens' Climate Lobby and Associate Companion-in-Charge of the Maine Chapter of the Society of the Companions of the Holy Cross.



Vice President Adriane Herman designs performative events to occasion opportunities for people to relinquish physical or symbolic items or state intentions to let go of non-tangible things before encouraging witnesses. She teaches in the MFA program at MECA. Adriane has been a member of HEP since 2005 and believes passionately in its fundamental tenet that everyone's time has equal value.



Treasurer Dieudonne Rusarika was born in Burundi, raised in Rwanda, and came to the US in 2017. He is fluent in English, French, and Swahili. Dieudonne holds a Bachelor's degree in economics from the University of Kigali and is employed by Spurwink as a cash applications specialist. Serving as HEP's treasurer is right up his alley, combining Dieudonne's accounting skills with his desire for community service.



Secretary Karin Lindholm Belsheim retired from Maryland to Maine after a career in education and non-profit work. She handles office communications and other behind-the-scenes work for HEP. Karin also volunteers at freecycle.org, the tourism desk at Ocean Gateway, Tommy's Park for visitportland.org, Portland Stage, the Locker Project and Still A Good Cause charity thrift shop.



Ian-Meredythe Lindsey (Ian or Mer, they/them) is a newcomer to HEP, having just joined this year. They are currently working on their Master's in Leadership and Organizational Studies at USM. They are an insurance professional, actor, and activist based in South Portland. In their free time they are either doing homework or spending time with their partner, two dogs, and one cat.



Kelsey Munksgaard is a marketing professional based in the Greater Portland area. She holds a Bachelor's degree in Business Administration from the University of Southern Maine. Kelsey is thrilled to contribute to Hour Exchange Portland's Board and the marketing, community and event initiatives. In her spare time, she enjoys live music and travel.



Danielle Strandson is a communications and engagement professional in Portland. She holds a M.A. in Community Development and Planning and has many years of experience working with nonprofits in Massachusetts. She is a proud member of HEP, the Maine Mineralogical and Geological Society, and the Porttango Argentine tango community. Danielle enjoys biking, sailing, and beach trips with her dog Nori.



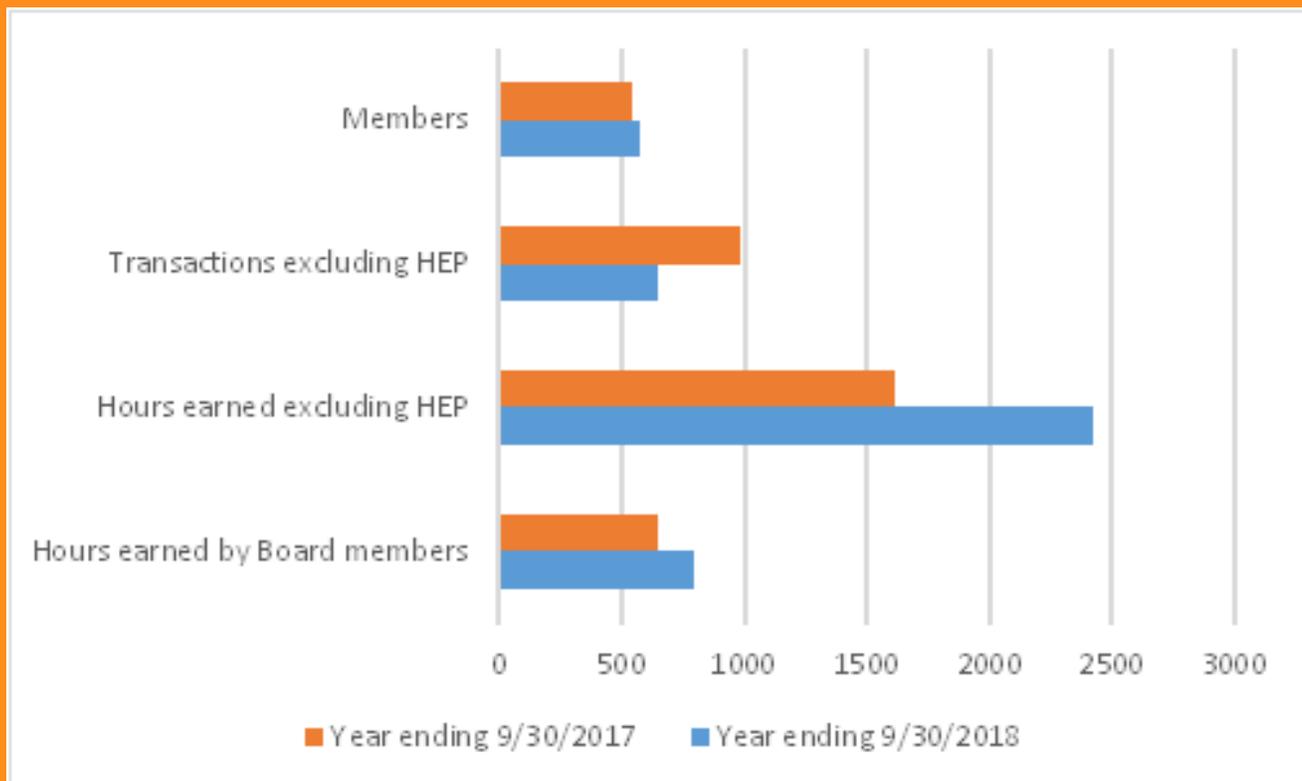
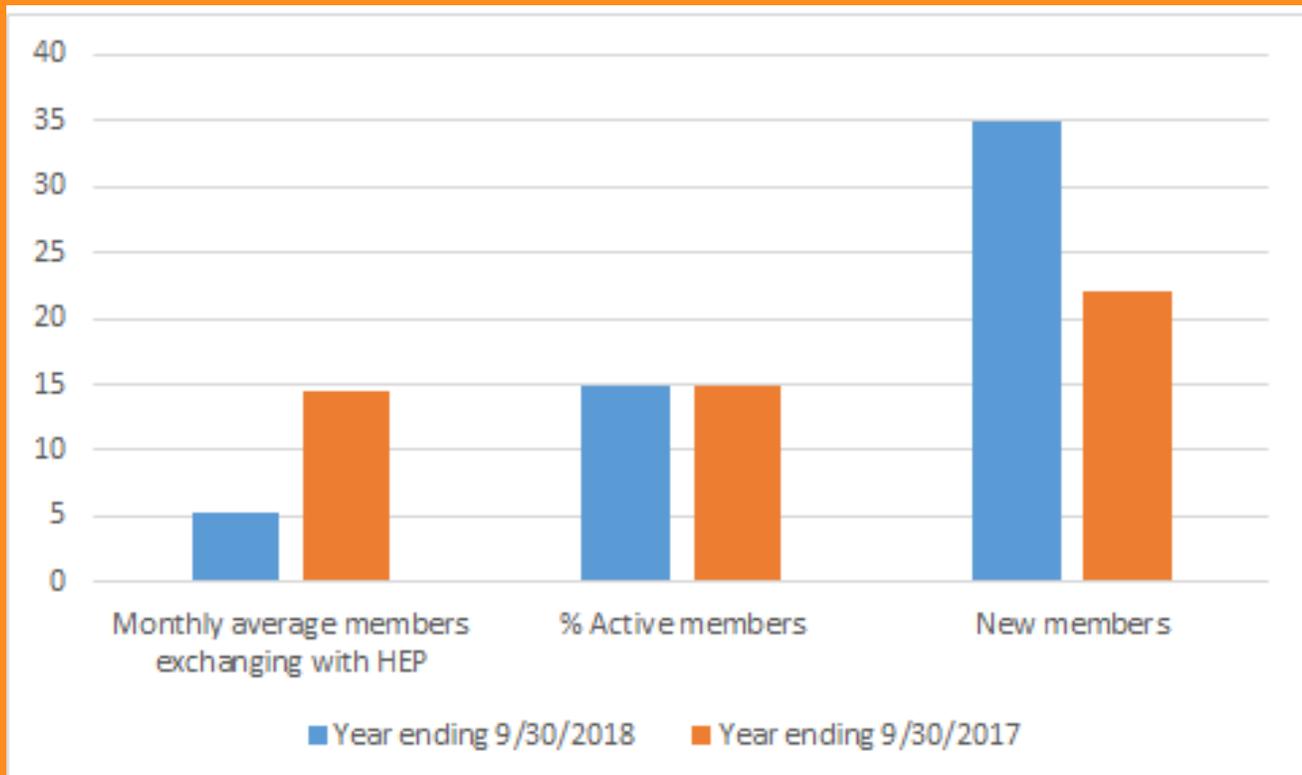
Sally Trice is one of Hour Exchange Portland's original founding members and has always enjoyed the benefits HEP provides. A music major in college, she has directed choirs and also plays a fantastic accordion. Sally is an enthusiastic gardener (despite her rather pale green thumb) and is a driving force behind many of HEP's special events.

Farewell

We extend our deepest thanks to Minna Sorell, who, since 2012, has served in multiple capacities as HEP's staff member, volunteer, Board member, and Treasurer, and whose tenure with HEP ended this year after her move back to Finland. We will miss her guidance and institutional knowledge.

The HEP Board of Directors meets the first Thursday of the month from 6:00 - 8:00 p.m.; HEP members are welcome to attend. Please notify us via email to hepboard@gmail.com if you plan to attend. Board meeting minutes are available upon request. HEP's Board of Directors is a working Board; HEP has no paid staff. If you are interested in service to HEP as a member of the Board, e-mail us at the above address.

2018 By the Numbers





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