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ANNUAL REPORT 2019

HOURL EXCHANGE PORTLAND

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Thank You





A Message from the Board President

Being Board President of a member-run organization like Hour Exchange Portland is somewhat like being the parent of a large number of accomplished and self-directed young adult children. Despite having diverse skills and interests and different and utterly fascinating ways of applying them, all of us have a strong sense of being family, which directs all our varied activities. Our family traditions are important to all of us, though we still struggle with defining our family identity. Over this year the Board has been pondering who we are and whom we serve, as well as responding to members' suggestions of directions we could move towards.

Last spring HEP member Don Kauber approached us with an idea for how HEP could work with farmers and food pantries to help get fresh produce to those in need. We were intrigued by this opportunity to give HEP members (especially those living outside of Portland) an opportunity to meet a clear need in our community, and the HEP Farm to Pantry Network, which you can read about elsewhere in this report, was born. We view it as an experiment, and the program continues to evolve.

Most exciting of all, we have moved to a lovely co-working space at the Immigrant Welcome Center (24 Preble St. 3rd fl) and now have regular office hours on Tuesdays and Fridays from 2-5 PM. Our new Member Care Coordinator Monique Barrett, who was instrumental in developing a relationship with the Immigrant Welcome Center, is present on Tuesdays while I have taken Fridays. Please stop by and visit. Monique received time dollars through January and we began paying her for 2 of her 3 hours in February, so we will need your help to raise the needed funds.

HEP IS ON THE MOVE!

As part of the strategic planning process we will begin surveying our stakeholders early next year asking, among other things, how do we make ourselves indispensable to the community? What is Hour Exchange's value? How can we engage more members?

There is of course a limit to how much we can accomplish as an organization funded solely on voluntary donations. This fall we will be appointing a fundraising committee to increase our capacity to engage our members and the community at large.

What are your ideas? How can you use your skills and strengths to serve the HEP family as we continue to broaden our connections with the community/communities around us? Where would you like to see us in the next 5 years? 10 years? We want to hear from you.

In eager anticipation,

Sarah Braik
BOARD PRESIDENT

Our Mission

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.





Our Values

1

ASSETS

We are all assets. Every human being has something of value to contribute.

2

EQUALITY

At the heart of every exchange is equality. An hour is an hour, regardless of the service. All people are valued equally.

3

RECIPROCITY

Helping works better as a two-way street. "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?"

4

REDEFINING WORK

Work is beyond price. 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. This kind of work needs to be honored.

5

RESPECT

Everyone matters. We must respect where people are in the moment, not where we hope they will be at some future point.

Farming and Gleaning and Feeding, Oh My

THE HEP FARM TO PANTRY NETWORK

WRITTEN BY

Renée Michaud

HEP MEMBER, FTPN WORKER,
AND MAINE COLLEGE OF ART
SENIOR

The Farm To Pantry Network (FTPN), conceived by Don Kauber, long-term Hour Exchange Portland (HEP) member from Hiram, has been recruiting HEP members to receive time dollars for helping farmers plant, care for, harvest, and transport produce to food pantries in order to support food security in Maine.

In conversation with Kauber on the project, he noted, "the project helps connect people to the soil where healthy food comes from and from where healing can take place. The more helpful people we receive, the more people will be helped!"

Working predominantly with Julee Applegarth of Sweet Relief Farm and Colleen Donlon, gleaning coordinator with Cumberland County Food Security, the network has been able to plant rhubarb and potatoes, glean kale and cabbage, and transport arugula flowers directly from Sweet Relief Farm to the kitchen at Portland Preble Resource Center to help feed the recent arrival of numerous asylum seekers!

Adriane Herman, HEP Board Member and FTPN worker, told me that "passion opens things."

In my time working with Farm to Pantry Network, I have learned that through working in the now, experiences fulfill themselves and become fertile ground for new opportunities to arise.

Rooted in offering services of non-monetary value, Hour Exchange Portland has been an integral force in the execution of this project. Farm to Pantry Network is currently looking for HEP Members to bank time dollars by weeding, planting, harvesting, and gleaning farm produce, as well as transporting them from the farm to food pantries in Maine.

Besides connecting with nature and feeding people, another amazing quality to this project is the conversations! You never know what you'll learn about each other and the world around you.

Anyone interested in opportunities to help this project deepen its roots in the ground, please contact: hepboard@gmail.com. Thank you!





By the Numbers

FROM THE PERIOD BEGINNING JAN 1, 2019 AND ENDING DECEMBER 31, 2019



MEMBERS AS OF DECEMBER 31, 2019



NEW MEMBERS



MEMBERS ACTIVELY
EXCHANGING

MOST POPULAR SERVICE CATEGORIES



GARDEN + YARD



HEALTH + WELLNESS



FITNESS, OUTDOOR AND NATURE



ARTS AND CRAFTS



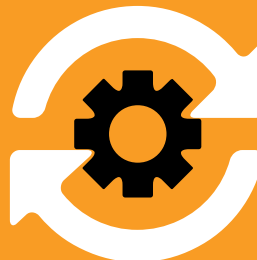
BOARD MEMBER HOURS

518

MEMBER-HELPER HOURS

3,206.35

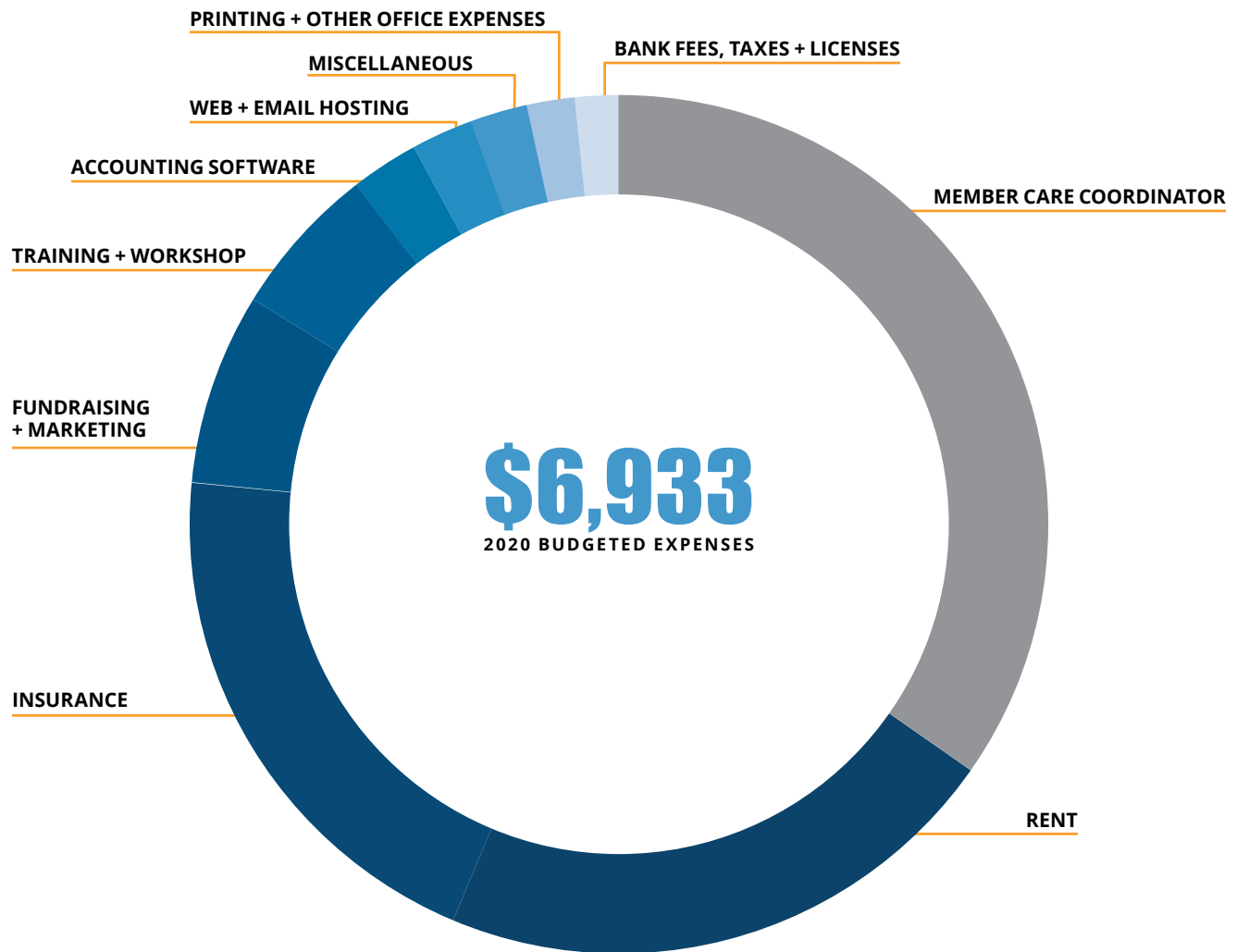
TOTAL HOURS EARNED



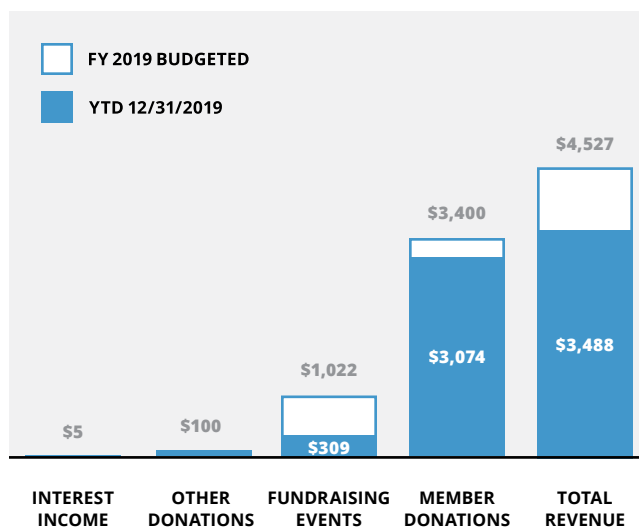
605

TOTAL TRANSACTIONS
(EXCLUDING BOARD)

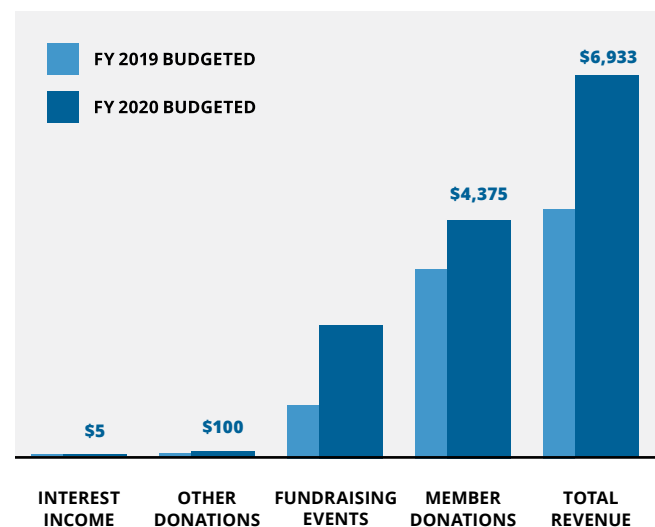
The Financials



2019 BUDGET VS ACTUAL



2020 BUDGET





UPCOMING FUNDRAISERS

We are in need of members to join our new fundraising committee to plan a big event-perhaps some kind of gala dinner with entertainment.

We also plan to participate in a few restaurant non-profit nights. Do you have any creative fundraising ideas? Let us know!

We need to raise \$2,500 during 2020.

NEEDED MEMBER DONATIONS

Budgeted income includes the equivalent of 175 \$25 member donations. Although donations are voluntary, we encourage members who can contribute to do so, as we depend on them to meet our expenses.

2020 BUDGET

Hour Exchange Portland is hOUR timebank and we make every effort to spend our members' contributions with care and caution.

We anticipate having a paid Member Care Coordinator to be hugely beneficial and well worth the increased expenditure in terms of member satisfaction and the addition of new members.

Next year's budget also includes a small increase for some line items, reflecting the rise in costs of goods and services we need for our basic operations, such as the insurance we must keep to stay in operation .

Board of Directors



**SARAH
BRAIK**

PRESIDENT

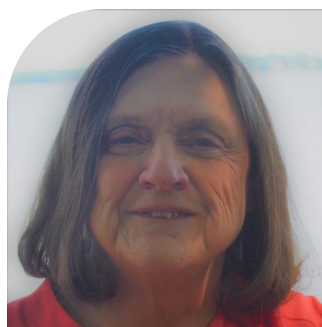
Sarah joined HEP in 2016 and doesn't know quite how she managed to live without it all these years. She recently retired from careers in the restaurant, community mental health, and education fields. She is a co-leader of the Portland Chapter of Citizens' Climate Lobby and Associate Companion-in-Charge of the Maine Chapter of the Society of the Companions of the Holy Cross.



**ADRIANE
HERMAN**

VICE PRESIDENT

Adriane 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. She has been a member of HEP since 2005 and believes passionately in its fundamental tenet that everyone's time has equal value.



**COLLEEN
HUTCHINSON**

TREASURER

Born in the Western hills of Maine, Colleen has lived in Falmouth for almost 40 years. Colleen started her own bookkeeping business thirty-five years ago. A new HEP member this year, she is excited to be included on the Board as Treasurer and is in awe of all the great talent and services of the members of HEP.



**SARAH
STOWELL**

SECRETARY

Sarah is a native Mainer who manages the business office in a nursing home and learns something new each and every day. Sarah enjoys the many vegan offerings of Portland restaurants, and sees live music as much as her schedule allows. She loves to travel and hopes to meet members of other timebanks along the way.

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MEET OUR NEW MEMBER CARE COORDINATOR

Monique Barrett has been part of HEP since 2001 and has exchanged with over 100 members. She has previously served on our Kitchen Cabinet/Advisory Board, as our Membership Maven, and most recently on the Board of Directors. She has a long, rich history as a member and is elated to be back in a position to help HEP thrive. Monique has been working in the areas of member engagement, community outreach, marketing and fundraising.

To connect with Monique, email her at HEPMemberCare@gmail.com, message through the HEP Facebook page, or stop by the 3rd floor of the IWC at 24 Preble Street on Tuesday afternoons from 2 to 5.





IAN-MEREDYTH LINDSEY

BOARD MEMBER

Ian-Meredyth 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.



DEBRA BOXER

BOARD MEMBER

Debra has practiced as a psychotherapist and consultant. More recently she has been doing consulting and training to business, healthcare, government and community organizations to improve healthcare costs, reduce disability claims and enhance employee morale and productivity. Deb plans on opening the Center for Optimal Work, Health and Living. In her spare time, she enjoys Mahjong, yoga, music and exercise.



RENÉ GODDESS JOHNSON

BOARD MEMBER

A queer, black, female refugee born in Johannesburg, South Africa and raised in the Portland area, René spent the last 27 years fumbling and creating and somehow in all that work has become an embodied equity consultant, director, producer, arts administrator, performance artist, educator, dancer, choreographer, playwright and founder of the Theater Ensemble of Color.



KELSEY MUNKSGAARD

BOARD MEMBER

Kelsey Munksgaard is the operations manager at SCORE Maine, a nonprofit. 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 its marketing, community and event initiatives. In her spare time, she enjoys live music and travel.

WE EXTEND OUR DEEPEST THANKS TO
OUTGOING BOARD MEMBERS DANI STRANDSON,
DIEUDONNE RUSARIKA, SALLY TRICE AND
KARIN BELSHEIM. SALLY TRICE IS ONE OF
OUR LONGEST-STANDING HEP MEMBERS.

Thank you to members who provided services to Hour Exchange Portland. We couldn't continue to survive and thrive without you!

NEW MEMBER ORIENTATION LEADERS

Jackie Hawkins · Patty Renaud
Sarah Stowell · Adrienne Brown

MEMBER LEADERSHIP

Mario Cardoza

BOOKKEEPER

Marisa Ihara

TABLING AND AMBASSADOR TASKS

Ruth Elkin · Sarah Chang · Renée Michaud
Colleen Hutchinson · Jack Smith · Laurel Snow
Debra Boxer · Kathy McGuire

ADMINISTRATIVE TASKS

Karin Belsheim

EMAIL AND ADMINISTRATIVE TASKS

Karl Trautman · Kathy McGuire · Beth Duddy
Colin McCullough · Debbie Schmitt · Dan Marks
Diane Brakeley · Travis Clough · Sharon Sawyer

BIZARRE BAZAAR

Meryl Troop

COORDINATOR

Colin McCullough · Sarah Stowell

KITCHEN COORDINATORS

Jennifer Caven · Marjorie Stone · Lesley Jones
Kelsey Munksgaard · Sarah Braik · Cliff Krolick
Sally Trice · Dave Howard · Claudia LaGuardia
Paul Manoff · Karin Belsheim · Travis Clough
Adriane Herman · Kathy McGuire · Emily Michaud
Peal McNeill · Beckey Stanley · Erinn Conn
Chrissie Libby · Cliff Krolick · Sally Lehtinen

E-BUDDIES

Gail Wyman · Sidra Nasir
Mario Cardoza · Sandrea Kornblum

Thank You!

HEP FARM TO PANTRY NETWORK

Joe DeGraff · Renee Michaud · Adriane Michaud
Sarah Braik · Joan Bullock · Ginny Schneider
Ruth Elkin · Martha Fournier · Annie Cutting
Don Kauber

MARKETING/ENGAGEMENT COMMITTEE

Kelsey Munksgaard · Danice Jacobson
Patty Renaud · Deb Boxer · David Howard

STRATEGIC PLANNING COMMITTEE

Colin McCullough

CHAIR

Meredythe Dehne Lindsey · Rene Johnson
Lesley Jones · Dana Trattner

EVENT SPACE

Liz Trice

CEO AND CO-FOUNDER

PELOTON LABS

St. Luke's Cathedral

HOST OF HOUR EXCHANGE PORTLAND EVENTS

Portland Media Center

HOST OF HOUR EXCHANGE PORTLAND EVENTS

ANNUAL REPORT

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COPY

Stephen Phillips

STP PHOTOGRAPHY

POTLUCK PHOTOS

Thank you to anyone who we inadvertently omitted and to those who brought food to potlucks. Your contributions make a difference!



Hello - my name is
Julie Silverman
And I'm looking for
ideas about moving

Hello - my name is
Deena
And I'm looking for
organizer for clutter + secretary

