



Immigrant Welcome Center, 24 Preble Street, 3rd Floor



ANNUAL REPORT

JUNE 2022

Our values are embodied in our members



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Democracy



Assets

Empowerment

REPORT FROM THE PRESIDENT



These have been a tough couple of years for Hour Exchange and for the world. Although we appear to be coming out of the pandemic, there are other challenges ahead, just as serious and just as world-changing. Rising income inequality, environmental devastation, loneliness and political polarization and deadlock threaten every community's well-being. I believe that Hour Exchange is uniquely suited to helping people survive and thrive in this brave new world, but it will take some work. Fellow board member Deb Boxer and I have been participating in a research collaborative co-learning community sponsored by the [BTS Center](#). Representatives of 8 organizations between Boston and Montreal have been gathering monthly to explore the question, "How would organizations act differently today if they embodied an ecological imagination?" We would like you, our members, to help us figure that out. An ecological imagination looks at the world and our part in it as an organic whole. The world is not just a set of separately existing, localized objects, externally related only by space and time, but a network of self-organizing, interconnected, cooperating processes.

Does this sound familiar? It should, because our timebanking values of assets, equality, reciprocity, redefining work and respect are indeed ecological values. Although these values remain at our core, the world is a very different place than it was in 1997 when Dr. Richard Rockefeller founded the Maine Time Dollar Network, now known as Hour Exchange Portland. Living systems are characterized by constant learning and adaptation, and so we also need to be continually learning and adapting to our surroundings. Since 1997 Portland has become more expensive and more diverse, with an influx of African refugees and asylum seekers, as well as young professionals.

REPORT FROM THE PRESIDENT, cont.



There are changes internal to Hour Exchange as well. In 2019 over 3200 hours were exchanged, and in 2021 they were less than half that number. We continue to struggle with members not responding to requests, and we have difficulty attracting new members. Although until recently the Board had only four members, I am pleased that two extremely talented and dedicated members have just joined the Board. I am grateful for my election as Board President for the final year of my second term on the Board. Several other Board members will be approaching the end of their terms this year, which means we need to continue recruiting new Board members. I am very pleased that we now have a member care coordinator, Abby Greenfield, and a member mentor, Gail Wyman. Abby has convened a Kitchen Cabinet, consisting of Abby, Lewie Bosler, Barbara Nucci and Patricia Campbell, which plans activities. We have had three potlucks, two of them outdoors, so far in 2022. Also thanks to generous member donations, a \$2,000 contribution from the BTS Center and an additional \$500 from the estate of Richard Rockefeller, our financial condition is solid.

In April we sent out a survey to the membership asking how they think Hour Exchange could embody an ecological imagination. Twenty three members responded with ideas, as well as concerns. We will be distributing a summary of the responses as well as contacting those members who wish to be contacted. We are thinking of convening small member teams to strategize around the following topics, and would like your input:

- 1) Encouraging and supporting all activities around food security and local farming and gardening
- 2) Collaborating with other community organizations
- 3) Clarifying our purpose, vision and mission
- 4) Expanding our membership
- 5) Creating a more egalitarian organizational structure

2022 should prove a watershed year for Hour Exchange!

FARM TO PANTRY NETWORK, by Ebyn Moss

The Farm to Pantry Network is 33 members strong. Like everyone we have been impacted by COVID but we have also survived, unlike everyone, and that means something. It is our belief in community that keeps us showing up for one another. For that I thank you.

The Hour Exchange's Farm to Pantry Network is many things. First it is a group of people who care about food insecurity in Maine. But it's more than that. It's people who care about the fact that their fellow Mainers are going hungry...and they want to do something about it. This is just a sampling of what members have been doing the last couple of years.

Thanks to the kindness of member Mary Cafazzo, who started by gathering extra food from her garden, then a little from her neighbors and before she knew it she was donating 250 pounds of food to St Dom's Food pantry

Thanks to Adriane Herman, Board member who is using her role as teacher and mentor to blend art and creativity with growing food. She teaches her students to redefine the meme of the "starving artist" by teaching about food sustainability and mutual aid. And this is just a small part of the work she has done

Thanks for Don Kauber, a member who is growing gardens full of food for the sole purpose of donating to food pantries. I first met him when he was an avid apple gleaner almost ten years ago. His vision for addressing food insecurity using the hour exchange's system of mutual aid is inspiring.



FARM TO PANTRY NETWORK (cont.)

Member gleaners. Throughout the past years there have been a number of members who have answered the call to go out to farms to pick leftover food to be delivered to food pantries.

Thanks to Sweet Relief Farm, a member who offers farm work days and 2 rows of garden space of food for growing and donation to the food pantry.

As Hour Exchange members we got time credits this month for participating in a 21 day racial equity habit building challenge that was focused on our food systems. The fact that the Hour Exchange not only supports racial equity but takes actions towards changing systems makes me proud to be a part of this organization.

This summer a couple of us are working on making connections with farmers to donate food, expanding our own gardens, and building relationships with community partners like the Resilience Hub.

If anyone is interested in participating or finding out more about the Farm to Pantry Network contact me, Ebyn Moss, at canvasjournal@gmail.com



One of the folks we worked with at Sweet Relief who was inspired to start his own mushroom project!

Meet Member Care Coordinator Abby Greenfield

I am a recent transplant from the West Coast and became a member of Hour Exchange Portland in late 2021. I trained as a Holistic Chef in Berkeley CA, as an Esalen massage practitioner in Bali, Indonesia and as an organic gardener in Ferguson, Missouri. I'm currently planning to create a glamping opportunity in Scarborough that encompasses education regarding planting native plants, rewilding and the role of the gardener in encouraging biodiversity in our outdoor landscapes. To me, timebanking is the ideal concept of community and I look forward to meeting more members and exploring collective ways to best serve the needs of our times.

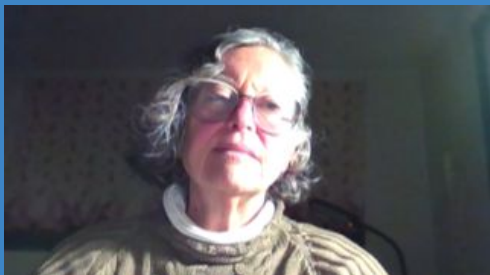


Meet Member Mentor Gail Wyman



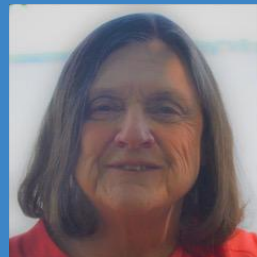
I have been a member of Hour Exchange since 2004. I believe that we are one as a people, and that we need to help each other in any way possible, which is why Hour Exchange is an ideal I respect and am happy to be a part of. I have had multiple careers, have traveled some and am an extrovert by nature but equally enjoy my introverted alone time. A former nurse, I believe in social justice, equality and respect for all, and am an independent thinker and voter. My goal each day is to make a difference in some small way in the life of at least one person if not more...and to live a 'carpe diem' type of life. I am available to help members connect with one another to find the services they are looking for.

Board of Directors



Sarah Braik (President)

I joined Hour Exchange in 2016 and don't know quite how I managed to live without it all these years. I have recently retired from careers in the restaurant, community mental health, and education fields. I find myself busier than when I was working. I am a co-leader of the Portland Chapter of Citizens' Climate Lobby as well as the Cathedral of St. Luke's Public Policy and Environmental Action Team. I am an active member of the Maine Chapter of the Society of the Companions of the Holy Cross.



Colleen Hutchinson (Treasurer)

I was born in the Western hills of Maine and have lived in Falmouth for almost 40 years. I started my own bookkeeping business thirty-five years ago. A relatively new Hour Exchange member, I am excited to be included on the Board as Treasurer and am in awe of all the great talent and services of the members of Hour Exchange.

Board of Directors



Adriane Herman

I missed my true calling, which was tap dancing. I now satisfy my time-based creative energies by serving as an Experience Broker, currently embodied by a project I call *Emotional Value Auction*, which explores forms of value other than economic and leverages the power of witnessing to facilitate release. You can read about the 2019 iteration of this non-monetized exchange of objects grounded in reciprocity [here](#). Through these Auctions, public displays of vulnerability are rewarded, and are rewards in and of themselves.

Inherently drawn to alternative economies, I am always on the lookout for meaningful connections, and find things often fall into place and flow through happenstance, or what I might call “surfing synchronicity.” Recently I earned Time Dollars by helping to inoculate oak logs with mushroom spores at Sweet Relief Farm through our Farm to Pantry Network (FTPN). I used Time Dollars earned by attending board meetings to pay Member Care Coordinator, Abby Greenfield, to make a delicious and nutritious lunch for students enrolled in a printmaking elective class entitled “Be Fruitful and Multiple: The Well-Fed Artist,” which I designed and taught this Spring at Maine College of Art & Design, where I have been a Professor since 2002.

I have lectured on my work at over fifty institutions and shown my work here and there. One of my color woodcuts gets to live in the collection of the Whitney Museum of American Art in New York, and two of my monotypes were recently acquired by the Colby Museum of Art. My 2017 exhibition, “Out of Sorts,” at SPEEDWELL Projects in Portland, received an Eco-Excellence Award from ecomaine, and was greatly facilitated by sewing and upholstery I paid for using Time Dollars. I am currently collaborating with Maine Prisoner Advocacy Coalition to bring visual arts and writing workshops into Maine correctional facilities and would love to work with other Hour Exchange Portland members who may be interested in sharing your skills and passions to inspire, uplift, and educate people who are incarcerated in Maine.

Board of Directors



Robin LoRé

I am interested in action pertaining to ecological preservation, inclusion, diversity, and the sharing of time and talent to build a strong, healthy, local community. I feel the Hour Exchange embodies these ideals perfectly, and it is what drew me to join. I'm happy to be of service to the Hour Exchange in any capacity, and hope that I can help move the ball forward in its growth and ongoing evolution



Deb Boxer (currently on leave of absence)

I joined Hour Exchange in June of 2019 and immediately knew that I wanted to be a member of the Board because Hour Exchange is an incredible organization that values equally what everyone has to offer. This is my philosophy in general so I felt right at home!

I have a Master of Social Work degree (MSW) and have practiced as a psychotherapist and consultant; more recently, I have decided that I MUST be much more visible and active doing consulting and training to business, healthcare, government and the community because our world is so crazy... As a social worker and a person who deeply cares about the world we live in, I have taken concrete action to improve healthcare costs, reduce disability claims, and enhance employee morale and productivity.

I am also extremely concerned about our environment. My definition of healthcare includes physical, emotional, mental, spiritual, social and environmental health.

I eventually plan on opening the Center for Optimal Work, Health and Living. This center will further integrate traditional, alternative and indigenous approaches to health and wellness.

Board of Directors



Lewie Bosler (Interim Vice-president)

I recently moved to Maine and have joined the Hour Exchange. I have lived most of my life a few minutes from beautiful Narragansett Beach, RI, where I loved to surf and ride motorcycles. I began studying and practicing Buddhism 40+ years ago. I am a certified Kripalu yoga teacher and teach meditation and yogic breathing techniques. Spirituality has been at the center of my entire adult life.

My first career after college was to manage funeral homes. I also earned a master's degree in psychology and became a certified grief counselor and an end-of-life counselor and later became a professor and chairman of the Bereavement Studies Program at Mt. Ida College.

I later became a full-time and adjunct college professor of psychology, and created men's studies programs/courses and men's centers on college campuses. I have given presentations and lectured on men's issues and have created, facilitated, and participated in men's support groups in the community since the 1980's.

I worked as a psychotherapist and substance abuse counselor at mental health agencies, as well as in my private practice. I became a certified batterers intervention counselor and was appointed as the regional director of VOCA (Victims of Crime Assistance Program), a program created, managed and funded by the US Dept. of Justice.

I developed and taught unique methods to help people with anger management issues, and methods to help people reduce anxiety and stress in their lives. I also teach an effective communication technique to help individuals and couples improve their communication and listening capabilities.

My greatest joy has been derived from my passion to help people enjoy and enhance their lives, the lives of their children and families, and the people in their communities. I have served as president and on the board of directors of numerous organizations. My successes in developing and increasing membership/participation of organizations, programs and services, are the result of my compassion and strong desire & capability to form meaningful relationships, and to provide and develop dedicated and committed leadership.



2021 By the Numbers

Members as of December 31, 2021: 461

New members: 23

**Percentage of members actively
exchanging 33.2%**

**Total # of transactions (excluding Board)
277**

Total hours earned 1450.35

Hours earned by Board Members 301.85

Hours provided by member-helpers 258

Most popular service categories

Community

Garden/Yard

Fitness/Outdoor/Nature

Health and Wellness

Business/Office Services

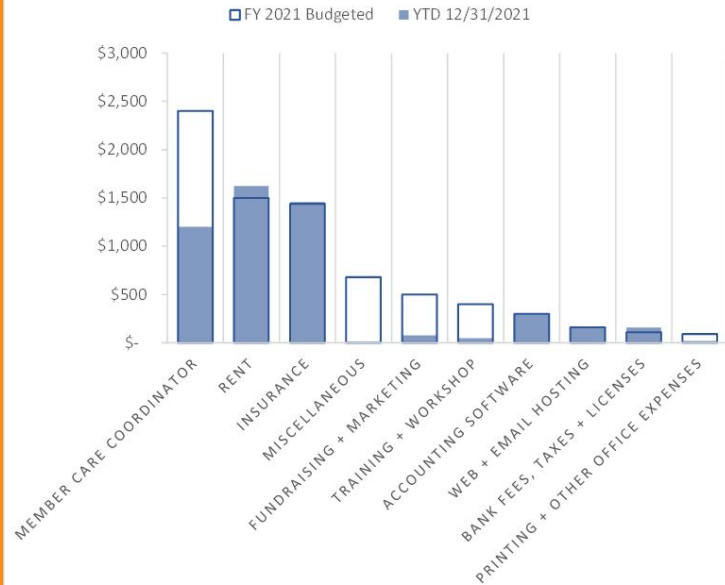
Computer

Conversation/Counseling

2021 INCOME AND EXPENSES



2021 BUDGET VS ACTUAL

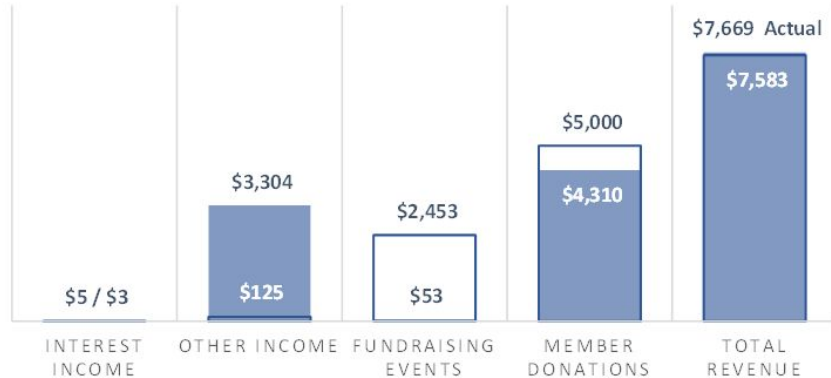


2022 BUDGET



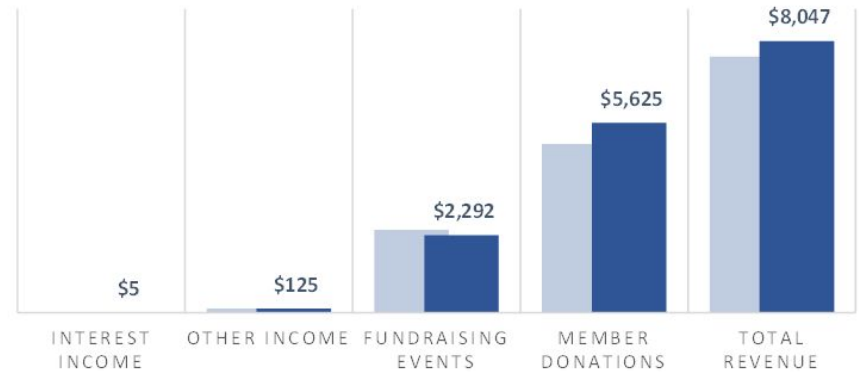
2021 BUDGET VS ACTUAL

□ FY 2021 Budgeted ■ YTD 12/31/2021



2022 BUDGET

□ FY 2021 Budgeted ■ FY 2022 Budgeted



Some recent exchanges



April 2022 Potluck



May 2022 Potluck



Thank you to members who provided services to Hour Exchange Portland in 2021. We couldn't continue to survive and thrive without you!



Member Services Coordinator

Travis Clough, Tahj Hebert

New Member Orientation Leaders

Jackie Hawkins, Patty Renaud, Sarah Braik, and Adrienne Brown

Member Leadership

Gail Wyman

Bookkeeper

Marisa Ihara

Ambassador Tasks, Outreach and Inreach

Alastair Lough, Anne Cranshaw, Barbara Nucci, Eric Fleischmann, Dana Trattner, Helena Nash, Eric Conn, Jackie Hawkins, Lindsay Bryan, Meryl Troop, the Resilience Hub

Student Intern

Eric Fleischman

E-Buddies

Adrienne Brown, Gail Wyman, Sidra Nasir, Mario Cardoza and Jackie Hawkins

Farm to Pantry Network

Adrienne Brown, Don Kauber, Gail Wyman, Ebyn Moss, Adriane Herman

Annual Report Photomontages

Margie Braik

Thank you to anyone who we inadvertently omitted, and to all those who made financial donations. Your contributions make a difference!