



August 28, 2009.

Weaving community one hour at a time.

Upcoming TimeBank Events

Potluck Supper



WHEN: Sunday September 20th from 4:30- 7 p.m.

WHERE: North Shore Health Project 67 Middle Street, Gloucester, next to YMCA

Introduction for new members will be at 5:00. Come and meet your fellow TimeBankers, so you will know folks with whom you might want to trade.



If you haven't already paid your 2009 dues please send them to [Trish Roach](#) at 18 Two Penny Lane, Gloucester, MA 01930.



CATB Leadership Team Meeting



WHEN: Thursday, September 10th at 6:30- 8:30 p.m.

WHERE: [Gitama Kinigstein's](#) home at 18 Forest Lane, West Gloucester.

DIRECTIONS: Take exit 14 off of 128 and head towards Essex. Turn left on Forest Lane which is about a mile from the exit, and a mile from Essex. Take first driveway on left, go up steep hill, entrance is facing driveway. Please don't park in furthest area as that's my neighbor's private parking.

IMPORTANT AGENDA items to be discussed are incorporation and a revisit of our policy on classes for CATB members. Please see **News from the Leadership Team** for more info.

We welcome the participation of any members in these meetings. If you wonder why you might want to attend, here are 3 reasons:

- This is an opportunity to **help in some of the decisions** made for our time bank.
- You **earn 2 time dollars** for your presence there;
- And it is an opportunity to **learn first hand of current projects** available and get more involved in Cape Ann TimeBank community building.

If you're interested in attending and haven't been involved before contact [Jane Keddy](#) or call her at (978) 281-5634.

Hope to see you there!

Member Announcements and News

Organizational member [Cape Ann Farmers' Market](#) [CAFM] is sponsoring a **used Gardening and Cooking Book Sale**.

WHEN: Thursdays 3:30 - 6:30 p.m., from September 10th onward at each Farmers' Market until the end of the season.

WHERE: Harbor Loop

All proceeds to benefit CAFM.

So clean off your shelves and drop off your donations at the market.



Member [Bonnie Barish](#) announces a **Fund Raiser for the Cape Ann Social Club.**

WHEN: Friday September 11th from 7-9 p.m

WHERE: Unitarian Universalist Church, 10 Church Street, Gloucester

Admission is \$10 at the door.

Guest performers include:

John Hicks, Jennifer Ober, Uma Pollack, Nancy Williams, Bonnie Barish, Rufus Collinson, Jane Shapiro, Sandi Mountain, Tony Hilliard, Will Hunt, and probably Janice Fullman. If you have any questions please contact Bonnie at pianistbonnie88@verizon.net, or (978) 283-6442, or (978) 884-6098.



Member [Joy Kasmer](#) announces "**Celebrate International Angel Day**"

WHEN: Saturday September 12, 2009 from 1-4 p.m.

WHERE: Lanesville Community Center, 8 Vulcan Street, Lanesville, Gloucester

[See attached for more information on International Angel Day](#)



Member [Roger Hussey](#) wants to share with us that he **is running for the Ward 2 seat on the Gloucester City Council**, replacing Gus Foote who is retiring after 32 years. If you want to help Roger out, contact him at 281- 0645 or email roger.hussey.ward2@gmail.com



Member [Liz Duff](#) is looking for a new tenant for her two family house.

How about renting from another TimeBanker? Liz has a small 2 bedroom first floor, de-lead apartment, available immediately in Gloucester. This is a cozy, flexible space, within walking distance of Gloucester's downtown and convenient to Route 128. Walk to the state pier to go fishing, or ride your bike to the beach! \$975 includes utilities. Call Liz at 978-283-1191 (evenings)



Member [Veronica Morgan](#) announces "**WATERLINES, an Artist Reflects on Cape Ann's Coastline**"

WHEN: September 12- October 10, Artist Reception on September 12th from 1- 3 p.m.

WHERE: BankGloucester, on the corner of Pleasant and Main Streets, downtown Gloucester

Works in the exhibition were created in pen and ink, charcoal and dry point print using a variety of mark-making tools such as crow-quill and Chinese wood pens, as well as objects found at the worksite like branches and twigs.

The installation includes a drawing of the 1,200-foot long State Fishing Pier enlarged from an original pen and ink work and printed on a 20-foot long vinyl banner by Gloucester Graphics Company.

The public is invited to a reception to meet the artist on September 12th from 1 to 3 p.m .

For more information, please contact Veronica at 978.281-7585.



Member [Kirstin Myers](#) is seeking **help for a family in Rockport who is struggling financially**. They especially are looking for clothes for their teenage daughter who will be a freshman at Rockport HS this year. She needs shoes size 9, clothes size 11. Family also needs towels, blankets, rugs, curtains. Contact Kirstin for more information at 917 523 9163, or Kirstin@globond.com



Member **Rachel Perlmutter** is **collecting items needed by the River House Shelter in Beverly**. These include small toiletries, and hand and bath towels which can be used. **Rachel** will wash towels and collect other items. For more information contact her at 978 879-4113 or rperlie@aol.com





Member [Judy Warrington](#) asks:

is anyone interested in learning more about non-violent communication (NVC)? NVC emphasizes communication through empathic listening, enriching relationships, defusing anger and creating mutual respect cooperation and trust. I would like to (slowly) read the basic literature and maybe meet once a month to discuss it. Information and book lists can be found at <http://www.cnvc.org> Reply to drgwammy@gmail.com

News from The Leadership Team

Incorporation and Our Policy On Classes at our Next LT Meeting

Please attend our next Leadership Team meeting where we are discussing two important topics you may be interested in. They are **incorporation for the CATB** and **our policy around classes** for Cape Ann TimeBanks members. The meeting is at Gitama's house on September 10th. Earn timedollars for your participation. Call [Gitama](#) at 978 283-1747 for more information. See Upcoming *TimeBank Events* above for more details



Cape Ann TimeBanks wishes to encourage neighborhood member events/activities

Do you want to host or sponsor an activity or event for nearby TimeBankers? Please feel free to do this and we will be happy to provide a listing in the newsletter and other support if you want it.



We are seeking homes to host potlucks.

You will receive 4TD for doing this. A team of folk will help with setup, running the program, and cleanup. You just need to have space for parking and for people to sit and eat. Let [Louise Maier](#) know if you can do this. Potlucks are usually held on the 4th Sunday of the month from 4-7 p.m.



Orientations may be scheduled on a one to one basis ...

...or in groups as needed. If you know someone who would like to be oriented please suggest that person contact [Cheryl Davis via email](#) or call her at 413.454-4682 to arrange for this.



Weekly Blast

Every Friday we will be sending a blast email to all the members about the new offers and requests available this week. If you would like one of your requests/offers highlighted, please [contact Jen Flynn](#).



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Cape Ann Time Banks Meets *EL Banco del Tiempo*

by
Nancy Goodman

Sometime between the time when Jim and I confirmed our trip to Barcelona and the day of departure, I discovered that there is a time bank in Barcelona, Spain! Through TimeBanks USA's Facebook page, I sent a message to Josefina Altes; she wrote

back encouraging us to visit while we were there. Josefina works for what in the US would be a private non-profit organization called Salud y Familia (Health and Families). Their organization receives government funding for running the time bank! Quite different from our situation here in the US.

The biggest challenge and most delightful aspect of the visit was our mutual determination to cross the language barrier. It is really fun and occasionally very frustrating to try to figure out how to communicate in different ways, to pantomime, to come up with simple words to express an idea and, on the listening end, to make sense of what the other person is saying. Josefina's first sentence to us was, "My English is not very good." I replied, "My Spanish is worse." Luckily we had Jim there. With his 4 years of high school Spanish, he was at least able to help us find common ground and interpret what the other person was saying.

Josefina met us with a folder full of literature and posters about their time bank – information that I am more than happy to share with anyone who is interested. What Jim and I learned about El Banco del Tiempo is that in many essential ways, time banks in Spain (and all over Europe) are the same as our time bank: an hour of service earns one time dollar, an hour is an hour no matter whose time it is, and the time bank is a mechanism for building community. Some of the service exchanges Josefina mentioned were people watering plants while their owners are away, and young people buying groceries for elders. Since Salud y Familia works with many immigrant families, a major service exchange is language instruction.

Josefina is very proud of the annual conference that brings together time bankers from all over Europe. Edgar Cahn, the founder of TimeBanks USA has attended. She told us excitedly that TimeBanks in Spain have made an arrangement with TimeBanks in Italy so that people traveling from one country to another can stay in the homes of time bank members for 6 time dollars. She is working to bring TimeBanks in France into the arrangement.

I wanted to check with Josefina if they find that it's okay for the time bank itself to go into debt as it pays time dollars to members to help run the time bank. Josefina didn't understand the word debt, and after much fumbling around to make ourselves understood, she blurted out, "Oh, you mean the red numbers!" This led to a full-out belly laugh by all three of us, a moment of universal connection no matter what language one speaks. Her answer, by the way, was that they don't concern themselves with the time bank's "red ink."

As I reflect on the hour or so that Jim and I spent with Josefina, I can think of so many more questions that I would have liked to ask her. I also realize that, because of the time it took to be certain that we were understanding each other, we didn't get to cover a lot of territory. Meeting Josefina was the only time Jim and I had the opportunity to talk to a resident of Barcelona, and it enriched our visit immensely. If you're planning to travel, whether in the US or to some other country, I recommend your looking into whether there's a time bank at your destination.