



Cape Ann

TimeBanks

Newsletter

February, 2010.

Deadline for submissions to March newsletter: 11th. Contact Jane Keddy at 978 281 5634. Please feel free to send questions & concerns as well.

Weaving community one hour at a time.

Upcoming TimeBank Events

Bowl Painting for Cape Ann Open Door Event to come in May

WHEN: Saturday February 27, 2:30 pm-5:00 pm

WHERE: Cape Ann Art Haven, 180 Main St. Gloucester

Join other TimeBank Members to paint bowls for the Cape Ann Open Door 2010 Empty Bowl Dinner, which will be held in May 2010. The goals of the dinner are to raise money to help The Cape Ann Open Door food pantry fight hunger, to raise awareness about the issues of hunger and food security, and to help bring about an attitude that will not allow hunger to exist. Bring your creative spirit and your friends and family—kids welcome and encouraged! Bowls and paint materials provided by Marty Morgan. No experience necessary! The event will be held at Art Haven, 180 Main St. Gloucester. Materials and space is limited, so please RSVP to [Jane Keddy at 978 281-5634](#). Please bring snack or drink to share.



Fundraising Dance at Alchemy Featuring the Reggae band Groove

WHEN: Saturday March 20, 9:30 pm-12:30 am

WHERE: Alchemy Cafe and Bistro, 3 Duncan St., Gloucester

Tickets are \$7 to \$10 on a sliding fee scale, and include free food, a raffle ticket and the band Groove Therapy.

We need volunteers to help out with the dance, organize, publicize etc. Contact Nancy G or Cheryl D if you would like to help and earn TimeDollars/ free admission for your time. Also we are looking for donations of services or goods for the raffle. Contact [Nancy Goodman](#) or [Cheryl Davis](#) for this as well.



CATB Leadership Team Meeting

WHEN: March 10, 6:30 pm-8:30 pm .

WHERE: Inn Magnolia, 18 Norman Ave. Gloucester

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

Hope to see you there!



April Potluck

WHEN: Sunday April 18. 4:30 pm-7:00 pm

WHERE: Nancy Goodman's house, 12 Caleb's Lane, Rockport

New members, old veteran members and all in between: meet other members of the Timebank whom you might want to exchange services with. Tell them what you offer and find out what they offer. Come out on a cold January day for the warmth of friendships old and new.



WHEN: April 25

WHERE: Good Harbor Beach, Gloucester

We are looking for someone who would like to organize a group of TimeBank members to walk in this event as a group to raise money for the TimeBanks. If you are interested in organizing this event, or want to walk in it, contact [Cheryl Davis](#) or [Nancy Goodman](#).

News From The Leadership Team

Leadership/Paid Staff Changes

Because CATB has been running in the red, the Finance Committee looked at the budget and recommended reducing the paid staff hours, as this is the biggest expense. [Jane Keddy](#) volunteered to step down from her paid position of 5 hours a week and [Cheryl Davis](#) volunteered to reduce her paid hours from 5 to 3. The Leadership Team will hire another person, [Caitlin Featherstone](#), for 3 hours a week, reducing the weekly paid hours from 10 to 6.

The LT expressed gratitude to Jane for stepping into the breach and serving in this role for the past year and a half. Nancy, Caitlin, and Jane will coordinate the switchover in roles, which will occur ASAP. Please be aware that most other TimeBanks have paid staff running the whole program.



Membership Dues

This is a gentle reminder that dues are up for renewal by April 1, 2010. After that time, the membership committee will begin to contact any member who has not paid. Paying before the deadline would be greatly appreciated, as it will reduce the number of e-mails and phone calls we will need to make. Dues are on a sliding scale from \$10 to \$50 and can be sent to Trish Roach, 18 Two Penny Lane, Gloucester, MA 01930

Members who joined after January 1, 2010 do not need to pay any more dues for this year. Members who joined after April 1, 2009 do need to pay dues for 2010.

If you have any dues questions, please contact either [Cheryl Davis](#) or [Don Maier](#).

Dues for 2010 are due by April 15 and can be paid NOW! Please send your check to Trish Roach, 18 Two Penny Lane, Gloucester, MA 01930



Membership Satisfaction Survey

[Judy Warrington](#) wants to remind and invite members to fill out the membership survey in order for us to create events that you enjoy, and to help us to improve the way our time bank runs. Don't forget you can claim a TimeDollar for filling out the survey.

Here's some help on how to get your TimeDollar, if you don't know how to do this.

Enter the information below into the Community Weaver, TimeBank website, in order to earn your TimeDollar.

Service given to "**Cape Ann Timebank**"

Service Category is "**Community Activities**"

Service is "**Help Our Timebank**"

Brief Description is "**Answered Survey**"

Feel free to contact another veteran member if you need help with this.



Yard Sale / Plant Swap

This will be coming up in June. It was such a successful and fun event last year, that we are going to run it again. Please start saving items to sell, and remember to plant some extra seeds for our plant swap.





Potluck Locations Sought

We are still looking for people who would be willing to host a potluck for the CATB in their homes. Contact [Louise Maier, Events Coordinator](#), if you can offer your home for this purpose.



Spotlights Solicited

We are looking to have spotlights written from a variety of perspectives. If you would like to write a short essay on how the TimeBank has played a part in your life, or have another idea please feel free to drop [Gitama](#) a line.



Questions and Concerns

If you have questions with CATB policy, or issues with another member or a trade, feel free to contact either [Cheryl Davis](#) or [Nancy Goodman](#) Co- Team Leaders.

Member Announcements and News

The Unitarian Universalist Society of Rockport is looking for knitters willing and able to knit and assist Pathways with a project to create baskets for families with new babies.

Those baskets will include booties and hats for infants. If anyone wishes to become a part of this virtual group by donating leftover or new yarn or knitting needles, or wants to knit booties and infant hats, please contact [Terri Desmarais](#), Unitarian Universalist Society of Rockport, MA .



CDs for Sale

Star Fountain Showers: [Bonnie Barish](#) - Pianist/Composer plays original compositions, with the exception of "The Moonlight Sonata" (First Movement) by Beethoven, and her "Variations" on "Greensleeves", as a piano soloist.

Christmas With The Dynamic Duo: [Nancy Williams And Bonnie Barish](#) record together, Nancy sings soprano vocals, and Bonnie accompanies Nancy on the piano, in classic traditional Christmas Carols.

Each CD is \$15 or 2 for \$25.



Kirtan

WHEN: Saturday, March 27 at 7:00PM

WHERE: 48 Castle View Drive, Gloucester MA

[Charlie & Judy Fogarty](#) will be hosting a community Kirtan in their home, address above.

Kirtan is a beautiful heart opening experience of call & response. Chanting is usually sung in the sacred language of Sanskrit. The leader sings a line or two & the participants repeat it back. Musical instruments accompany the singing which can invoke inner states of harmony, ecstasy & bliss. The sound vibration of Kirtan leads to a deep devotional experience of one's personal connection to the Divine. If you would like to lead a chant, or for more information please call

Judith or Charlie at 978-282-9701.

Videos of Charlie & Judy's India/Nepal Trip & wedding Ceremony on the sacred Ganges will be shown after the Kirtan.

Etcetera

Governor Patrick and The TimeBanks

Did you know that there are 6 time banks in the Commonwealth of Massachusetts? Valley Time Trade at Commonwealth Center for Change, Time Trade Circle (Cambridge and Greater Boston), Lynn TimeBank, Co-Act TimeBank of Berkshire County, Cape Cod Time Bank and our Cape Ann TimeBank

We recently received notification that someone had posted an entry about time banking on Governor Patrick's Citizen Engagement Blog (<http://engage.blog.state.ma.us>). If you're interested, please click on the link and scroll down until you find the entry entitled, "Banks that never need a bailout - Time Banks!" After you read the entry, you can click where it says Comment and add your own thoughts. Our hope is that if enough people comment, that time banking could get on the Governor's radar screen as an effective means to civic engagement. Whether you add a comment or not, it's exciting to see time banking represented at the state level!

Next deadline for newsletter is March 11, 2010. Send announcements, questions and possible spotlights or other ideas to our acting editor : Jane Keddy

Spotlight: A New Feature of our Newsletter - Share Your Favorite Recipes

Indian Cauliflower and Potato Curry
shared by Jane Keddy

1 14.5 ounce can coconut milk
1 14.5 ounce can diced tomatoes
1 tablespoons olive oil
1 onion finely diced
1 tablespoons ginger, chopped fine
1 ½ teaspoons salt
1 tablespoon curry powder (Madras brand)
1 head cauliflower, broken into small florets
1 medium potatoes, peeled and cubed
1 teaspoon pepper
1 cups frozen peas, thawed
½ cup chopped cilantro (optional)
Juice of one lime

In a Dutch oven or large pot, heat olive oil and add onions and ginger and sprinkle with salt, and cook until onions are translucent. Add curry powder and cauliflower and cook for 2 minutes stirring often. In a separate bowl, mix coconut milk, tomatoes and pepper and add to the pot along with the potatoes and bring to a boil. Reduce heat to simmer and cook for 30 minutes. Stir in the peas, cilantro and lime juice and cook for another 3 minutes. Serve over white rice.