

The Newsletter of the Phoenixville Area Time Bank



Mission: Phoenixville Area Time Bank is a non-profit organization that enhances people-to-people support to build a fully inclusive, resilient community through a local service exchange network.

Our Vision is to create a strong, responsive, connected community where, using hours as currency, exchanges of personal talents can fill unmet needs.

Please Join Us: Annual Members' Meeting

Monday, April 12th
7-9pm
Phoenixville YMCA

This meeting is a great opportunity for members to learn about 2009 accomplishments and initiatives, meet one another, ask questions, and give input to the Time Bank Board of Directors, Officers, and Committee Members.



Come meet other Time Bank members at Artisans Café & Gallery on the **first Sunday of each month at 4!**

Having Fun – PATB Socials

Time Bank members not only stay busy exchanging services, but our **social events** are big hits!

In **February**, we held our second **"All Time Bank Evening Out"** with several potluck dinners, each with a different theme for the night, occurring simultaneously at members' homes throughout the area. Whether you practiced your moonwalk, dipped into fondue, or competed to be game champion, it was a great night out!

In **December**, it was **wine and cheese** that drew a crowd to Time Bank member Susan Madden-Cox's Ocean, Earth, Wind, Fire Yoga Studio on Bridge Street in Phoenixville for some pre-holiday fun.

In **October** we held our fourth annual **"It's About Time" Dance Party** and Silent Auction, the proceeds of which benefit our Time Bank. Chico Huff & Friends provided the music for a fun evening of dancing and socializing.

Our **monthly Sunday socials at Artisan's Café** on Bridge Street in Phoenixville continue to grow in popularity, especially since we started posting them online through our MeetUp group. Join us

the 1st Sunday of the month from 4pm to 5:30pm to join the fun and meet other Time Bank members! (Occasionally, the location of the Sunday social is changed to highlight members and organizations in our community.)

Time Bank social activities are coordinated by the Membership Committee, which is also responsible for new member orientations, ongoing member care, dues collection, and newsletters. We welcome your involvement!

All Time Bank Evening Out – 20/30 Something Game Night



New Time Bank Blog – Sharing Our Stories

There are so many experiences and stories to share. The PA Time Bank blog, **TimeDollarConnections**, has been established to record some of the remarkable, unique, and inspiring connections made among members. We hope you enjoy reading the stories and will consider sending in your experiences (300 words or less) to timedollar@verizon.net.

Blog Address:

<http://timedollarconnections.blogspot.com>

Read **inspiring stories** such as this submission from Alexandra: "In September 2008, I lost my employment. I was panicky and distraught. Thank God for Phoenixville Area Time Bank and Jeff's offer for personal business coaching. For me, the loss was more than financial. I was personally devastated and felt hopelessly lost. First Jeff helped me re-write my resume so that it highlighted my accomplishments and set me apart from the crowd. He also facilitated a process of writing an affirmation statement that was very specific

to the goals I hoped to achieve.

Jeff encouraged me to spend quality time daily, memorizing and envisioning the successful manifestation of that affirmation statement. Jeff worked with me for one hour a week for three months. He was exceptionally sensitive to my ever-changing moods and needs, yet firm enough to continually offer solid, practically grounded actions that kept me moving forward when all I wanted to do was go back to bed!

Today, Monday January 11, 2010, a company offered me a position that is identical to the affirmation statement. Need I say more?

Thank you, Jeff.

And, hooray for Time Banking!!!"

Note: Our blog policy is to use first names only and to receive permission before publishing members' stories. These stories are shared with those who follow our social networking sites, including Facebook and Twitter.

New Members, New Exchanges

The Phoenixville Library has invited the Time Bank to hold its monthly orientations in their Community Room. Thanks to the venue, promotion on our social networking sites like MeetUp, and ongoing publicity efforts, we have seen an increase in orientation attendees. We met 20 folks at a recent orientation!

Welcome To All New Members!

New members are bringing a wealth of new skills and energy to the Time Bank! Just a few highlights:

	Offer	Request
Sandra	SAT and College App Tutor, Creative writing	Car repair, Hair care, Baking
John	Handyman, Painting	Transportation
Margaret	Clerical, Help with meals, Reading	Learn a musical instrument, Hair care
James	Computer help	Automobile service
Rachel	Pet sitting, Gardening	Yard tilling
Paul	Ski lessons, Catering help, Handyman	Yard work, Sewing
David H.	Website dev, Guitar- Banjo- or Spanish-lessons, Bike repair	Meals, Therapies, Art lessons
Tara	Babysitting, knitting lessons	Piano lessons for kids, babysitting
David F.	Rights of passage (marriage, memorial services), Genealogy, Ham radio	Auto detailing, theater companion
Paul	Hauling, yard work	Gardening, Home repair
Nick	Help you save energy	
Penny	Small garden planting, Mat cutting, Flower wreaths	Night rides, Carpentry
Mike	Financial counseling, Retirement planning	
Lisa	Bird watching, proof reading	Resume, LinkedIn review

2010 Initiative: Increase Participation of Target Populations

The Phoenixville Area Time Bank (PATB) has set a goal to strengthen its **focus on** the following populations in the Phoenixville area in the coming year: **senior citizens, convalescents, people with disabilities, and the disadvantaged.** This project will further our stated mission as a non-profit organization. We see this as an important contribution to the overall health of the greater Phoenixville community.

Increased participation in the Time Bank:

- Enables independence through interdependence of members
- Reduces isolation, enriching daily life through warmth of human connection
- Levels the playing field economically as each person's hours are valued the same
- Encourages disadvantaged people through "co-production," (i.e. creating a positive outcome through a full cycle of giving and receiving between

members, where services are truly successful because the people being served are involved)

- Maintains the dignity of the asker/receiver who knows s/he can give in return
- Challenges the conventional view that charity and social services are the only appropriate responses to the needy, vulnerable, and disenfranchised
- Helps to integrate people who "bounce" between a diversity of service providers.

The ultimate result is a strengthening of the social fabric of the community. As the number of participants and the number of hours invested increases with each year, the impact on the community grows.

A sub-committee, led by Margo Ketchum, is implementing strategies to increase participation and measure success. If you'd like to help with the "2010 Project," please call 610-608-9281.

Supporting Businesses 2010:

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- Music Therapist & Intensive Mental Health Outpatient Recovery Group Leader
- Music Director/Organist
- Private Music Teacher

sunflowerangels@verizon.net
484-995-6110

St Basil the Great

Church Music Ministry needs YOU!

And Singing and Instrumental Performance is good for you in MANY ways. Here's what we have, and teens are welcome in all adult groups.

Senior Choir - Praise Team - Basil Belts - Middle School Choir
Praising Angel Choir - Little Angel Choir - Individual Cantors & Instrumentalists Welcome - Seasonal Community Choir events including Faure Requiem fall 2010

Contact: Music Director Mary E. Campbell
484-995-6110 / sunflowerangels@verizon.net

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Higher Vision Coaching & Consulting, LLC.
Member: Professional Business Coaches Alliance
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www.SevenStarsFarm.com

Continued on Page 3

Promoting the Time Bank

PATB Enters the World of Social Networking

The Time Bank entered the world of social networking in November 2009. Since then, we've been busy gathering "fans" on Facebook, "followers" on Twitter, and finding ways to reach out to the community as a whole through this exciting new way of communication. Since we began our journey less than 5 months ago, we've amassed 30 fans on Facebook along with close to 30 followers on Twitter.

Be sure to become our fan on Facebook and follow us on Twitter! Just go to our website, pa-timebank.com and click on the Facebook logo on the lower right-hand side. See page 4 for other Social Networking sites.

The Phoenix Gets the Word Out About Time Banking

Here is an excerpt from and a link to the article:

"Share Your Time with the Phoenixville Area Time Bank"

by Sarah Peppel
published Monday,
December 21, 2009.

"...the economy is causing more interest in this unique system of bartering time, and even non-profits are tapping into the system as an organization. The membership has grown from 105 to 160 in the last year alone.

"It is rewarding for people to share what they have to offer and do what they love," says [Margo] Ketchum. Being involved in the Time Bank helps you get to know your neighbors, save money, give what you want, get what you need, connect unmet needs

with untapped resources and make your neighborhood a better place to live. You can even donate your hours of service to the PA Time Bank Helping Fund, which gives to those who need it."

<http://www.phoenixvillene.ws.com/articles/2009/12/26/news/srv0000007110586.txt>

Reaching Out to Build Stronger Neighborhoods

With the influx of several West Chester members, a group is working to create a neighborhood focus.

The concept of time banking was well-received by the Kiwanis Club of Phoenixville, the Pottstown Unitarian Fellowship, St. John's Lutheran Women's Group and other organizations.

Do you shop at Redner's?

Supporting PATB has never been easier! It's as simple as saving your Redner's grocery tapes!

Pick up or use your current Redner's Shopping Card. Once a month, mail your grocery tapes to PATB, P.O. Box 964, Phoenixville, PA 19460.

Supporting Businesses, Cont'd:

WHAT'S ON YOUR PLATE?



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6 Whitford Ave. (near City's Bakery)
Reading, PA 19612
610.283.7872
www.vitalityandwellness.com

Peggy Gossé Miro, MA, LPC



Licensed Counselor

30 S. Valley Road
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Paoli, PA 19301
Office: 484 886 1980

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tuesday thru saturday
8:00 to 5:30

44 ridge road
phoenixville, pa 19460

Janet Twarogowski, M.Ed., N.C.C.

Licensed Professional Counselor

610-933-8393

The Commons at Valley Forge • 1220 Valley Forge Road
P.O. Box 987, #18 • Valley Forge, PA 19482-0987

What did time bankers exchange in January and February of 2010?

Macintosh laptop help, Service to The Clinic, Spanish lessons, Massage therapy, Travel advice, Chain-saw woodcutting, Graphic and web design, Unclog a sink drain, Camera/iPhone troubleshooting, Dog-sitting, Babysitting, Home energy analysis, Yoga, New mommy support, Take a professional photo, Home maintenance, Home delivery, Custom knitting, Bicycle repair, Business Coach, Bake cookies, Provide meals, Help local organization move locations, Help the Time Bank

WOW!

Phoenixville Area Time Bank

P.O. Box 964
Phoenixville, PA 19460

Phone
(610) 608-9281

E-mail
timedollar@verizon.net

Web Site
www.pa-timebank.com

Social Networking

Blog:
<http://timedollarconnections.blogspot.com>

Facebook:
<http://www.facebook.com/PATimeBank>

Twitter:
http://www.twitter.com/PA_TimeBank

LinkedIn:
<http://www.linkedin.com/groups?gid=2577855>

MeetUp:
<http://www.meetup.com/pa-timebank>

Exciting Stats

We had an amazing **1259 exchanges** in 2009! A total of **2900 hours** were exchanged (and logged).

PATB participation extends over a 15+ mile radius around the greater Phoenixville area and has **grown from eight founders in 2004 to 165 members.**

Participants **range in age from 22 to 85**

Board of Directors News

Shari Graham and **Fran Coghlan** have joined the board. Founding member **Alexandra Bricklin** returns to the board. Welcome!

In January, board members and officers devoted two days to a weekend retreat, focusing on prioritized topics. Highlights will be presented at the Annual Members' Meeting.

Board meetings are held the second Monday of each month at New Century Bank on Bridge St, Phoenixville. Members are welcome to attend.

PHOENIXVILLE AREA TIME BANK
P.O. BOX 964
PHOENIXVILLE, PA 19460



What if . . .

Fixing someone's car taught you how to play guitar?

Or reading kids a book meant you didn't have to cook?

Neighbors helping neighbors. That's what the Phoenixville Area Time Bank is about. We're helping people like you exchange all sorts of services--no matter your skills, and whatever your needs.

Learn more about our unique Time Dollars program, and how you can help build a better, richer, friendlier community, by visiting us online at www.pa-timebank.com.

610-608-9281 / timedollar@verizon.net