

# ORIENTATION OUTLINE

## BRIEF HISTORY OF THE EXCHANGE MOVEMENT

Your Exchange can be credited to the original model of this movement from Grace Hill Settlement House in the early 1970s. In the early 1980's Edgar Cahn visited Grace Hill and adapted their program, renaming service credits as "time dollars". In 1986 he published the book Time Dollars. In the 1990's a national organization, TimebanksUSA was created. This Movement is now operating in many countries around the world, and across America. There are multiple names and operating styles for Exchanges, representing the local flavor in terms of themes, populations, programming and governance styles.

Next, speak to these reasons for being a member.

## **YOUR PERSONAL STORY**

## **WHY ARE YOU A MEMBER?**

**ASK THE GROUP: HOW DID YOU HEAR ABOUT US? WHAT CAME TO MIND WHEN YOU THOUGHT ABOUT JOINING?**

## **GUIDING PRINCIPLES/CORE VALUES**

**MEMBER BENEFITS:** (Samples from Portland, ME; Use Yours!)

- Silly's Restaurant Lunch from HEP Menu for new members; 10% discount
- Access to the Arts Tickets
- Online Auction
- BJ's Membership
- First Friday Art Walk/Time Gallery
- Bizarre Holiday Bazaar
- Musical Events
- Classes at Adult Education
- Opportunities In Other Non-Profits
- Opportunities to support businesses or start businesses
- Opportunities in Cooperatives
- Collaboration with Buy Local
- Collaboration with Transition Town & Meet-ups

**MEMBER RECIPROCITY TOWARD HEP SUSTAINABILITY & FUNDRAISING:**

- \$25.00 annual donation
- Monthly Potluck Coordination; Speaking; Attendance
- All events (holidays; fundraisers; events from member organizations)
- Holiday gift wrapping
- Food, Services or Presentations for Immersion Training
- Online Auction: donating Items, building data base, purchasing items
- Surveys: Phones & Data Collection
- Postering for First Friday Artwalk

**DO's & DON'T's LEGAL LANGUAGE (Practice With Them. Make it Fun!)**

**CLARIFY EXCHANGING VS. BARTER**

**CLARIFY DONATIONS VS. FEES**

**CLARIFY MEMBER VS. VOLUNTEER**

Observe Courtesy Rules; Call or email back within 48 hours for all requests  
Negotiate time in advance to avoid disagreements over time spent  
Read and refer to the Member Handbook (Give printed copy and review)  
Report any comments or suggestions for upgrading software to Coordinator  
Consider the value of the Americorps\*VISTA Workers if available. Can you offer support?

### **COOL BENEFITS**

E-Blast Updates & Ads  
Start a Business; be part of a co-op  
Save cash by using time credits  
Promote your business (art, food)  
Take classes and workshops (adult education; yoga; dance; music or sports lessons/partners)  
Social events of all kinds; all ideas welcome!

### **TIME & TALENTS INITIAL SETUP & REGISTRATION**

User Id, References, Password and You're Good to Go

### **MEMBER CARD PHOTO & LAMINATE**

Take a photograph before they leave.  
Mail the ID card within one business day.

### **CHECKLIST:**

Handbook  
Photograph  
References In Place  
Old Directory for Reference. (Keep for us)

### **FOR WALK-INS**

Application Package