



Hour Exchange Portland
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**An Evening with Cindy Bullens & Friends
Fundraiser for Hour Exchange Portland**

Portland, Maine - Hour Exchange Portland (HEP) would like to announce a fundraiser to be held on November 14, 2008 starting at 8:00 p.m. The event will be at Empire Dine and Dance at 575 Congress Street (corner of Forest Avenue and Congress), and will feature music by Cindy Bullens with Justin Maxwell on guitar and Ginger Cote on drums. Also, Ray Davis who will open the night.

The cost is \$10 in advance or \$12 on the day of the show; tickets are available at HEP, now located at 85 Grant Street. Also, there will be a raffle with items from members to raise proceeds for Hour Exchange. Raffle items will include a hand-knit afghan (blanket) with Chevron pattern in sage, rose and beige with matching pillow; beautiful hand-made silver Celtic-style necklace by local artist Willa Wirth; and delicate ceramic vase decorated with pink roses, hand-made by *Stuart*; and more. (Tickets are also available at Bull Moose Music on Fore Street in Portland or at www.brownpapertickets.com.)

Cindy Bullens is a Grammy award-nominated singer-songwriter who lives in Portland and is a member of Hour Exchange. Since beginning her career in 1974, she has recorded six solo albums and has worked with such artists as Bonnie Raitt, Emmylou Harris, Steve Earle and John Hiatt. Her latest album, "Dream #29," was a critical success that reunited her with Elton John, for whom she was a backup singer in the 1970s. A prolific performer and musician, she has also co-written a musical called "Islands," composed songs for artists including Irma Thomas and The Dixie Chicks and toured globally as both a headliner and opening act.

Hour Exchange Portland, formerly known as Portland Time Bank, is a service exchange organization that has served greater Portland since 1996. Our program operates with Time Credits, where one Time Credit equals one hour of service. We boast a network of almost 700 members who make over 21,000 exchanges every year. Members offer a wide spectrum of services, including home maintenance, music lessons, language translation and alternative medicine. Our members can also access health care and local arts and music programs using Time Credits. Most importantly, Hour Exchange Portland prides itself in connecting members of the community through its own unique, thriving economy.

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The Hour Exchange, formerly the Portland Time Bank, is a service exchange program, based on the currency of time that empowers individuals to utilize their assets to enhance their lives, neighborhood and community.