



Cape Ann

TimeBanks

Newsletter

January 18, 2009.

Weaving community one hour at a time.

Upcoming TimeBank Events

CATB Leadership Team Meeting

WHEN: Wednesday February 10, 6:30 - 8:30 p.m.

WHERE: Renata Paster-Pusch's Home at 29 Waterman Road, Gloucester.

Directions: Turn down Atlantic Avenue as if going to Wingaersheek Beach. Take last left, Waterman Road, before the beach at white fence (Ignoring no trespassing, do not enter sign)

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

Hope to see you there!



January Potluck

WHEN: Sunday January 31st. Informational meeting for new members at 4:30; dinner at 5:00; meet and chat at 5:30.

WHERE: Wellspring House, 302 Essex Avenue, West Gloucester

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.

News From The Leadership Team

Membership Dues

Once a year in April, we TimeBankers pay our membership dues based on our current financial ability. The Leadership Team sets a sliding scale because we respect the fact that although any member may strongly support (or even love) the idea of the TimeBank, not all of us can express that support in the same monetary way.

Because we do not receive outside funding, we now need to raise the top end of our sliding scale, but it will only be a small amount (from \$40 to \$50). The sliding scale is now \$10 - \$50. The minimum amount will remain the same; the Leadership Team has decided not to raise this. As always, other gifts or donations continue to be appreciated and well-used.

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



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, gitama50@hotmail.com



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 [Jane Keddy](#) Co- Team Leaders.

Member Announcements and News

Weekly Tuesday Meditation Group: [Elizabeth Lewis](#)

WHEN: Tuesdays from 7:30 to 9:00 pm.

WHERE: Yoga For Health, 2nd Floor, 124 Main Street, Gloucester

The first session will be Tuesday, January 19th from 7:30- 9:00

Arrive 15 minutes early if you would like instructions.

Cost will be \$5 donation to cover the room rental, or a Timedollar.

Facilitated by Elizabeth, call 281- 1508 if you have any questions.



Kirtan

Kirtan is a beautiful heart opening experience of call & response chanting usually sung in the sacred language of Sanscript. 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. Two local kirtans are announced by our members.

Lin Chandler announces

WHEN: Thursday January 21st, 6:30 - 8 p.m.

WHERE: 222 Arts and Wellness Center, 222 Eastern Avenue, Gloucester

For more information see attached sheet.

Judith Walsh announces

WHEN: Saturday January 23rd at 7:00pm.

WHERE: at the home of Judith Walsh & Charlie Fogarty, 48 Castle View Drive in Gloucester.

All are welcome and if you would like to lead a chant please call Judy or Charlie at 282-9701.



Other Musical offerings.

Bonnie Barish and Nancy Williams released a Christmas Album this year called **Christmas With The Dynamic Duo.**

Bonnie Barish also has a solo album called **Star Fountain Showers** containing Moonlight Sonata, Greensleeves and her own neoclassical compositions.

Both CDs can be purchased for \$15 each, directly from the artists, or at the following Cape Ann locations: **Gloucester Music, Mystery Train, The Black Swan, Horizon Restaurant, all in Gloucester and Toad Hall in Rockport.**



Next deadline for newsletter is January 11, 2009 Send announcements, questions and possible spotlights or other ideas to editor : gitama50@hotmail.com or call 283 1747

Spotlight

Give the Leadership Team some input on how the TimeBank is working for you and things you would like the TimeBank to do in the future.

We hope you will spend a few moments completing this questionnaire, within the coming week if possible. When you complete the survey you can claim a Timedollar which you can record in the usual manner.

[See the included questionnaire](#)

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.