

SEACOAST TIMEBANK: SHARING TIME & TALENTS

What Is A Sharing Community?

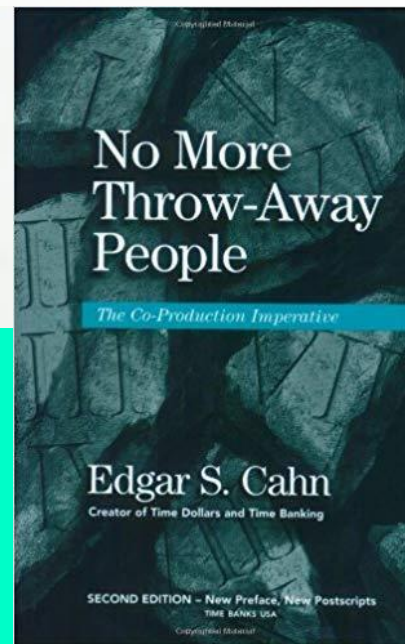
HOW TIMEBANKING GOT STARTED



EDGAR CAHN

THE SHARING ECONOMY COMMUNITY!

share skills & equipment → strengthen
community → consume fewer resources



INTRODUCTION TO TIME BANKING => SHARING COMMUNITY

Time bank is another way of looking at economy. Rather than working solely for our employer or ourselves, we share our time and get things done together *for each other* and *with each other*. It is an American tradition!

We do not have to trade hours with the same person. People have diverse talents and skills. By sharing multilaterally, we can gain access to those skills in an affordable way

The TimeBank platform and community brings people together to build a more sustainable, kind and generous world.

PAYING IT FORWARD

Many people volunteer to help others

Some volunteer to support the community at large

Whatever the reason for your involvement, the TimeBank model allows you to get some help in return, and build a stronger community

By accepting help from others, you reward their precious gifts and make new friends!

HOW IT WORKS

YOU WANT HELP WITH DINNER OR TO LEARN A NEW SKILL

Check who is offering help with cooking, tutoring, or guitar lessons.

Or create a request for that service in the system.

HOW IT WORKS:

TAX-EXEMPT

TIME-BASED CURRENCY

PERSON-HOUR



ONE HOUR YOU PUT IN
IS WORTH

One hour of
services you
get in return



EARN THREE HOURS HELPING TO
PAINT A HOUSE AND THEN

SPEND IT WITH AN ACCOUNTANT
WHO HELPS WITH YOUR TAXES



TIMEBANKING IS:

SAFE AND EASY TO USE

TAX-EXEMPT

BUILT FOR COMMUNITY

BUYING LESS, SHARING MORE

SPENDING TIME, NOT MONEY

EXPRESSING KINDNESS TO ONE ANOTHER AND THE EARTH

A collage of various spices and herbs. The top section shows a wooden surface with a bay leaf, a jar of dried green herbs, and a jar of brown powder. The bottom section shows a wooden surface with a bay leaf, a pile of red powder, a pile of brown round seeds, a jar of brown round seeds, a jar of green bay leaves, a jar of red powder, and a jar of brown powder.

SHARE YOUR TALENTS AND SKILLS!
BUILD A COMMUNITY OF CARING INDIVIDUALS!

THE TIMEBANK PLATFORM MAKES SHARING EASY!

Easy Sign-Up

1 Login to Demonstration Site for CWI

Email
member@nowhere.com

Password

Login Join **Click**

Forgot password?

2 Sign up as an organizational member

Mike
Your real first name.

Mikerson
Your real last name.

mike@nowhere.com

You will be required to confirm your email address -- please supply a valid address.

Enter a password for your new account.

Type

3

Apply for membership

Visit www.seacoast.timebanks.org to set-up your account

- Set up your TimeBank profile
- List skills you would like to share
- Request help you would like to receive
- Record your exchanges & track your credits
- Don't worry about being balanced—it's more important to be involved!

SETTING UP YOUR ACCOUNT

Managing your Profile part one

Demonstration Site for CW [Home](#) [Give & Receive](#) [Offers](#) [Requests](#)

 Mike My Stuff [Messages](#) [Calendar](#) [Help](#) [Logout](#)

Drag and drop an image to upload, or click to browse files.



Setting up a profile is simple & intuitive. Drag&Drop to upload a profile picture. Fill out basic information about you. Point and click when available.

Total Control of Contact Information

Total Control of Privacy Settings

✖ All Contact Information

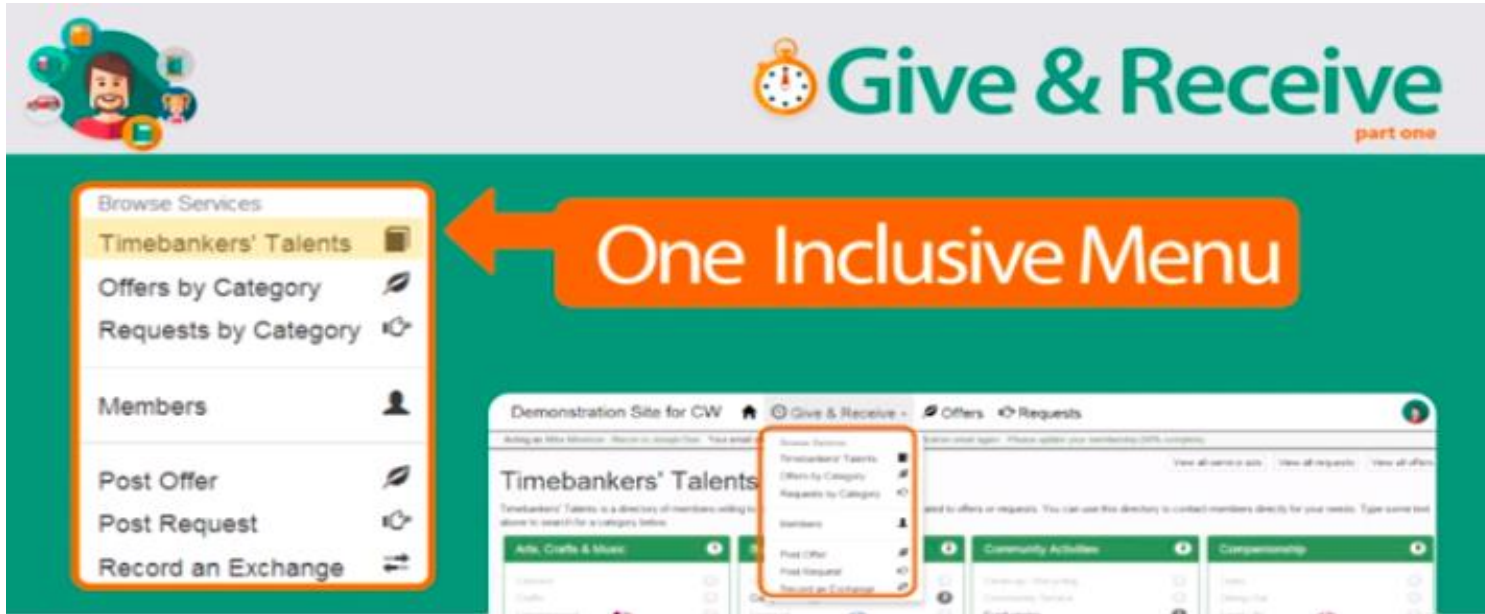
▼ Privacy Settings

Members	can see my profile page.
Members	can see my picture.
Members	can see my primary e-mail address.

Manage your settings
You can set your privacy, frequency of communications, contact preferences, and other options

Create your profile
Provide useful information to the community about your talents and goals

VIEW TIMEBANKING SERVICE CATEGORIES



Offer

List things you can and like doing in your list of offers

Request

List things you would like to have done in your requests

RECORD AN EXCHANGE

The screenshot displays the 'Give & Receive' app interface, specifically the 'Record an Exchange' section. The title 'Record an Exchange' is in a green box at the top left. Below it, the sub-header reads 'Record an Exchange: Service Recipient' and 'I provided the service ...'. A form field asks 'Who received the service?' with 'demo' entered. Below this, a card for 'Demo Member' is shown with a checkmark. A 'Next step' button is at the bottom of the form. To the right, a navigation menu is visible with options: 'Browse Services', 'Timebankers' Talents', 'Offers by Category', 'Requests by Category', 'Members', 'Post Offer', 'Post Request', and 'Record an Exchange' (highlighted in yellow). At the bottom, a diagram shows two circular avatars, one with a beard and one with curly hair, connected by two arrows. The top arrow is green and labeled 'Services', pointing from the bearded man to the curly-haired man. The bottom arrow is green with a red '1 hour' label and labeled 'Number of Hours as a recipient', pointing from the curly-haired man to the bearded man. The text 'Easily Record an Exchange' is written in blue at the bottom right of the app interface.

Record an Exchange
Easily record an exchange once it's done.

You can volunteer & record exchanges on behalf of other organizations.

You can use your smartphone to record on the go. The platform is optimized for any device.

OUR WEBSITE IS [HTTPS://SEACOAST.TIMEBANKS.ORG](https://seacoast.timebanks.org)

Seacoast
TimeBank



Give & Receive ▾



Offers



Requests



Join

Login

Login to Seacoast TimeBank

Seacoast TimeBank

Email

Password

Login

[Forgot password?](#)

[Join](#)

Recent Timebankers' Talents Listings

Today

Books & Videos

6

Carpentry / Construction

3

Child Care

11

Clean-up / Recycling

10

Complementary Therapies

4

Cooking

19

Diet & Nutrition

5

Errands / Shopping

13



Welcome to the Seacoast TimeBank!

The Seacoast (formerly Great Bay) TimeBank was started in 2012 with three main goals:
Strengthen ...

[Read more](#)

Events

UPCOMING EVENTS

10/19/19 (in 5 months)

Hearth and Hands Fest: Handcrafting and Homesteading Skills [Seacoast Permaculture] 2:00 PM - 4:30 PM

Connect with us

Like You and 62 others like this.



Recent Requests

4 weeks ago

need logo designed for my new business

Power wash house exterior

electrical work: two wall lights on enclosed porch and a track light in the kitchen

Need help with managing the time bank website - the time bank website needs you!

dining table made from local or repurposed wood



Sharing Time & Talents

Our mission

Timebankers' Talents

Offers by Category

Requests by Category

Offers

Requests

Search



Seacoast TimeBank Links

[Learn About TimeBanking](#)

[Timebanks Nationwide Learn Even More](#)

[How Exchanges Benefit Everyone](#)
Infographic

[Pay Your Annual Dues](#)

This is the landing page where you can create an account and then log in.

OUR WEBSITE

News

11 days ago

The Time Bank Solution, by Stanford Social Innovation Review, By Edgar S. Cahn & Christine Gray, Summer 2015

4 weeks ago

Seeking Seacoast TimeBank Board Members!

Connect with us

👍 Like You and 62 others like this.



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[Read more](#)

Events

FEATURED EVENTS

5/11/19 (in 2 days)

Wrong Brain Spring Bizaare - come 11:00 AM - 5:00 PM and share your passion

UPCOMING EVENTS

7/12/19 (in 2 months)

Summer Ice Cream Social [Seacoast Permaculture] 6:00 PM - 9:00 PM

10/19/19 (in 5 months)

Hearth and Hands Fest: Handcrafting 2:00 PM - 4:30 PM and Homesteading Skills [Seacoast Permaculture]

Recent Offers

3 days ago

Babysitting

Startup business strategy, management & operations

Supporting the Great Bay Timebank

Writing support

Sewing

[Recent Timebankers' Talents Listings](#)



Sharing Time & Talents
Our mission

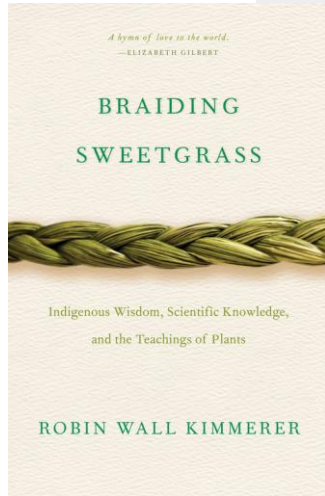
- 📅 Timebankers' Talents
- 🍷 Offers by Category
- 🔄 Requests by Category
- 👤 Members
- 🍷 Offers
- 🔄 Requests
- 📄 Post Offer
- 🔄 Post Request
- 🔄 Record an Exchange
- 📄 Record a payment

[Seacoast TimeBank Links](#)

This is a work in progress and we welcome thoughts, comments, suggestions and participation. Especially participation!



WHATEVER YOUR TALENTS AND SKILLS, YOU CAN SHARE THEM WITH SOMEONE
OR MEET OTHERS TO BUILD A FUN AND CARING COMMUNITY



“IN A CULTURE OF GRATITUDE, EVERYONE KNOWS
THAT GIFTS WILL FOLLOW THE CIRCLE OF
RECIPROCITY AND FLOW BACK TO YOU AGAIN”
FROM ‘BRAIDING SWEETGRASS’ ROBIN WALL KIMMERER