



U.S.E. NEWSLETTER— WINTER 2017-2018

MARK YOUR CALENDARS NOW!

The **USE Annual Meeting & Potluck Supper** is now scheduled for **Saturday, March 17th** from **4 till 7 p.m.** at the **Unitarian-Universalist Church of Reston** on Wiehle Avenue. (USE gives a friendly nod to St. Pat on his special day!)

Invitations will be coming your way very soon! Keep an eye on your email inbox. ****See our call for volunteer helpers in the text box on page 2. We need YOU!****

We're Excited!

USE is becoming more and more active, and members are stepping up to help us grow and become more efficient.

If you have ideas for USE and you want to work as a member-at-large on our Board, call us! We are currently forming a terrific team and our mission for 2018 is already underway:

We want to help members get the most out of their USE membership.

We know you get your \$10 donation's worth by attending only a single meeting OR by using a single service.

But what if you were to network a whole bunch of services that save you much more time and money? **Are you interested?**

THE MARCH MEETING IS ALL ABOUT THIS!

If you've been a member for years—and only used our services ONCE OR TWICE, time to get motivated. Tell us what would make you use USE more often.

Some members join USE to give their help. I've heard them say doing that gives them joy!

Some members join USE to get help. Maybe that's you. But maybe you don't know how to find the perfect person to ask for help.

We email our Directory of Services to members periodically. With it, you can look up the service you need, along with the name, phone number and email address of the person or persons who could help you. Then you can make a call or send an email. An updated directory should be coming your way soon. **PLEASE! Let us know if you have not been receiving this USEful resource.**

Other approaches: You can also go to our **PRIVATE Facebook page** and post your request there, or you can do so on our **hOurworld members' website**. If you need instructions on how to use these sites, or for whatever reason you just need help finding someone, you can **email Janet Cochran at cochrngj@gmail.com**. Or contact: **Kathy Bush at mkbwrk1@hotmail.com**, or **Cheri Wubbels at mediavip@aol.com**, or **just send an email to our general email address restonusetimebank@gmail.com**. You should be able to find a helpful member to meet your needs.

Come on March 17th and let's fire up for 2018!

Help make this coming year exceptional in every way.

Get a job done that has been waiting for help.

Get those trousers mended!

Get your dog walked, your cat fed or your plants watered!

Meet like-minded folks that love being helpful.

--Cheri Wubbels

We need volunteers, as usual, to help organize and run this year's supper-meeting. Our Board members put in many hours to keep USE happening. A few hours from our other members go a long way to spreading the efforts — and the satisfaction — needed to make our organization work at its best. We will need people to call with reminders, help with setup and breakdown, take in the potluck dishes, place everything on the tables and generally help in the kitchen, among other things. If you think you can help: **contact Kathy Bush, Cheri Wubbels, or Janet Cochran or email us at our general email address. See our addresses noted above. Do it ASAP! We need you!**



Photo by Jim Seret

Perlmutter Video Presentation at RCC/Hunters Woods

This past November 8th, about 30 people were present in a meeting room at Reston Community Center/Hunters Woods between 2 and 4:30 p.m. They viewed a video presentation by Dr. David Perlmutter, a noted neurologist, who spoke about how a healthy diet and a healthy gut can contribute to neurological health. Audience members seemed intent on listening, and lots of notes were taken, so we hope those who attended picked up some helpful information.

It was good to see that quite a few USE members were able to attend! This USE presentation was an effort by our Care Committee to promote health education as part of our ongoing efforts to connect with and provide care for our fellow USE members, as well as others in the greater Reston community.

There may be other presentations before too long, so watch for future announcements!

REMINDER: As always, please let us know if you have a health crisis, a death in the family or know of another USE member that needs any kind of care like meals brought or a ride to the doctor.

--Kathy Bush

To learn about or join USE: Find us at: www.restonUSE.org. Write us at: PO Box 8922, Reston VA 20195. Phone us at: 703-873-7578. Email us at: RestonUSETimeBank@gmail.com.

USE Members: To access our USE hOurworld website: Find us at www.restonUSE.org. At the top right side of the web page: Click on the top box with the purple header. This will take you to the USE hOurworld website. There you can log in and record a transaction, monitor your transactions and profile and learn about other USE members and their services and needs.

Lunch Bunch Holiday Party

The upstairs dining room at the Lake Anne Coffee Shop was the scene of our holiday Lunch Bunch gathering on December 13th. The cozy fire and holiday decor provided a warm ambience for about a dozen members, who enjoyed fine food, fine drinks, fine company and exchanged small or white elephant-type gifts. Seemed like everyone had a most enjoyable time!



Photo by Jim Seret

The Lunch Bunch is a branch of the USE Care Committee. We gather socially just about once a month to get better acquainted in order to serve USE members when someone needs a bit of extra care. We find it's easier to give or accept care when you are on a friendly basis. If you need help or know of a member who needs help, contact us: Cheri or Kathy.

--Kathy Bush

A CARE COMMITTEE CALL TO REACH OUT: One of our original and most consistently helpful USE members, **Lloyd Agüero**, has recently experienced a series of falls and other related health issues. He has been in and out of the hospital and rehab facilities. If you would like to send a card, give him a call, or maybe bring a meal once he returns home, please contact Cheri Wubbels (703-437-7545 or mediavip@aol.com) to learn his current status, location and needs.



Photos by Jim Seret

Board Meeting & Winter Party Hosted by Alan Krishnan

USE's Winter WarmUp party was met with cold weather, but safe roads. At our 2:30 meeting, Board members agreed that our mission for 2018 is to get members more involved and using more service exchanges. That is the theme of this year's annual meeting and potluck, and you can expect some phone calls and emails about this from volunteers in the near future.

NOTE: We are happy to welcome to our Board new member, **Jim Seret**, in the PR/marketing position. And we hope to soon be welcoming a few other USE members who have expressed an interest in joining the board. More information should be coming soon about that. Meanwhile, Welcome Jim!



Following the board meeting, the serious partying started around 4 p.m., and lucky guests were greeted with a table loaded with tasty treats. A hot winter-wonderful wassail made the perfect complement to the festivities. An additional unexpected treat was in store for guests in the form of another engaging and inspiring movie chosen by host Alan.

Those lucky enough to be there braved going home in the dark and the cold but in a warm and cheery frame of mind.

--Cheri Wubbels & Kathy Bush

Tell us about your special USE experiences.

We love to hear how USE has been helpful for members. We haven't heard from you all in a while. Get in touch at let us know your stories.

My own experience: I am forever grateful to those members who have taken care of our big, 16-year-old cat Bubba, rather frequently this year while we were away visiting and helping our son, daughter-in-law and new grandson (who has some special needs—which are gradually being remedied, thank goodness). The peace of mind from knowing our guy was well cared for while we were busy and preoccupied elsewhere can't be stated strongly enough.

--Kathy Bush



Hope to see you March 17th!

--KB & The USE Board