



April-May 2014 USE Newsletter

www.restonUSE.org

RestonUSETimeBank@gmail.com

Like us on FACEBOOK: www.facebook.com/RestonUSE

Two new ways to contact USE:

- At a brand new post office box: P.O. Box 8922, Reston, VA 20195;
- And you can always email us with any questions, requests, transaction information, anything you wish to convey at RestonUseTimeBank@gmail.com. We can always help find email addresses, provide phone numbers, etc.... And if there are errors we need to know as well. Direct feedback from the person concerned is so much better than second hand.
PLEASE BE SURE TO MAKE A NOTE OF OUR NEW EMAIL ADDRESS AS WRITTEN ABOVE, AGAIN IT IS:
restonusetimebank@gmail.com (After July, only this email will be monitored, so please spread the word.) -Malaika Walton, Membership Chair

Latest USE Service Index posted to Facebook

The APRIL 2014 version of the Service Index has been posted to Facebook, both in Word and PDF format. You can download it from there.

For members **NOT** utilizing our private Facebook group, please send an email to restonusetimebank@gmail.com and the Index can be emailed to you. (Please note: Our financial resources prohibit our being able to print the index for all of our members.)
-Malaika

Some transaction highlights:

Sidney and Dale Johnson set up a printer for Alice Markham's computer. Alice says "Thank you, Sidney and Dale! The printer works well and prints high-quality photos!"

Janet Cochran gave **Robert E. Simon** a ride. She comments "Enjoyed chatting with Reston's founder a couple of weeks before his 100th birthday and Reston's 50th anniversary while taking him to the Community Center for a film about a renovation of Lincoln Center. No surprise that he was interested in that subject."

Recognition to **Barbara Berlage**! Barbara is a steadfast Reston USE member. Without a car, Barbara relies on members for rides, but she clearly uses the index diligently and gets rides from many different members. She promptly records the transactions. On the other hand, we on the Board of Reston USE can always rely on Barbara to support us with calling and supporting our USE events. Thanks Barbara for your excellent demonstration of Time Banking! -*Malaika*

Mark Menzer responded to my FB request for removal of container garden pots from my deck in preparation for it being washed and stained. He did a great job, and we had two other volunteers who were not USE members help! What would have taken me hours took only about a half hour and I am so happy to have the task done. Mark is an example of a great USE member! -*Cheri Wubbels, President*



PLEASE!

RECORD YOUR EXCHANGE HOURS!

Dear Use Members: If you do not record the time you took to help another USE member or had another member provide you with help, we have no way of knowing whether our organization is effective at accomplishing our purpose. And the purpose of USE, as we all know, is to provide neighbor-to-neighbor help and assistance. We justify our existence by the exchange of this valuable commodity. So PLEASE take a few minutes to make note of your transactions. If you are not comfortable using the form on Facebook, you can email us at RestonUSETimeBank@gmail.com.

Another quick note: When recording transaction hours, we ask that you do so in one-hour increments. Fractions of hours can be a little tricky to keep track of.

Notes on paying dues

Dues are only ten dollars per person, and twenty dollars per household. When I look down the list of members, I see that most members are really very prompt with paying their dues. If this is the month that you originally signed up with USE, your membership fee is probably due for renewal, and you will be getting a call from me and an email. Most membership fees, however, will be coming up for renewal over the summer, so I may be in touch with you then. When we don't hear from members and don't receive a membership renewal, we very reluctantly move those people to our inactive list. We don't like to lose people. We like to know that members are active and happy being a part of USE. What we are most concerned about is that you interact and use each other's services, items, etc. We want USE to grow. *-JoAnne Norton, Treasurer*

Follow-up on April potluck dinner

On Saturday, April 12th, **the Hedrick Family** invited any USE



member who was interested in a possible babysitting exchange to their home for a mini "meet-and-greet potluck dinner." Although turnout was low, a great time was had by all who attended and many connections were made. It was recognized that in order for a babysitting exchange to work both parties involved must spend much time

creating relationships and trust with each other. Over time we hope to get a thriving exchange going for our younger families.

Welcome to New Members

Lorelei and Brian Cheung: The Cheungs offer Bicycle Repair-minor, Child Care, Computer Assistance, Language Instruction, Organizational Skills, Party Planning, Pet Care, Tax Assistance, Travel Advice, Tutoring, Personal Finance, Website Development, Writing and Job Hunting Advice.

Joyce Clark: Joyce offers Cooking Advice & Preparation; Gardening; Household Chores; Party Planning; Pet Care; Plant Sitting; Rides; and Support to Shut-ins.

Elaine Schwartz: Elaine offers Plant Sitting and Care; Rides in Reston, Shopping for Shut-Ins and Telephoning.

If you would like to contact these new members, try Facebook or sending an email to restonusetimebank@gmail.com. -*Malaika*

Highlighting one of USE's members

We'd like to congratulate **Lucinda Shannon** on her recently acquired position on the board of Reston Association. Elected in March, Lucinda will represent the Hunters Woods/Dogwood

district for three years. Both the Reston Association and USE value and support volunteer service in the community. Lucinda will serve as the liaison for the Pedestrian & Bicycling Advisory Committee and the Transportation Advisory Committee. The board positions and advisory committees are all appointed volunteer positions.

Sad News: The passing of two valued USE members

The family of **Gabriele (Gay) Nanda** held a memorial gathering on Monday, April 21 at 10 AM in the Joanne Rose gallery at Lake Anne Community Center in Reston. As an expression of sympathy, donations can be made in Gay's name to either the American Cancer Society (www.cancer.org) or Fancy Cats Rescue Team (www.fancycats.org) 703-961-1056. Gay died after a long struggle with cancer. A notice was sent to USE members. Hopefully, some of her USE friends were able to attend the memorial.

There was a memorial service for **Patricia Broderick** on Sunday,



May 4th at 2 p.m., at the Unitarian Universalist Church of Reston, 1625 Wiehle Avenue. A small reception was hosted by the church's Caring Circle. Pat died at home on April 2, following two months of hospitalization and rehabilitation treatments for acute cardiac problems. Pat is on the right

in the photo.

Announcing a New USE Board Member

Saima Hedrick - Community Resource Chair. Saima will be working to keep USE well-connected in the Reston community by directing our communications and outreach efforts.

Next USE Board Meeting

Thursday, May 15th, at 7:00 p.m. We will be posting board meeting dates and times from now on, so that members who would like to visit or who have an issue to bring up can do so.

Report on the Farmers Market

Our normal situation at the Reston Farmers Market is on hold for now, as the Market has been reconfigured a bit for this year. We may still have a stall there, but it could be in a different location. We aren't sure about this yet, so we will keep you posted. Meanwhile, we are looking into other venues where we can pitch our tent and pitch our organization to other Restonians and, as usual, we will be asking for volunteers to help us by manning our table no matter where it is. **See below.**

USE Represented at Reston Community Center's Spring Festival at Nature House, May 3rd.

On a gorgeous Saturday afternoon, several USE members were present to man an information table at Nature House. We generated a good bit of interest with people stopping by to talk and listen, usually picking up our rack card and sometimes taking an application form. All in all, a very good day!

USE to have a table at the Celebrating Older Americans Month event "Never Too Late to Try Something New," at Reston Community Center, May 20th, 11 a.m. to 2 p.m.

We could use some help promoting USE at this event. If you are available to help at our table, please contact Cheri Wubbels.

We're also looking into setting up in front of supermarkets, at kids' soccer games, swimming pools and swim meets, moms' groups, Reston Runners, and at any other public venue where we can let Reston know what we have to offer one another through

USE. If you have a group activity or another idea to pass on, please be sure to contact Cheri Wubbels or Saima Hedrick.

USE a leader in the Village Movement Concept

We are finding that all manner of neighbor-helping-neighbor grassroots movements, such as Time Banks, are taking place. Right now they are falling under the umbrella of the "Village" Movement. Restonians should be pleased that one of the first known Time Banks was started right here in Reston in 1975. It was so far ahead of its time that it was written up in Kiplinger's Money Magazine and in the Washington Post's Parade magazine. The founder of USE, Henry Ware, was interviewed by many who thought USEful Services Exchange was a great idea and a community builder. Henry passed away in 1999 in the month of May, and if I am not mistaken, at the age of 91. So Reston birthed a movement that is now spreading over the United States and abroad...be proud that you are part of this phenomenon — people need people, and helping each other enriches our lives. Please put out that need you have for a service—or answer someone's request for help! -Cheri Wubbels

PLEASE NOTE: Personal e-mail addresses and phone numbers have been removed from this public posting. Contact restonusetimebank@gmail.com for this information if needed.

