



March 2014 USE Newsletter

www.restonUSE.org

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Exchanges: The Heart and Soul of USE

Small World USE Experience

From John Lovaas

Last fall I got one of the USE-grams (email) asking for a ride to Dulles Airport. The request was from someone whose name I didn't recognize, but the ride was at a convenient time for me so I volunteered. Anyway, meeting new people is part of belonging, and I've met many nice folks volunteering for USE or being helped by a USE member. This would not be an exception to that rule.

On October 29, I drove over to Karen Mayberry's home and we headed for Dulles. She is indeed another nice person and we had fun chatting as we drove. At one point, I asked her where she was going on her trip. She said she was flying to Amsterdam and going on a river cruise in Europe. I think she said it was her first river cruise and she was definitely pretty excited as she headed off for a two-week adventure from Amsterdam to Budapest. "Wow, that's interesting," I responded. I told her that my wife Fran and I were heading to Europe for a cruise ourselves in a couple of weeks.

In fact, I told her, we were flying to Budapest with friends to start a cruise from that very city. Then we got to the fact that she was travelling on a Viking River Cruise, and so were we. And, guess what?! Her river boat was named "Freya", as

was ours. Karen's cruise would end on November 14 when she would disembark from the Freya to fly back home—just hours before we would board the very same boat and head back up the Danube River, retracing Karen's path. Small world!

Small World USE Experience - continued

From Karen Mayberry

Wow! I was surprised when I got an offer for a ride to Dulles airport for my Viking cruise, the same day I put in the request. This was the first time I requested USE services and feel proud to belong to an organization that comes through for folks in need, the way that they do. I knew very few USE members at that time, and so was glad to make the acquaintance of John Lovaas on the way to the airport and his equally friendly wife Fran at the USE potluck meeting in January 2014. I had another amazing USE experience at this same potluck. One of my top travel bucket list destinations for the past 20+ years has been Israel. I was supposed to travel there last year, but my friend had to back out at the last minute. Happenstance at the USE potluck had me sitting at the table of Jean and Art Banks, who told me about an Israel and Palestine pilgrimage through their church. They provided an information package to me, and within days, I joyfully joined the pilgrimage. Another fortunate stroke of USE serendipity.

And ... One more Small World USE Experience

From JoAnne Norton

Larisa Briggs went to help Martha Patterson learn to use Facebook. Turned out Martha used to be her teacher!

Mike Hedrick to the rescue!

Digging Mary Buff out of the snow.

Re-grouting and resealing a tub and shower for Erika Naraghi.

Helping Laura Gutnick with some small fixes at her place.

Rototilling another member's garden.

Mike seems to have been the go-to guy when there's been a need for help recently.

Amazing and Special things seem to happen when USE members get to know each other!

USE Exchanges: January to mid-March 2014

Rides	9 requests for 30.5 service hours
Computer Assistance	6 requests for 14 hours
Handyman repairs	5 requests for 6 hours
"Just Ask"	4 requests for 7 hours
Sewing, Mending, Alterations	2 requests for 5 hours
Pet Care/Walking	1 request for 21 hours
Lend/Share	1 request for 1 hour

Tell us about *your* experience

With so many wonderful exchanges taking place between members, we'd love to hear about a special transaction you have experienced. Please send an e-mail to me, Kathy Bush, at mkbwrk1@hotmail.com or to Cheri Wubbels at mediavip@aol.com. We want to share your stories.

PLEASE — Log in your hours!

Here's another quick reminder (Yes, again!) not to neglect posting your exchange hours. Just go to the USE website: www.restonuse.org. Midway down on the right hand side of the page, click on "Record Your Service Transaction." The form will pop up. Fill it out and hit the SEND button. And you're done.

It's worth noting that USE stays in business because we have a very large inventory of personal services. When you record your USE exchange hours, you support the value of our existence.

If anyone needs help in getting services, you can do so by posting on our private Facebook page, checking the USE Index and calling one or more of the many capable members listed.



OUR NEXT POTLUCK SUPPER!

Saturday, April 12, from 4:30-6:30 at the home of Mike and Saima Hedrick

FAMILY INCLUDED! BRING THE KIDS!

It's a Meet & Greet small dinner for families with young children, an opportunity for parents to set up play dates and meet & greets for a **potential babysitting exchange**. The Hedricks can accommodate a maximum number of approximately 16 people. Confirm with Mike Hedrick at mdhbicycle@aol.com.



USE - Our Part in the Village Movement

From Cheri Wubbels

USE is finding itself to be part of a national movement called the Village Movement. Cheri has been on two panels speaking about USE, which is the all-volunteer model for the movement, and the intent is to encourage other communities to set up what USE already has. So begin to think of yourselves as part of a grassroots, growing trend of people wanting to connect with other people to provide care – at this point mostly helping mature people live in their homes. But USE is one organization that is intergenerational and wants to include young families as well as mature folks.

Our grassroots movement is going on right now to connect families with children to other families. As it has long been said, "It takes a village to raise a child." USE is here now to help create such a village.

Please let us know if you want to take part in providing a village for Reston's young people. You don't have to have children of your own if your desire to babysit to free young parents for time for themselves, or just to enjoy the youngsters—many have grandchildren, or grandparents, but living far away... Let's fill the gap. -Cheri

Cheri was one of four presenters at a Village Movement gathering on March 19th, in Burke, Virginia. She represented our all-volunteer model for a village along with three other presenters.

Here's an excerpt from one of today's email responses to that meeting: The number of attendees last night (around 90 with SRO), and on a rainy night after a previous cancelation, shows the deep interest by our communities in these efforts.



Jeanette Benedicto Presents USE to the Herndon Senior Center

From Ellie Fusaro

On Tuesday, March 11th, Jeanette Benedicto was invited to be the first speaker of the evening to address transportation concerns at the Herndon Senior Center. She did a fine job and was well received; her focus was on the minimal cost to join USE and the variety of things USE has to offer, including transportation services. The Center Director and Assistant Director attended and were supportive. About 20 people were in attendance to learn about USE.

News from the most recent USE gatherings

Martha Patterson's Valentine tea was held on Friday afternoon, February 21st (not the scheduled 14th thanks to *another* snowstorm) and was a delightful success. Read on for details.



From Cheri Wubbels

How lovely, to be invited to Downton Abbey ... a Valentine party ... and to feel like privileged guests!

Martha, not only is your home lovely, but the food, the service, the company was wonderful. And most exciting, I think this is a pilot program for many others ... it will be interesting to see the variations.

Lots of good ideas materialized as well — **Martha says she will host a gathering of people bringing their computers to learn to use USE's private Facebook page.** (Note my first attempt at the invite on Facebook — it could stand some improvement!) So Larisa and Tim, we can set a date with Martha and get members on the party line!

Orientation groups for new members were also discussed, and some attendees said they'd gladly make a point of welcoming new members into our circle.

The energy and the positive support for USE were high! Here's to many more grand, exciting, new and different experiences. And yes, we need to know who would be able to handle the job of wallpapering a small powder room? Post it on Facebook and let's see what happens! -Cheri

From Lloyd Aguero

The “genuineness” (good word?), thoughtfulness and poignant ambiance of your hostess talents, touched a simpatico chord within the group. We generated manifold energy!!!

From Ellie Fusaro

Bonnie and Bill Whyte hosted a TGIF potluck dinner for members at their home in the Lake Anne area. Did you see the invite in our Facebook USE group or in the past newsletter?

Guests feasted on wine, wonderful salads, roasted pork, crusty rolls, scalloped potatoes, and vegetarian dishes -- kale and carrots, lentils and brown rice, dessert, tea and coffee. Wow! You really should come to the next dinner.

Conversation included snow shoveling help, and sending a USE member to the National Time Bank conference. If we want to do this, we'll need to raise funds, so the group explored some fund raising options. We got into the reasons why people join USE, why it's harder to be a "taker" and to ask for services, easier to provide a service when asked. USE members like to help, to give ... maybe it's harder to be "takers" because of our sense of independence, it's hard for some of us to know how to ask for services and help. Giving AND take keep USE going, though. So don't hesitate to ask when you need some help.

With spring and summer on the horizon, USE members are encouraged to host a gathering — a tea, a coffee, a picnic, a cookout, a dinner, any kind of meet-up to help each other make USE work for all of us.

HELP FOR FOUNDERS DAY

Reston's Founders Day celebration, sponsored by the Reston Museum, will need volunteers to help make it a success. The date is Saturday, April 5th, and start time is noon. If you'd like to get involved in making the festivities happen for Reston, Robert Simon and fellow Restonians, contact Ellen Graves at RestonMuseum@gmail.com or call her at 703-709-7700.

USE Board Positions Open

We Still Need People Who Want to See USE Grow

The USE board would like to announce that we have two positions open on the USE board. We are in need of a **Community Outreach Director**, and a **Recording Secretary**. If you are interested or would like to nominate another USE member you think could do the job, please contact Cheri Wubbels at mediavip@aol.com.

Reston Farmers Market



We'll be into May in no time, so we're getting ready for the opening of this year's Farmers Market at Lake Anne. Ruth Sievers has kindly offered to provide us with some artwork to refresh our image. But we need an enthusiastic and dedicated person to manage our booth over the coming market season, which runs from May through late October. Of course, we will also need two or three volunteers to man the booth each week. Those who

have volunteered to help in the past have reported enjoying themselves very much as they meet new people, sign up new members, and become part of the bustle of Saturday morning at the market between 8 a.m. and noon. Please contact me, Kathy Bush, at mkbwrk1@hotmail.com or Cheri Wubbels at mediavip@aol.com if you would be interested. USE needs you, and you will be rewarded with some enjoyable times. USE board members will provide lots of help and support. Come on and give it a go!

One Final Note:

Have you paid your dues?

Ten dollars isn't much, but it's what sustains our mailings, and other related use expenses. We are all volunteers and depend on our members to support the work USE does.

If you don't pay your dues and we don't hear from you, then we begin to wonder if you've left us. **Show your involvement and pay your dues today.**

Thanks for all you do, USE members!

