










TIMEBANKS

Timebanking is an exchange system. People help each other and receive credits for their service. Anyone who helps another member earns one TimeBank hour for each hour of help given, which they can then spend on an hour of service from anyone else in the network. Timebanking is a way to value the work we do for others in our community and the work we do in building that community.

Instead of going without things because we don't have the needed social support or cannot afford to pay someone with money, we exchange *time*. Everyone's time is valued equally, no matter who they are or what they do.

As budgets shrink and expenses grow, it's time for us to use the many wonderful assets of all residents of our communities, matching unmet needs with unused resources. We each have talents and skills that someone else values. By sharing them, we can create community one hour at a time.

To learn more about the Dane County TimeBank visit www.danecountytimebank.org, or call our office at 608-663-0400.

<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Transportation 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Help At Home 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Companionship 
		Errands/Shopping Local Medical Airport Worship Other _____			Child Care Cooking & Sewing Hair & Beauty Housekeeping/Chores Pet Care Respite Care Other _____			Clubs Dining Out Email/IM Home Visits Medical Errands Telephone Calls Other _____
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Community Activities 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Wellness 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Recreation 
		Clean Up /Recycling Community Service Fund-raising Help Our Time Bank Special Projects Work for Social Change Other _____			Counseling Diet & Nutrition Fitness& Exercise Medical Services Yoga/Meditation Complementary Therapies Other _____			Books & Video Dancing Events Games Sports Travel Other _____
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Education 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Arts, Crafts & Music 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Home Repair 
		Advocacy Personal Finances Classes/Workshops Computers/Technology Languages/Translation Tutoring/Mentoring Other _____			Classes Crafts Entertainment Lessons Photo & Video Theater Other _____			Car Care Painting Plumbing Carpentry/Construction Electrical Garden & Yard Work Other _____
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Business Services 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Misc. (Not Above)			
		Clerical			List:			
		Computer Support			1)			
		Financial			2)			
		Marketing			3)			
		Research			4)			
					5)			