

Everyone has Skills to Share!

Examples of Services to Provide & Receive through the Hour Power Exchange Network

Around the House: Cooking, cleaning, shovel snow, carpentry, painting, raking, gardening, grocery shopping, laundry, personal finance...

Education: Tutoring, foreign language lessons, read to a child, budgeting, proofread homework...

Skill Building: Teach a skill to a fellow member...

Transportation: Get a ride where you need to go, car & bicycle maintenance...



Arts & Crafts: Graphic design, quilting, dance lessons, photography, knitting, crochet, guitar lessons, voice coaching...

Wellness & Health: Massage, facials, hair care, manicure & pedicure, respite care, fitness, yoga...

**...Whatever Your Skills May Be,
Share Them!**

About Hour Power

Hour Power of Franklin/Grand Isle is Northwestern Vermont's **Time Bank** - a service exchange network. At Hour Power, we believe in strengthening community through neighbors helping neighbors. **Every person has valuable skills & abilities that can benefit others.**

The Hour Power network is a way folks can connect with others to exchange services, skills, and goods. Everyone is welcome to join Hour Power, no matter their age or abilities. Local businesses, non-profits, and other organizations are also welcome to join.

**For More Information on
Time Banking, visit:**

www.HourPowerFGI.org

Contact the **Hour Power Coordinator**
HourPowerFGI@gmail.com
802-524-9233 x107

Hour Power of Franklin/Grand Isle
Vermont Adult Learning
5 Lemnah Drive
St. Albans, VT 05478

TimeBanksUSA
www.TimeBanks.org

Hour Power of Franklin/ Grand Isle



*Making Time for
Community*

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How Does Hour Power Work?

Community members exchange goods, skills, and services through exchanging time instead of money. When an Hour Power member provides a service to another member, they accumulate **Community Credits** - one Credit for every hour.

Using Your Community Credits

- ◆ Spend **Community Credits** on services offered by other Hour Power members.
- ◆ Post service requests, post service offers, and track credits online (hardcopies also available).
- ◆ Save-up Credits for services.
- ◆ Donate Credits to other members.

How To Join

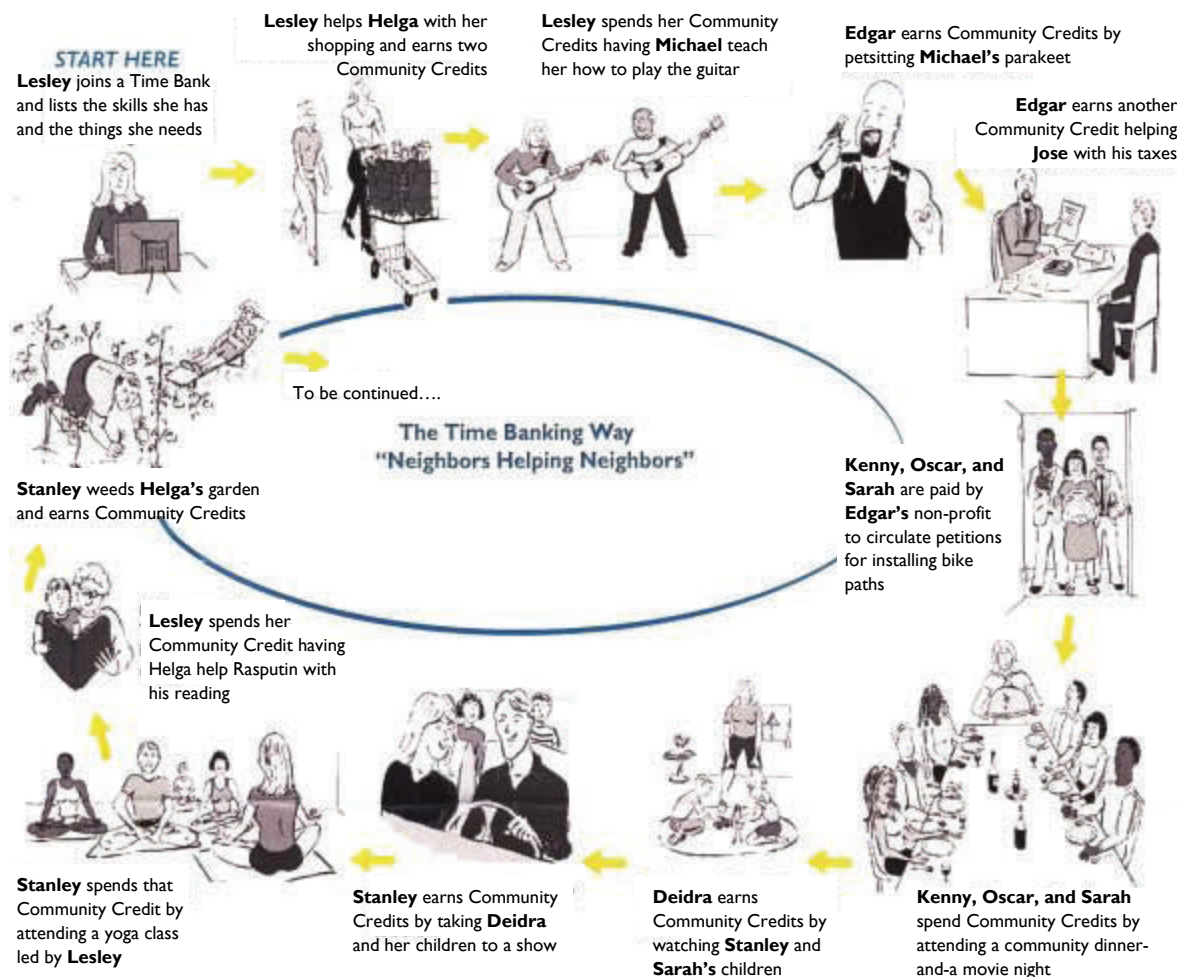
Follow the steps below:

- ◆ Visit our website at **www.HourPowerFGI.org** and go to the **How To Join** section of our website.

OR

- ◆ Email the Hour Power Coordinator at HourPowerFGI@gmail.com or call 524-9233 x107. Let her know if you are joining as an adult member, youth member, or a organization/business member. You will be sent the appropriate membership form.
- ◆ Go to: <http://community.timebanks.org/jointb.php?gid=369>
- ◆ Follow the prompts for setting up your account & completing your member profile
- ◆ Once the Hour Power Coordinator receives your membership form & your online account is set up, your account will be activated
- ◆ Start Exchanging!

How Community Credits & Exchanges Work



Membership is open to those with difficulties accessing the internet. Contact the Hour Power Coordinator at 524-9233 x107 if internet access is a concern.