

Dear Volunteer,

As a volunteer myself for two local non-profit organizations, I wish to take a moment of your time to tell you about something that may interest you. Like me you probably find your volunteer work meaningful, deriving much satisfaction from it. In addition to the intrinsic rewards that come from volunteering, you could also be receiving free services. Becoming a member of hOURbank Monterey County entitles you to receive one time credit for each hour of volunteer work that you provide to Meals on Wheels. These time credits can be used to access more than two hundred services that are now being offered by our time bank members. In the world of time banking one time credit “pays” for one hour of any service that is provided to you.

What kinds of services are typically offered? You’d be amazed at the list! Computer support, help in the garden, musical instrument instruction, foreign language tutoring, financial advice, resume writing, baking or making a good soup, body work, sewing, coaching, and much more. hOURbank members offer a wide range of services, and as the time bank membership grows, so does the number and variety of services offered. All members get to offer at least one service to other members.



Here are four values inherent in time banking:

- We all have something to offer that is of value to others
- Exchanging with others is of mutual benefit
- Providing one hour of service earns one time-credit
- Receiving one hour of service costs one time-credit

Membership is free. New members earn three time credits for going through the easy application process and doing the orientation. From one volunteer to another, I heartily invite you to take a look at the hOURbank website; if it intrigues you, fill out the short on-line application. We would love to have you become a part of our growing local sharing exchange:

- Go to hourbankmc.org and explore
- Click “Documents” and read the Applicant & Member Guide
- Click “Join” to complete and submit the membership application
- You’ll be contacted to schedule a one-on-one orientation at your convenience to learn how to use the hOURbank software
- When you complete the orientation, you’ll be our newest member ready to receive services
- If you do not use a computer, you can still join and fully participate in the hOURbank experience with the help of one of our Exchange Buddies.

If you have any questions or for more information contact me, Leonard Levenson, hOURbank Monterey County Co-coordinator, (831) 657-9737.