



HOUR TRADER

"Making Community Connections with Local Currency"



Community Directory

Issue #40

Winter 2012



Twenty twelve. Ready or not, we are making our way towards the end of the Mayan calendar. But what degree of significance does this date hold? Did the calendar maker get tired of chinking away at his stone tablet and give up? Or, is it a prophecy about the end of time? Similar to the hype of Y2K there is a palpable anxiety mounting of what will come to pass on the winter solstice 2012.

Hollywood would have us hyped up to believe that we are reeling towards an apocalypse, complete with fiery explosions and airplanes falling from the sky. Then there are some who believe a couple of oversized hands will scoop up a select few to live in the clouds. With all of the changes in our environment, weather patterns, and cultural shifts, as a species there is a sense that the pendulum has swung to its farthest point; suspended in that moment before the shift in direction. Like an ocean being drawn by the pull of the moon, we are at the changing of a tide.

There are some people who see the pending cataclysmic event as a shift in human consciousness. Certainly over this past year we have seen a spike in the number of people worldwide speaking out for an evolution in justice and equality. Will 2012 bring about the tipping point? Which person will be that one additional voice to step forward and tip the scales, easing the flow of discussion of how to live in balance on our planet?

The world we live in is rapidly changing, sometimes for the better, sometimes for the worse. For those of us living in the heart of the valley, we should be proud of the people who are rising up to create a sustainable home. Instead of falling victim to a world plagued with doom and gloom, people are responding with a call to action. These times we are living in are engaging, creative, exciting, electric, alive. Independently, there are many individuals and groups working on different projects. Collectively, all are working for a common cause.

In 2007 the Corvallis Sustainability Coalition (CSC) formed to unite all of these independent groups together in the mission of sustainability. The vision of the CSC is "...a community in which the needs of the present are met without compromising the ability of future generations to meet their own needs. It is a flourishing and thriving city with a vibrant economy that respects, restores, and cares for the community of life."

Working toward this vision, the Coalition currently includes more than 160 partner organizations—businesses, non-profits, faith communities, educational institutions, government entities, and hundreds of individual volunteers.

Entering into 2012, a wide variety of projects laying the groundwork for sustainability are well underway. Significant strides have been made in the area of Food Security, building an independent local food system.

Most notable is the Bean and Grain Initiative by Ten Rivers Food Web and Willamette Farm and Food Coalition. The Bean and Grain project seeks to convert good-sized parcels of grass seed acreage into plots for organic beans, grains, and edible seeds as a step to reinvigorate the regional food system. This year we are beginning to see these crops becoming available for purchase in local markets, including First Alternative Co-op installing a wheat grinder for self-grinding local wheat!

A feasibility study is currently under way to create the South Corvallis Community Food Center. This would house the South Corvallis Food Bank and include community gardens, food processing and storage facilities, and food education classes.

The Edible Corvallis Initiative, sponsored by the Corvallis Environmental Center, is a Farm-to-School program. This initiative is connecting school cafeterias with local farmers and educating children on gardening food.

And on a civic level, one of the four Corvallis City Council goals for this biennium is: "By December 2011, the Council will provide direction on recommendations to strengthen access to and availability of locally produced food and community gardens via policy, ordinance and Land Development Code changes. By December 2012, the Council will enact code and policy changes corresponding with that direction."

"Believe with all your heart that how you live your life makes a difference. We are all interconnected. Every step toward living a conscious life provides support to everyone else who is trying to do the same thing – whether you are aware of it or not. We are the masters of our destinies." (Colin Beavan, noimpactproject.org)

2012 is here and it is up to each of us as individuals to decide what we wish to focus on. In that quintessential moment at the end of time, find peace in knowing that future generations will benefit from these shifts in direction made during these tides of change.



HOURS FAQ

(FREQUENTLY ASKED QUESTIONS)

HOURS are local currency notes, a legal form of paper money, which are only valuable in our region. The advantage of a local currency is that the wealth of the currency will always stay within this regional boundary.

The HOUR Exchange is a membership-based non-profit organization that maintains this local currency system in Benton County. Here are some answers to "Frequently Asked Questions" (FAQs) about HOURS.

Are HOURS real money?

Yes, they are as valid as U.S. dollars. There are numerous rules that must be followed for script money to be legal, for example: it has to be a different size than federal notes; it must not say "dollar" anywhere on the currency; and every note must be worth at least one dollar. HOURS are issued locally by people in our region rather than by a national government. They are just as taxable as U.S. Dollars, and it is illegal to counterfeit them.

Why are they called "HOURS"?

They are called HOURS to remind us that the real source of money's value is created by people — our time, skills, and energy.

What is an HOUR worth?

Four denominations of HOURS have been issued: One HOUR is worth one hour of basic labor or \$10, ½ HOUR = \$5, ¼ HOUR = \$2.50, and 1/8 HOUR = \$1.25.

How can I join?

It's easy. Just fill out and return the membership form on the back page of this newspaper. For a \$10-30 annual membership donation and the commitment to use HOURS, your listings are placed in four issues of this quarterly newspaper, and new members receive \$20 worth of HOURS (two HOURS) to get started.

How can I spend HOURS?

HOURS are accepted by any of the businesses or individuals listed in this directory. Many people who aren't listed will accept HOURS if you explain how a local currency system works. Ask anyone to accept HOURS – then show them the directory of participants with whom they can spend their HOURS. This might include asking at a neighbor's garage sale, a local shop, or a local restaurant. The best way to learn if you can pay with HOURS is to ask!

Does this mean that I should never pay more than an HOUR per hour of services received?

Not at all. Sometimes the cost of providing a service is not always relative to the time it takes to provide a service. In addition to the service provider's time, there may be overhead and background costs involved. Exchanges involving HOURS are entirely voluntary, at whatever fee or price is agreeable to the people involved.

I don't want a listing in the HOUR Trader. Can I still be a member?

Yes! Anyone wanting to support the HOUR Exchange can become a member. When you return the membership form, simply check the "supporter" box. However, only participating members receive the start-up HOURS.

For more information about the HOUR Exchange visit our web page at www.hourexchange.org.

Decade of Excellence



In the spring of 2012 the HOUR Exchange will celebrate ten years of trading our hometown money, HOURS. The idea was launched at a simple organizational meeting in March of 2002. With the help of a few core volunteers, the first run of HOUR notes was designed, printed and distributed to the original 33 members who kicked off the program in May of 2002. The fledgling HOUR Trader hit the stands, as a directory of the participants, and from there Corvallis' own local currency hit the ground running. Like clockwork, for the past ten years the organization has held a quarterly membership event and published a participant directory each winter, spring, summer, and fall. This is the 40th issue of the HOUR Trader you are holding in your hands!

I think of our first ten years as the "formative years." These years have been focused on building this organization from the ground up. There was not a "How to Start a Local Currency for Dummies" book at the library when we started out. Everything about this organization has been created from scratch, relying on the model of the Ithaca HOUR (NY) that Paul Glover started in 1993.

In 2005 the HOUR Exchange incorporated as a non-profit public benefit, adopting the mission of "... providing the education and tools to promote ecologically sustainable, community-based economics." The work of a few core volunteers created the framework for an umbrella of committees and tasks in different areas of operations. These include membership, disbursement, events, outreach, and media.

Our organization continues to operate in a unique way, which is that we have no paid staff. The work of our organization is done through our elected Board members and their committees. This process engages our membership in the operations of our program and helps us stay financially within our means. It allows everyone to feel a sense of ownership and empowers us to have an equal voice in these local dollars we create.

Looking ahead to 2012, the organization is reaching new horizons. In the spring we will introduce a new currency note, the 1/10th HOUR. This note will be equivalent to \$1.00, filling the niche for smaller bills. We continue to be actively involved with the Corvallis Sustainability Coalition, working with the economic vitality work group. A long-term goal we set within our workgroup is to build alliances with business groups and work toward a goal of incorporating local currency into 1% of the local economy by 2020. Our member outreach committee has been actively working in that direction, with this winter issue bringing in the largest membership numbers in our history for this quarter!

You can take an active part in integrating HOURS into our local economic scene! Ask your friends, neighbors, and favorite businesses to become members. Word of mouth is our best outreach. Put an HOUR Trader in someone's hands and tell them how this local currency works. Encourage them to join before our March 1 deadline. We have two membership types, supporting and participating (member with listings in the HOUR Trader). Let them know that when they become a member of the HOUR Exchange they help make our local currency network strong. Here are some other ways to get involved:

Come to a new member engagement. Watch for an event this upcoming Quarter that bring members together not only to be social, but also to get to the heart of HOURS. We will talk about the concept of local currency. The more we understand how this currency system works and why we even bother, the better we can explain to others in our community the how and why they should get involved.

Get Involved. The most important thing you can do to help support the HOUR Exchange is to become a member. You do not have to be a member to accept or spend HOURS, but when you become a participating member of the Exchange you help strengthen the network. Get involved! Becoming a member is easy. Just determine what skill, talent, or product you have to offer and fill out and return the membership form on the back of this paper.

Renew your membership. Members renew annually to help us keep the listings in the HOUR trader current and up to date. Membership dues contribute to our annual operating budget. Please renew before the March 1 deadline and help boost our membership base. Help our local currency reach a critical mass. Everyone counts. Renew your membership today.

Own it. When you are a member of the HOUR Exchange you are in control and oversee the operations. We rely 100% on volunteer help and member involvement to make this happen. Find out about joining the Board of Trustees or one of our action committees, such as events, disbursement, outreach, or the HOUR Trader. We need your help and contributions to diversify the ideas and help our local currency become widely accepted in our region.

As we head into this New Year, get involved and help our local currency continue to build momentum. As our membership grows you will find increasingly more ways to use HOURS. When we reach a critical mass, our quarterly newspapers could rival the yellow pages as a resource for goods and services. Just imagine what it would be like if everyone in the Corvallis area accepted HOURS.

Join us this spring on the afternoon of March 10 at the Old World Deli as the HOUR Exchange celebrates ten years of trading our hometown money, HOURS. We will hold a special celebration in honor of this achievement, with a member appreciation and unveiling of the new commemorative 1/10th HOUR note! Join the members for their annual meeting and add your voice to the conversation guiding the direction of our local currency. Members will also hear the annual report, state of the HOURS, and elect new Board Members to represent and serve the membership in 2012.

Be a part of the momentum in 2012. Get involved, trade local currency, and join the push for sustainable economics.

By Christina Calkins, HOUR Exchange Program Advisor, and founding member of the HOUR Exchange



Issue #40
Winter 2012

The HOUR Trader is the quarterly newsletter of the HOUR Exchange and is published in mid-March, June, September, and December. Short articles and items of interest are welcome. Please send email or standard mail to addresses below. Deadline is the first day of the month prior to new publication.

Editor-in Charge: Christina Calkins

Contributing Editors: Christina Sever & Christina Calkins

Contributing Writers: Christina Calkins, Corvallis Independent Business Alliance (web), My Side by Beth Russell, story contributions from Annette Mills, Local Multiplier Effect reprinted under the Creative Commons License with permission from Yes! Magazine. www.yesmagazine.org

Event poster designer: Christina Calkins

HOUR Trader design & production: Christina Calkins.

The HOUR Trader and the HOUR Exchange accept no responsibility for the quality or availability of goods or services listed in the HOUR Trader.

The HOUR Exchange is a non-profit organization providing education and tools to promote ecologically sustainable, community-based economics.

To accomplish our mission we:

- oversee the creation, issuance, and administration of a local currency;
- produce a directory listing all currently registered members who agree to accept HOURS as some portion of payment for goods and/or services rendered;
- actively work to promote acceptance of HOURS within the geographic area of focus;
- and educate members and the community at large about the benefits of locally based economics.

Membership is open to anyone living, working, or doing business in the Benton County. Members receive HOURS by placing an offer of an ongoing good or service listing. Support memberships are also welcome.

2011-2012 Board of Trustees: Joe Esker, Cheryl Good, George Hutchinson, Ben Small, Valerie Stanik, and Alana Kenagy.

HOUR Exchange
P.O. Box 1534
Corvallis, OR 97339
541-224-7752
hourexchange@peak.org
www.hourexchange.org

Funding to produce the HOUR Trader comes from our display advertisers, all of whom accept HOURS. Please support these businesses whenever possible and mention that you saw their advertisements in the HOUR Trader.



HOUR TRADER DIRECTORY

This directory lists the individuals and businesses who have agreed to accept HOURS as full or partial payment for their goods, skills, and/or services.

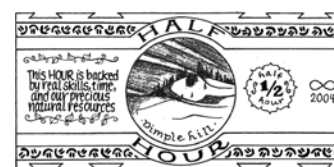
Use this list to find community-minded people and businesses, many of whom aren't listed in the phone book or any other directory!

Call people on this list who are offering or asking for goods or services.

Offer any combination of direct trade, dollars, or HOURS.



The HOUR is our \$10.00 bill



The Half HOUR is our \$5.00 bill



The Quarter HOUR is worth \$2.50



The Eighth HOUR is worth \$1.25

ACUPUNCTURE

Acupuncture Katy Rogers, LAC 541-602-8172
Natural Healing Veterinary Acupuncture, 25% HR Dr. Becky Jester 503-867-3857
Acupuncture for Everyone! S/S \$15-35 Corvallis Community Acupunture 753-8000

ADVERTISEMENTS

Advertisements in HOUR Trader-100% HRS Christina 753-0595

APPLIANCE REPAIR

Small appliance repair Michael 757-7334

ARTWORK

Art Journaling Workshop, supplies provided (excl.journal) jessica.varin@gmail(.)com
Art supplies of all kinds Alana 541-905-2111
Custom mixed media wall sculpture Alana 541-905-2111
Matted/framed nature/landscape photos Joe 908-1855
Original feather art, www.patrafeathers.com Patra Feathers 541-788-1452

BAKING

Brambley Mead Bakery, local organic bread, etc Wendolyn 754-0336
Bread, muffins, pies, cookies Annette 230-1237
Baked desserts, breads, ice cream cake, decorated cookies Rose Clarke 267-7139
GF Baked Goods/ Specialty Wheat Baked Goods Ramblin Rose Bakery 758-0243

BEVERAGES

Beer! Oregon Trail Brewery Dave 758-3527
Honey Kombucha: aka "JUN" Mary's Peak Botanicals 740-5949
Fresh Organic Coffee, 1 HOUR per lb Pacifica Coffee 760-2442
Wood-fired Artisan Chai Concentrates Mary's Peak Botanicals 740-5949

BICYCLE REPAIRS

Bicycle repair, csbikestowork.com Cycle Solutions 740-0497
Fix bikes with our tools and help Corvallis Bicycle Collective 224-6885

BICYCLES

Bicycle education and consulting Cycle Solutions 740-0497
Used parts & bikes Corvallis Bicycle Collective 224-6885

BODY CARE - see also Herbal Products

Earth and Sea Salts - Bath Salts Bridgette 752-7668

BOOKS

Used books & DVD's - 50% HRS Browsers Books 758-1121

BREWING SUPPLIES

Fermentation supplies: beer, wine, cider, sake, mead Corvallis Brewing 758-1674

BUILDING SUPPLIES - See also hardware

Lumber/ timbers Antoinette 541-602-2875

BUSINESS SERVICES

Personnel policies, benefits, hiring, etc www.cherylrgood.com
Social Media/Messaging/Marketing consultation Alana 541-905-2111
Transcription, use free Express Scribe to dictate. Cynthia 541-224-6096

CAREER CONSULTING

Career Shifting Assistance Dennis Clark 541-908-3325
Job Search Coaching Dennis Clark 541-908-3325
Resume Review Dennis Clark 541-908-3325

CARPENTRY

Custom woodwork, sheds, outbuildings, greenhouses, 30 yrs exp Bob 829-0202

CARPET CLEANING

Bissel steam extractor rug cleaning Patra Carpet Cleaning 541-788-1452

CATERING

In home catering, vegetarian& vegan, gluten free options Raina 541-609-0194

CHILDBIRTH

Earth Mama Birth Service, doula Donna 753-0450
Prenatal & Postpartum Massage Beeara, LMT #11734 752-1997
Relaxation massage infused w/healing energy Karisa, LMT 207-5332
Prenatal & postpartum (home visit after birth) Karisa 207-5332

Welcome to these new members, or to new offers by current members:

Baked Goods: Ramblin Rose Bakery
Baking: Rose Clarke
Body Care: Bridgette
Business Services: Cynthia
Childcare: Mary McKee
Childcare: Alex
Childcare: Pamela
Counseling: Charles
Dance Lessons: Leela Devi
Dance Lessons: Downtown Dance
Delivery: Dan Crall
Editing: Alex

Editing: Skip
Education: Charles
Food: Alex
Food: Brigitte
Food: Dan Crall
Garden & Farm Produce: Jude
Gardening: Lindsey Almarode
Hauling: Charles
Healing Arts: Leela Devi
Health & Wellness: Leela Devi
Health & Wellness: Pamela
Home Maintenance: Charles

Housesitting: Lindsey Almarode
Housesitting: Alex
Jewelry: Katie
Landscaping: Charles Newlin
Lawn & Yardwork: Dan Crall
Life Strategies: Pamela
Pet Care: Lindsey Almarode
Pet Care: Lisa Ammann
Sewing: Jo
Stationary: Katie
Translation: Mary McKee
Transportation: Corvallis Pedicab

Tutoring: Rose Clarke
Tutoring: Lindsey Almarode
Tutoring: Mary McKee
Tutoring: Skip
Typing: Cynthia
Writing: Alex
Writing: Skip
Writing: Cynthia
Yoga: Alex

HOURL Notes:



HOURS Celebrates Ten Years!

This spring the HOUR Exchange will celebrate ten years of trading our hometown money, HOURS. We will hold a special celebration in honor of this achievement, with a member appreciation and unveiling of the new commemorative 1/10th HOUR note!

Join the members for their annual meeting and add your voice to the conversation guiding the direction of our local currency. Members will also hear the annual report, state of the HOURS, and elect new Board Members to represent and serve the membership in 2012.

That's a LOT of Beans!

In September the HOUR Exchange was nominated as a recipient for the Beans for Bags program at First Alternative Co-op. Beans for Bags is a popular community outreach program that encourages the use of reusable bags by offering customers a lima bean, representing a nickel, which customers can choose to donate to a local community group of their choice. The HOUR Exchange received a \$124.95 donation to our organization, that's a lot of beans!



We appreciated First Alternative members selecting us as recipients. We will put the funds to good use in support of our local Corvallis/Benton County economy as we move into our organization's Tenth Anniversary year in 2012.

Join the HOUR Traders Dream Team

The HOUR Exchange is an excellent way to meet and get to know others in the community and we hope that all members will consider joining the HOUR Exchange's most important team, the HOURS Board of Trustees. Currently the Board of Trustees has open seats and this upcoming spring we are seeking members to fill these important positions.

We need a few great players to help us keep the program rolling. Trustees work together as a leadership team to oversee the HOUR Exchange operations. Board members receive team training each April at our Annual Board retreat with the focus on learning participatory meeting and communication skills, and work together on goal setting and strategic planning for the year. Candidates for 2012 will fill vacant 1 or 2-year positions.

Please consider joining this team. If you are interested, please talk to a current Board member, or contact the Board Chair, Cheryl Good, at 541-224-7752, or email hourexchange@peak.org.

Find us Online!

The HOUR Exchange website www.hourexchange.org is the center for information about our organization and the local currency, HOURS. You can visit our website to download a digital copy of the HOUR Trader onto your computer, as well as find different documents, such as membership listing forms and HOUR Exchange brochures.



Facebook users can follow the HOUR Exchange to find out about upcoming events and more. On Facebook, visit our fan page, HOUR Exchange, and our profile page, Corvallis Hours. Share us with your friends digitally and you will virtually help our network here in Benton County grow strong!

CHILDCARE

Babysitting: all ages, CPR certified Alex 503-715-6466
Childcare/babysitting for ages 0-15, CPR cert. 10+ yrs exp. Mary McKee 206-619-6613

CHILDRENS' - see also Playschool

Babies - loving care, exp. GMA/RN Pamela 541-224-2286
Childrens clothing, furniture, accessories,maternity Replay Children's Wear 753-6903
Infant massage Beeara, LMT #11734 752-1997

COMPUTER

Data Analysis, GIS Denis 758-8525
Computer help & repair Michael 757-7334

COOKING

Custom recipes, menus, tuna canning lessons, etc Bob 541-829-0202
Whole Foods, fermenting Ken Williams 929-4296

COUNSELING - See also Health & Wellness, Life Strategies

Consultation on personal, relationship, work issues Charles 541-952-4860
Enneagram personality training Joe 908-1855
Confounded by technology? VHS, DVR, Computer, etc Mark Van Der Pol 250-0529
Professional counseling Russ Phillips 752-1997

CRAFTS

Bluebird houses & other bird houses, feeders, custom Bob Fischer 829-0202
Dried Birdhouse/gooseneck gourds(all sizes) Alana 541-905-2111
Sewing supplies and cloth Alana 541-905-2111

DANCE LESSONS

Dance Classes: ages 2-adult Downtown Dance 829-0070
Nia technique Leeli Devi 752-1784

DELIVERIES

Bicycle or auto with flatbed trailer Dan Crall 541-609-8949
Posters and flyer distribution Jennifer 760-1045

EDITING - See also Writing

Editing Skip 541-738-6430
Editing and proofreading Alex 503-715-6466
Editing/proofreading: I'm better than a spell checker Marge 754-3528
Editing, proofreading Christina 753-3913

EDUCATION - See also Tutoring

Enneagram personality training Joe 908-1855
Playschool exploration in nature, community&compassion Ami's Village Roots 752-3450
Tutoring- all levels, school achievement problems Charles 541-952-4860

FARMERS' MARKET

Organic grown/wild mushrooms @ Corvallis markets The Mushroomery 258-5855
Pad Thai, Tofu burgers, pancakes, lemonade @ Sat. Market Tofu America 847-5950

FOOD - See also Beverages, Garden Produce, Restaurants

Baking Alex 503-715-6466
Cheese making supplies & ingredients Corvallis Brewing 758-1674
In home catering Raina 541-609-0194
Eggs: free range chickens, dark orange yolks, \$3.75 doz Dan Crall 541-609-8949
Food harvest networking, and redistribution Ken Williams 929-4296
Gourmet Sea Salt Blends with herbs and garlic Bridgette 752-7668
Pad Thai, Tofu burgers, lemonade @ Sat. Market Earth's Rising 847-5950
Tempeh, soyless, fresh & alive Mary's Peak Botanicals 740-5949
Winter Squash: various kinds, seasonal Alana 541-905-2111

FORESTRY - See also Land Management

Forestry consulting Steve 231-0878

GARDENING - See also Lawn & Yard Work

Compost Consultation Teresa 541-840-3616
Garden helper (weeding, planting, harvesting) Lindsey Almarode 503-707-1496
Greenhouse, cedar fence Bob Fischer 829-0202
Garden shed or small outbuildings Bob Fischer 829-0202
Rototilling, raised beds, mowing Bob Fischer 829-0202
Produce/vegetable gardener Leslie Melnyk 530-601-6265

Ramblin Rose Bakery
Corvallis, Oregon
(541) 758-0243

*Specialty Gluten free cakes, cookies, bread, pizza crust, & granola;
Yeast free slowrise sourdough wheat breads.
Custom orders gladly received.*

**KEEP THIS LIST BY THE PHONE
FOR USE THROUGH
MARCH 2012**

oaksong Botanicals
Herbal Health Consulting
Herbal Tinctures and Salves

Margi Willowmoon (541) 753-9507
oaksong@peak.org

The HOUR Traders Spring Gathering

Everyone is invited to welcome in the spring at the HOUR Traders 11th Annual Spring Gathering. We will hold our HOUR Traders Marketplace and Annual Spring Garden Exchange on April 14 at the McLean Room at 101 NW 23rd in Corvallis. Plan ahead to bring seeds, starts, bulbs, plants, and other items for exchange. For more information about the event or to reserve a table space, call 541-224-7752 or email hourexchange@peak.org.

THANKS!

Thanks to the following people who have volunteered their time over the past season: Cheryl Good, Alana Kenagy, Christina Sever, Eric Nicholson, Lani Maren, Courtney Childs, Zuzana Vjulpkova, Dave DeLuca, our Winter Celebration host Ted and friends at the Old World Deli and all of the wonderful musicians who performed at the Celebration: Eric Nicolson, Sharon & David Thormalen, Loraine Anderson, Th' Amazing Acorn Bros., Eric Vanderwall, Karl Smiley, The HOURS Board: Alana Kenagy, Ben Small, George Hutchinson, Cheryl Good, Joe Esker, and Valerie Stanik and also to all of the HOUR Traders. Your participation makes the HOUR Exchange happen!

Calendar

All members are welcome and encouraged to attend these events. Check our website for calendar updates.

- January 3 – Board of Trustees Meeting, 5:30pm, 101 NW 23rd Street, Corvallis
- January 22 – New member engagement, location and time TBA
- January 23 - Currency Disbursement, 6pm, Corvallis Public Library, Upstairs Study Room
- February 7 – Board of Trustees Meeting, 5:30pm, 101 NW 23rd Street, Corvallis
- March 1 – HOUR Trader deadline for new listings, renewals, articles, display ads
- March 5 – Currency Disbursement, 6pm, Corvallis Public Library, Upstairs Study Room
- March 7 – Board of Trustees Meeting, 5:30pm, 101 NW 23rd Street, Corvallis
- March 10 - The HOUR Traders 10th Anniversary Party, Old World Deli, Corvallis (time TBA)
- March 20 – Spring Equinox, first day of spring
- April 14– The HOUR Traders Spring Celebration, 101 NW 23rd Street, Corvallis

Celebrating Ten Years of Trading Local Currency!

Old World Deli Corvallis

☺ Annual Membership Meeting
 ☺ Member Appreciation
 ☺ Unveiling of 1/10th HOUR

GARDEN PLANTS & ITEMS

Bluebird houses & other bird houses, feeders, custom	Bob Fischer	829-0202
Certified organic fruit tree nursery stock	Earth's Rising Trees	541-847-5950
Veggie, herb, flower starts	Margi	753-9507
Food harvest networking, and redistribution	Ken Williams	929-4296
Organic plants, seeds, and veggie starts	Raina	541-609-0194

GARDEN & FARM PRODUCE – See also Food

Duck eggs, young hens, great for baking and eating	Antoinette	541-602-2875
Eggs. \$3.50 a dozen. Hours accepted.	Jude	929-5110
In Feb or March: milk, \$6 gallon, raw or pastuerized	Jude	929-5110
Homemade fruit jam	Mike	754-1858
Organic grown/wild mushrooms, outdoor/indoor kits	The Mushroomery	258-5855
Organic produce	Kings Valley Garden	929-4054

GRAPHIC DESIGN

Cartography	Denis	758-8525
Graphic Design	John Ame	231-7428
Powerpoint/Poster Design	jessica.varin@gmail(.)com	

HANDMADE GOODS & GIFTS – See also Art, Jewelry, Pottery

Hand beaded jewelry, at HOUR Markets, 100%	Christina	753-0595
Knit hats, scarves, wrist warmers	Colleen	758-8210
Lavendar Sachees, 100% HOURS	Alana	541-905-2111
Pottery and cards	Kusra	207-4434
Watercolor cards	Valerie	757-9820

HARDWARE – See also Building Supplies

Nuts, bolts, old dairy equip, misc metal scrap	Alana	541-905-2111
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HAULING

Enclosed cargo trailer	Mark Meyer	368-5369
Pickup for hauling or towing	Charles	541-952-4860

HEALING ARTS – See also Acupuncture, Massage, Yoga

Craniosacral Therapy	Russ Phillips	752-1997
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HEALING ARTS – continued

Herbal Health Consultations	Margi	753-9507
Energy work including Reiki	Leeli Devi	752-1784
Massage w/Biodynamic Craniosacral Therapy	Beeara, LMT #11734	752-1997
Relaxation massage infused w/healing energy	Karisa, LMT	207-5332

HEALTH & WELLNESS – See also Nutritional Healing, Vitamins

Ayurveda Consultations	Margie Carlson	760-7587
Body/mind/spirit dance fitness	Leeli Devi	752-1784
Exercise Buddy/Advisor	Marge	754-3528
Gluten free Consultation	Marge	754-3528
Individual EDGU, evolutionary spinal maintenance	Kusra Kapuler	207-4434
Nurse Advocate	Pamela	541-224-2286

HERBAL PRODUCTS

Herbal Education	Margi	753-9507
Medicinal Herb Tinctures	Margi	753-9507
Organic echinacea & other tinctures	Kim	847-6178
Organic medicinal mushroom tinctures	The Mushroomery	258-5855
Wildcrafted local medicine	Mama Donna's Herbs	753-0450

HOME MAINTENANCE – See also Hardware, Building Supplies

Bissel steam extractor rug cleaning	Patra Carpet Cleaning	541-788-1452
Caprentry, painting, trellis	Ben Small	757-0759
Construction consulting, 30+yrs exp., help planning	Bob Fischer	829-0202
Handyman, partial HOURS/Trades	Mark Meyer	368-5369
Housesitting and D.I.Y. Project helper	Leslie Melnyk	530-601-6265
Reduce your trash bill, recycle help	Michael	757-7334
Solar hot water heating consultation	Charles	541-952-4860

HOUSESITTING

Housesitting	Lani	753-7389
Housesitting and animal care	Alex	503-715-6466
Housesitting and D.I.Y. Project helper	Leslie Melnyk	530-601-6265
Pet/house sitter	Lindsey Almarode	503-707-1496

Southtown
OPEN MIC!
WIN CASH PRIZES
Mondays at 8pm

Wood Fired Pizza!
Authentic Italian Crust
Fresh Topping Combos

HOURS Pizza Special
Buy 1st Pizza, trade HOURS for 2nd!
(Limit 1 per party, must present this Coupon)

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neighborhood naturalist

- Quarterly newsletter featuring nature in the Willamette Valley. Free email subscription.
- Free, monthly local field trips.
- Local nature movies on DVD and bird sounds on CD.



JEWELRY

Greeting Cards	Katie	541-224-4048
Beaded jewelry - Lizzies Pretties	Liz	541-207-5168
Enamel, ceramic, metal, mixed media	Alana	541-905-2111
Gemstone designs, Dancing Stones	Donna Pezzullo	753-0450
Feather Earrings	Christina	753-0595
Jewelry repair/Hospital for lost earrings	Alana	541-905-2111

LANDSCAPING

Organic landscaping	Charles Newlin	754-4731
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LAND MANAGEMENT

Medicinal plant ID on your land	Margi	753-9507
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LANGUAGE - See also Translation, Tutoring

Spanish/English translation	Mary McKee	206-619-6613
Spanish/English translation, simultaneous, documents, medical, etc	Kate	758-8442
Spanish Tutoring, for employers, travellers, students	Kate	758-8442

LAWN & YARDWORK - See also Gardening, Landscaping, Tree Services

Cleanup, maintenance and eco-friendly disposal	Dan Crall	541-609-8949
Gas free lawn mowing	Dan Crall	541-609-8949
Path Building	Tim	541-829-9848
Pruning, consultation & lessons	Courtney	766-8229
Yardwork, rototilling, raised beds, mowing	Bob Fischer	829-0202
Scything, push mowing	Ken Williams	929-4296

LIFE STRATEGIES

Clutter counseling to simplify life	Pamela	541-224-2286
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LESSONS

Art lessons and work-shopping for Kids/You	Alana	541-905-2111
Horse dreams/ lessons	Antionette	541-602-2875
Watercolor for children & beginners	Valerie	757-9820

MASSAGE THERAPISTS: OR LICENSED

1hr Massage Therapy, 20 yrs exp, blended modality	Maggie Carlson	760-7587
Arvigo techniques of Maya Abdominal Therapy	Vanessa	541-908-5967
Infant massage	Beeara, LMT #11734, RCST	752-1997
Integrative/swedish	Vanessa, LMT	541-908-5967
Massage	John M Burt	753-6094
Massage w/Biodynamic Craniosacral Therapy	Beeara, LMT #11734	752-1997
Prenatal & Postpartum Massage	Beeara, LMT #11734	752-1997
Theraputic bodywork, LMT #13492	Karisa Boyce	207-5332

MUSIC LESSONS

Fiddle lessons: beg-adv., Irish, scottish, old-timey, eclectic	Shari Ame	231-0229
Guitar Lessons	Eric Nicholson	683-5532
Marimba from Zimbabwe: all ages	Ancient Ways	541-259-4673

MUSICAL PERFORMANCE

Live background piano, old time string band	Joe	908-1855
Marimba from Zimbabwe	Ancient Ways	541-259-4673
Performer/musician, singer/songwriter	Eric Nicholson	683-5532

NATURAL WORLD

Free Nature Walks	Neighborhood Naturalist	753-7689
Playschool exploration in nature, community&compassion	Ami's Village Roots	752-3450

NATURAL PORTRAITS - see also photography

Portraits in a natural setting	Mark Van Der Pol	250-0529
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NUTRITION

Quality vitamins, minerals & herbal supplements	Stoker's Vitaworld	754-8487
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ORGANIZATIONAL SERVICES

Grassroots Organizational Consulting	Alana	541-905-2111
Organizing/fundraising/event planning	Valori	766-8229
Meeting facilitation / planning	Cheryl	757-7334
Planning a survey? Streamline it with software	Cheryl	757-7334

"Imagination is the only key to the future. Without it none exists - with it all things are possible."
-Ida Tarbell

OUTDOOR RECREATION

Free Nature Walks	Neighborhood Naturalist	753-7689
Horse dreams/ lessons	Antionette	541-602-2875
Rafting, former outfitter has raft and gear, will travel	George	207-3291

PAINTING

Painting; 100% HOURS, Outdoor/Indoor	Dave Kieres	971-645-3736
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PETS

Pet/house sitter	Lindsey Almarode	503-707-1496
Pet sitter	Lisa	738-2889
Vacation Pet Care, 50% HOURS	Lisa Ammann	541-250-2979
Weekday dog walks	Dave Kieres	971-645-3736

PHOTOGRAPHY - see also natural portraits

Photography	Kusra Kapuler	207-4434
Portrait Photography	Alana	541-905-2111

PLAYSCHOOL - see also children's

Playschool exploration in nature, community&compassion	Ami's Village Roots	752-3450
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POTTERY

Functional pottery, commissions	Valerie	757-9820
Functional Pottery - mugs, bowls, etc	Zuzana	757-3606

RECYCLING

Reduce your trash bill, recycle help	Michael	757-7334
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REPAIRS

Fix bikes with our tools and help	Corvallis Bicycle Collective	224-6885
Repair for your items (jewelry, mending, etc.)	Cheryl	757-7334

RESTAURANTS & CAFES

Max 1 HOUR with \$20 minimum purchase	FireWorks	754-6958
Pad Thai, Tofu burgers, pancakes, lemonade @ Sat. Market	Earth Rising	847-5950

SEWING

Mending - nothing too small	Cheryl	757-7334
Scratch mending/design	Jo	758-0243

STATIONARY: CARDS, PAPER, JOURNALS

Botanical Greeting Cards	Kusra Kapuler	207-4434
Cards, original watercolor	Valerie	757-9820
Greeting Cards	Katie	541-224-4048
Greeting Cards	Roslyn	914-924-3349
Nature note cards/stationary	Zuzana	757-3606

SUSTAINABLE LIVING

Rainwater catchment	Roslyn Odum	914-924-3349
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TRANSPORTATION - see also deliveries

Pedicab: Bicycle taxi service, tours, etc. 100% HRS	Dan Crall	541-609-8949
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TRANSLATION - see also Language

Spanish/English translation	Mary McKee	206-619-6613
Spanish/English translation, simultaneous, documents, medical, etc	Kate	758-8442

TREE SERVICES


Pruning, consultation & lessons	Courtney	766-8229
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TUTORING - See also Education

Grades K-6, credentialled teacher	Lisa	738-2889
High School/College: math&science(pre-calc,biology, physics)	Rose Clarke	267-7139

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Funding to produce the HOUR Trader comes from our display advertisers, all of whom accept HOURS.

Please support these businesses whenever possible and let them know you saw their advertisements in the HOUR Trader.



Buy Local First!

The Corvallis Independent Business Alliance (CIBA) and Corvallis Sustainability Coalition have launched a "Buy Local First" campaign. The goal is to empower Corvallis area shoppers to use their purchasing power to shape the kind of community they want to live in: unique, vibrant, and prosperous.

Be aware of the impact of your dollars. Local, independent businesses assist the community through a "multiplier effect": one dollar spent at a locally owned business will return five times that amount within the community through city taxes, employees' wages, and purchase of materials and supplies at other independent businesses. In addition, these businesses will turn that dollar back into the community through school funding, social services, and contributions to local non-profit organizations.

Choice makes for a richer community. Local, independent businesses are located all over greater Corvallis. You can grab an espresso to go, pick up locally grown produce or freshly baked bread, shop for unique gifts or household items, or choose a good book for a day at the beach. You can get your hair cut, have your taxes prepared, or apply for a mortgage at your friendly community bank or credit union.

These businesses add to the character that is Corvallis, contributing more than just goods and services. They offer personalized attention, add diversity to our shopping options, and bring life to historic buildings. And they pay their employees—and local taxes—with the income they receive. Each time you choose to spend your dollars at a local, independent business, you are voting for the continued strength and vitality of our community.

For more about CIBA's Buy Local First campaign and how to get involved, visit their website at <http://www.corvallisiba.org>

TUTORING - continued

Tutor for GED, senior lit, social studies, writing, biology	George	207-3291
Tutoring (math science, history, english)	Lindsey Almarode	503-707-1496
Spanish tutoring for ages 10 to adult	Mary McKee	206-619-6613
Spanish Tutoring, for employers, travellers, students	Kate	758-8442
Writing	Skip	541-738-6430

TYPING - see also Business Services

Confidential transcription your dictated notes, letters, etc. Cynthia 541-224-6096

VETERINARIAN

Natural Healing Veterinary Acupuncture, 25% HR Dr. Becky Jester 503-867-3857

VITAMINS & SUPPLEMENTS

Quality vitamins, minerals & herbal supplements, 1/2 max w/\$20 min purchase
Stoker's Vitaworld 754-8487

WILDCRAFTING

Bulk dried lavender buds	Alana	905-2111
California white sage, 1/4 HR per bundle	Christina	753-0595
Ethically wildcrafted mushrooms	The Mushroomery	258-5855
Mushrooms: chanterelles, boletes, shitakes, more	Steve	231-0878
Seaweed	Ken Williams	929-4296

WOODWORKING

Custom work, see markmeyerwoodworking.com Mark Meyer 368-5369

WRITING - See also Editing

Copy writing	Skip	541-738-6430
Poetry critique	Alex	503-715-6466
Poetry Critiques/Workshops	jessica.varin@gmail(.).com	
Writing your memoir, dictate w/free Express Scribe	Cynthia	503-224-6096

YOGA

Yoga	Alex	503-715-6466
Yoga & EDGU	Kusra Kapuler	207-4434

541-760-2442

The Local Multiplier Effect

HERE'S THE IDEA

Buying local products at locally owned businesses keeps money circulating closer to where you spend it. This creates a ripple effect as those businesses and their employees in turn spend your money locally. Corporate chains send most of your money out of town.



For every \$1 spent at a local business ...



For every \$1 spent at a corporate chain ...

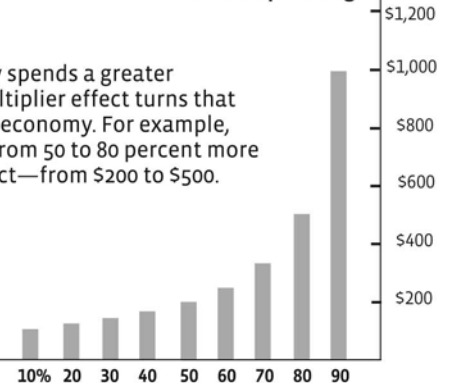


A LITTLE GOES A LONG WAY

If everyone in a community spends a greater percentage locally, the multiplier effect turns that into big bucks for the local economy. For example, increasing local spending from 50 to 80 percent more than doubles the local effect—from \$200 to \$500.

Increasing percentages of \$100 spent locally

The local effect of that spending



AND A BONUS!

By buying local goods, you maximize your money's impact and minimize fuel use and CO2 production. Produce from the supermarket travels up to 92 times farther than produce grown locally.

The Iowa Example
Bought from local growers, they travel only 56 miles.

1,494 miles
A study by the Leopold Center found that 16 common crops that grow in Iowa travel an average of 1,494 miles to reach chain groceries there.

Sources: Sustainable Seattle; Civic Economics.
YES! MAGAZINE GRAPHIC 2007



Find out more about local living economies in the Winter 2007 issue of YES! Magazine, Go Local. Back copies at YesMagazine.org/store.
Online version and printable PDF of The Local Multiplier Effect at YesMagazine.org/multiplier.
Related articles at YesMagazine.org/GoLocal.

WANTED

Items and services our members have requested

Help in the farm, not too hard, a few hours here & there	Jude	929-5110
USA flags, old toys i.e. American Flyer, wood tools	Bob	829-0202

FOR SALE

Help find these fine items a new home

Farm help in the spring, summer or fall, garden, barn or pasture	Jude	929-5110
Rubies & sapphires	Charles	541-952-4860
Stuffed toys and puppets	Charles	541-952-4860
Mysteries, childrens, others	Charles	541-952-4860
Carmel corn machiene	Charles	541-952-4860
LED Christmas lights	Charles	541-952-4860
Brand new HP 15 cartridge, still in package	Christina	753-0595



My Side of the Elephant

It's an old fable. Five blind men are stumbling through the jungle, and they come upon a woodcutter leading an Elephant. "I've heard about these creatures," says the eldest blind man, "but I've never seen one. Would you mind if I inquire as to the nature of the elephant?" "Well," says the woodcutter, "an elephant is difficult to describe. But this particular elephant is quite friendly, and if you and your companions would like to examine him for yourselves, I'm sure he would not mind." Without further ado, the blind men step forward, arms outstretched. The first of them approaches the head of the elephant, and encounters its trunk. "Ahh," he declares, "the elephant is like an enormous hose." The second man has caught hold of the elephant's ear. "Actually," he counters politely, "this animal is very like a large blanket." "Don't be foolish," says the third blind man, who has run up against the side of the elephant. "An elephant is clearly more like a wall than anything else."

The fourth blind man has embraced the elephant's hind leg. "What the rest of you have failed to grasp," he says, "is that this particular elephant resembles a tree trunk." "You must be blind," says the fifth blind man, who is holding the elephant's tail in his two hands, "The elephant is exactly like a rope." And with that, he gives such an enormous yank on the poor beast's nether appendage that the elephant rears up, trumpets, and takes off down the road. "An earthquake!" The blind men shout. "A brass band! A military convoy! A steam train! The apocalypse! That's the end of the elephant." They stand in the road all day, each trying to convince the others to adopt a particular point of view with regard to the beast they think is dead. Meanwhile, the truth escapes them.

There are reasons to recall this parable nearly every day. It's so easy, in these overpopulated times, to find a community of like-minded people, those who agree with us that yes, the elephant is exactly like a rope, and yes, those who think it's like a wall are either blind, stupid, or utterly lost. But when we behave in this manner, we operate like the blind men in the story. In truth, each of us holds a little piece of the picture, and we cannot hope to know more unless we learn to listen to the insights that others have to offer, not just with our ears and minds--for the purpose of debate--but with our hearts, for the purpose of understanding.

The HOUR Trader is published quarterly and we include MY SIDE OF THE ELEPHANT as a forum to explore the larger point of view. Do you have insights, ideas, theories, experiences, or some innate wisdom regarding local currency? Send your name and a phone number or e-mail address to hourexchange@peak.org. We'll help you put your view of the elephant into print.



HOUR EXCHANGE

Making Community Connections with Local Currency

ANNUAL MEMBERSHIP ENROLLMENT:

All persons, businesses, and organizations supportive of the HOUR Exchange are eligible for membership. As a participating member, your ongoing listing of goods and/or services will be published in the next four issues of the HOUR Trader and you are entitled to one vote at membership meetings. New participating members are eligible to receive 2 HOURS by mail, renewing members receive a 1 HOUR. Supporting memberships (no listings) are also welcome.

NEW RENEWAL SUPPORTING As a participating member I agree to accept HOURS as full or partial payment for the goods and/or services listed below. I am responsible for the trade of the goods/services listed below and will notify the HOUR Exchange if my contact information changes.

Printed name _____

Signature _____

Address _____

E-mail _____

Yes, please contact me with information on how to volunteer.

Listings are limited to 60 characters per line including name and phone number. Please use additional paper for more listings. Listings run for four consecutive issues.

Category: Offer: Details NAME (as you want it listed) Phone

Category: Offer: Details NAME (as you want it listed) Phone

Category: Offer: Details NAME (as you want it listed) Phone

Listings for Wanted or For Sale sections:
Listings are limited to 60 characters per line, items will run one issue.

WANTED FOR SALE NAME (as you want it listed) Phone

WANTED FOR SALE NAME (as you want it listed) Phone

of Listings x \$1 = _____
Basic Membership \$10-\$30 = _____
Low Income/Student Membership \$7 = _____

Total Enclosed _____

Mail this form with payment to: HOUR Exchange, P.O. Box 1534, Corvallis, OR, 97339. Make checks payable to the HOUR Exchange. Sponsorships available. HOURS are distributed every 6 weeks.

FOR OFFICE USE ONLY: Payment Received _____ Date Recieved _____ Renewal SP SU FA WI _____	HOUR DISBURSEMENT HOURS to be disbursed _____ Date disbursed _____
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RETURN THIS COUPON BY MARCH 1, 2012 TO BE LISTED IN THE NEXT ISSUE

Accountant, Alternative Energy Consultant, Art Supplies, Auto Mechanic, Auto Detailing, Barber, Bonsai, Candles, Car washing, Car/Truck Rental, Carpentry, Catering, Children's Parties, Chiropractor, Chimney Sweep, Clothing, Cut Flowers, Dance lessons, Day-care, Dentist, Electrician, Farmers Market Vendors, Feng Shui, Floor Refinishing, Garden Rototilling, General Labor, Gutter Cleaning, Hair Salon, Hand-made Paper, Interior Decorating, Knife & Tool Sharpening, Legal Advice, Naturopath, Painter, Plumber, Produce & Farmers, Restaurants, Rototilling, Roofing, Shoe Repair, Stained Glass, Welding, Woodworking Projects, Tax Preparer, Taxi Service, Tool Sharpening, Tree Pruning, Veterinarian, Window Washing, Web Design, Yoga -

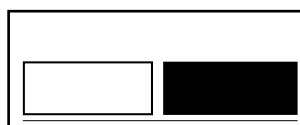
All of this and more can be listed in the HOUR Trader. What do you have to offer?

Now Accepting HOURS!

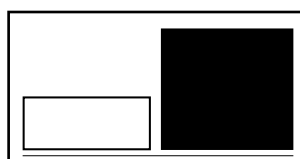
Let folks know you support the HOUR Exchange! Funding to produce this newspaper comes from our advertisers. These ads are available to our members at an exceptional value. Keep your advertising dollars local by supporting in the HOUR Trader!



Business Card Size
\$30.00 per issue
\$100.00 - 1 yr/ 4 issues
(1 year - \$30.00 savings!)



2" x 5" Size
\$45.00 per issue
\$150.00 - 1 yr/ 4 issues
(1 year - \$55.00 savings!)



5" x 5" Size
\$80.00 per issue
\$250.00 - 1 yr/ 4 issues
(1 year - \$70.00 savings!)

And, yes, we take 100% HOURS for advertising. For more information contact Christina at hourexchange@peak.org. Ask about our Supporting Business Membership plan!