

WHAT

IS

TIME

BANKING?

"Every day is a bank account, time is our currency.
No one is rich, no one is poor we all get 24 hrs each." -Christopher Rice

In our +imebank,

for every hour of

Service you do,

you earn a

Cowry.

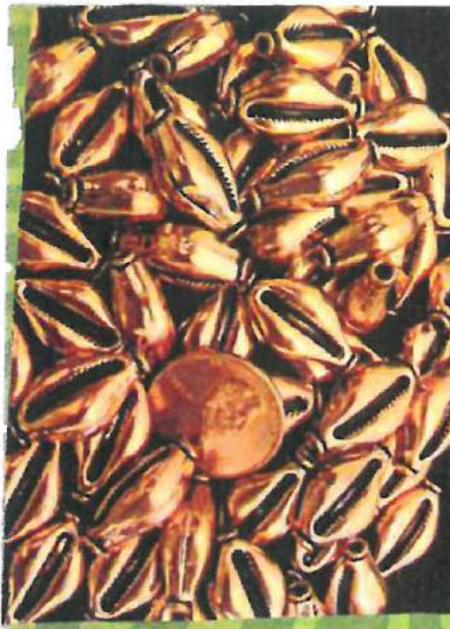
Our Mission:

The Cowry Collective Timebank (CCTB) is a network of people engaged in reciprocal exchange of services, skills, and goods through a timebank where the currency is an hour of time for everyone. Through membership in the CCTB people: create and strengthen community bonds, create economic freedom by providing an alternative means to get needs and desires met, and encourage creativity in redefining self-sufficiency, interdependence and valuation of time. The CCTB introduces a paradigm where members reflect on the available resources in their lives moving from a perception of scarcity and lack to abundance and wholeness.

the
Cowry collective



THE COWRY COLLECTIVE



PEOPLES & SERVICES
Cowry shells were used as currency for centuries across the world throughout Africa and in China and continue to be used ceremonially among indigenous peoples of North America. By naming ourselves, The Cowry Collective, we give reference and reverence to these practices



Our Values*



Social Capital: when we belong to a mutually supportive and secure social network, we bring more meaning to our lives and new opportunities to rebuild trust in one another.

Respect: Every human being matters. We all deserve respect from each other and civic institutions.

Assets: Everyone has capacity to contribute to the well-being of our community.

Work: We who carry out vital roles including raising healthy children, helping keep their communities safe and caring for those more vulnerable, need to be validated and rewarded for our essential work



Reciprocity: We need each other. Giving and receiving are part of building

OUR WORK



1: Coalition and base building

growing our network through social events, canvassing, skillshares, etc.

2: Capacity building

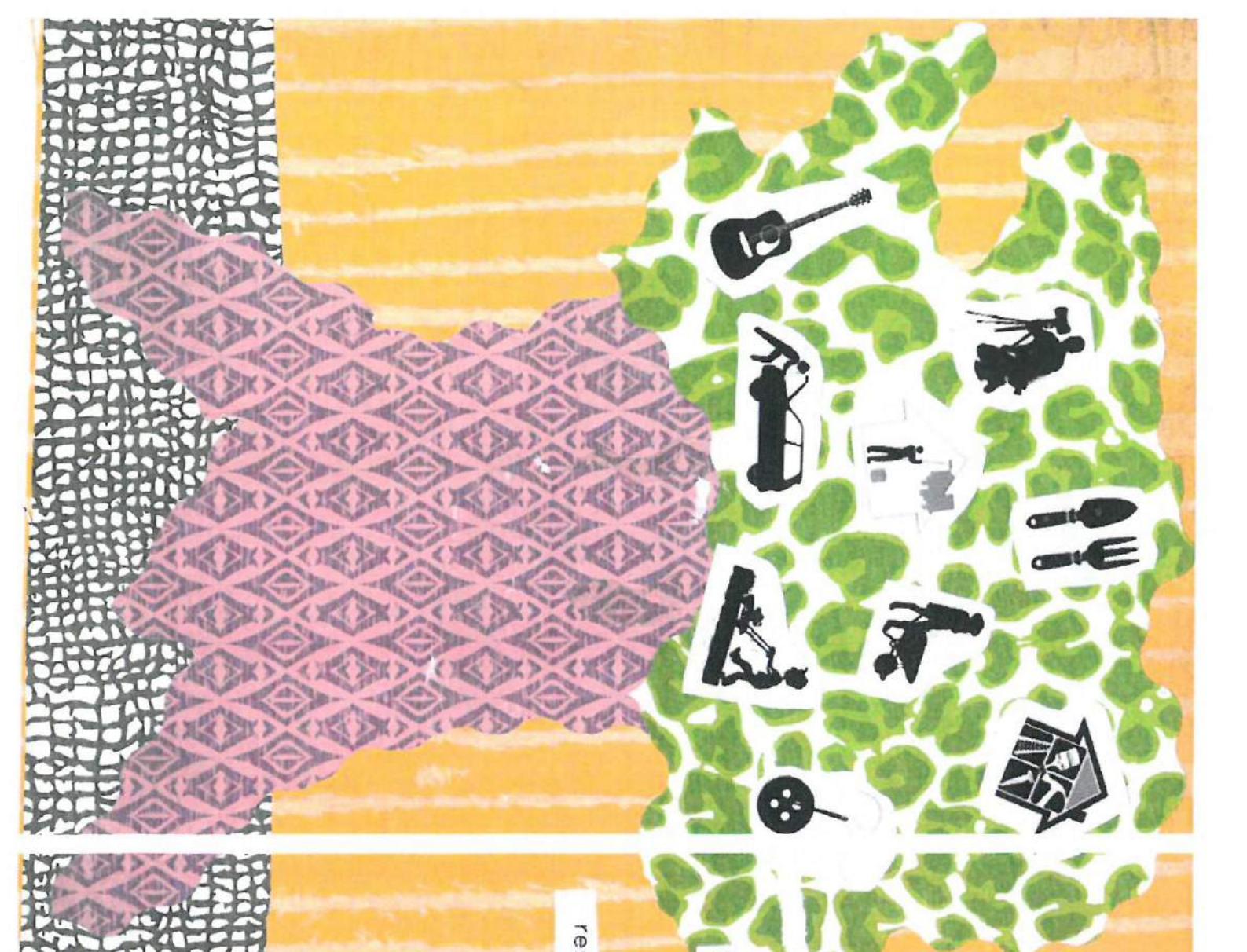
supporting member groups with community outreach, collaboration, travelling opportunities, and fundraising.

3: Campaigns

WE ARE



building political and economic power through the implementation of solidarity



Solidarity Economy St. Louis is a coalition

of social justice organizations, small

businesses, and individuals striving to build

and grow a "solidarity economy,"

that is, an economy that embodies the values

of social justice, ecological sustainability,

mutualism, cooperation, democracy, and innovation

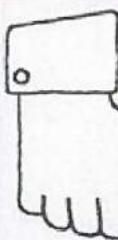
while

resisting the notion of "every person for themselves."



You ARE more than a STATUS UPDATE.
WHO REALLY KNOWS HOW YOU ARE?

THIS IS A REQUEST FOR SOME
REAL FACE-TO-FACE TIME.



THIS VOUCHER ENTITLES THE BEARER
TO AN EVENING WITH MY
LISTENING EAR.
I WILL NOT TRY TO "FIX" YOU, JUST LISTEN!

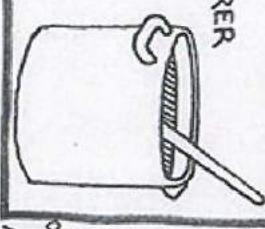


SHARE 1 SMILE.
GET 1 FREE.

AVAILABLE EVERYWHERE.

(NON-REFUNDABLE)

THIS VOUCHER ENTITLES THE BEARER
TO A HOME-COOKED MEAL
WITH NO CELEBRITY CHEFS,
NO DRESS CODE, NO WORRIES.



A quiet giggle-blush
Sinking slowly into a ball pit.
Lilies that don't make you sneeze,
the moment of pause between
Listening and replying.
Present eyes full of approval.
The words "I understand".
Sausages.

HOLDING HANDS FOR

KINDNESS IS DIFFICULT

FIFTYFIVE YEARS

FRUSTRATING

THREE GRACES, FIGUREHEADS OF THE PAST

I DO SOME UNPLEASANT THINGS

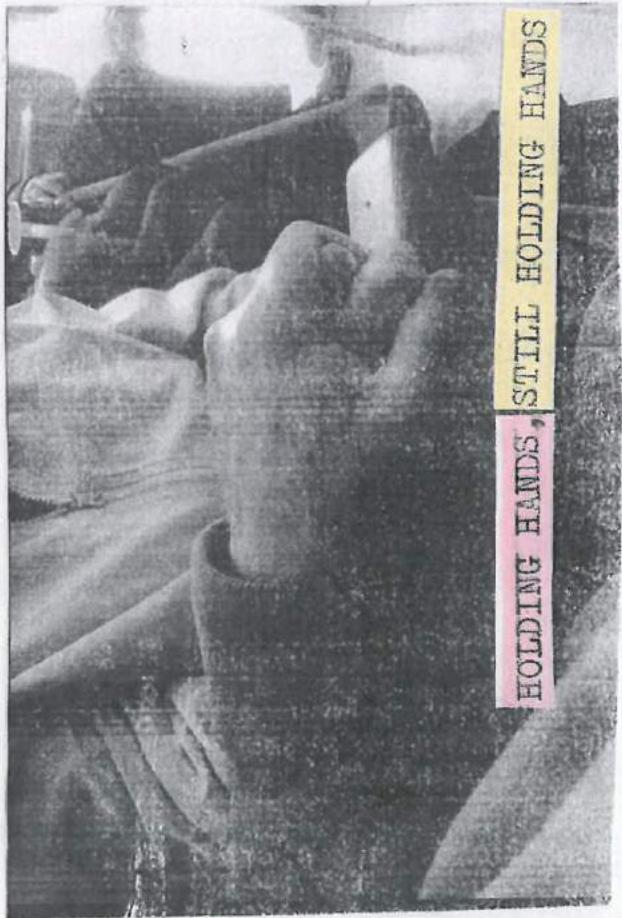
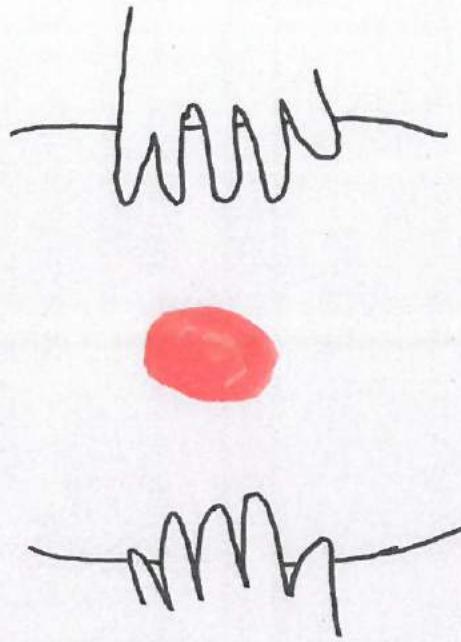
TOXTETH, NEW BRIGHTON, FOOTBALL

OFTEN YOU GET NOTHING BACK

I THINK OF THE GOOD THINGS

EVERYDAY

Here I am



HOLDING HANDS, STILL HOLDING HANDS

- 01:00 be kind 02:00 welcome
03:00 daring 04:00 solidarity
05:00 accepting
06:00 questioning
24HRARTS
07:00 standing with
08:00 connections
09:00 dancing
10:00 hold on
11:00 reach out 12:00 release
13:00 release 14:00 caring
15:00 habit 16:00 smiling
17:00 enduring
18:00 vulnerability
19:00 free
20:00 sharing
21:00 notes
22:00 thank yous
23:00 let go
24:00 INDEX

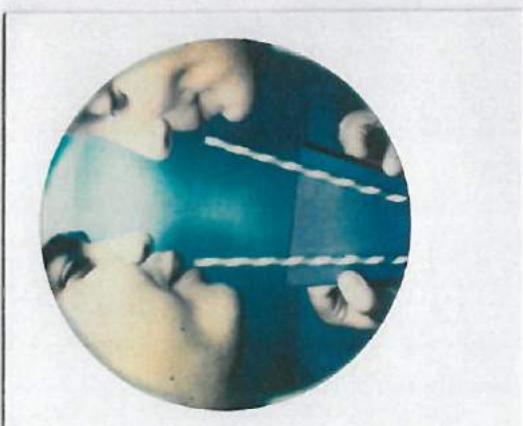
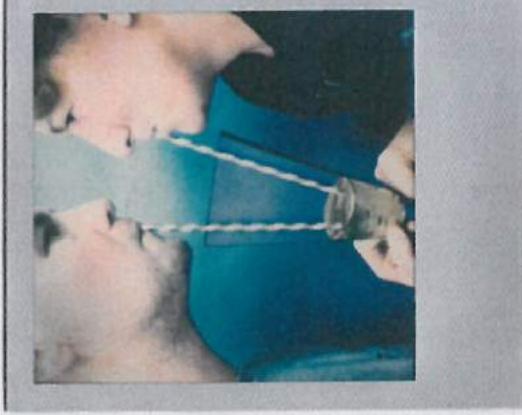
LET GO

THANK YOU.



Everyone who participated online and in person

Sidney Cooper Gallery	Canterbury Christchurch University	Lauren	Thomas	Ruby
Arts Council England	Centorbury City Council	Rebecca	Ella	
Speechlink	Tesco	Ramsgate Brewery	Jo	
Ariana	Emrys	Rose	Juliet	
Keva	Imari	Simon	Becky	
Tina	Ross	Arthur	Christina	Frances
Sam	Chaneese	Rej	Chloe	Lucy
Jene	Michelle	Claire	Jomini	Aliza
Andy	Hazel	Tina	Tom	Julia
				Simone
				Valori
				Tyler



WE AIM TO:

1. Make the solidarity economy practices that already exist in STL more visible.



4. Function as an outreach and recruitment mechanism for existing solidarity economy initiatives.

SOLIDARITY ECONOMY STL

We want to build an

organized base of individuals who are

knowledgeable about, engaged in, and

fighting for the solidarity economy.

5. Inspire the development of

NEW SOLIDARITY ECONOMY INITIATIVES

2. Be a space where people & organizations can share best practices, collaborate, and mutually support each other in our pursuit of a more just economy.



3. Lead campaigns that fight back against the injustice inherent in our current economic system and win resources for our

solidarity economy. We want to build



Meet: Chinyere E. Oteh

Capitalism means
compromise to me.

-Compromising your
happiness or your path
to full self-actualization
made or a survival program. In this mode you are
concerned chiefly with how you earn money to pay
bills and keep a roof over your head. OUR DREAMS
and QUALITY of LIFE ever your head. OUR DREAMS
often come second to
SURVIVING. OUR
THRIVING comes second
to our Surviving.



TIME BANKING SOCIETY w/ STEPHANIE REBECK + PENEK

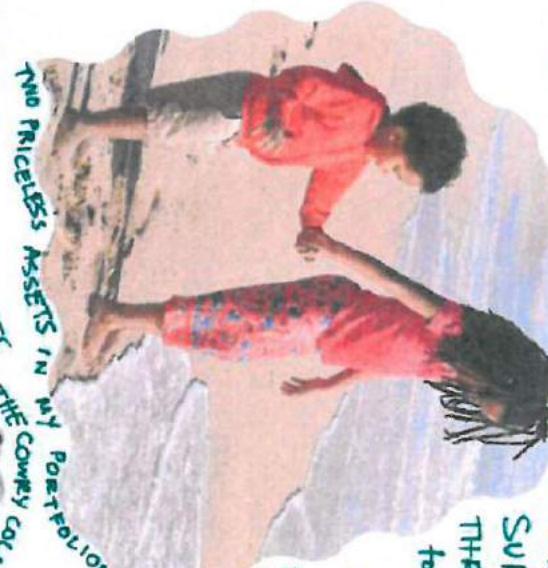
MARVER

I was born in Flint, MI and grew up in St. Louis,
the suburbs of Detroit and the Suburbs of
Washington DC.

FIRST TIME TRYING
GIVE THEM
SMOOTHIES AND
THEY COME BACK FOR
SECONDS!!!
WIN!

SOLIDARITY
PERSONALITY
PERIODIC
REUNIRRING
PERSONALITY
PERIODIC
CREATING THE ECONOMY
CREATE A NEW ECONOMY
ECONOMIC JUSTICE
-4-
ALREADY
ARE US.

WE HONOR: THE STRUGGLES
+ STRENGTHS OF ALL
PEOPPL AND GRAMPS
INVOLVED IN THE MOVEMENT
WHILE UNITING OVER OUR
SHARED NEED TO LIVE FULL
LIVES, LIVES WHERE WE ARE
NOT STUCK IN A MODE OF
SURVIVAL.



TWO PRICELESS ASSETS IN MY PORTFOLIO:
FOUNDERS OF THE COWNY COLLECTIVE

WE WIN UNTIL
THE WEAKEST OF
US ARE UPLIFTED!



chinyere e. oteh | founder
thecownycollective@gmail.com
314.879.4105
P.O. Box 28954 St. Louis, MO 63132

thecownycollective.org
thecownycollective

Meet Julia Ho

I was born and raised in Lubbock, TX, a first generation Taiwanese American. I moved to STL in 2011 for school, and I've been here ever since. I love STL,

because it's the kind of place where a small group of people can change a lot. I see

capitalism as one of the root causes of so many issues that were facing —

rampant poverty and

unemployment, institutionalized racism.

It's impossible to solve any of these issues without thinking about our economic system. Because, at the end of the day, the economy is how we distribute our resources and meet our needs. On a personal

level, I'm always looking for ways to

make creative exchanges, and I love offering cooking, gardening skills,

Taiwanese piano lessons, and basic

Mandarin lessons. I'm constantly challenging



texas.
(sort of)





We believe that economic exchanges,

both monetized and non-monetized,
should exist to meet human needs,

not generate enormous profits for

corporations. Because our current

economic system does not embody this

belief, we must work to change it.

There is not a single route to building the

solidarity economy. We must experiment.

We must strive to create the world

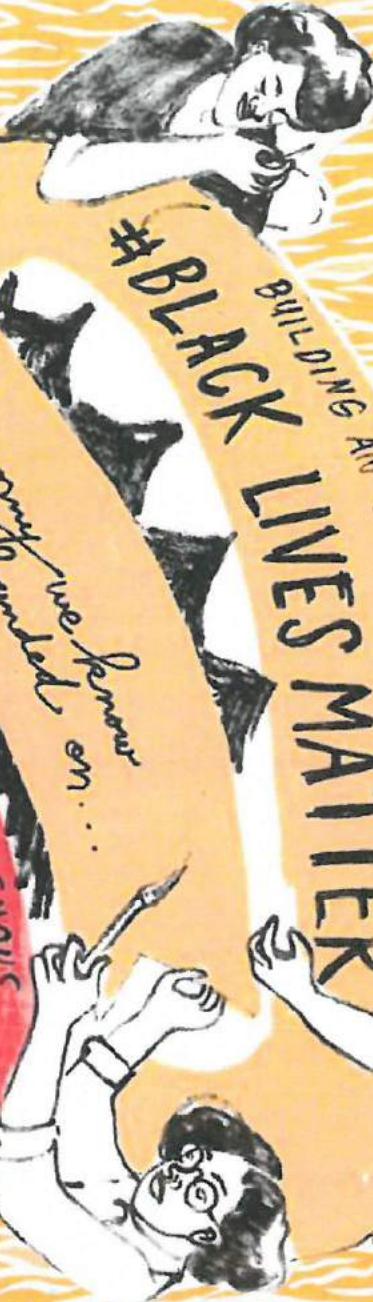
in which we want to live, while also

engaging with and improving the world

in which we already live.

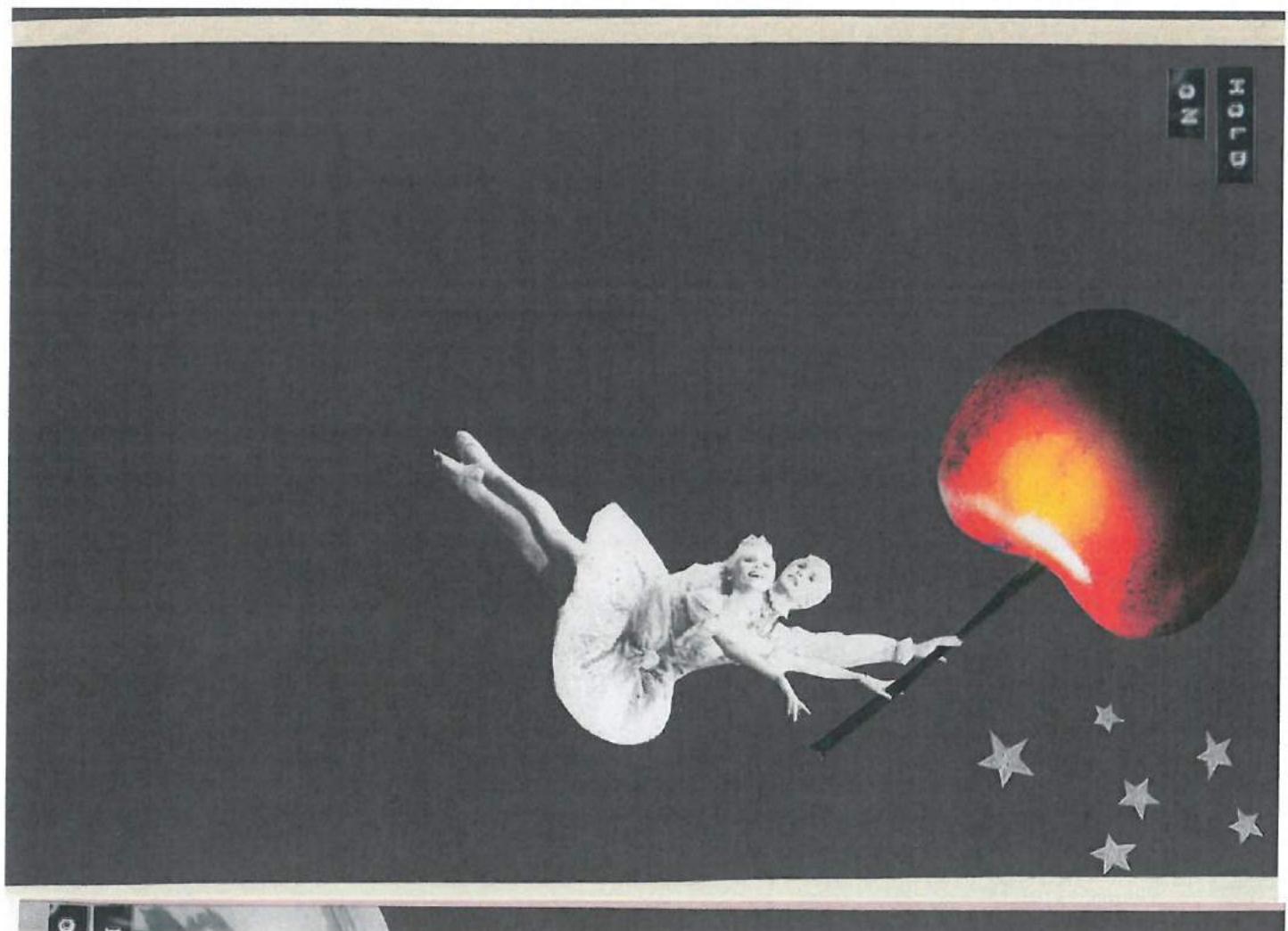
#BLACK LIVES MATTER

BUILDING AN ECONOMY WHERE



The economy is founded
today on
the theft of Indigenous
THE LAND, SLAVERY,
COLONIALISM!
LIVES & LAND AND

Humans living
with each other
are like a great
uncoordinated
ballet
Only when we are
kind to each other
is it ever harmonious.



IN THE TIME IT HAS TAKEN ME TO

WRITE THIS

I COULD HAVE CALLED TO SEE IF

YOU WERE OK

I COULD HAVE SENT A MESSAGE TO

LET YOU KNOW I WAS AROUND

I COULD HAVE PLAYED

OUR SONG

I WAS GOING TO KNOCK

ON YOUR DOOR

BUT I DIDNT

I JUST THOUGHT ABOUT

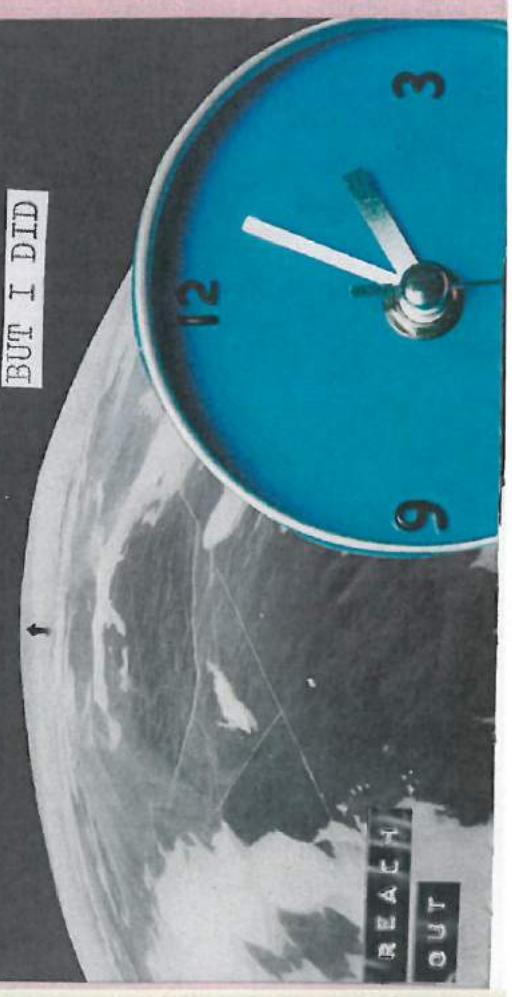
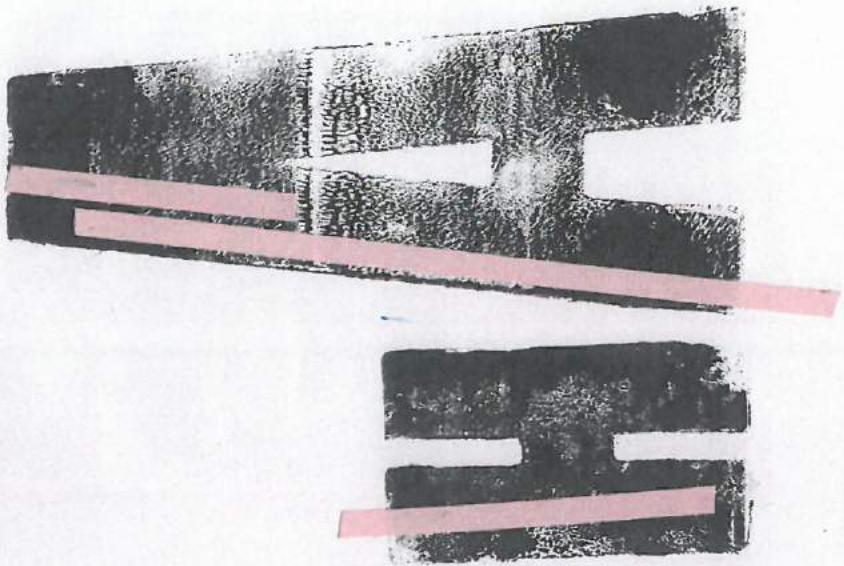
YOU ALL DAY

AND YOU WILL PROBABLY

NEVER KNOW

BUT I DID

HA-ha !
ahh ha ha Ewahaha
Chortle Chuckle
Giggle Guffaw
he he Tee Hee
HAH!



REACT
OUT