



Timebanking in Tulsa

Exploring the Social Aspects of Urban Design



Preslie Watkins Anderson
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Exploring the Social Aspects of Urban Design

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Preslie Watkins Anderson

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Timebanking in Tulsa:
Exploring the Social Aspects of Urban Design

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BY

Shawn Michael Schaefer, Chair

Dave Boeck AIA

Francesco Cianfarani, Ph.D.

Shideh Shadravan, Ph.D.

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Dedication

*To anyone who has ever devoted their time
and effort into doing something good.*

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Introduction: Overview

Exploring the Connection Between Community Responsibility and Timebanking

If you live in a city, you've likely experienced what is known as a 'third space'—places that are neither home (first spaces) nor work (second spaces). Despite being public and frequented by many, these third spaces often lack a sense of stewardship from those who use them, which hinders efforts to improve them. For instance, how often have we walked through a park, seen litter, and simply ignored it? The absence of environmental cues prompting action contributes to this issue. While we may feel a mild sense of disgust at the sight of litter, it's often insufficient to prompt meaningful action. If disgust alone were effective, our cities would boast pristine parks, plazas, and trails. This paper proposes a potential solution to this predicament through the application of *timebanking*.

Timebanking is a system where individuals or groups exchange services with one another based on the amount of time it takes to perform those services, rather than using traditional currency. It's a community-based approach to exchanging skills, knowledge, and services (Cahn & Gray, 2000).

In this system, regardless of the nature of the labor, one hour of work is equivalent to one time credit. The underlying belief is that such a system fosters increased incentives for individuals to actively contribute to the betterment of their environment and community. We might also acknowledge that we reside in a fiscal monoculture society, where the most valued labor is predominantly found within the 'private business economy'—an

economy centered around production and profit (Goodwin, 2018). Regrettably, this emphasis often overlooks the significance of the 'core economy,' which encompasses essential activities such as household labor and child-rearing. These types of labor commonly remain uncommodified, unpriced, unpaid, and frequently disregarded. Surprisingly, it is in this economy where 40% of the productive labor takes place (Goodwin, 2018).

This is worth noting as we are more likely to perform labor when we feel we are adequately compensated. Since most of us were raised in a society where we're taught to be consumers, relying solely on intrinsic motivation is not enough. This research project aims to explore the nexus between timebanking and the enhancement of these third spaces, specifically outdoor public third space in Tulsa, Oklahoma. This project aims to explore whether timebanking can serve as a tool to inspire individuals to take actions that improve their environment.



*Crosbie Heights Pollinator Garden
Clean-up April 2024*

Chapter 1: Background

1.1 Introduction to Timebanking

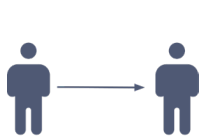
At its core, timebanking is a system of reciprocal service exchange where the principal currency is time (Cahn & Gray, 2000). Participants offer their skills, knowledge, and abilities to help others, earning “time credits” for the hours they contribute. These time credits can then be redeemed to receive services or assistance from other members within the timebanking network. Unlike conventional currency, which tends to perpetuate inequalities, timebanking emphasizes equality, trust, and the inherent worth of every individual’s contributions. Timebanking also consists of five core values (Timebanking UK, 2024):

- **People are Assets** - The real wealth of our society is its people. Every person is valuable and has something to offer other people in the community.
- **Redefining Work** - Time banks are helping to redefine “work” to include raising healthy children, preserving families, making neighborhoods safe and vibrant, caring for the frail and vulnerable, and tackling injustice.
- **Reciprocity** - The impulse to give something back is universal. Timebanking enables people to be givers as well as takers. In a timebank, “you need me” becomes “we need each other”.
- **Social Capital** - Timebanking builds mutual social and practical support networks in communities, strengthening social capital and encouraging collaboration between community organisations and public services.
- **Respect** - The real wealth of our society is its people. Every person is valuable and has something to offer others.

Timebank Values



Timebank members can be individuals, households, or organizations. The common factor is that these members agree to exchange their services with one another (TimeBanks, 2024). Along with having core values, timebanking also consists of different kinds of exchanges:



1:1 - An exchange between two people
Ex. Carlos offers transportation to medical appointments for Sarah. Sarah helps Mark with organizing his home office.



1: Many - An exchange where one person helps many people
Ex. Susan teaches a cooking class to a group of five members in the timebank.



Many:1 - An exchange where a group of people help one person
Ex. A group of teenagers from the timebank mows the lawn for an elderly member who needs assistance.



Many: Many - An exchange where a group of people help many others.
Ex. A community cleanup event where 20 members participate in various tasks such as litter pickup, painting, and gardening.

1.2 *Why Tulsa, OK?*

Some questions have simple answers. Early on, I knew that I wanted to conduct my own experiment in timebanking and explore ways (or rather, whether) it could be used to improve our built environment. When deciding on where to implement a timebank, it made the most sense to implement it in a place I was familiar with and where I reside most of the time. In this case, Tulsa, OK.

Tulsa Historical Context

Tulsa's story begins long before its modern urban landscape emerged. Originally inhabited by Indigenous peoples, including those forcibly relocated along the Trail of Tears, this land bore witness to both the resilience of its original inhabitants and the cruelty of forced displacement (Gregory, n.d.). In the late 19th century, Tulsa began its transformation into a bustling urban center with the discovery of oil. The black gold brought prosperity and opportunity, attracting settlers in search of fortune and a new beginning. The subsequent oil boom fueled rapid growth and development, transforming Tulsa from a modest settlement into a thriving metropolis (Gregory, n.d.). The expansion of Tulsa was not only driven by oil but also by the development of rail networks, streetcars, and later, freeways. These infrastructure projects not only facilitated commerce but also shaped the spatial and social dynamics of the city, laying the groundwork for its future growth and evolution (Gregory, n.d.).

Amidst Tulsa's rapid development, Greenwood emerged as a beacon of Black excellence and entrepreneurship. This thriving community, often referred to as "Black Wall Street," became a symbol of economic empowerment and resilience in the face of adversity.

"Black Wall Street was not solely derived from imagination. It was an economically thriving community, built from necessity and sheer determination."

~Dr. Lakeysha Hallmon

However, Greenwood's prosperity was tragically interrupted by the Tulsa Race Massacre of 1921, a dark chapter in Tulsa's history. The massacre, as documented by Carl E. Gregory in "Tulsa," The Encyclopedia of Oklahoma History and Culture, devastated the once-thriving Black community, leaving homes and businesses in ruins.

Yet, from the ashes emerged a spirit of resilience, a determination to rebuild and reclaim what was lost. Despite facing systemic barriers and discrimination, the residents of Greenwood refused to be defined by tragedy. Instead, they forged ahead, laying the groundwork for a legacy of economic empowerment and community solidarity.



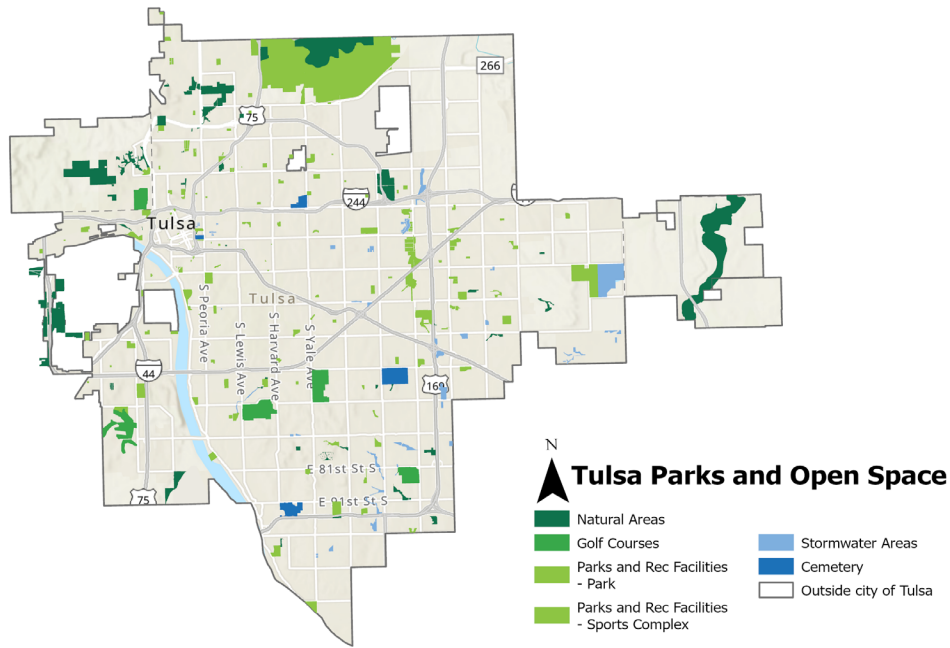
Aerial View of Tulsa, 1928. Beryl Ford Collection

Managing Tulsa's Built Environment

Delving deeper into Tulsa's urban design, it's crucial to understand the significant impact of the freeway expansions under the Federal-Aid Highway Acts of 1965 and 1968. These expansions were not just infrastructural developments; they reshaped the very social fabric of the city. Particularly, they contributed to a physical and social divide, promoting the growth of single-family suburbs and sprawling urban layouts that now characterize much of Tulsa's landscape. This development pattern has influenced where community interactions occur, which are often limited to more accessible, less car-dependent areas.

The freeway systems effectively dissected communities like Greenwood, which had prospered for 45 years following its post-massacre rebuilding ("How Highways Finally Crushed Black Tulsa"). The construction of these thoroughfares through historically significant neighborhoods not only disrupted their social and economic continuity but also marked a shift in urban priorities—from dense, community-focused urban centers to spread-out, automobile-dependent developments. This shift has had lasting effects on Tulsa's community cohesion and spatial equity.

In managing Tulsa's built environment, the city oversees an array of public spaces. The Parks and Recreation Department maintains over 6,553 acres of parkland, featuring everything from nature centers and community hubs to a network of trails and sports facilities. Last year, the city budgeted \$22,359,000 towards parks and recreation expenses ("FY 2023-2025 Parks and Recreation Department Budget"). These spaces are crucial for fostering community engagement and offering a counterpoint to the fragmentation brought on by urban sprawl.



Esri, NASA, NGA, USGS, FEMA, City of Tulsa, Texas Parks & Wildlife, Esri, TomTom, Garmin, SafeGraph, METI/NASA, USGS, EPA, NPS, USDA, USFWS

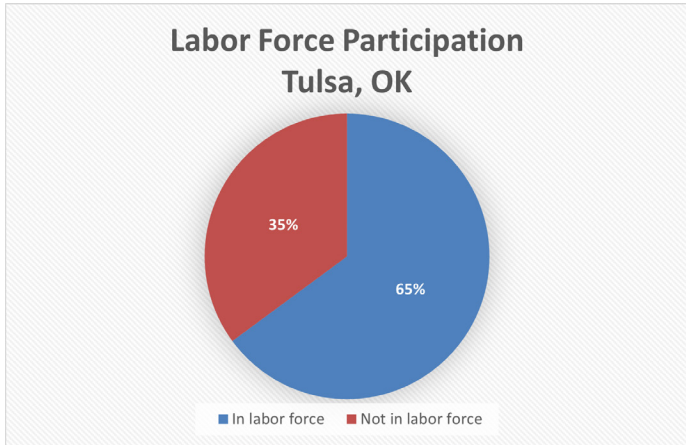
Understanding Tulsa People and Workforce Participation

Tulsa mirrors national trends in workforce participation. Approximately 35% of Tulsa's residents are not actively engaged in the labor force, a statistic comparable to national averages according to the Bureau of Labor Statistics (2023). This figure includes those not seeking employment, such as retirees and students, as well as those unable to work.

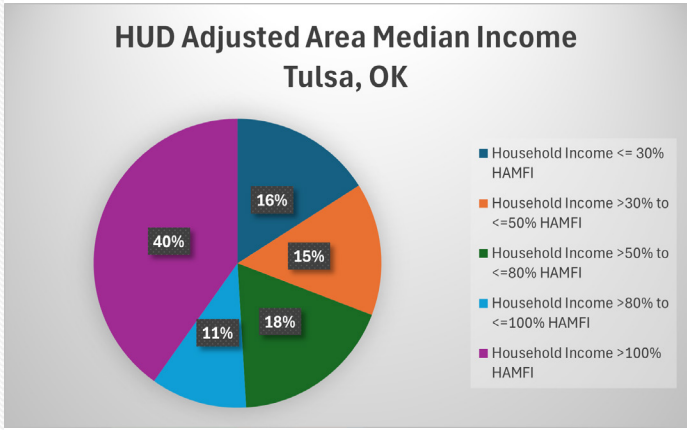
The conversation on workforce engagement is particularly salient when considering the economic stratification in the region. Data from the Housing and Urban Development (HUD) underscores the breadth of the income gap, revealing that over half of the households in Tulsa earn less than 80% of the Area Median Family Income (HAMFI). This stark economic reality positions initiatives like timebanking not only as innovative but essential for fostering an inclusive economy.

In addressing workforce engagement, it is crucial to explore innovative, inclusive strategies that reach across traditional barriers. Here, the concept of timebanking offers compelling insights. Timebanking is a practice designed to foster mutual support and community participation, particularly benefitting those typically underrepresented in traditional volunteering avenues. An article discussing the effectiveness of timebanking in the UK highlights its unique appeal: a significant majority of timebank participants are not in formal employment, and many live below the poverty line. For instance, nearly three-quarters (72%) of timebank participants are out of formal employment, significantly higher than the wider population (51%). Additionally, a notable 54% receive some form of income support, compared to 19% of the broader population (Seyfang, 2003).

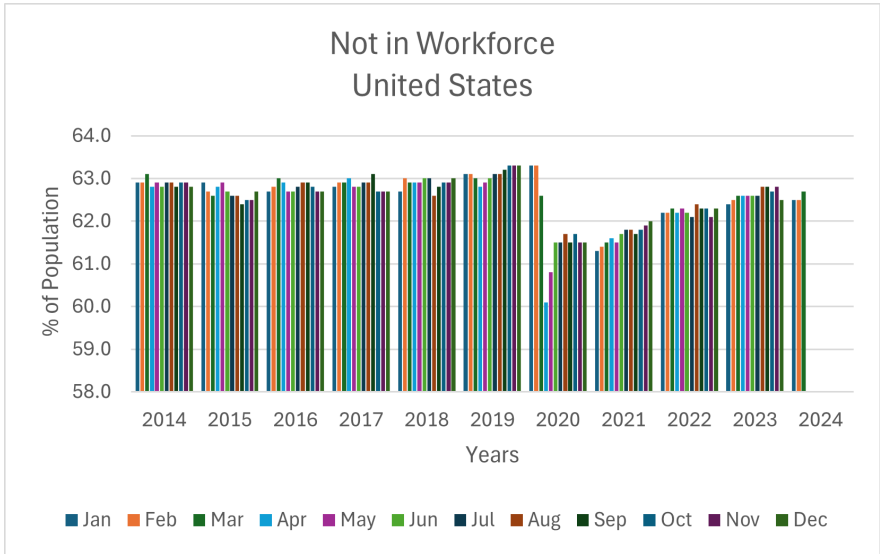
These statistics suggest that timebanking could serve as a crucial tool in Tulsa for engaging segments of the population traditionally less involved in civic and community initiatives. By valuing and rewarding all forms of contributions—from gardening to tutoring—timebanking empowers individuals to participate actively in their community's growth and resilience, regardless of economic status or employment.



(U.S. Bureau of Labor Statistics)



(U.S. Department of Housing and Urban Development, 2024).



(U.S. Bureau of Labor Statistics)

Emerging Equitable Trends

In recent years, Tulsa has witnessed a proliferation of initiatives that exemplify the principles of sharing economies, fostering community solidarity and promoting sustainable living. These initiatives, which include community gardens, “buy nothing” groups, and the “really really free market,” are pivotal in enhancing community bonds and supporting the local economy. By facilitating the exchange of goods and services without monetary transactions, these trends are integral to the city's evolving social landscape, echoing the collaborative spirit of timebanking. They enable residents to contribute to and benefit from their community in tangible and meaningful ways, underscoring a shift towards more inclusive and equitable economic practices.

Chapter 2: Goal and Objective



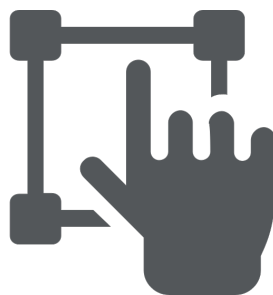
Project Goal

This project will explore whether timebanking can serve as a tool to inspire community members in Tulsa, OK to take actions that improve their local public spaces and overall environment.



Objective

Establish a timebank in Tulsa with the objective of measuring its effectiveness in enhancing public spaces.



Strategy

- Initiate a Timebank in Tulsa
- Develop and Distribute a Research Survey Measuring Community & Social Responsibility and Civic Efficacy
- Evaluate Timebank's Performance on Improving Public Space
- Analyze Research Results to Determine if Timebanking Increases Individuals' Sense of Community Responsibility and Civic Efficacy

Chapter 3: Research

3.1 Literature Review Affordance Theory

Have you ever looked at a tree and thought, “well, that looks easy to climb”? If so, you’ve just experienced an affordance. An “affordance” is an action possibility between a user and an object (Norman, 1988). In this case, as a user, you saw a tree, and something about it triggered a belief that you could climb it. Alternatively, a friend of yours could look at the same tree and think, “this tree is impossible to climb.” This divergence occurs because affordances are not solely determined by the object; they also depend on the individual perceiving them (Thornton, 2019).

Objects are designed to afford certain actions. For example, a slant or slope might afford sliding or sledding. An enclosure might afford hiding. A wide-open road might afford driving fast. Affordance theory, often applied in psychology and design, highlights how environmental cues prompt specific behaviors or interactions.

Affordances are not static; they evolve dynamically through interaction and perception (Raymond et al., 2017).

Affordance theory offers valuable insights into various fields, including psychology, design, and environmental studies. Understanding affordances can enhance user experience design by aligning products and environments with users’ intuitive actions and expectations (Trudeau, 2022). Moreover, in the study of sense of place, affordance theory sheds light on how individuals perceive and interact with their surroundings, influencing their attachment and engagement with specific environments (Raymond et al., 2017).

This raises the question: What motivates us to improve our environment? Why doesn’t our disgust towards litter-filled sidewalks and parks prompt immediate action to clean them up? One possible explanation could be rooted in our values. We prioritize our time and perceive certain labor activities as beneath us. Spending a weekend picking up litter? Isn’t that what prisoners do? Scooping poop? Isn’t that the owner’s responsibility, or isn’t it the

Affordance Theory

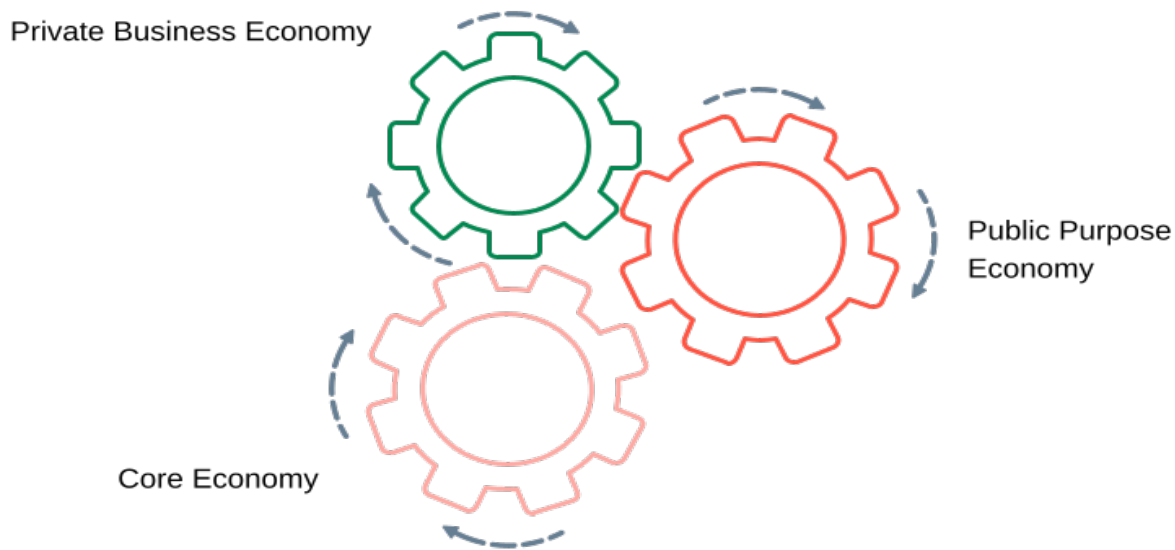


*An action possibility in the relation between user and an object.
(Norman, 2013)*

city's job? These acts are often seen as someone else's responsibility or as tasks we have no business doing, simply because we anticipate no compensation that would make them worthwhile.

This raises another question: Could timebanking, which values all labor equally, potentially offer a solution? Why are we so accustomed to attaching a price tag to everything we do? To address these questions, let's explore the various spheres of economic activity within the United States.

Economic Theory - Different Economic Spheres



(Goodwin, 2018)

Within the US economy, there exist three distinct spheres of economic activity, each serving different purposes, pursuing unique goals, and utilizing specific currencies. *The private business economy* (PBE) is perhaps the most readily recognizable, often coming to mind when discussing economic matters. This sphere is characterized by the production of goods and services with the primary aim of generating profits for business owners or entities. In essence, the PBE revolves around the exchange of goods and services for monetary gain, with the dollar serving as the predominant currency. (Goodwin, 2018)

Conversely, the *public purpose economy* (PPE) operates with a slightly more abstract nature. This sphere encompasses non-profit organizations and institutions dedicated to advancing broader public objectives, such as environmental conservation, addressing food insecurity, or providing affordable housing. Unlike the straightforward profit motive of the PBE, entities within the PPE prioritize social impact over financial gain. While dollars undoubtedly play a role in funding these initiatives, the currency in the PPE extends beyond mere monetary transactions. Volunteer labor, donations, and other forms of non-monetary contributions also serve as vital currencies within this sphere, reflecting the diverse ways in which value is exchanged and measured.

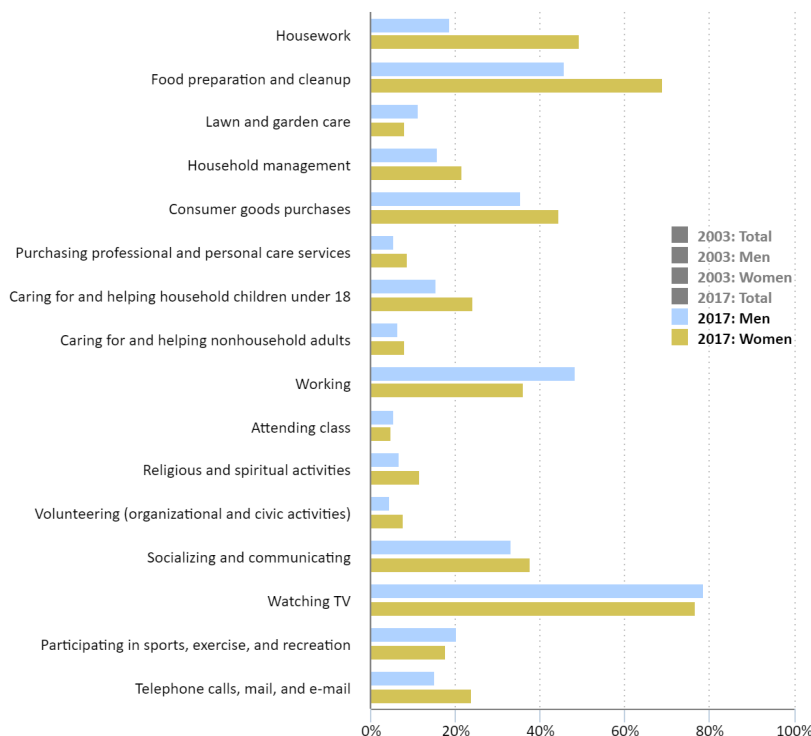
In addition to the private business economy and the public purpose economy, there exists a third sphere known as the *core economy*. The core economy encompasses the informal sector, including activities that are not typically captured by conventional economic measures. This includes informal exchanges, such as favors between friends, community support networks, and other non-monetized transactions that contribute to the functioning of society. While often overlooked in traditional economic analyses, the core economy plays a crucial role in supplementing formal economic activities and fostering social cohesion within communities.

A closer examination of the U.S. Bureau of Labor Statistics data reveals a gendered dimension to the core economy. The division of labor within these fundamental activities is predominantly borne by women. The Bureau's graphic depiction of primary activities by gender for 2003 and 2017 illustrates this disparity, showing that women assume the lion's share of housework, food preparation, and caregiving responsibilities.

Despite shifts toward a more equitable distribution of some tasks over time, women's contributions to the core economy remained substantial in 2017. Such labor, though unpaid and undervalued in GDP calculations, is vital to the well-being and sustainability of societal structures.

Recognizing the core economy's value, and particularly the significant role that women play within it, is central to models like timebanking, which aim to validate and redistribute the efforts that have traditionally been marginalized. Timebanking presents a radical acknowledgment of these indispensable activities, fostering a more inclusive and balanced economic recognition that reinforces the community fabric and promotes equity.

Percentage of the civilian population engaged in primary activities, averages per day by sex, 2003 and 2017 annual averages



(Bureau of Labor Statistics)

Click legend items to change data display. Hover over chart to view data.
Source: U.S. Bureau of Labor Statistics.



Asset-Based Community Development (ABCD)

Community development has historically been approached by identifying and addressing the needs and deficits of a community. One of the primary drawbacks of the deficit-based approach is its tendency to overlook the assets and strengths inherent within communities. A neighborhood is more than just the sum of its challenges; it is a unique ecosystem made up of the diverse talents, skills, cultural heritage, and social connections of its residents. By solely focusing on deficits, we risk neglecting these valuable assets that can serve as powerful catalysts for positive change.

This traditional, deficits approach model typically involves mapping low-to-moderate income census tracts, tracking crime rates, publishing statistics on illiteracy, and then channeling funds and services from the top down to tackle these identified challenges. While this approach serves a purpose and has undoubtedly brought about positive changes in many communities, it often falls short in capturing the full complexity and richness of a neighborhood's identity and resources (Nel, 2018).

Furthermore, the sustainability of traditional community development efforts is often called into question. In many cases, funds and services are deployed in response to specific deficits, only to be withdrawn once the immediate issue appears to be addressed. This cyclical pattern of influx and withdrawal can create a dependency on external support systems, hindering the community's ability to develop long-term self-reliance and resilience.

Asset-Based Community Development (ABCD) offers a compelling alternative

to the deficit-based paradigm. Instead of starting from a place of scarcity and need, ABCD begins by identifying and leveraging the existing assets and strengths within a community. This approach recognizes that residents are not just passive recipients of aid but active agents of change who possess valuable resources that can be mobilized to address local challenges.

By focusing on asset mapping, capacity building, and fostering collaborative partnerships, ABCD empowers communities to harness their own potential for sustainable development. Rather than relying solely on external interventions, ABCD encourages residents to take ownership of their community's future and to cultivate a culture of mutual support and resilience.

In summary, while the deficit-based approach to community development has its merits, it is essential to recognize its limitations and explore alternative frameworks such as ABCD that prioritize asset-based strategies. By shifting our perspective from deficits to assets, we can unlock the full potential of communities and create lasting positive change from within.

Positive Deviance

Positive deviance is a concept rooted in sociology and organizational development, focusing on identifying and amplifying unconventional yet successful behaviors or strategies within a community or organization. Rather than relying solely on traditional problem-solving methods, positive deviance seeks to uncover existing solutions from within the community itself. (Positive Deviance Initiative, n.d.)

One of the best known examples of positive deviance happened in the 1990s. Aid worker Jerry Sternin and with his wife Monique Sternin, pioneered the concept of positive deviance during their time with Save the Children in Vietnam in the 1990s. Faced with high rates of malnutrition among children, they chose an innovative approach by identifying families whose children were well-nourished despite living in similar conditions as those affected by malnutrition. They discovered that these families practiced unconventional yet effective behaviors, such as feeding their children shrimp and crab that were readily available in their environment. By leveraging these positive deviant behaviors, the Sternins were able to significantly reduce malnutrition rates within the community. (Pascale, Sternin, & Sternin, 2000)

Positive deviance operates on the principle that solutions to complex problems often already exist within the community but may be overlooked or underutilized. It involves identifying individuals or groups within the community who exhibit successful behaviors or strategies—deviating positively from the norm—and encouraging others to adopt

these practices.

This approach aligns closely with asset-based community development (ABCD), which emphasizes leveraging existing strengths and resources within a community to drive positive change. Rather than focusing solely on deficits and needs, ABCD recognizes and builds upon the assets, skills, and capacities present within the community. (Positive Deviance Initiative, 2018)

Positive deviance complements ABCD by providing a framework for identifying and amplifying community assets in action. ABCD emphasizes shifting the focus from a needs-based approach to an asset-based one, where communities are empowered to identify and mobilize their own resources for sustainable development. By incorporating positive deviance into ABCD initiatives, communities can tap into the wisdom and ingenuity of their own members, fostering a sense of ownership and empowerment. This collaborative approach not only addresses immediate challenges but also cultivates resilience and self-reliance within the community, laying the foundation for long-term positive change.



Jerry Sternin in Vietnam, 1990s

Chapter 3: Research Continued

3.2 Practical Research/Logistics Timebank Case Studies

Some timebanks that caught my attention during my early research were the Charlottesville Timebank and Partners in Care Maryland. What made these timebanks stand out to me is their missions. Charlottesville (or Cville Timebank, for short) operates like a normal timebank with one added feature. They run a “repair cafe”. A repair cafe is where people go to take their broken appliances to be fixed by timebankers for free. The goal behind this is to salvage items that could be repaired and prevent those items from ending up in landfills. Started in 2012, the Cville Timebank is still up and running as of 2024, over a decade later, according to their website. <https://cvilletimebank.com/about-us/>

Partners in Care Maryland is a non-monetary exchange network focused on supporting the independence of elderly adults. It offers a variety of services, including ride shares, assistance with household repairs, technology guidance from volunteer cyber experts, phone companionship, and support for veterans from fellow veterans. As of March 2024, Partners in Care reports 2,683 members and 847,657 hours exchanged.

After researching, it seemed something these two successful timebanks had in common were a driving mission/project that served as a generator for time exchanges. What does this mean for cities such as Tulsa who wish to start and grow a timebank? With this thought in mind, I began researching potential platforms to help get Tulsa’s timebank off the ground.

Choosing a Timebank Platform

The theories and ideas behind timebanking are compelling but transitioning from theory to practice presents its own set of challenges. One hour of service = one time credit seems simple enough, but how does the exchange get recorded? The logistics of recording and facilitating exchanges proved to be a daunting challenge. From doing research, it appears the answer to this question depends on the size and culture of the individual timebank.

What capacity does a new timebank have? Is it realistic or practical to use excel or google forms to record and track exchanges? Has someone already developed software for this? When determining what works best for a new timebank I researched and came across 3 different potential platforms – HourWorld, Timebanks.org, and Nomos.

The first platform, HourWorld, is advertised as being free and able to convert to the community weaver software platform offered by timebanks.org. Drawbacks to the platform include the layout and usability. There is no clear method for listing services offered or needed nor a clear method for recording an exchange. Also, after consulting with the director of timebanks.org it was discovered that HourWorld does not convert to the community weaver software and Wyatt was surprised to hear they were advertising that.

The second platform, Community Weaver, offered by timebanks.org differed from HourWorld in several ways. First, there was a service charge to using their software with different payment options in place based on the needs of the timebank.

Some pros to using this software included a clean layout with clear buttons, icons, and search features that make it easier to navigate and use over HourWorld. Another positive to this platform was that it offered workshops, regular software updates and meetings, and ways to be connected to other timebanks. These features had strong appeal considering that Tulsa is new to timebanking and could benefit from the extra avenues of support.

The last platform considered was nomos. Unfortunately, this platform was never strongly considered because it was discovered early on that the platform was defunct due to lack of funds that could keep it up and running.

Based on these considerations, Community Weaver offered through timebanks.org was chosen as the platform to launch Tulsa's first timebank.



https://hourworld.org/index.htm	https://timebanks.org/	
FREE	Service Fee \$	
Not user friendly	Clean modern layout	
Converts to other software (Community Weaver 4)	Workshops available for training, connects to other timebanks	

Consulting Experts

Legal Advice

Concern was raised early on regarding safety litigation around the Tulsa Timebank. When presenting to potential users, questions were raised about whether someone could get sued if something went wrong and if the timebank administrator was liable. To address these concerns I met with Tulsa attorney R. Louis Reynolds in November 2023. When asked about whether Tulsa Timebank and its administrators can be sued it was discussed that in order to be sued and pay damages two things would need to be proven 1) Harm was caused and 2) That the person being sued had a duty to care. Because participants who register for Tulsa Timebank through timebanks.org must agree to terms and conditions where they agree to take responsibility for any accident or injury and to hold Tulsa Timebank and timebanks.org harmless the latter part would be difficult to prove.

Additional advice from this meeting:

- Become an entity/incorporate
- Obtain commercial general liability insurance
- Develop a targeted legal agreement
- Look into similar service - eg. airbnb, uber, dating apps, etc.

Research Consulting

In addition to addressing legal concerns, it became clear that consulting researchers would be vital for developing a survey to assess whether timebanking promotes a sense of community responsibility. To this end, I collaborated with Dr. Julie Miller-Cribbs. Her research interests encompass poverty, health disparities, adverse childhood experiences, and healthcare access. Dr. Miller-Cribbs guided me towards several social capital assessment tools that were instrumental in shaping our research survey.

Furthermore, to find validated instruments that measure constructs such as social capital, community responsibility, and civic engagement, I engaged with Emrys Moreau, a librarian at OU Tulsa. Her expertise in research methodologies was invaluable in locating articles and tools essential for crafting our research questionnaire.

With these resources at hand, the next steps involve implementing the timebank program and initiating the survey to gauge its impact.

Chapter 4: Implementation

4.1 Organizing

2023						2024				
July	August	September	October	November	December	January	February	March	April	May
		1st Jury Sept 30		End of Term Jury Nov 18			Mid-Term Jury Feb 24		Final Defense April 27	
Planning	Started Identifying & Connecting with Community Partners: DCE, COT, Mayors Office, DT Tulsa Partnership, Crosbie Heights, Vibrant Neighborhood Partnership, Ed Sharrer, 9b Corp, OK Center for Wellness, Owen Park Parks Dept, WIN, etc.									
	Discussed & Game Planned Action Steps w/ Community Partners		Attended Timebank Coordinator Call 10/18, 1pm or 7pm	Attend Timebank Coordinator call 11/15	Timebank org meeting 12/2					
	Identify Possible Launch Events in Fall		Find Social Media Helper							
	Create Informational Pamphlets & Identify Little Libraries		IRB Process for Survey							
	General Research, Identify more Potential Users, Identify more Opportunities for Exchanges and Requests									

Getting Started/Early Efforts

In the early stages of creating and launching a timebank in Tulsa, efforts were focused on engaging with various organizations and community partners. These organizations were primarily identified through recommendations and word-of-mouth. The aim was to pinpoint organizations that actively engage volunteers and whose missions resonate with the principles of timebanking. This approach was taken to mitigate potential resistance from individuals unfamiliar with the concept. Additionally, given Tulsa's widespread suburban development, it was anticipated that participants might feel more at ease contributing their time to organizations rather than to unfamiliar neighbors.

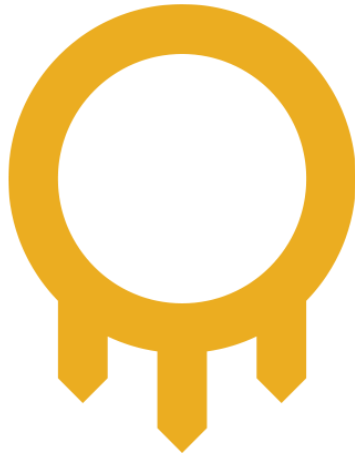
In addition to serving as connectors for participants to earn time credits, these selected organizations could also act as meeting grounds where individuals have the opportunity to interact, discover shared interests, strengths, and needs. This interaction would further enhance the sense of community by facilitating meaningful connections among participants. As individuals engage with each other within these organizational settings, they would not only contribute their time but also learn from one another, fostering a deeper sense of belonging and collaboration within the timebanking community.

Community Partners Consulted:

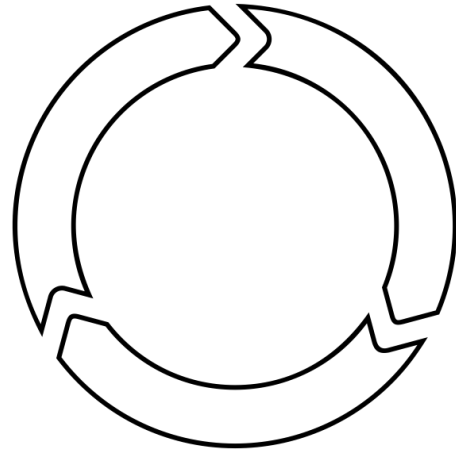
Tulsa Department of City Experience
 Downtown Tulsa Partnership
 Crosbie Heights Neighborhood
 Vibrant Neighborhood Partnership
 9b Corp
 Working in Neighborhoods
 Oklahoma Center for Wellness
 Tulsa Up With Trees
 Tulsa Young Professionals (TYPROS)
 Spotlight Theater
 Tulsa Global District

Tulsa Destination Districts
 Cooperation Tulsa
 Tulsa Planning Office
 Tulsa City Design Studio
 Owen Park Parks Department
 Charles Page Neighborhood
 OU Tulsa Urban Design Studio
 Oklahomans for Equality
 Queer Exchange Tulsa
 Trans Advocacy Coalition of Oklahoma

Branding/Logo Development

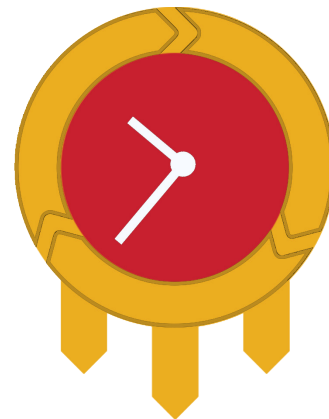
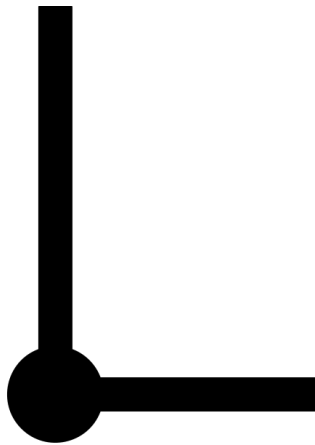


The border of the Tulsa flag was used as the base of the logo and Tulsa flag colors were incorporated throughout the design. This was done to link Tulsa Timebank with its local community identity and to build off of grassroots movements, such as the design of the Tulsa flag.

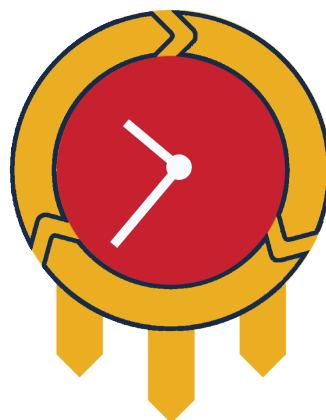


Arrows were used to represent the reciprocity, a core value of timebanking.

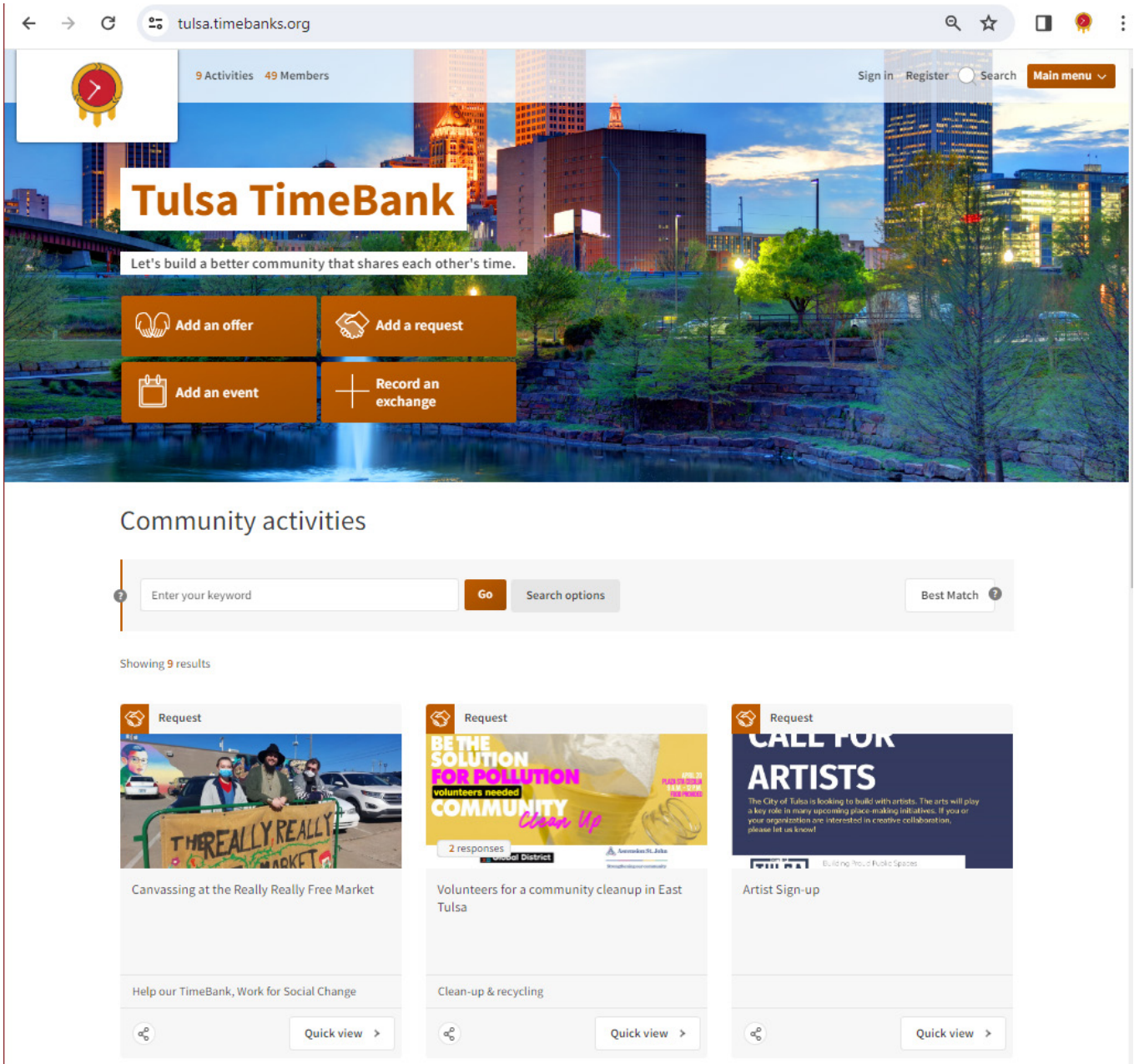
Clock hands were used to represent time, the currency exchanged with timebanking.



Three designs were proposed with the third design being the final.



Website



Affordance principles were considered when choosing a website platform. The idea was to have webpage that has buttons and icons to act as signifiers to guide timebank users on their exchanges (Thornton, 2019). Near the top of the webpage are four icons -- add an offer, add a request, add an event, and record an exchange. Below that, is a section to see what community activities are being offered or requested with the option to search based on key words.

Registration

In the upper right corner, users have the option to register. Upon registration for Tulsa Timebank, users can choose to sign up as an individual, organization, or household.

Register

After you accept T&C, you have the option to register as an

- Individual
- Organization
- Household

The screenshot shows a registration form titled "Register". It includes the following sections:

- Account type:** Radio buttons for "Individual", "Organization", and "Household".
- Profile name:** A text input field with a person icon and the placeholder "Type your profile name here".
- Enter your email address:** A text input field containing "tulsatimebank@gmail.com".
- Choose a password:** A password input field with a lock icon, a "Show" button, and a strength indicator.
- Confirm password:** A password input field with a lock icon, a "Show" button, and a strength indicator.
- Strength requirements:** A list of requirements with checkmarks: "10 characters or more.", "Includes at least one number.", "Includes at least one uppercase or lowercase character.", and "Includes at least one special character."
- Create your account:** A prominent orange button at the bottom.

Posting Offers and Exchanges

Activities such as posting offers, making requests, announcing events, or recording completed exchanges can be performed from the front page or within a user's account.

Post Exchanges and Offers

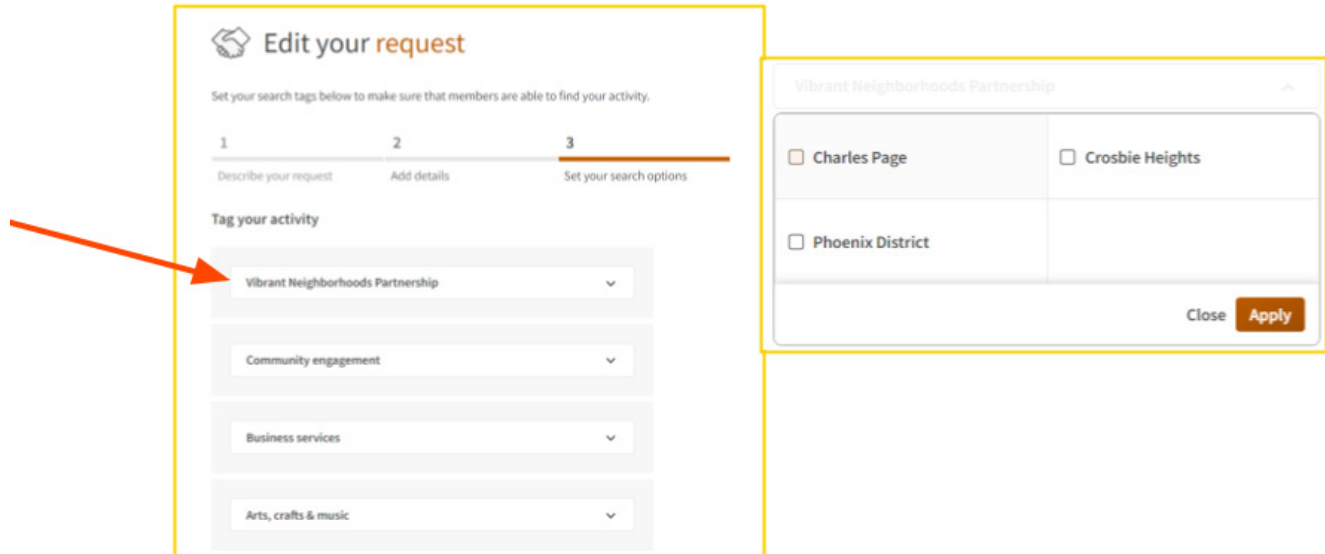
The image shows two parts of the user interface:

- User Account Menu (left):** A vertical sidebar for user "Preslie Anderson" with 2 credits. It includes links for "View public profile", "Platform management", "Personal dashboard", "Actions", "Inbox", "Notifications", and "Add an activity". A red arrow points to the "Add an activity" link.
- Add new activity (right):** A grid of four activity options:
 - Record an exchange:** Log time exchanged between you and another member.
 - Add a request:** Request help from your community.
 - Add an offer:** Offer to help your community.
 - Add an event:** Spread the word about an event in your community.

Tagging Offers/ Requests

Users can tag their activities to assist others in filtering options. Available tags include “Clean Up & Recycling,” “Help Our Timebank,” neighborhood-specific tags, among others.

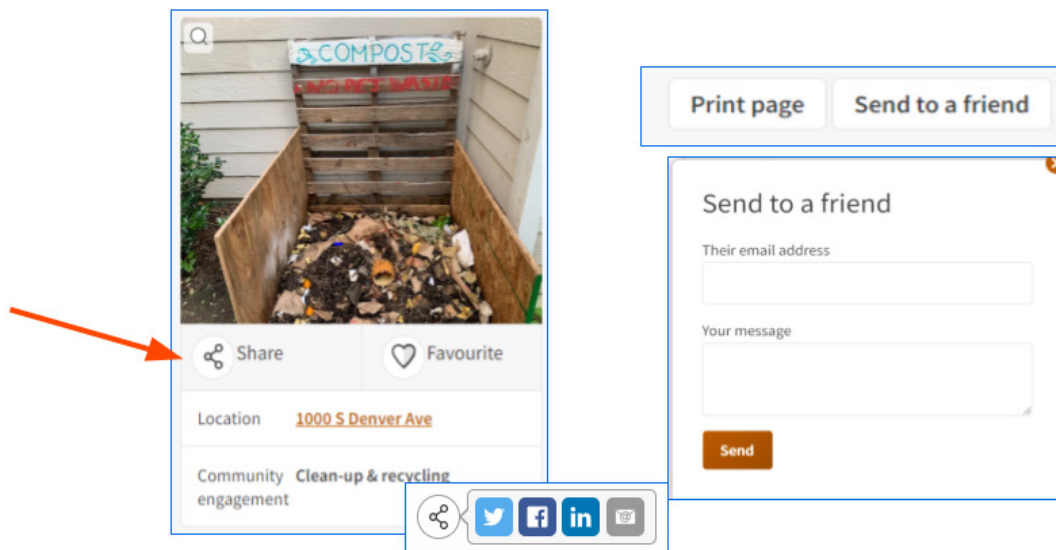
Tag Offers/Requests



Sharing Offers/Requests

Users are provided with options to share their offers or requests on social platforms like Facebook and LinkedIn, as well as via email or print.

Share Your Offers/Requests



Dashboard/Notifications

Each user's profile features a personal dashboard, enabling them to manage notifications and review their Timebank statistics.

4.1 Promotion and Outreach

2023						2024				
July	August	September	October	November	December	January	February	March	April	May
		1st July Sept 30		End of Term July Nov 18			Mid-Term July Feb 24		Final Defense April 27	
	Logo Developed, Instagram and Gmail Created		Place Brochures in Little Libraries around Downtown							
	Identified Payment Plan & Secured Funds for Timebank		Develop Research Survey							
		Timebank Created 9/7/23								
Action		Attended Owen Park Garden Meeting 9/6, Crosbie Heights Meeting 9/20, Monarchs on the Mountain 9/23, Charles Page Mtng 9/28	Met w/ two Tulsa Garden Club Members 10/1, Oak Claire Townhomes 10/3, Up With Trees 10/4, Scraps Design 10/9, TPO 10/17, Global District 10/23, Spotlight Theater 10/24, TYPROS 10/26, DT Tulsa Partnership 10/30	Meet w/ 9b Corp 11/1 Julie Miller Cribbs 11/8, Sam Extance 11/9, Lou Reynolds 11/17						
		First Time Exchange!!!! 9/24 in Crosbie Heights	Exchanges: Beatboxing, compost clean up, Community Fest, Up With Trees							
			Ongoing Promotion & Expansion							

To effectively spread the word and engage the community, a multifaceted approach was adopted for promoting the timebank. Flyers were developed and distributed, providing a tangible resource that clearly outlined how the timebank works and the benefits of participation. In-person canvassing at various local events further amplified outreach, allowing for direct engagement and the opportunity to answer community questions face-to-face. Digital strategies were also pivotal; an Instagram account was created for the timebank, which regularly featured posts to build awareness and community spirit. Additionally, the timebank was listed on 'Neighborhood Explorer,' a new Tulsa website. These combined efforts ensured a comprehensive outreach strategy that leveraged both traditional and digital mediums to maximize engagement and foster a broad-based community network.



TULSA TIMEBANK



GIVE BACK TO YOUR COMMUNITY!

BOOST YOUR WELL-BEING!

RECEIVE HELP WHEN NEEDED!

MEET NEW PEOPLE!

WHAT IS TIMEBANKING?

Timebanking is a system where individuals or groups exchange services with one another based on the amount of time it takes to perform those services, rather than using traditional currency. It's a community-based approach to exchanging skills, knowledge, and services.

HOW DOES TIMEBANKING WORK?

It's helpful to think of four main kinds of TimeBank exchanges:

1:1 – One person gives another person a ride to the doctor.

1:Many – A yoga teacher earns credits teaching a yoga class to four other members.

Many:1 – Four members earn credits doing a garden clean-up for a senior.

Many: Many — A whole lot of people earn credits for organizing and participating in a community event

1. **Assets:** We are all assets; we all have something to give.
2. **Redefining Work:** Building community is real work that TimeBanking recognizes & rewards.
3. **Reciprocity:** Commit to give and receive.
4. **Community:** People helping each other reweave communities of strength and trust.
5. **Respect:** Our common humanity calls for everyone to be deserving of respect.

information from timebanks.org

5 Core Values in TimeBanking



Interested in joining?




tulsa.timebanks.org
 Questions? contact tulsatimebank@gmail.com

JOIN TULSA TIMEBANK



WHO WE ARE

Tulsa Timebank is a community dedicated to fostering connection, collaboration, and mutual support through timebanking. Founded on principles of reciprocity and inclusivity, we believe everyone has valuable skills to offer, regardless of age or background.

WHAT IS TIMEBANKING?

Timebanking is a system where individuals exchange services based on time, not money. Everyone's time is valued equally.

HOW DOES IT WORK?

Members offer their skills and services to others in the community and earn "time credits" for the time spent helping. They can then spend these credits to receive help from others.

EXAMPLES OF SERVICES

Tutoring, gardening, community clean ups, pet sitting, house cleaning, transportation, language exchange, and more!



TIMEBANK EXCHANGES

INTERESTED IN JOINING?

Tulsa.timebanks.org

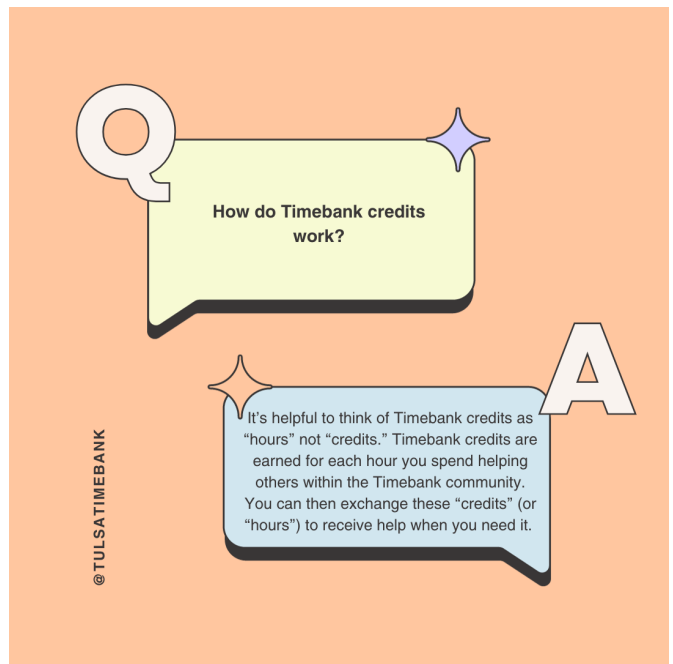
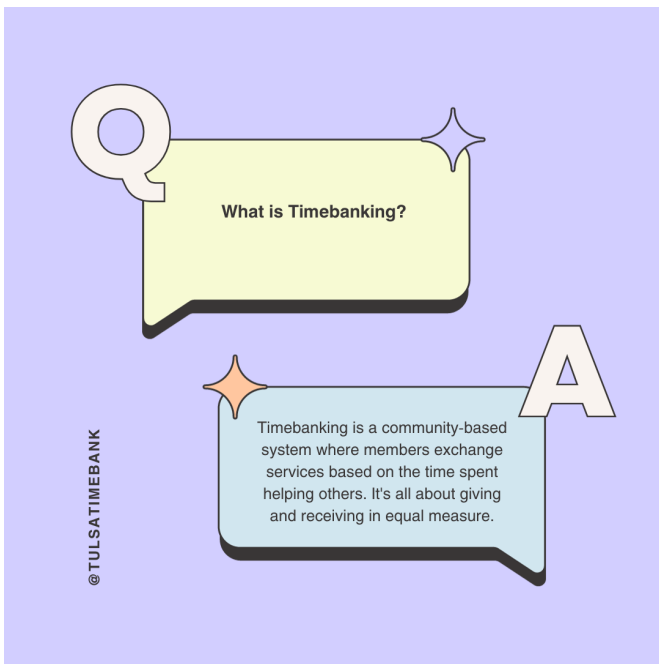


In-Person Promotion



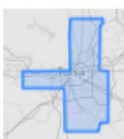
Tulsa Tiembank was invited to canvas at two different events in order to promote the timebank. The first event was a Halloween themed community engagement event hosted by the Sunrise movement of Tulsa which took place in October 2023. The second canvassing opportunity took place at Tulsa's Really Really Free Market which occurred at the Dennis R. Neill Equality Center in April 2024.

Web-based Promotion



Catchy instagram posts explaining timebanking and how timebanking works were developed in order to reach a web audience.

- FILTER BY:
- All goal Categories
 - Adequate shelter for all
 - No poverty
 - Good health and well-being
 - Quality education
 - Reduced inequalities
 - Peace and Justice
 - No Hunger
 - Work & Growth
 - Affordable & clean energy
 - Gender equality
 - Clean water



How can we work together to Make Tulsa better?

What impacts our community?

[View all Outcomes >](#)

<p>Social Connection and Depression</p> <p>Adults who report feeling lonely often are more than twice as likely to develop depression as adults who report rarely or never feeling lonely. ^{1,2}</p> <p>View "Social Connection and Depression" for your area ></p> <ol style="list-style-type: none"> Mann et al., 2022 Surgeon General 	<p>Social Connection and Hypertension & Diabetes</p> <p>Social support from friends and family is associated with improved hypertension and diabetes management. ^{1,2,3,4}</p> <p>View "Social Connection and Hypertension & Diabetes" for your area ></p> <ol style="list-style-type: none"> Surgeon General Maqin et al., 2017 Shahin et al., 2021 Pan et al., 2021 	<p>Social Connection and Heart Disease & Stroke</p> <p>Poor social relationships, social isolation, and loneliness can increase your risk of heart disease by 29% and risk of stroke by 32%. ^{1,2}</p> <p>View "Social Connection and Heart Disease & Stroke" for your area ></p> <ol style="list-style-type: none"> Valtorta et al., 2016 Surgeon General 	<p>Education and Poverty</p> <p>Children who participate in early childhood development achieve higher education and make more money as adults. ¹</p> <p>View "Education and Poverty" for your area ></p> <ol style="list-style-type: none"> Children.org
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How are we currently doing?

[View all Statistics >](#)

<p>Mobility from Abroad</p> <p>Latest change: +190.4% ⬆️</p> <p>Total change: +145.1% ⬆️</p> <p>More info</p>	<p>Children in Poverty Ages 0-4</p> <p>Latest change: -2.4% ⬆️</p> <p>Total change: -13.7% ⬆️</p> <p>More info</p>	<p>Mobility from a Different County within the Same State</p> <p>Latest change: -3.5% ⬆️</p> <p>Total change: -3.9% ⬆️</p> <p>More info</p>	<p>Eligible voters who Voted in General Elections</p> <p>Latest change: -26.7% ⬆️</p> <p>Total change: +56.4% ⬆️</p> <p>More info</p>
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What can we do to help?

[View all Initiatives >](#)

<p>Join the Tulsa TimeBank ✓</p> <p>Barriers to join</p> <p>Visit Website</p>	<p>Start a Walking Group ✓</p> <p>Barriers to join</p> <p>Visit Website</p>	<p>Community Savings Groups ✓</p> <p>Barriers to join</p> <p>Visit Website</p>	<p>Make a Pocket Park ✓</p> <p>Barriers to join</p> <p>Visit Website</p>
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In fall of 2023, I learned about a website called Neighborhood Explorer being developed by Tulsa-based data analyst group, 9b Corp. The purpose of Neighborhood Explorer is to help Tulsans identify needs and assets in their communities and discover opportunities for involvement. I met with their lead analyst, Nathan Pickard, and we discussed how our projects could be integrated. Currently, Tulsa Timebank is featured on the website under the header “How can we help?” It also provides an option to report “Barriers to joining,” which can be shared with Tulsa Timebank administrators for review and problem-solving, in order to enhance accessibility for Tulsans across the city.

4.3 Problem Solving

Early Challenges

- **Lack of Awareness or Understanding of Timebanks:** Most individuals were unfamiliar with the principles and operations of timebanks, requiring educational efforts to elucidate the concept and its potential benefits.
- **Reluctance to Join/Participate without a Strong User Base:** Certain individuals hesitated to engage until a robust user community had been established, highlighting the need for strategies to encourage early adoption and participation.
- **Concerns about Credit Acquisition:** Questions arose regarding the source of time credits, necessitating clarification and transparency regarding the mechanisms through which credits are earned and exchanged.
- **Trial and Problem-Solving Needs:** Some prospective participants preferred that all operational issues be resolved before committing to participation, underscoring the importance of fostering a culture of experimentation and problem-solving within the community.
- **Navigating Political Dynamics:** The political climate, where individuals may be inherently distrustful and inject partisan concerns into decision-making processes, posed significant challenges. Overcoming political polarization and garnering support across diverse ideological spectrums required delicate navigation and emphasis on the nonpartisan nature and community benefits of timebanking initiatives.
- **Admin Capacity:** An early hurdle involved maximizing administrative capacity to support the essential tasks of promoting the timebank, navigating software, and managing general logistics.

Early Successes

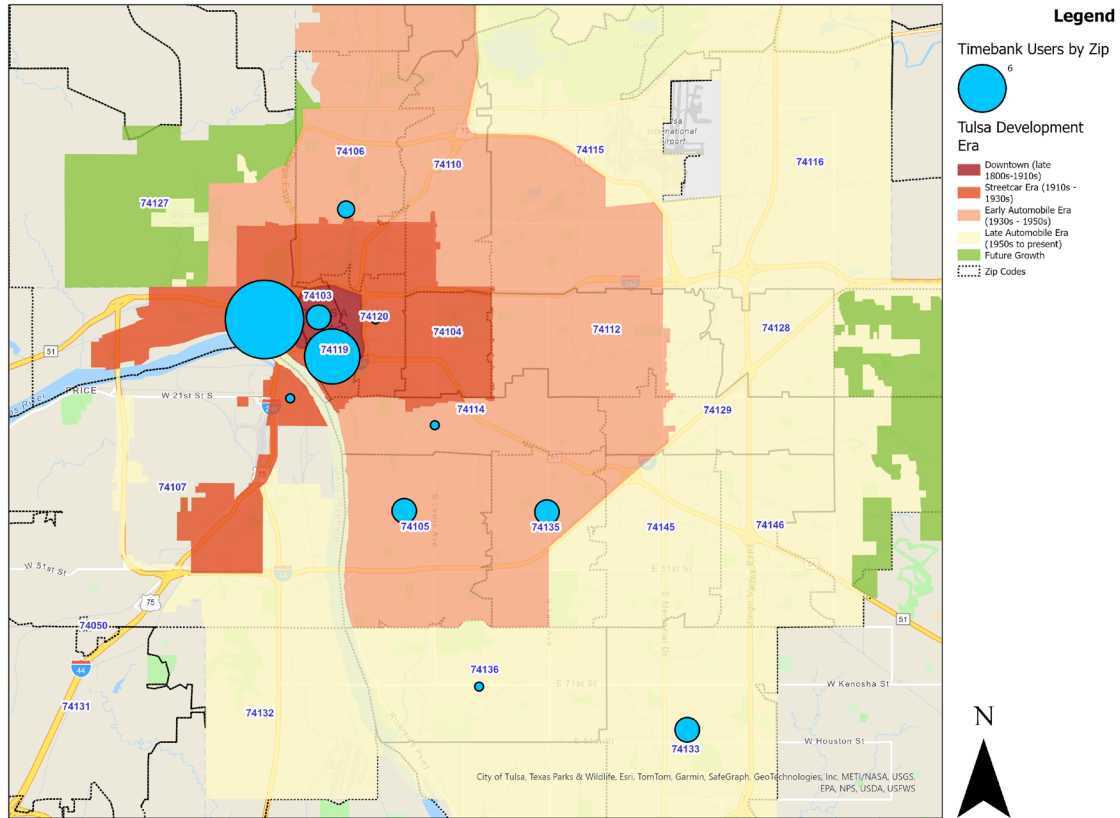
Despite these challenges, the timebank also encountered some early successes:

- **Launching the Timebank:** Successfully launching the timebank was a major achievement, marking the transition from concept to action. This milestone was crucial in demonstrating the viability of the initiative and building initial trust within the community.
- **Onboarding Organizations:** Gaining the support of local organizations helped to solidify the timebank's foundation. These partnerships provided a broader base of opportunities for members and helped to integrate the timebank into the existing community fabric.
- **Community Beneficial Time Exchanges:** The execution of time exchanges that provided tangible benefits to the community underscored the practical value of timebanking. These exchanges fostered a sense of accomplishment and community spirit among participants.
- **Event Participation:** Being invited to canvas at various community events enhanced the visibility of the timebank and facilitated outreach. This exposure was instrumental in attracting new members and gaining wider community acceptance.

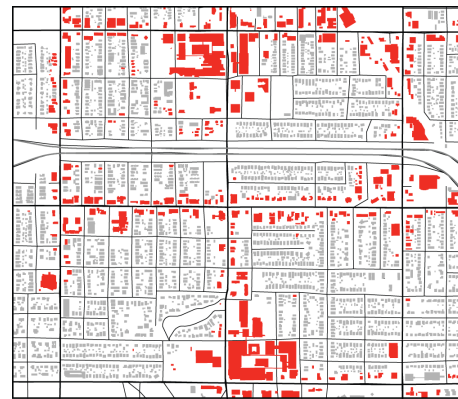


First Timebank Exchange Crosbie Heights Curb Painting, September 2023

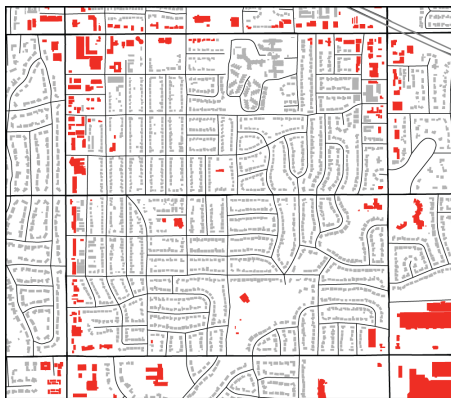
Where are Tulsans Timebanking?



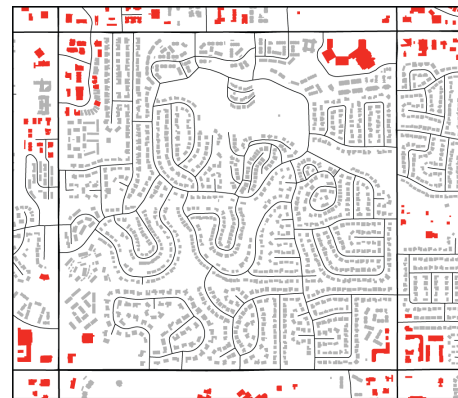
Downtown Era Street Pattern



Streetcar Era Street Pattern



Early Automobile Era Street Pattern



Late Automobile Era Street Pattern

(Planitulsa, 2023)

The map to the left represents the first 43 timebank profiles in Tulsa*. The size of the blue dot is proportional to the share of timebank profiles in that zip code. The larger the dot, the larger the timebank population. Underneath the dots is a map of Tulsa's development patterns. The graphic underneath the map visualizes the streetgrids and block patterns.

A large portion of Tulsa timebankers live in areas of town with streetgrids and block patterns that can be described as "Streetcar Era". This could most likely be attributed to the fact that the most canvassing and promotion happened in these areas. However, it is worth noting that this is consistent with research done on social capital and the built environment. One article from 2003 categorized neighborhoods into 3 types and explored how the design of neighborhoods impacts the social capital of its residents (Leyden, 2003).
Neighborhood Categories-

City Center/Near City Center Neighborhoods

Mixed-use, pedestrian-oriented areas where residents can access daily needs and entertainment by walking.

Older, Mixed-Use Suburbs

Combines features of traditional city centers and quieter suburbs, with amenities like local schools and shops accessible by walking.

and

Modern, Automobile-Dependent Suburbs

Car-oriented with limited walkability and amenities typically accessed by car.

*Note: some timebank members did not provide their zip code when creating a profile, so they were naturally excluded from his map.

Social capital measures in this research included:

1. Knowing Neighbors
2. Political Participation
3. Trust
4. Social Engagement

The results of this study found that residents in mixed-use, pedestrian-oriented neighborhoods reported higher levels of social engagement, are more likely to participate in political activities, and exhibit higher level of trust in other compared to those in car-dependent suburbs (Leyden, 2003).

Continued research like this is crucial when considering things such as where community projects such as gardens or mini markets will be successful due to likelihood that they will be well maintained by engaged residents.

Further research will also help address the "chicken or the egg" dilemma to whether those who report higher levels of social capital prefer to live in mixed-use, pedestrian areas, OR that living in a mixed-use, pedestrian area promotes higher levels of social capital.

Timebanking by the Numbers

9
Organizations



37
Individuals

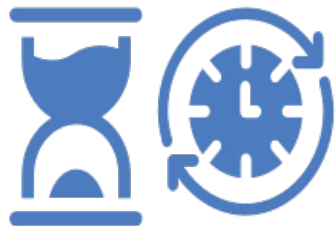


2
Households



4/25/24 Profiles Registered on Tulsa Timebank

47.5
Hours Exchanged



8
Projects/Activities



Data from the Tulsa.Timebanks.org CMS Platform, April 2024

Exchanges in Tulsa



Curb Painting in the Crosbie Heights Neighborhood

	Exchange type	Many:Many
	Outcome	Increases visability of neighborhood address, Reduces EMS response time
	Impact	Improves neighborhood safety



Beat Boxing Lessons at the Tulsa Art Crawl

	Exchange type	One:Many
	Outcome	Introduces new artistic and cultural experiences to downtown patrons
	Impact	Enhances the vibrancy of Tulsa's downtown



Community Compost Clean-up

	Exchange type	Many:Many
	Outcome	Reduces organic waste, enriches soil quality, and fosters sustainable waste management practices
	Impact	Promotes environmental sustainability






Shrub Bed Planting Along Charles Page Blvd

	Exchange type	Many:Many
	Outcome	Improves air quality, provides habitat for wildlife, reduces vehicle noise, and beautifies the neighborhood
	Impact	Enhances neighborhood green spaces






Crosbie Heights Pollinator Garden Cleanup

	Exchange type	Many:Many
	Outcome	Enhances pollination of plants, protects endangered pollinator species, and raises awareness about ecological conservation
	Impact	Supports local biodiversity



Community Cleanup in East Tulsa

	Exchange type	Many:Many
	Outcome	Removes litter and debris from public spaces, reduces environmental pollution, improves appearance of the neighborhood
	Impact	Improves neighborhood cleanliness and safety

Research Questionnaire

In order to determine whether timebanking could be a tool to enhance outdoor public spaces in Tulsa, it was crucial to move beyond case studies and prototyping a timebank and developed a questionnaire. To develop this questionnaire, different social capital indexes, surveys, and measurement tools were researched. It was originally intended for this survey to only be distributed amongst Tulsa timebankers. This approach was found to be limited and instead, decided to distribute this survey to timebankers across the US and see if there were any patterns that could be applied to Tulsa.

Hypotheses:

1. Participation in timebanking positively influences civic attitudes and behaviors among members.
2. Active involvement in timebanking is associated with a greater sense of social responsibility and civic efficacy.

Questionnaire Development:

To develop this questionnaire, items were selected from different validated civic engagement scales and community responsibility instruments. The selection process involved identifying items that are most relevant to the study's objectives while ensuring the retention of the psychometric integrity of the original scales.

Validated questionnaire items were taken from the following sources:

1. Civic Engagement Scale: A Validation Study (Doolittle, et al., 2013):
 - From the CES attitudes section, 7 items were incorporated into the questionnaire. Notably, question 8: "I believe that it is important to financially

12:29

The UNIVERSITY of OKLAHOMA

How long have you been a member of a timebank?

Less than 6 months

6 months to 1 year

1-2 years

More than 2 years

Not currently a member

When did you last perform exchanges within your timebank?

Within the last month

support charitable organizations" was excluded to streamline the focus on non-financial civic attitudes.

- From the Behaviors section, 4 items were included. However, item 1: "I am involved in structured volunteer position(s) in the community" and item 6: "I contribute to charitable organizations within the community" were excluded to narrow the focus on direct civic engagement behaviors rather than financial contributions.

2. Youth Civic and Character Measures Toolkit (Syvertsen, A. et al., 2015):
 - In the category of Civic Efficacy, 3 scale items were selected that best measure an individual's belief in their ability to contribute effectively to community and civic activities.
 - From Social Responsibility Personal Beliefs, 4 items were included to gauge personal convictions about social responsibilities and ethical behaviors.

Distribution Methods:

The survey on timebanking, civic efficacy, and community responsibility was distributed using a targeted approach facilitated through collaboration with Krista Wyatt, the director of timebanks.org. With her assistance, the survey was disseminated to various timebank coordinators across different geographic regions. Timebank coordinators were chosen as key points of contact due to their roles in facilitating and promoting timebanking activities within their respective communities.

Through timebanks.org's network, the survey reached a diverse group of timebank users who were invited to participate voluntarily. Participants were informed about the purpose of the survey and assured of the confidentiality of their responses. The survey was administered electronically using a secure online platform, allowing participants to complete it at their convenience.

Despite efforts to maximize participation, the survey yielded responses from a limited number of participants. A total of 15 users responded to the survey. Of the 15 who responded 13 completed the entire survey and one result was tossed out due to it being an outlier.

Results:

The survey results indicated that timebank participants, irrespective of their level of engagement, exhibited higher scores on metrics assessing community responsibility and civic efficacy compared to non-participants. This finding suggests that involvement in timebanking activities correlates positively with heightened civic consciousness and community-oriented behaviors.

Comparative Analysis of Survey Results:

1. Civic Engagement Scale (CES) Attitudes:

The average scores for each question in the CES attitudes section were compared to benchmark data provided by Remr, J. (2023). The comparison revealed that timebank participants generally scored higher, suggesting a stronger inclination towards civic responsibilities and engagement than the averages reported in Remr's study.

2. Youth Civic and Character Measures Toolkit (Syvertsen, A. et al., 2015):

For the categories of Civic Efficacy and Social Responsibility Personal Beliefs, overall category scores were compared rather than individual item scores. Participants from the timebank scored consistently higher in these categories compared to the toolkit's normative data, which suggests the potential of timebanking to enhance perceptions of civic efficacy and personal responsibility toward societal issues.

Limitations:

While the survey provided valuable data for analysis, several limitations must be acknowledged:

Sampling Bias: The sample size of 15 respondents may not be representative of the entire population of timebank users. The distribution method relied on timebank coordinators to disseminate the survey, potentially introducing sampling bias based on their networks and outreach efforts.

Generalizability: The findings of the survey may not be generalizable beyond the specific population of timebank users who participated. Furthermore, comparisons were made with mean scores derived from different populations (e.g., Czech Republic citizens and high school students), which may limit the applicability of the results.

Instrument Validity: While the survey utilized validated instruments, including the Civic Engagement Scale (CES) and the Youth and Civic Character Measures Toolkit, adaptations were made by selecting specific items from these instruments. The comparability of these items with the original instruments may be affected, potentially impacting the validity of the findings.

Response Bias: Respondents may have been more likely to participate if they held strong opinions or experiences related to timebanking, civic efficacy, or community responsibility. This could result in a skewed representation of attitudes and behaviors within the timebanking community.

External Factors: The survey was conducted during a specific time period, and external factors such as current events or changes in the timebanking landscape may have influenced

respondents' perceptions and responses. Despite these limitations, the survey provides valuable insights into the intersection of timebanking, civic engagement, and community responsibility, serving as a foundation for further research and exploration in this area.

Descriptive Statistics - Timebankers who Spend 0-1 Hour/Month Engaging with Timebank

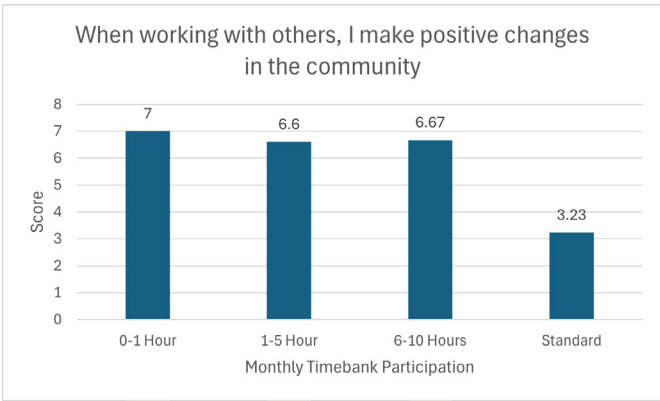
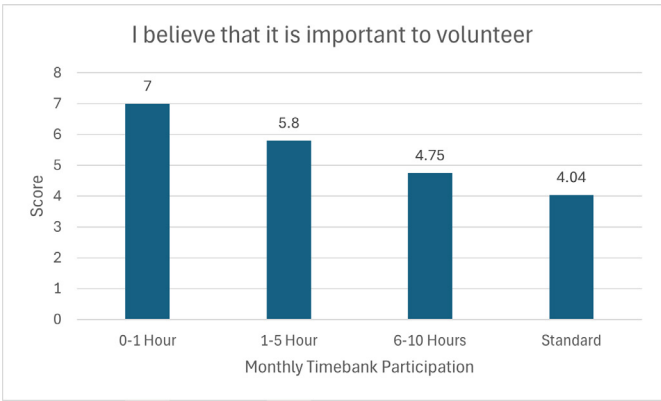
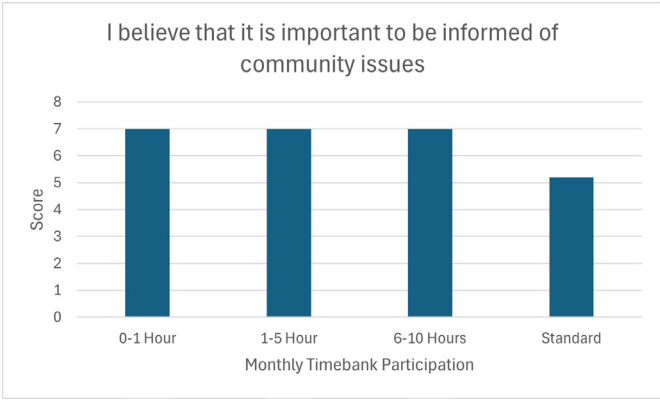
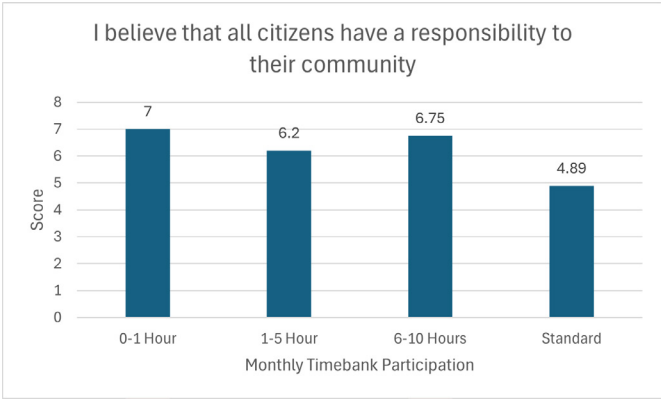
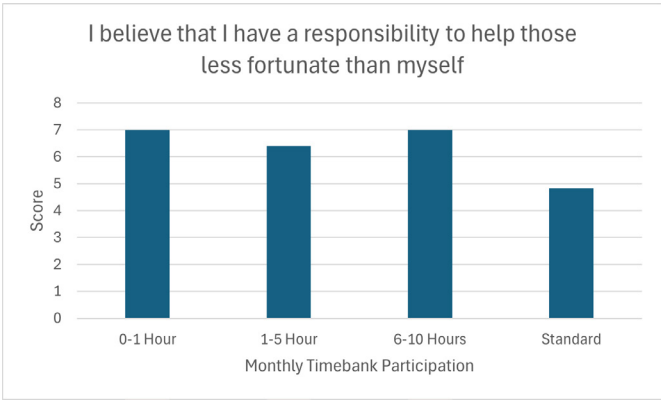
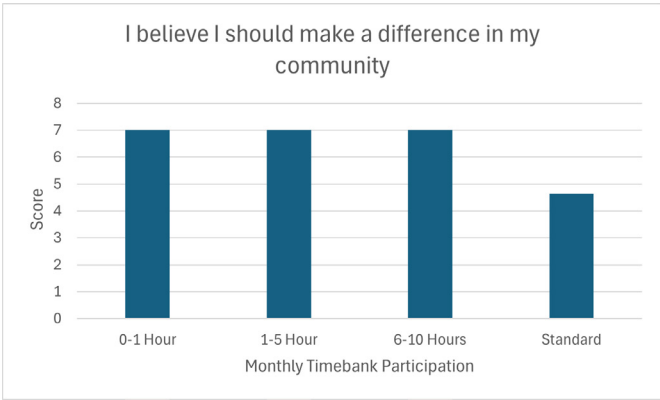
Statistical Measure	Count	Mean	Std Dev	Min	50%	Max
I feel responsible for my community	3	7	0	7	7	7
I believe I should make a difference in my community	3	7	0	7	7	7
I have a responsibility to help less fortunate	3	7	0	7	7	7
I am committed to serve in my community	3	7	0	7	7	7
All citizens have a responsibility to community	3	7	0	7	7	7
I believe that it is important to be informed of community issues	3	7	0	7	7	7
It is important to volunteer	3	7	0	7	7	7
Working with others, I make positive changes	3	7	0	7	7	7
I help members of my community	3	6	1.41	4	7	7
I stay informed of events in my community	3	6.33	0.94	5	7	7
I participate in discussions of social responsibility	2	7	0	7	7	7
I can make a positive difference in my community	3	5	0	5	5	5
There are ways to get involved in my community	3	4.67	0.47	4	5	5
I can use what I know to solve community problems	3	4.67	0.47	4	5	5
I am responsible for protecting our planet	3	4.67	0.47	4	5	5
I have a responsibility to improve my community	2	5	0	5	5	5
I think about making the world a better place	3	4.67	0.47	4	5	5
I have a responsibility to help others in my neighborhood	3	5	0	5	5	5
How old are you?	3	43	16.09	30	38	61

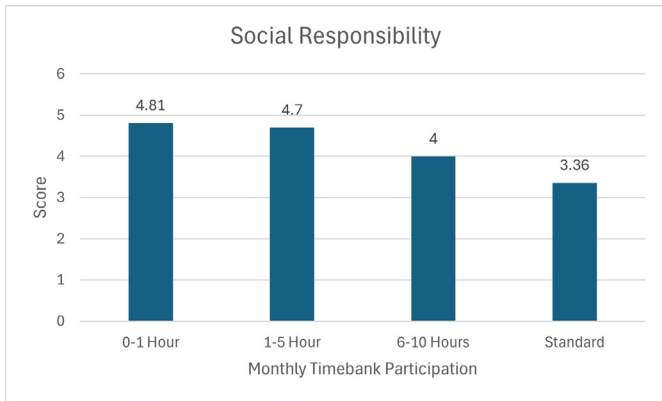
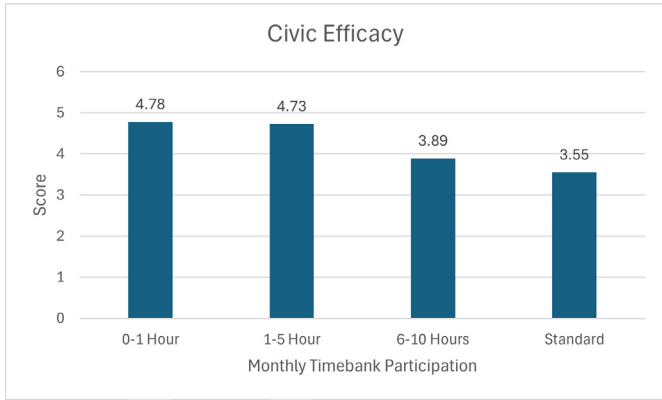
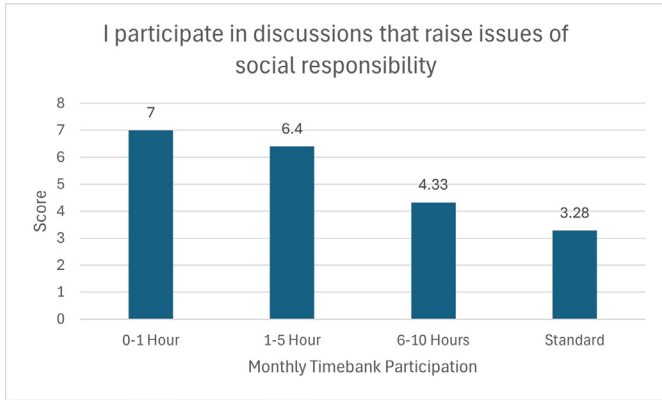
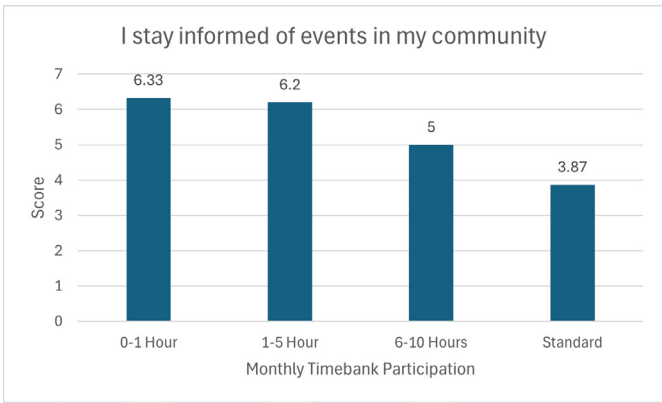
Descriptive Statistics - Timebankers who Spend 1-5 Hour/Month Engaging with Timebank

Statistical Measure	Count	Mean	Std Dev	Min	50%	Max
I feel responsible for my community	5	6	0.89	5	6	7
I believe I should make a difference in my community	5	7	0	7	7	7
Responsibility to help less fortunate	5	6.4	0.8	5	7	7
I am committed to serve in my community	5	6.4	0.8	5		7
All citizens have responsibility to community	5	6.2	1.17	4	7	7
I believe that it is important to be informed of community issues	5	7	0	7	7	7
Important to volunteer	5	5.8	1.47	4	7	7
Working with others, I make positive changes	5	6.6	0.49	6	7	7
I help members of my community	5	6.6	0.8	5	7	7
Stay informed of community events	5	6.2	0.98	5	7	7
Participate in social responsibility discussions	5	6.4	1.2	4	7	7
I can make a positive difference in my community	5	4.6	0.49			
Ways to get involved in community	5	4.8	0.4	4	5	5
Use knowledge to solve community problems	5	4.8	0.4	4	5	5
Responsible for protecting the planet	5	4.8	0.4	4	5	5
I have a responsibility to improve my community	5	4.6	0.49	5		5
Think about making the world a better place	5	4.6	0.55	4	5	5
Responsibility to help neighbors	5	4.8	0.45	4	5	5
Age	5	54.8	12.79	34	58	69

Descriptive Statistics - Timebankers who Spend 6-10 Hour/Month Engaging with Timebank

Survey Question	Count	Mean	Std Dev	Min	50%	Max
I feel responsible for my community	4	6.25	1.5	4	7	7
I believe I should make a difference in my community	4	7	0			
I have a responsibility to help those less fortunate than myself	4	7	0	7	7	7
I am committed to serve in my community	4	6.25	1.3	4	7	7
All citizens have a responsibility to their community	4	6.75	0.5	6	7	7
I believe that it is important to be informed of community issues	4	7	0	7	7	7
It is important to volunteer	4	4.75	1.5	4	4	7
Working with others, I make positive changes in the community	3	6.67	0.58	6	7	7
I help members of my community	3	6.67	0.58	6	7	7
I stay informed of events in my community	3	5	0	5	5	5
I participate in discussions that raise issues of social responsibility	3	4.33	2.52	2	4	7
There are ways to get involved in my community	3	4	1	3	4	5
I can use what I know to solve "real-life" problems in my community	3	3.67	0.58	3	4	4
I am responsible for protecting our planet	3	3.67	1.15	3	3	5
I have a responsibility to improve my community	3	4.33	0.47	4	4.5	5
I often think about ways that I can make the world a better place	3	4	1	3	4	5
I have a responsibility to help others in my neighborhood	3	4.33	0.58	4	4	5
How old are you? (years)	3	63	6.93	55	67	67





Chapter 5: Conclusion and Recommendations

Timebanking in Tulsa Takeaways

This project aimed to explore whether timebanking could be a tool that affords citizens to better their environments and public spaces. So did starting a timebank do this in Tulsa?

Let us break this down.

Did the Timebank Improve Space?

To answer simply, yes. During the timebank's first year, there were exchanges that occurred through the timebank that improved public spaces. However, it's worth noting that the majority of activities were volunteer efforts organized by other organizations, with only a few Tulsa Timebank members participating. While the timebank played a role in these improvements, it's important to recognize that it wasn't the sole driving force. Nonetheless, the fact that many Tulsa citizens joined in these activities demonstrates a widespread community interest in making positive changes, and the timebank remains a valuable part of that collective effort.

Does Timebanking Afford Actions?

Although the survey research was not without its limitations, it is possible that people who choose to engage in timebanking feel a stronger sense of community responsibility. Literary review research also suggests that timebanking can be a way to involve individuals who are less likely to participate in traditional volunteering such as low-income earning individuals and those without traditional employment (Seyfang, 2002). However, further efforts are needed from Tulsa Timebank in order to engage this population.

Sustainable Timebanking

Because Timebanking in Tulsa is so new, further research is needed to ensure the timebank is sustainable and impactful. Limited research is available on what makes a timebank sustainable, but recommendations from the framework titled *"Defining a Framework for Sustainable Time Banking to Assist Developing and Established Time Banks in Strengthening the Core Economy"* were reviewed and analyzed to determine the

Table 9: Sustainable Time Bank Participants

Time Bank Participants: Sustainability Framework	
▶ Involve the participants in the management, development and individual projects of the time bank	▶ Agree to a system for communicating with participants, funders and other stakeholders
▶ Create a strategy to recruit new participants to the time bank	▶ In addition to time credits recognize contributions made by participants using reward schemes
▶ Create a strategy to welcome new participants to the time bank	▶ Offer training and learning opportunities to participants

(Devitt, 2009).

successful practices of Tulsa Timebank and strategies that should be considered. The study, conducted in 2009, examined 25 timebanks in the United Kingdom categorized into sustainable/active and unsustainable/inactive groups. A timebank was deemed sustainable if it exhibited “prolonged existence and the ability to create long-term active social networks within communities” (Devitt, 2009). The author formulated a questionnaire comprising various timebanking practices, which was then distributed to different timebanks. The responses were scrutinized and analyzed to ascertain if the practices were implemented by sustainable timebanks. This research was considered when developing recommendations for Tulsa Timebank.

Recommendations for Tulsa

- Identify the “positive deviants” in the community and expand on their capacity (e.g. the Really Really Free Market, Buy Nothing Groups, Community Gardens, etc.)
- Expand timebank administrative assistance and help with the logistics of running a timebank.
- Pursue becoming an entity and obtaining liability insurance. Even though users must accept “terms and conditions” when joining the timebank, liability insurance is recommended.
- Consider forming committees that are responsible for certain facets of the timebank. Namely,
 - Social Media & Outreach
 - Responsible for identifying events and opportunities for the timebank, developing promotional material - both print and digital materials, coordinating trainings for new users.
 - Funding
 - Responsible for identifying possible funding for

administrative position(s), supplies for community projects, and software.

- Possible funding sources include local grants such as Tulsa Young Professionals (TYPROS) and federal grants such as Community Development Block Grants (CDBG) which allow 15% of funds to go towards eligible public service activities. According to U.S. Department of Housing and Urban Development (2012)
- Platform/Software
 - Responsible for ensuring the platform and software being used for the timebank meets the unique needs of the community.
 - Tasks may include attending meetings with software developers and sending surveys and getting feedback from Tulsa timebank users on what features they like and do not like on the timebank platform.
- Explore a sociocracy structure when developing committees to ensure power is distributed
- Encourage participation from a diverse group of individuals.

General Recommendations for Further Research

- Continued research on sustainable timebanks. More research is needed on why some timebanks are long lasting and have active participation while others do not.
- Continued research exploring the role of the built environment and its connection to social capital and shared economies.

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