

Get Centered!

Sent: Week of Feb 2

VOLUNTEERING OPPORTUNITIES

1. Suicide Prevention and Crisis Center
2. Master Composter
3. Ithaca Love's Teachers Promotion
4. Habitat for Humanity
5. Ithaca Children's Garden
6. Fresh Fruit and Vegetable Program

JOBS

1. Medicaid Case Manager Technician
2. Public Health Sanitarian
3. Town of Ithaca Laborer
4. Prevention and Detection at the American Cancer Society
5. Administrative Assistant
6. Youth Program Manager

INTERNSHIPS

1. Ghana Health and Education Initiative
2. Plantations Summer Internship Program

SCHOLARSHIPS/FELLOWSHIPS (GRANTS)

1. Neighborhood Mini-Grants

MORE IDEAS!

1. Parenting Skills Workshop Series
2. Strengthening Families Program
3. Exploring Credit/Debt Management
4. Institute on Philanthropy and Voluntary Service

VOLUNTEERING OPPORTUNITIES

1. Suicide Prevention and Crisis Center

Description: The Crisisline offers counseling, 24 hours a day, 7 days a week, to callers who may be dealing with any personal problem, such as anxiety, alcohol, family, school, sexuality, loneliness, depression, economic stress and suicidal thoughts. Become part of this cadre of skilled crisis line counselors that offer a caring ear to people experiencing crisis over the many issues that can surface throughout a lifetime.
Contact: If interested or have any questions, please contact Christina Culver at 607-272-1505 or email spcscrisisline@verizon.net.

2. Master Composter

Date & Time: 10 Wednesday evening classes from Feb 11- Apr 29 (no class Mar 18) + related volunteer work,

Application deadline: Fri, Jan 30

Location: Cooperative Extension Education Center, 615 Willlow Ave

Description: Master Composters are enthusiastic community volunteers that are committed to promoting responsible composting in Tompkins County. The training program covers all aspects of composting, including the basic science, systems and methods for indoor and outdoor composting, troubleshooting, how to assess and use mature compost, and diverse outreach methods. Following completion of the training program, Master Composters give time back to the community in a wide variety of outreach activities and independent projects. If you are interested in protecting the environment, improving gardens, reducing waste, and having fun with a lively group, then consider joining us! \$40 training deposit, refunded upon completion of volunteer hours.

Contact: For more info and the volunteer application, please visit www.ccetompkins.org/compost or reach Adam Michaelides at 607-272-2292 x 192 or acm1@cornell.edu

3. Ithaca Love's Teachers Promotion

Date: Feb 16-20

Location: Sciencenter

Description: A surprise activity will be presented each day and would love a volunteer to help present each activity to visitors!

Contact: For more info, please contact BJ Siasoco at bjciasoco@sciencenter.org or 607-272-0600 x 10

4. Habitat for Humanity

Description: Habitat for Humanity of Tompkins and Cortland Counties (TCHFH) will be building a house in Tompkins Co. so we are looking for volunteers who can help us raise community awareness by organizing TCHFH's participation at various special events or working on specific 3 - 6 month fund raising projects.

The volunteers will be active members of the TC HFH Development Committee; this includes one meeting a month.

Tasks specific to the position include:

- * Planning and organizing events or projects (roughly 6 minor and 2 major events/projects a year).

- * Working with other organizations for joint fund raising activities with TC HFH.

- * Some project tasks may be completed remotely by computer

Skills and Personal Characteristics:

- * Fundraising experience desirable but not required.

- * Good communicator.

- * Responsible for meeting deadlines.

- * Belief in team approach to work environment and able to commit to the mission of Habitat.

Meaningfulness of position:

- * Important for raising awareness and funds for Habitat building locally.

Hours: 3hrs/wk

Contact: For more info or any questions, please email at

tompkinscortland@habitatnys.org or contact Shannon Wheeler at 607-898-4148.

5. Ithaca Children's Garden

Date & Time: Feb 10 & 24, 6:30-8pm

Location: Cooperative Extension Education Center

Description: Looking for fun, flexible, and rewarding volunteer opportunities? The Ithaca Children's Garden is seeking new volunteers for spring and summer education programs and garden projects. These two evening trainings give you background on the garden, its programs, and mission as well as hands-on experience with program activities and a chance to match your interest and skills with upcoming opportunities. Adults and youth ages 12 and up are welcome.

Contact: For more info or to RSVP, please contact Leigh MacDonald-Rizzo at 607-272-2292 x186 or lam26, or visit www.ithacachildrensgarden.org.

6. Fresh Fruit and Vegetable Program

Date & Time: Tues & Wed 9:30-11:30am or 10am-noon)

Location: BJM Elementary School

Description: The Fresh Fruit and Vegetable Program at BJM is going really well! We have a full time employee and one other person who comes in 2 hours per day. To really get where we'd like to be, we are working on having a volunteer for 2 hours each day also. Children are coming to prefer fruits and vegetables as a snack.

Contact: For more info, please contact Lara Kaltman at larakaltman@hotmail.com

JOBS

1. Medicaid Case Manager Technician

Description: The Southern Tier AIDS Program is seeking a Medicaid Case Manager Technician for their Ithaca office. Qualifications should include an Associates degree in Health, Education, Social Work, Human Service, Liberal Arts or a related field. Certification as an L.P.N. or a registered nurse is also acceptable. One year of experience in a human service setting is highly desirable. Applicants with a High School Diploma/GED may be considered for this position if they have two years of relevant human service experience. Experience with persons with HIV, mental illness, homelessness or chemical dependence preferred. Must have reliable transportation.

Contact: For more info, please call 607-798-1706. Send resume and cover letter by January 26, 2009 to Jackie Centerwall, c/o STAP, 122 Baldwin St., Johnson City, NY 13790 or fax to 607-798-1977 or email jcenterwall@stapinc.org

2. Public Health Sanitarian

Description: The Tompkins County Health Department has a vacancy for a half-time (17.5 hrs/wk) Public Health Sanitarian in its Environmental Health Division. The Public Health Sanitarian's duties may include inspection of restaurants and food vendors, public and private drinking water systems, children's camps, swimming pools and beaches, hotels and motels, and campgrounds; investigation of indoor air, animal (rabies) and other nuisance complaints; evaluation of soils for and construction inspection of sewage treatment systems; and sample collection. A significant portion of the job may entail administering the Adolescent Tobacco Use Prevention Act (ATUPA) and Clean Indoor Air Act (CIAA). Some evening and weekend work will be required. The appointment is provisional pending the next civil service test. The salary is \$23.09 A prorated benefits package applies. MINORITY CANDIDATES ARE STRONGLY ENCOURAGED TO APPLY

Contact: For more job description and application form, please visit <http://www.tompkins-co.org/personnel/index.html>.

3. Town of Ithaca Laborer

Location: Public Works Facility, 106 Seven Mile Dr, Ithaca

Description: Full-time position performing routine physical work, which requires physical endurance and a willingness to perform arduous tasks. The work is performed under direct supervision. Wage: \$12.85-16.85/hr (commensurate with experience). Hours: 40hrs/wk (6:30am-3pm) Position may require overtime and work night shift during winter months.

Contact: For more info, please contact jdrake@town.ithaca.ny.us or at 607-273-1721 x115. Please submit application to Town of Ithaca, Public Works Department, 106 Seven Mile Drive, Ithaca, NY.

4. Prevention and Detection at the American Cancer Society

Description: The Rural Health Service Corps (AmeriCorps) is recruiting an energetic, community and public-health minded individual to fill a full-time position at the American Cancer Society, Eastern Division located in Johnson City, NY as the Prevention and Detection Associate. This position is a full-time placement (1700 hr commitment) which includes an \$11,800 living allowance, \$4,725 education award, health insurance, student loan deferment, and a child care subsidy, if needed. The Prevention and Detection Associate will assist the Prevention and Detection team to improve the health of residents, particularly those lacking health insurance, in a ten county rural region by: increasing the number of residents who obtain screenings for breast, colorectal and prostate cancer; decreasing the use of tobacco among these residents; and reducing obesity in this population. The Associate will also work with community action groups, health care professionals, African-American communities, and faith communities providing support and resources.

Contact: For more info and to apply, please visit www.ruralhealthnetwork.org or call at 607-692-7669.

5. Administrative Assistant

Description: The Administrative Assistant must be comfortable working in a fast paced environment and have excellent organizational skills. Responsibilities include preparing correspondence, reports, vouchers and charts; sorting and distributing incoming mail; data entry; making travel and meeting arrangements; filing; and, providing support to several individuals and assist various departments as needed. The ideal candidate will be a team player who is a self-starter, possesses excellent administrative skills, multitasking talents, professional phone and office manner, a passion for Red Cross programs, strong leadership skills, the confidence and ability to work with a range of professionals and personalities.

Contact: For more info or to send your resume, please email hr@tompkins-redcross.org.

6. Youth Program Manager

Description: Implement innovative year-round youth development activities during out-of-school hours for the Town of Newfield. Plan & deliver school and community based programs where middle-school-aged youth develop critical life skills. BA/BS & experience in youth development programming. Half-time (20 hrs./wk), grant funded, with benefits. Cover letter, resume & application to Cornell Cooperative Extension Tompkins County, 615 Willow Ave., Ithaca NY 14850

Contact: For more info, please visit www.ccetompkins.org or Theresa Emerick at 607-272-7088.

INTERNSHIPS

1. Ghana Health and Education Initiative (GHEI)

Description: GHEI is a grassroots NGO based in Humjibre, Ghana, which promotes the betterment of both education and health in the area. We are rooted in principles of sustainable development, and are working with the community towards mobilization and empowerment. We are looking for students interested in development, public health, universal education and human rights promotion to apply for a position in one of our summer "serve and learn" programs. This summer's sessions and themes are as follows: Session 1- Girls' Empowerment, July 1-18; Session 2- Prevention of Childhood Diseases through Handwashing, July 19-Aug 5; Session 3- Treatment and Prevention of Child Worms, Aug 6-23. Please encourage or nominate students to apply that exhibit flexibility, tolerance and passion for social justice.

Contact: For more info, please visit www.GHEI.org or Devon Rupley at d.rupley@gmail.com.

2. Plantations Summer Internship Program

Deadline: Feb 13

Description: The Plantations website has been completely revised and detailed information about the internship program is found under "Learning at Plantations."

Bookmark and use this link to go directly to that information:

<http://www.plantations.cornell.edu/learning/internship>. The wage is \$9.00 an hr. There are 9 positions total. Four in our botanical gardens, one in the wildflower garden, two in our natural areas (one focused on management and the other on research), and two in our education department (one focused on adults and the other on children).

Contact: For more info, please contact Phil Syphrit at plantationsintern@cornell.edu or call 607-227-5795. To apply, visit

<http://www.plantations.cornell.edu/learning/internship/apply>

SCHOLARSHIPS/FELLOWSHIPS (GRANTS)

1. **Neighborhood Mini-Grants**

Deadline: Fri, Feb 20 and on a quarterly basis thereafter

Description: Neighborhood Mini-Grants are now available through Sustainable Tompkins, a citizen-based organization whose mission is to promote the long-term well-being of our communities and region by integrating social equity, economic vitality, ecological stewardship, and personal and civic responsibility. Goals of the grants is the support and stimulate resident-based, "bottom-up" initiatives that improve the quality of life and long-term health of residents in the Northside and Southside neighborhoods and in nearby low/middle income housing developments. To build neighborhood capacity, opportunity, and leadership, and generate more collaboration between residents, organizations, and leaders.

Contact: For more info and to apply, contact Elan Shapiro 607-275-0249 or elansla@ecovillage.ithaca.ny.us

MORE IDEAS!

1. Parenting Skills Workshop Series

Date & Time: Monday evenings, 6-8pm, Feb 2, 9, 23, March 2, 9, 16, 23, 30

Location: Greater Ithaca Activities Center (GIAC), 318 Albany St

Description: Learn how to talk with your child (any age) using the five communication skills: Encouragement, Can Do, Choices, Self Control, and Respecting Feelings. Share your strengths-learn new strategies. A class for every parent. Every parent comes out with something new.

Contact: If you are interested or to register, please call 607-272-2292.

2. Strengthening Families Program

Date & Time: Wednesdays, 6-8pm. Feb 25, March 4, 11, 18, 25, April 1, 8 (snow date April 22)

Location: Dryden Middle School, Ithaca

Description: Strengthening Families is a parent, youth, and family skills-building curriculum designed to: help parents and caregivers learn nurturing skills that support their children; teach parents and caregivers how to effectively discipline and guide their youth; give youth a healthy future orientation and an increased appreciation of their parents and caregivers, and teach youth skills for dealing with stress and peer pressure.

Contact: For more info or to register, please contact Kate Beanas at 607-844-8694 x9204# or Mary Hicks at extension 9444#.

3. Exploring Credit/Debt Management

Date & Time: Mon, Jan 26 at 6:30-8:30pm

Location: CCE of Tompkins County, 615 Willow Ave, Ithaca, 14850

Description: Topics discussed at this workshop include: understanding your credit report, strategies for paying down debt, ways to choose and use credit cards responsibly, and how to make credit work for you. Registration is required.

Contact: For more info, please call Helen Ranck at 607-272-2292 or visit www.ccetompkins.org.

4. Institute on Philanthropy and Voluntary Service

Nomination deadline: Feb 5

Description: This summer: June 6 - August 1, 2009 at Georgetown University, Washington, DC. This fast-paced Institute offers a rigorous combination of professional experience, academic learning and service projects that will provide students with an unparalleled experience in the nation's capital.

- Internships - Competitive placements with leading nonprofit organizations
- Classes - Up to 9 credit hours from Georgetown University
- Housing - Furnished on-campus apartments
- Service - Variety of hands-on community projects
- Guest Lectures - With Washington's top nonprofit executives and scholars
- Leadership Development - Leadership, mentoring and career building activities
- Scholarships - Over half of all students receive full or partial funding

· Networking - With hundreds of other top student and nonprofit leaders from around the world

Contact: For more information or to request a brochure, please visit the website at www.dcinternships.org/ipvs or contact Emily Hill at 1800-741-6964 or ipvs@tfas.org