

# Get Centered!

Sent Date: Thurs, Sept 4

## VOLUNTEERING OPPORTUNITIES

1. Public Service Center's Volunteer Fair (presenting many organizations)
2. Tutoring at Tompkins Learning Partners
3. Special Olympics
4. Fall Book Sale
5. Autumn Clean
6. Spin Opening Weekend
7. Sorting Food and Personal Care Items
8. Working with Birds - Aviaries
9. IYB College Discovery Program
10. Hotline Advocate Training

## INTERNSHIPS

(look for our upcoming "Get Centered!")

## SCHOLARSHIPS/FELLOWSHIPS

(look for our upcoming "Get Centered!")

## JOBS

1. Certified Home Health Care Aide

## MORE IDEAS!

1. "Small is All: Nano, Bio, and the Future of Technology"
2. "Rock Walk"

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## VOLUNTEERING OPPORTUNITIES

1. Public Service Center's Volunteer Fair

Location: WSH Memorial Room

Time: Wednesday, Sept 17 @ 11am-2pm

Description: Come learn about volunteer and work-study opportunities in the local Ithaca community. The following organizations attending are:

SPCA of Tompkins County

Family and Children's Service (Dispositional Alternatives Program)

Ithaca Neighborhood Housing Services

Franziska Racker Centers

Mental Health Association in Tompkins County

Lifelong/RSVP  
Women's Opportunity Center  
Finger Lakes Land Trust  
Namgyal Monastery Institute of Buddhist Studies  
Hangar Theatre  
AND MANY MORE!!!

2. Tutoring at Tompkins Learning Partners

Location: Tompkins Learning Partners, Inc

Time: Wednesday, Sept 3 @ noon-2pm OR 6-8pm (you may still contact them to volunteer)

Description: Attend the Volunteer Tutor Orientation to find out how tutoring can make a difference!

Contact: Call 607-277-6442 to pre-register or email by [tlpaww@tlpartners.org](mailto:tlpaww@tlpartners.org).

3. Special Olympics

Time: weekends of fall & spring semesters

Description: Special Olympics provide opportunities for people with intellectual disabilities to train and compete in Olympic-style sports. Volunteers will be needed in the fall sports: bocce, cross-country running, cycling, golf and soccer. Help is also needed in 2 large fundraisers (raffling tickers and BonTon coupon booklets). In spring semester, help may be needed in Alpine skiing at Greek Peak, cross-country skiing, snowshoeing, bowling, swimming, basketball, track and field, and tennis.

All volunteers need to complete a registration form that will include a background check. They must also attend a 45-minute orientation and complete an on-line protective behaviors training.

Contact: Janet Krizek at [sonyarea17@yahoo.com](mailto:sonyarea17@yahoo.com) or 607-273-0566 or 607-277-7342.

4. Fall Book Sale

Location: Tompkins County Public Library

Time: Oct 11-13, 18-20, and 25-28

Description: Friends of the Tompkins County Public Library (FOL) is asking non-profit organizations to sponsor a 2 1/2 hour shift during the upcoming Fall Book Sale, a unique event that attracts people from all over the county. A dozen organizations hosted shifts at the Spring '08 Book Sale, doing a wonderful job of greeting customers, pricing books, and answering questions at the information booth. FOL request that to host a shift, organizations should provide at least 4 to 5 volunteers.

Contact: For info about available shifts and if your organization is interested, contact Julee Johnson at [ComOrgGrants@booksale.org](mailto:ComOrgGrants@booksale.org) or call 607-272-6277.

5. Autumn Clean

Location: Sciencenter

Time: Sept 4 @ 5-8pm

Description: Come help the Sciencenter clean and prep for our upcoming fall workshops. We'll provide refreshments and snacks in exchange for your elbow grease!

Contact: BJ R Siasoco at 607-272-0600 x10 or [bjciasoco@sciencenter.org](mailto:bjciasoco@sciencenter.org).

6. Spin Opening Weekend

Location: Sciencenter

Time: Oct 10-13

Description: Help welcome our new exhibit Spin! Experience the human centrifuge, create your own mini laser show, and race various objects along tracks as you explore the fun- and science-of rotation at the Sciencenter's new fall exhibition, "Spin." Special activities include creating beautiful "Spin Art" by dripping paint on a spinning platter, making a mini boomerang, designing spinning tops from recycled materials, and creating a miniature kite that spirals through the air to take advantage of the blustery fall weather.

Contact: For shifts and more info, contact BJ R Siasoco at 607-272-0600 x10 or [bjciasoco@sciencenter.org](mailto:bjciasoco@sciencenter.org).

7. Sorting Food and Personal Care Items

Location: United Way of Tompkins County, Stewart Park (Large Pavilion)

Time: Thurs, Sept 11 @ 8am-12noon OR 1pm-4pm

Description: Volunteers needed to sort food and personal care items. Volunteers should wear comfortable clothes and shoes. Snacks and a light lunch (12 noon program) will be provided. Come and help out food pantries and community organizations in Tompkins County.

Contact: Sign-up via email [mj28@cornell.edu](mailto:mj28@cornell.edu).

8. Working with Birds - Aviaries

Location: Kendal at Ithaca Retirement Community, N. Triphammer Rd

Description: We have 2 large aviaries containing several species of tropical finches. Four times a year we need help cleaning the aviaries. This involves catching the birds, clipping the birds' toenails, and putting them in a small cage; washing the glass and inside walls of the aviary; cleaning the nest boxes; removing the old bedding in the bottom and adding fresh bedding. We would like to have 1 or 2 students (usually a weekday 9-11 a.m) to help with the cleaning. This is ideal for a vet student or someone who likes birds. Dates are flexible and we are right on the bus line (Bus #30). Photos of the aviaries:

[www.kendal.org/kaire](http://www.kendal.org/kaire)

Contact: Bob Young at 607-257-0535.

9. IYB College Discovery Program

Location: Ithaca Youth Bureau

Description: Become a mentor with the College Discovery Program and help ensure that the hopes expressed by these children are realized in our community. The College Discovery Program (CDP) is a long-term, intensive school-based tutoring and mentoring program designed to create a culture of achievement for student participants. The program is committed to monitoring and supporting each student from 5th grade through his or her first year in college. Please join us in our effort to support local youth!

Contact: Rebecca Curren at 607-273-8364 x141 or [rcurren@cityofithaca.org](mailto:rcurren@cityofithaca.org) OR Linda Cimasky Barr at 607-273-8364 x151 or [Lcbarr@cityofithaca.org](mailto:Lcbarr@cityofithaca.org).

10. Hotline Advocate Training

Location: Advocacy Center of Tompkins County

Description: Volunteer Advocates staff our 24-Hour Hotline & help adult and youth survivors of domestic violence, sexual assault, abuse and harassment by providing crisis

counseling, advocacy, information, referrals and support. The next training will take place Sept-Oct 2008, and space is limited.

Contact: Aileen Boyd at 607-277-3203 x317 or [aboyd@theadvocacycenter.org](mailto:aboyd@theadvocacycenter.org).

## JOBS

1. Certified Home Health Care Aide

Location: The Visiting Nurse Service of Ithaca and Tompkins

Description: Two full time Certified Home Health Care Aide positions are offered with full benefits including health, paid time off, mileage reimbursement and we offer competitive wages.

Contact: Interested applicants should send resume and cover letter to: Cheryll Vosburgh, HR Manager, Visiting Nurse Service, 138 Cecil A. Malone Drive, Ithaca, NY 14850 or email to [cvosburgh@vnsithaca.org](mailto:cvosburgh@vnsithaca.org).

## MORE IDEAS!

1. "Small is All: Nano, Bio, and the Future of Technology"

Location: Lost Dog Café, 112 S. Cayuga St

Time: Sun, Sept 7 @ 7pm

Description: Nanotechnology will revolutionize our future, much as information technology has changed our lives in the past 50 years. From the mundane (pants that don't stain) to the cutting edge (new ways of fighting disease), this emerging field of science will eventually permeate all aspects of our lives. Paul McEuen of Cornell University's Department of Physics will talk about the excitement and challenges facing us in a nano future. This special presentation, sponsored by the Sciencenter, is geared toward an adult audience. Join us at 6 p.m. for pre-cabaret music by DJ Laika and an exhibition of nanoart curated by Kathryn de Ridder-Vignone.

2. "Rock Walk"

Location: Sciencenter

Time: Sat, Sept 6 @ 2pm

Description: Sciencenter educator John Alvarez del Castillo will lead an outdoor tour of the Sciencenter geological collection. Not sure of the difference between igneous and sedimentary rocks? Now's the time to find out!