

# Get Centered!

Sent Date: Thurs, Sept 18

## VOLUNTEERING OPPORTUNITIES

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2. Free Food Pantries & Meals
3. Green Buildings Open House
4. Community Forum on Gas Drilling in New York State

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## VOLUNTEERING OPPORTUNITIES

### One-Time

#### 1. Apple Harvest Festival

Location: Ithaca Commons

Description: The 26th Annual Apple Harvest Festival is an exciting community event held in downtown Ithaca from September 26-28, 2008. The festival is guaranteed to please all members of the family with music, food, entertainment, ferris wheel, farmers market, wine tasting and more. We need volunteers to help make this event a success! Flexible shifts for individuals and groups! Volunteer 3+ hours and receive a gift of appreciation, 6+ hrs and receive a free meal and gift of appreciation. Earn community service hours!

Contact: For more info, contact Angela DeFlice at 607-262-6024 or amdefelice@yahoo.com.

## 2. Spooky Science!

Location: Sciencenter

Time: Thurs, Oct 23 & Fri, Oct 24

Description: Volunteers are needed both the night before (Thursday, October 23) to help "Spookify" the Sciencenter and the evening of (Friday, October 24) to staff the event. This year's Spooky Science is filled with Ghastly Experiments, Creepy Crafts, and all kinds of family fun.

Contact: For more info or to take shifts, email bjsiasoco@sciencenter.org

## 3. Fall Harvest Festival

Location: Cornell Cooperative Extension of Tompkins County

Time: Oct 13 @ 1:30-5pm

Description: Help the Cornell Cooperative Extension of Tompkins County give back to their neighborhood and community during their annual Fall Harvest Festival for Kids The Sciencenter will be contributing a fun fall themed activity to share with the community. A two hour shift anytime from 1:30-5 is available, volunteers would need transportation to the site (P&C Foods on Hancock Street, behind the Sciencenter)

Contact: For more info or to take shifts, email bjsiasoco@sciencenter.org

## 4. 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.

Help Present Special activities, including:

\* Spin art: make beautiful artwork by dripping paint on a spinning platter

\* Tops: make spinning tops from recycled materials

\* Spiral minikite: make a miniature kite that spirals through the air

Contact: For more info, contact BJ Siasoco at 607-272-0600 x10.

## 5. Bookfest

Location: Sciencenter

Time: Nov 8, 10am-4pm

Description: Lead an Adventure through reading with the Sciencenter! This year's Bookfest theme is "Adventure by Book" and we'll be reading some great stories and assisting children with fun hands-on activities. There will be 3 shifts (10am-12, 12pm-2pm, 2pm-4pm) and volunteers would need their own transportation to the site.

Contact: For more info, contact BJ Siasoco at 607-272-0600 x10.

## 6. Book Packing Party

Location: Café in Anabel Taylor Hall, Cornell University

Time: Tues, Sept 23 @ 6:30pm

Description: Durland Alternatives Library/Prisoner Express is doing a fundraiser. See how you come help by visiting - <http://www.facebook.com/n/?event.php&eid=31646011103>

Contact: For more info, please visit the website above.

### On-Going

#### 1. Suicide Prevention and Crisis Service

Location: 124 E. Court St

Time: training starts Oct 2008

Description: Are you ready to make a difference in someone's life? Help someone find their silver lining, by volunteering as a Crisisline counselor at Suicide Prevention and Crisis Service. No prior experience is needed, only a caring, open-minded attitude, and a willingness to learn new skills. The training prepares you to be an effective counselor, and also introduces valuable skills that will benefit you in all aspects of your life. Counselors are able to volunteer during times that are convenient for them.

Contact: For more info, call at 607-272-1505 or visit [www.suicidepreventionandcrisisservice.org](http://www.suicidepreventionandcrisisservice.org).

#### 2. Food Pantries

See "More Ideas!" #2

## JOBS

#### 1. Ithaca Carshare

Time Commitment: 10 hrs/wk

Wage: starting at \$11.18 + benefits

Description: Ithaca Carshare, a local nonprofit that provides the community with 24/7 access to a fleet of 10 vehicles on a per-hour basis toward a mission of enhancing community access to transportation while reducing negative environmental and economic impacts, is currently seeking someone to join our eco-conscious, dedicated staff. We need someone to help us make Ithaca Carshare a valued community asset. If you like cars, but hate their impacts, this position is for you. This position has strong growth potential as Ithaca Carshare gets established and expands in the community. This is an opportunity for a confident person with a professional outlook to start at the early stages of a new organization.

Contact: Please submit a resume, cover letter, and two references via email to [Jennifer@ithacacarshare.org](mailto:Jennifer@ithacacarshare.org).

## 2. Tompkins Community Action Job Positions

- Chartwell House Program Coordinator: FT; Responsible for overall supervision and management of Chartwell House Program. Min required: Associates Degree, 1 year supervisory experience, and 2 years Human Service experience.
- Housing Advocate: FT; Assists families and provides program support. Min. required: Associates Degree and 2 years relevant experience.
- Crew Leader-Building Tech II: FT; Works with and supervises crewmembers to complete home weatherization and energy conservation projects. Min. required: HS Diploma or GED, 3 years experience in construction and BPI certification within 6 months of hire.
- Head Start Support Aide: 17.5 to 30 hrs wkly/41 wks.; Assist center staff with various duties as assigned. Min required: HS diploma/GED with 3 EC credits or 1 year of experience.
- Head Start Teachers: FT/43 wks.; Responsible for implementing classroom plans and program. Min required: 4 yr degree w/ 12 EC credits and 2 yr relevant experience.
- Head Start Teaching Assistant: FT/42 wks.; Provide classroom support. Min. required: 12 EC credits and 2 years experience.

Contact: For more details visit [www.tcaction.org](http://www.tcaction.org). Mail, fax, or email resume w/cover letter to Professional Development Director, TCAction, 701 Spencer Road, Ithaca, NY 14850; fax 607-273-3293; email [jobs@tcaction.org](mailto:jobs@tcaction.org).

## 3. Program Coordinator – Green Building and Renewable Energy Education

Location: Cornell Cooperative Extension Tompkins County

Deadline: Applications will be reviewed beginning 9/19 until acceptable pool of applicants has been identified

Description: Work as a member of a 4-6 person CCETC/Ithaca Green Building Alliance working group that is responsible for the planning, implementation, and evaluation of innovative educational programs in Green Building and Renewable Energy for Cornell Cooperative Extension Tompkins County (CCETC). Major programming emphasis is on contributing to the development of these two important economic sectors through education for consumers and businesses at the level of individuals, families, communities (including local government), and organizations on green building and renewable energy and relevant policy education. Other areas of importance to be addressed in collaboration with other CCE staff include energy efficiency and rural land use. Programming requires extensive outreach, collaboration, facilitation and grant writing.

Contact: For more info visit [cce.cornell.edu](http://cce.cornell.edu). Send letter of intent, resume, and transports to PA#482, Box 26, Kennedy Hall, Cornell U, Ithaca, NY 14853.

## 4. Youth Advocate

Location: Youth Advocate Program (910 W. State St, Ithaca, 14850)

Description: Youth Advocate Program, Inc., a nationwide leader in providing community-based alternatives to residential and foster care placement, for at risk youth. Have you worked with at risk youth and or youth? We have a opening for a Youth Advocate. We are

accepting resumes for a part-time position of Youth Advocate, for the Tompkins County Program. The program provides community based wraparound services for families who have youth returning from placement or at risk of residential care. Candidates must be over 21, with valid drivers license, car and carry at least 100/300 limits in auto insurance. If you are looking for a flexible, high energy position this is for you.

Contact: Please send resumes to the address above, or stop by with it. You can call 607-277-5254 attn: Jerame.

## 5. Administrative Coordinator

Deadline: Sept 22, 2008

Location: Community Dispute Resolution Center (120 W. State St, Ithaca 14850)

Description: This position works full time in our Tompkins Office providing administrative support, general office duties and case coordination assistance. Strong communication, organization and data management skills required.

Contact: For more info, visit <http://cdrc.org/contact>, or by calling 607-734-9087 or email [cdrc@cdrc.org](mailto:cdrc@cdrc.org) to receive job description and employment application by mail.

## MORE IDEAS!

### 1. Parenting Skills Workshop

Location: Tompkins County Cornell Cooperative Extension 615 Willow Ave

Time: Tues, Oct 28 & Wed 29 @ 9:30am - 4:30pm

Description: This two-day training will help prepare professionals to: reinforce use of the five communication skills with clients, make referrals to the Parenting Skills Workshop Series, conduct the Parenting Skills Workshop Series. The \$125 for this two-day training includes the training, the Parenting Skills Workshop Series manual, lunch, and snacks.

Contact: For more info or to receive a brochure, contact Anna at 607-272-2292 x145 or [ams69@cornell.edu](mailto:ams69@cornell.edu).

### 2. Free Food Pantries & Food

Description:

List of Free Fresh Food Pantries:

- HOT Meals ONLY - All are welcome! No income Guidelines

Monday to Friday: Served at Loaves and Fishes, St. John's Church, 210 N. Cayuga, Ithaca:

Monday, Wednesday, Friday-noon; Tues, Thurs -6pm

Saturday at noon; Sunday 3pm: "Our Brothers, OUR Sisters Table" served at the Salvation Army, 150 N. Albany St. Ithaca.

Tuesdays: Immaculate Conception Church Food Pantry

Seneca nr Geneva St., Ithaca 1:00 to 1:45

Wednesdays: Candor Food Pantry, Rt 96, across from Post Office, 2 :30-4:30 pm

Thursdays: Halsey Valley Pantry, GAR building, Hamilton Rd, Halsey Valley, NY, 4-4:45  
3rd Thursday before 3rd Friday-Danby food pantry residents only: 6-8pm

Fridays: Interlaken Reformed Church Pantry - 3 - 6 pm  
3rd Friday, Danby Food Pantry 4 to 6 pm. Limited- Danby residents

Saturdays: 2nd Saturday - Worker's Center- Linderman Creek, Comm. Rm, #1 at 12:30pm to 1 pm;

4th Saturday; McLean Community Church Pantry: Church St., McLean. 1:30-2:15

Sundays: Alternating Weeks:

Odessa Community Center / Fire Hall - Food Pantry, Main St., Odessa. 4:00 - 4:30 p.m.  
9/14, 9/28, 10/12, 10/26 and so on

Overlook Apartments, community room, 1:30 -2:30- 9/7, 9/21,10/5

Daily pantry listings, see Ithaca Journal, "Daily Events", page 2B;

See Weekly Community Newspapers

ALL are WELCOME TO MEALS. No income guidelines!

Pantries are for Low to moderate income persons

Limit: Meals 7 days p/week; Pantries: 1 pantry p/week.

Non-profit 100% volunteer-run

### 3. Green Buildings Open House

Location: homes east, west, and south of Cayuga Lake, downtown Ithaca, EcoVillage, Ithaca College

Time: Sat, Oct 4 & Sun, Oct 5

Description: Participating sites will showcase a variety of strategies for building or renovating to create functional, comfortable homes and workplaces that promote environmental sustainability and human health. Green building features on view will include grid-tied and off-grid solar photovoltaic systems, wind turbines, geothermal heating, timber framing, straw bale construction, non-toxic finishes, local or natural materials, and more. Homeowners and/or builders will be on hand to show you their sites green features and to answer questions.

Contact: For more info, visit [cctompkins.org](http://cctompkins.org) or visit Tompkins County Cooperative Extension (615 Willow Ave) or call 607-272-2292.

### 4. Community Forum on Gas Drilling in New York State

Location: Women's Community Building in Ithaca (100 W. Seneca St)

Time: Thurs, Sept 18 @ 7-10pm

Description: The public is invited to attend a screening of the award-winning documentary Land Out of Time which highlights the often devastating effects of oil and gas drilling on public lands. Representatives from citizens' groups Citizen's Energy Alliance (CEA) and Chenango Delaware Otsego Gas (CDOG) will be among the speakers participating in a question and answer period following the screening. Speakers will include attorney Mary Jo

Long of CDOG. Long is a member of Afton Town Board (elected on the Green Party) who has served on numerous Boards including Northeast Organic Farming Association-NY, CNY Occupational Health Clinic.