



Master Composter Gunnar Glover explains the benefits of composting food scraps to Grassroots Festival-goers.

Green Building Volunteers

Help plan and execute the annual Green Building Open House, a 1-day event held in alternating years. Other opportunities to promote alternative building and green energy technologies in Tompkins County are planned. Contact Guillermo Metz at 272-2292 or gm52@cornell.edu for information.

Master Composters

Applications due in January for annual training February-April. Master Composters are an enthusiastic group committed to promoting responsible composting in Tompkins County. Training covers all aspects of composting and includes some collaborative volunteering. After completing the training program, Master Composters give time back to the community in a variety of outreach activities. Call or email Adam Michaelides at 272-2292 x 124 or acm1@cornell.edu for information.

Master Gardeners

Training is offered in alternate years; call for information. The Master Gardener program, offered throughout the U.S. and Canada, provides avid gardeners with many hours of intensive home horticulture training. In return, they share their knowledge and enthusiasm for gardening with others by volunteering to assist with garden lectures, exhibits, demonstra-

tions, school and community gardening, phone diagnostic service, research, and many other projects. Master Gardener Volunteers at CCE-Tompkins staff a GrowLine and answer gardening questions for callers. For more information, contact Jennie Cramer at 272-2292 or jrc10@cornell.edu.

Seed-to-Supper Educators

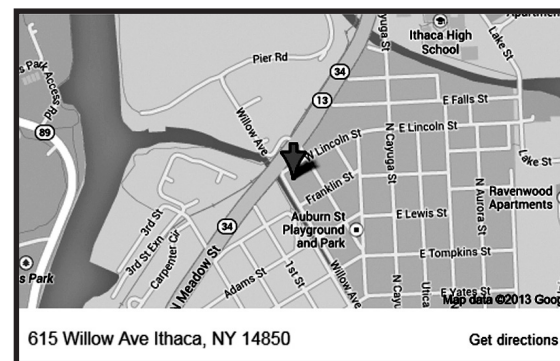
Seed-to-Supper is a series of free gardening classes for beginner vegetable gardeners. This five-session training program prepares volunteer educators to teach free gardening classes throughout Tompkins County. Volunteers will become familiar with the Seed-to-Supper curriculum and learn hands-on activities to use when teaching the classes in their communities. Course materials including slide shows, participant manuals and handouts are provided to volunteers to run the classes. Training is held in February and March. For more information or an application, please contact Chrys Gardener at cab69@cornell.edu, or at 272-2292.



Volunteers help participants with food preparation steps during a cooking/nutrition class

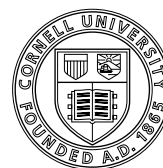


Like us on Facebook for updates on upcoming workshops and events, at: <https://www.facebook.com/ccetompkins>



By Bus:

The #17 TCAT bus stops at the corner of Dey and Lincoln Streets, just outside the CCE Education Center. From Cornell (bus #10) or Ithaca College (bus #11) change at the Library for the #17 to CCE. Visit TCAT online at <http://www.tcatbus.com/pages/system> for more detailed information.



Cooperative Extension Tompkins County

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Cornell Cooperative Extension of Tompkins County provides equal program and employment opportunities.

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Cooperative Extension
Tompkins County

VOLUNTEER Opportunities

at Tompkins County Cooperative Extension



Volunteers break ground and plant vegetables at the new Esty Street Community Garden in Ithaca.

Volunteers are very important to Cornell Cooperative Extension of Tompkins County. Over 1,200 individuals volunteer their time to a variety of Extension activities, contributing over 73,000 hours each year!

Through duties as diverse as teaching others to prune trees or make compost, answering callers' questions on consumer or gardening issues, mentoring young people as they acquire new skills, or serving as board members or on committees that guide our work, volunteers represent Extension's far-reaching roots in our community.

Ongoing opportunities appear below, with contact names for additional information. Some programs may require specialized training to participate; upcoming training dates are listed where known.

continued inside

Ongoing Volunteer Opportunities

Prospective volunteers complete an application form (available at cctompkins.org under "*Volunteer*" or by calling 272-2292). In addition, those who volunteer to work with vulnerable populations (children, individuals with disabilities, etc.) will be asked to consent to a criminal background screening at Cooperative Extension's expense, as a means of ensuring the safety and security both of our volunteers and of the people we serve through our programs.

Program Committee Members

All of our programs at CCE-Tompkins are grass-roots driven, and individuals who have an interest or experience in one of our main program areas (Agriculture, Consumer & Financial Management, Environment, Family & Community Development, Nutrition Health & Safety, or 4-H Youth Development) may serve as volunteer advisers to our programs. Program Committees meet monthly and members can serve for 1-3 years. Please call us at (607) 272-2292 for more information.

Beautification Brigade

Annual training in March, but join any time! Volunteer with the Beautification Program and have fun while making a difference in the City of Ithaca. The Beautification Brigade plants and maintains spring and summer flowers on city traffic medians and the Ithaca Commons. Join this fun group and help make Ithaca more beautiful while learning useful gardening tips and techniques. Free and open to anyone who wishes to volunteer with the program. Call Martha Gioumousis at 272-2292 or email mg10@cornell.edu for more information or to request a volunteer application.



Child care is offered during some programs

Childcare Provider(s)

Participants in CCE's nutrition and parenting classes can attend and complete the full sequence of workshops if free childcare is provided, yet we do not have funds to support this service. We are seeking volunteer childcare providers who could be scheduled for a 2-3 hour session occasionally, and a Coordinator to develop a list and to recruit/schedule those volunteer caregivers. Experience in early childhood development or daycare is desirable! Contact Anna Steinkraus at 272-2292 or ams69@cornell.edu.

Citizen Pruners

Annual training in April, but join any time! Citizen Pruner volunteers help maintain street trees and shrubs in the City of Ithaca. Volunteers work once a week from May to October. Training is provided by university and local experts and covers: urban trees, evaluating tree structure and needs, and pruning trees and shrubs. Classes are free for volunteers and \$5/class for the public. To volunteer or to register for the classes, call 272-2292 or email Monika Roth at mr55@cornell.edu.

Consumer HelpLine

The Consumer HelpLine is a community education effort staffed by trained volunteers, 10:00 am - 2:00 pm, Monday-Friday. Volunteers help callers to explore options for solving current problems, and provide information that can help

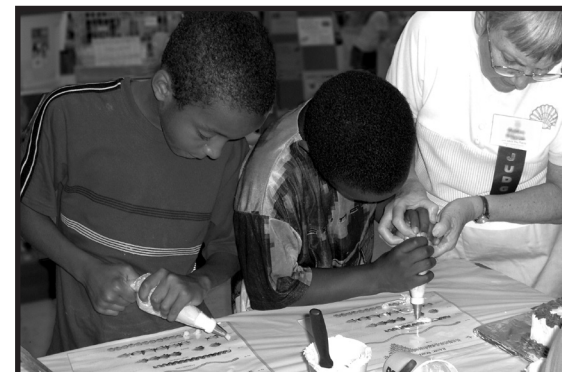
them make informed decisions. We offer training and flexible scheduling. Volunteers should have good listening skills, a warm telephone manner, and an interest in helping people find information and learn how to work through their problems. Knowledge of consumer/housing issues or an interest in learning about them is suggested. Contact Lara Parrilla Kaltman at 272-2292 or ljp9@cornell.edu today to learn more!

Cooking Matters

Share your passion for preparing delicious, healthy and affordable meals with families at risk of hunger here in our county, through this national program of Share Our Strength offered through CCE-Tompkins. Work with our nutrition educators and professional chef volunteers; training is provided. Contact Lara Parrilla Kaltman at 272-2292 or ljp9@cornell.edu today to learn more!

Energy Navigators

Apply in February for 10-session training March-May. Energy Navigators help friends, neighbors and other community members achieve their energy-related goals by providing information and resources on energy efficiency, renewable heating, solar, and other fossil fuel alternatives. Training focuses on concrete steps to reduce energy use at home, and helps volunteers understand and reduce their own energy use. More info at www.get-ourgreenbacktompkins.org/navigators or contact Karim Beers at kwb6@cornell.edu, or 272-2292.



Cake decorating at the 4-H Youth Fair



Ithaca Green Buildings Open House

4-H Youth Programs

4-H offers youth aged 5-19 from across Tompkins County a variety of special interest clubs, after-school programs, short-term enrichment offerings, a public speaking program, summer programs, and an annual youth-run Fair. There are short- and long-term volunteer opportunities depending upon the skills you care to share and the time you can commit to volunteering.

4-H Club & Fair Programs

Share a craft or special skill with young people, help lead a 4-H Club, or spend a day as an evaluator for 4-H Fair or public speaking competitions. Individuals with knowledge of agriculture, plant science, animal husbandry, entomology, and textile/clothing construction are always welcome, but if you have a different expertise you'd like to share, please contact Brenda Carpenter at 272-2292 or btc6@cornell.edu to talk about your ideas! Orientation for new leaders/volunteers is offered throughout the year. Call for upcoming dates.

4-H Rubber Duck Race & 5K Fun Run

Each April, 4-H holds a rubber duck race on Cascadilla Creek and a 5K fun run to raise funds for youth programs. Volunteers serve on an event planning committee, sell chances in advance of the event, and perform a host of duties on race day. Contact Megan Tiftt at 272-2292 or met38@cornell.edu for more information!