

# satisfaction!



"I have a real sense of satisfaction when I have helped kids. It helps me "stay young" at least in spirit and

attitude, and gives me a sense of connection to young people."

**PHYLLIS RATHBUN**  
4-H LEADER



# giving back...

"All the services that CCE provides and the wonderful life skills that are taught are very valuable. I've enjoyed the healthy recipes that I help the nutrition educators provide at the Farmer's Market. The biggest benefit is having a healthier lifestyle!"

**JAN LEATHERSICH**  
NUTRITION ASSISTANT

"I love to see a kid who starts a project and see their face light up when they get it all done. Two of the boys took apart and rebuilt a chainsaw, and said it would never run. It did! They got a blue ribbon at the fair and that made their day!"

**VICKY DOCKSTADER**  
4-H LEADER

# make a difference

"The stories of how we are helping people are encouraging."

**JANE KASZCZYNEC**  
BUDGET COACH



"It makes me feel good! I'm able to take some of my past experiences in the workforce and contribute toward the organization."

**GARY TEMPLE**  
BOARD OF DIRECTORS

The Cornell Cooperative Extension educational system enables people to improve their lives and communities through partnerships that put experience and research knowledge to work.



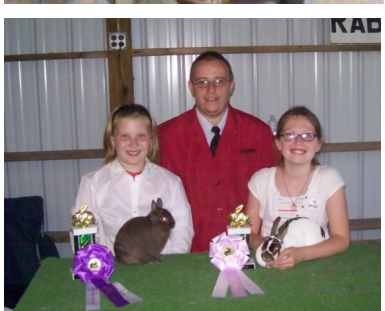
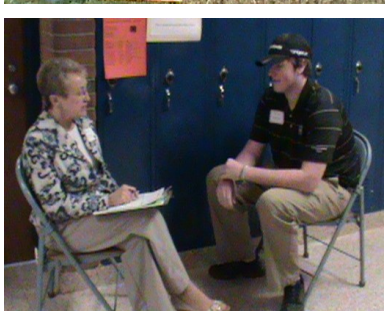
**involved**  
unteer



We have over 200 active volunteers currently serving in our programs. There's so much you can do! Turn your passion into action and impact our community!



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**PUTKNOWLEDGETOWORK.ORG**



## Master Gardeners

Trained volunteers disperse unbiased research to the public through direct conversations, educational programs and demonstrations. They test soil, present workshops, answer questions and make presentations. 12-week training course and 100 hours of service required.

CCE-Steuben Volunteers who serve more than one 24-hour period over the course of one year require a background check to serve.

## 4-H Leaders

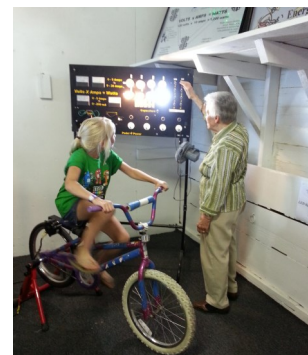
A sense of belonging and mastery may be the most positive ingredients we can add into the lives of our children. CCE-Steuben's 4-H programs include opportunities as club leaders, event judges, speakers, chaperones, coaches and workshop leaders.

## Budget Coaches

Teach steps involved in financial planning and management. Work one on one with clients on developing a saving/spending plan, create solutions, refer them to appropriate agencies/ resources, and help them develop a plan of action and encourage skill building for the future. 9-hour training required.



Volunteering at CCE-Steuben is not only fun, but also a great learning experience. Ongoing training updates are provided!



## Nutrition Assistants

Promote healthy eating by passing out samples at Farmers' Market, food shopping for group classes, assisting with workshops or afterschool classes, and volunteer at booths at public health events. Training provided.

## Administrative

Database entry and reports, mailings, archive maintenance, office management including answering phones, greeting customers, and assisting staff with copying and collating educational materials.

## Board/Committees

CCE-Steuben's overall program direction is determined through plan of work and strategic planning processes led by a board of directors. The board relies on program advisory committees for needs, priorities, content, structure and target audiences. Positions are elected for terms of office.

## Events

CCE-Steuben provides numerous events such as Farm-City Day, the Locally Grown Food Fest, the Annual Gala, and the Southern Tier Outdoor Show. Volunteers can help man booths, assist with set-up, tours, food samples, collect donations, promotion, and much more.

Call 607-664-2300 for details. You can find a volunteer application on our website at: [PutKnowledgeToWork.org](http://PutKnowledgeToWork.org)