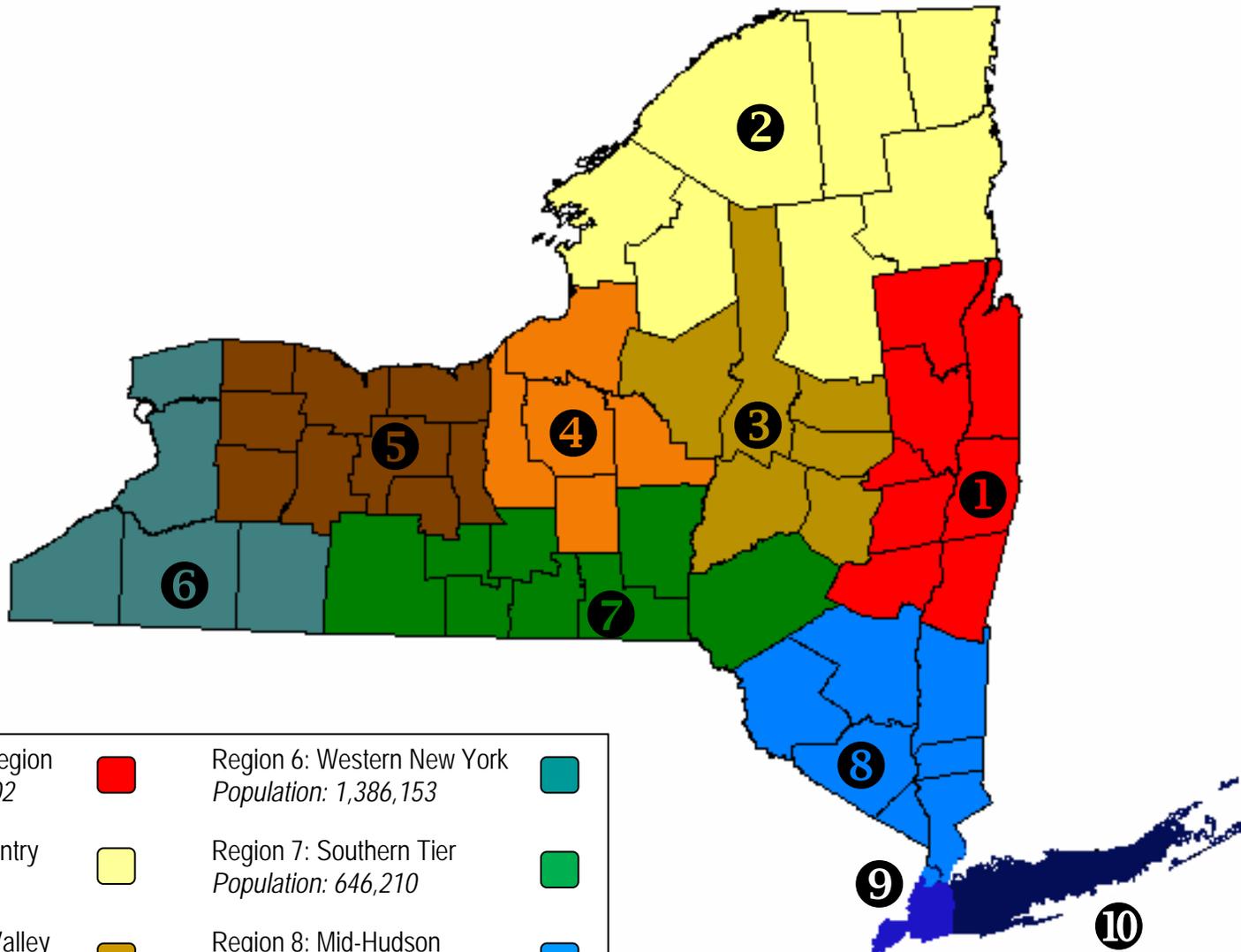


# New York State Office of National & Community Service

## REGIONS OF SERVICE



Region 1: Capital Region Population: 1,065,402		Region 6: Western New York Population: 1,386,153	
Region 2: North Country Population: 429,092		Region 7: Southern Tier Population: 646,210	
Region 3: Mohawk Valley Population: 490,080		Region 8: Mid-Hudson Population: 2,289,762	
Region 4: Central New York Population: 773,606		Region 9: New York City Population: 8,391,881	
Region 5: Finger Lakes Population: 1,193,362		Region 10: Long Island Population: 2,875,904	



*New Yorkers*  
**VOLUNTEER**  
State Commission on National  
and Community Service