

CAB community affairs board

UCSB'S VOLUNTEER ACTION CENTER

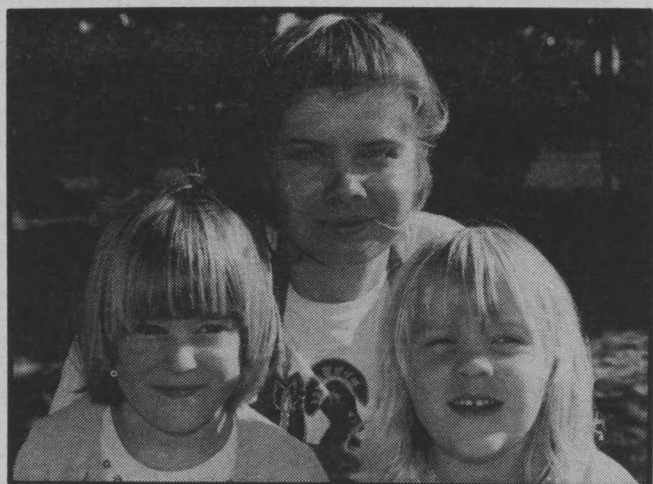
Volunteer Action • Service Learning • Non-profit Career Education

WHAT IS C.A.B. ANYWAY?

The AS/UCSB Community Affairs Board (CAB) is an Associated Students organization which began in 1955 and was originally known as the Charities Committee. In 1970, the name changed to the Community Affairs Board, but the goal remained. CAB augments classroom experience, creates opportunities for career exploration, and strives to connect UCSB to the community by promoting the ethics of public service. **Our purpose is simple.** We match individuals and groups that want to volunteer with human service agencies in the surrounding community that need volunteers. We are here to help YOU!!! Take advantage of your resources and come by the CAB office.

We believe we can make a difference in the community. We know that individual initiative can change the world. We are not afraid to roll up our sleeves to get involved with people, important causes, and issues that affect our friends and neighbors. By getting involved, you'll find that one of our best kept secrets is that we not only give the world a lift through service, we get one too.

Volunteering is for you! If you only have an hour or two to help out, try a one-time event like a blood drive, beach clean-up, or local festival. If you want to devote more time each week, we have numerous on-going opportunities on campus and in the community. No matter how much time you can give, your volunteer work is needed and appreciated. Volunteering gives you practical experience, as well as a great feeling of personal accomplishment and satisfaction. Best of all, you are helping people along the way. Besides, when can you feel better about yourself? Think about it...the one hour you volunteer could be the best hour of your day. **Now do it!**



Make a child smile...be a CAB volunteer

VISIT THE CAB OFFICE:

UNIVERSITY CENTER 2523

MON - FRI • 10 AM - 4 PM

893-4296

(See Map On Back Page)



Make long lasting friendships - The 1994/1995 CAB Members

TOP 10 REASONS TO VOLUNTEER

10

MAKE A DIFFERENCE

9

EXPLORE CAREER OPTIONS

8

GET PRACTICAL EXPERIENCE

7

MAKE NEW FRIENDS

6

BUILD YOUR RESUME

5

CREATE SOCIAL ACTION

4

HAVE FUN

3

IMPROVE YOUR HEALTH

2

OPEN YOUR MIND

1

JUST BECAUSE. . .

THE LARGEST VOLUNTEER ORGANIZATION ON CAMPUS!

Celebrate 50 YEARS Of Service

Volunteerism has been an integral part of UCSB since the school's founding in 1945. From blood drives and beach clean-ups, to helping children in far-away countries, UCSB volunteers have never shied away from a challenge. For half a century, volunteers have learned that the greatest reward is not what you give to others, it is what you receive in return.



The American Red Cross helping out-1946

"My involvement with CAB has truly been a defining feature of not only my college career, but my chosen path in life..."

Jodi Anderson, 1994 Public Relations Committee.

"What I take away from my volunteer work personally is a feeling that I am doing something with my life that is improving the lives of other individuals and indirectly improving our society which is desperately in need of help."

Dana Razwitsch, Class of 1994.



Village children fill a classroom.
The orphanage sponsored by the Squires-1967

"I wanted to do something for them (senior citizens) and to make them feel like they weren't forgotten. The baked goods drive for low-income senior citizens was a huge success. It showed me that collective action can sure go a long way!"

Luz Napoles, Class of 1995.

"Happiness is a gift not given enough. In CAB, not only did I find a happiness, love, friends, care, and commitment, but I also found my happiness. Now I know that if more people gave of themselves, we could change the world...and this is my ambition."

Jennifer Perkins, 1994 Co-Chair.



Dr. Prutting (Speech Dept.) working on semantic structure with 2 pre-school deaf children-1976

"CAB was the best experience I had in college. I learned so much that has really helped me develop my goals for my education and career."

Wendy Aron, 1992 CAB Member.

"The University acknowledges its responsibility for service, as well as for teaching and research. Indeed, in a modern society, the three roles are inseparable."

Clark Kerr, UC President Emeritus

"University and Society" in *Alumnus*.

"I dreaded that first Thursday afternoon (coaching a Special Olympics soccer Team). I thought of all the other things I could do instead of coaching, homework being the farthest from my mind. I wanted to play...hang out at the beach, grab a bite at Freebirds, meet my friends later that night. Even homework was starting to sound appealing. However, I was raised with the Catholic guilt and a strong sense of commitment. The guilt would kill me if I did not go.

I pulled into a parking spot overlooking the green fields. There must have been at least thirty people playing a game of soccer. As I walked down the hill and onto the field, I was greeted with a smile and a hug by Melanie, one of the athletes. After the warm greeting, the ice around my heart finally melted.

The next time I looked forward to playing...Playing a little soccer with some especially loving and genuine people, the athletes. I was hooked on volunteerism and wanted to help others open themselves to new experiences through volunteering."

Anne McGloin, 1992 Co-Chair.

"I became very close to my 'student buddy' in a mentoring program. I saw him transform: from the belief at age 7 that he would go to prison when he grows up, to a little boy who could laugh, make friends, and believe he can do whatever he wants when he grows up."

Rachel Doherty, Class of 1992

"Serving on CAB has made me realize that time isn't necessarily money. There is something far more rewarding in volunteerism that surpasses the gratification of receiving a weekly paycheck."

Jay Coffman, 1994 Co-Chair.



An afternoon outing with local senior citizens-1987

"I started volunteering when I was a Freshman at UCSB. I wanted to get involved while I was at school so I became a Special Olympics volunteer. I really enjoyed the work I did and became more involved with CAB as the years went on."

Sheri Kochenburg, Class of 1992

"CAB opened my eyes to an entire field of career opportunities that I never knew about."

Michelle Hudson, 1994 Co-Chair



Special Olympics Track & Field meet-1995
Photo by Steve Hamilton

"Not only did I gain valuable work experience through volunteering, but I have taken with me a much larger view of the world. It allows me to empathize, if not understand the challenges that so many people in the world face.

The opportunities to get involved and immersed in the community are innumerable. Thanks for the endless laughs and eye-opening experiences that have made me a better person by making someone else's life a little more pleasant."

Heather Paymar, 1994 Co-Chair.

LEARNING

THROUGH

CAB HAS SOMETHING FOR EVERYONE!

Welcome to a new and exciting year with the Community Affairs Board! There are wonderful opportunities waiting for each and every one of you. This year CAB has a new computer database which will make finding the right volunteer opportunity for you a breeze. Here are just some of the categories you have to choose from:

Law and Politics

If you are a "take charge" individual who enjoys responsibility and isn't afraid to make hard decisions, then consider becoming a legal or political volunteer. You will gain practical knowledge of processes and institutions, as well as develop contacts and mentors within the legal and political profession. CAB places volunteers in a variety of agencies including the Santa Barbara County Probation Office and the Legal Aid Foundation, as well as private practices and corporate volunteer programs. Begin examining your career options within the legal and political profession.

Hunger/Homeless

The hunger/homelessness issue is another area in which volunteers get satisfaction from working with the local community. Volunteers are dedicated to helping meet the basic needs of people in Isla Vista and surrounding communities by working with such organizations as Let Isla Vista Eat, Transition House, and the Santa Barbara Food Bank. There are many ways to get involved. You can help organize a food drive, volunteer for the morning breakfast program, help keep a shelter running or get really creative with your concern and come in with your brainstorm on new ways to help. You can use your skills, commitment, and concern to really make a difference!

Health & Medical

If you are a pre-med student and haven't yet been exposed to the reality of emergency rooms, nursing homes or medical laboratories, CAB has an opportunity for you! Our medical volunteer positions give students the chance for "hands on" experience in health related fields. Volunteers work at many agencies including St. Francis and Cottage Hospitals, Goleta Valley Hospital, and I.V. Health Projects, as well as in medical laboratories. You can learn basic skills in taking patients vitals, observing medical surgery, emergency room services, performing basic laboratory tests, and interacting with physicians in these various medical environments. As a student, these volunteer opportunities allow you to experience various medical career options before making decisions about your future.

Counseling

Lend an ear, some advice, and some time as you develop interpersonal skills and become involved in important social issues. CAB will connect you with a social service agency of your choice such as Helpline, C.A.L.M., Transition House, Council on Alcoholism & Drug Abuse, or the Rape Crisis Center. You will receive up-to-date training in counseling techniques. By working with professionals in the community, you can gain valuable experience as you counsel those seeking direction and growth.

Senior Citizens

Do you miss your grandparents at home? Do you want to make friends with someone who's not from your generation? Whatever the reason, you will build lasting friendships. As a volunteer be a senior escort and accompany seniors on trips to the symphony, zoo, or the beach. Adopt-A-Grandparent and develop a special friendship. Bring along your guitar or best "star" voice and join in a weekly sing-a-long at Friendship Manor in Isla Vista. You can also volunteer at other retirement homes in Santa Barbara or at the home of a local senior citizen. Seniors need your friendship, energy, and cheer. Make a friend and meet a senior!

Environment

Oil spills, toxic waste, and air pollution are not the things many of us want to pass on to future generations. CAB has volunteer opportunities which allow students to do their share in saving the Earth. These programs allow volunteers to work with the various environmental agencies in the Isla Vista, Goleta, and Santa Barbara communities. Students working with these agencies will increase their knowledge of environmental problems on a broad scope while directly working on their own individual projects.

Youth & Childcare

A little of your time can make a BIG difference in a young person's life! Take advantage of the many opportunities CAB has to offer. You can provide companionship and academic enrichment for children. Volunteer a few hours a week with the Boys and Girls Club, Girls Inc., Isla Vista Youth Projects, Klein Bottle Youth Programs and various others. Now is your chance to experience the many rewards of being a special friend to a young child. Do you want to teach? You can also form important relationships as a child's tutor. As a tutor you can build your self-esteem and confidence as a teacher, and also help a child to improve academically. Experience the satisfaction of watching a child's grades improve and their future grow.

Animal Care

Do you love animals...dogs, cats, monkeys, elephants? Well, whatever your fancy, CAB's animal volunteer opportunities can fit the bill. The Santa Barbara Humane Society's D.A.W.G program allows students to help stray and abandoned dogs receive the love and care they so greatly need. Cats need people too, and the Santa Barbara County Animal Shelter has them. Not enough? How about spending some time at the Santa Barbara Zoo as a tour guide, zoo educator or feeder? There are plenty of needy animals out there, so stop by CAB and we'll help you find the right opportunity for you.

Advertising & Publicity

This is the right time to get moving on winning that CLEO you always wanted. Get involved and gain hands-on experience in public relations and promotion. Work with various organizations, such as Girls Inc., University Museum Council, United Nations Global Peace Walk, and the American Red Cross to create flyers, posters, ads, brochures, newsletters, etc..

Special Education

By volunteering in the special education area, you will have the opportunity to enhance the lives of numerous Santa Barbara County residents. By working with organizations such as Recording For the Blind, Hollister Schools' Special Education, Santa Barbara's Therapeutic Riding Academy, and Special Olympics, you will have the chance to learn more about people, develop a better understanding of physical and mental disabilities, and help others work in an education forum.

Admin & Office Work

Been in school for a while? Do you feel like you have no marketable skills? CAB has numerous volunteer opportunities that can help you gain administrative and office skills. If you have a specific area of interest, we can help. Your choices are wide open with organizations such as: City of S.B. Mayor and City Council Office, Alzheimer's Association, Arthritis Foundation, Big Brother/Sister of Santa Barbara, Advocacy Press, Drug Abuse Prevention Center, Pacific Pride Foundation, Goleta Valley Community Hospital, Klein Bottle Youth Programs, Legal Aid Foundation, Santa Barbara Veteran's Center, Santa Barbara Natural History Museum, Stop Aids Now, and the American Red Cross.

Business & Economics

Want to gain some great hands-on business and economic experience while working with interesting people and important issues? The Community Action Commission, CalPIRG, Women's Economic Ventures, Adoption Center of Santa Barbara, and even the Community Affairs Board are all looking for student volunteers to help on business and economic issues. This is your opportunity to build a solid resume for job interviews and graduate school while making making a difference in the community. So get started now!

Art & Cultural

Satisfy that urge to be creative, and get involved with unique organizations in Santa Barbara. Here is your chance to work backstage and behind-the-scenes for the Ensemble Theater Company. Help make hand crafted goods with the Santa Barbara Botanic Gardens. The Santa Barbara Festival Ballet needs volunteers for backstage supervision, props, costumes and administrative work. If you can't travel far, the UCSB Art Museum needs students who enjoy art, can lead tours and educate visitors. With volunteerism, your door to exploring your artistic side is wide open.

Tutoring

Here is your chance to help kids get ahead and do better in their academic world. Organizations such as the Endowment for Youth Committee, Goleta Boys and Girls Club, and various local schools need your help. This is a great opportunity for students who have an interest in teaching to get first-hand experience. As a tutor YOU can change the life of a child through education and literacy.

VOLUNTEER EXPERIENCE

POLISH YOUR CRYSTAL BALL

Trends to Look For in the Future of Student Volunteerism

CAB has always stayed on the cutting edge of student volunteer involvement, responding to changing community and campus circumstances with the energy and enthusiasm of youth and idealism. In the future, CAB will continue to lead the UCSB service community by providing appropriate opportunities for service. Keep an eye out for....

1. One-time volunteer projects that give busy students (some with jobs and family responsibilities in addition to studies) a way to serve in brief, but intense bursts of activities.
2. Collaborative projects between student organizations, faculty/staff employees, and community-based organizations in which common causes bring diverse populations together in a relationship to create a richer, more comprehensive understanding of the problem and to develop more effective solutions than any individual or organization could develop alone.
3. Service-Learning curriculum, which integrates community involvement with academic study, will energize teaching and learning across the disciplines while allowing students to earn academic credit towards graduation.
4. Technology will link campus volunteers to community service opportunities, globalize networking systems for information, and create new ways for college students to mentor, tutor, and inspire younger students.
5. Entry-level career experience (and above!) will be gained in the field of non-profit management by campus community service leaders who recruit, orient, train, manage, and recognize volunteers, administer budgets and fundraising efforts, and advocate for social concerns.
6. National Service Corps values and ideals will continue to be reflected in the student volunteer movement whatever political winds are blowing!!

Adapted from "Volunteerism Trend Watch"
by Susan Ellis, President of ENERGIZE, Inc.

HOW TO GET STARTED

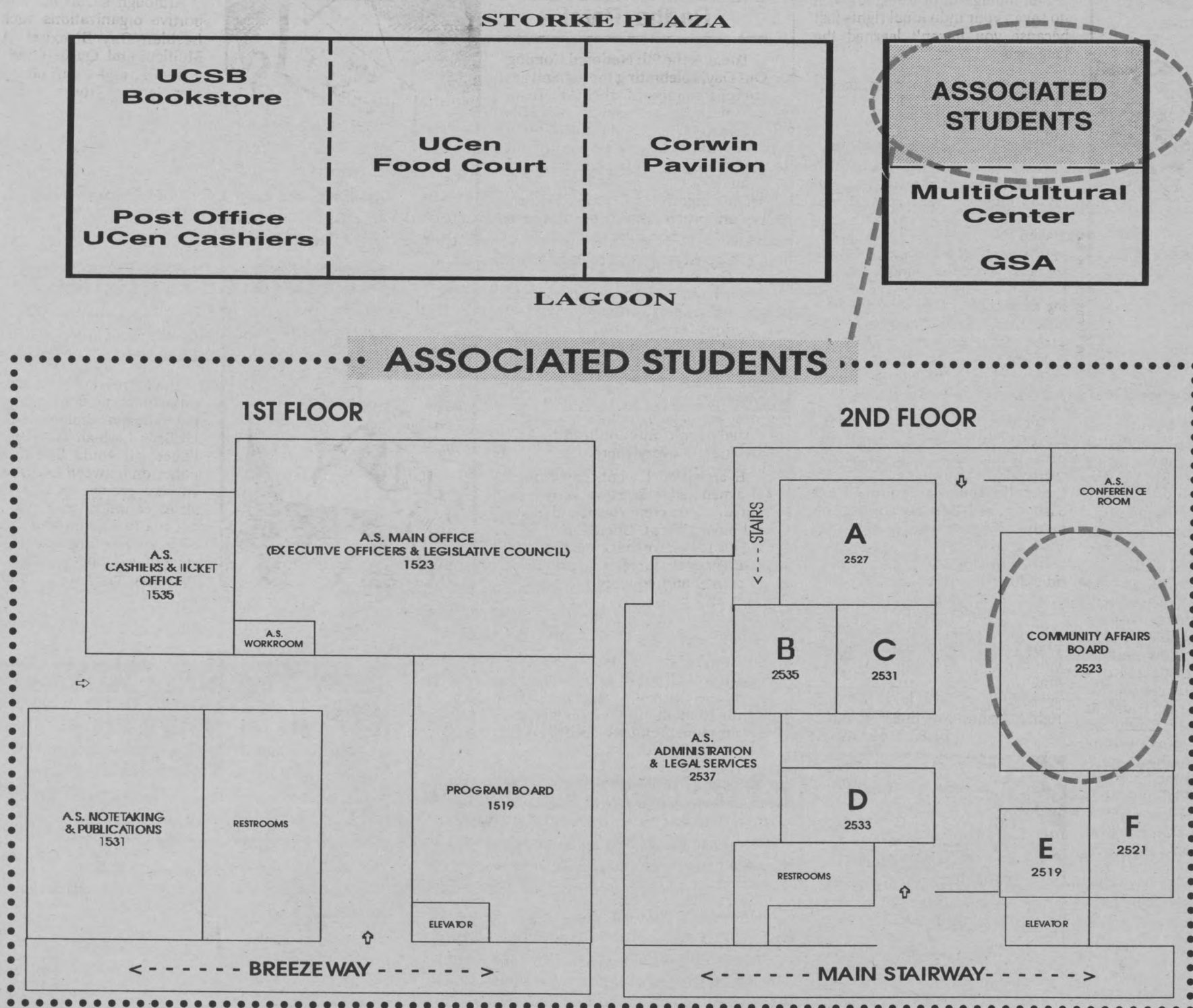
So you decided to hustle up to the CAB office to get involved. Or, maybe you were convinced after reading one or two paragraphs. Or, maybe you just flipped to the back page thinking you'd find coupons or something, but instead you're going to find out how to get involved!

The first step is to stop by the NEW CAB Office-UCen 2523 (just follow our handy dandy map). Our office hours are Monday through Friday, 10am-4pm. Next, fill out an information sheet so that we know what your volunteer interests are. Then, with the help of one of our office assistants and our new database, you can find the volunteer opportunity that works best for you.

If you can't get enough of the Net and want to stay up-to-date on the latest volunteer opportunities, then send us an E-mail to subscribe yourself to our CARE mail list. E-mail us at care-mail-request@as.ucsb.edu and in the "message text" of the letter type the word **subscribe**. That's it! As a subscriber to CAB's CARE (Community Action Resource Electronic) mailing list, you will receive monthly updates on the latest volunteer opportunities we receive from the non-profit community. In addition, you may occasionally receive messages regarding "emergency" community needs. The information which you receive will be a short synopsis of the listings we have recently included in our Volunteer Opportunities Database. For complete information on the opportunities which interest you, please stop by the CAB office in UCen 2523 or call us at 893-4296.

The student volunteers at CAB look forward to helping you make community service connections! Please help us to spread the word about the needs in our community by telling a friend about CAB and how to subscribe to our CARE mail list.

Thank you for your commitment to the community through volunteerism!



STOP BY THE CAB OFFICE IN THE NEW UNIVERSITY CENTER!