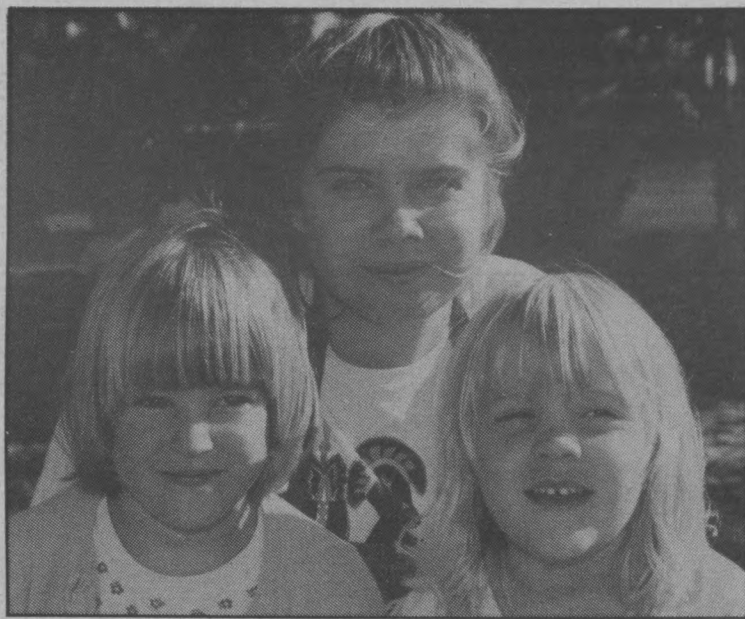


Associated Students/ UCSB Community Affairs Board



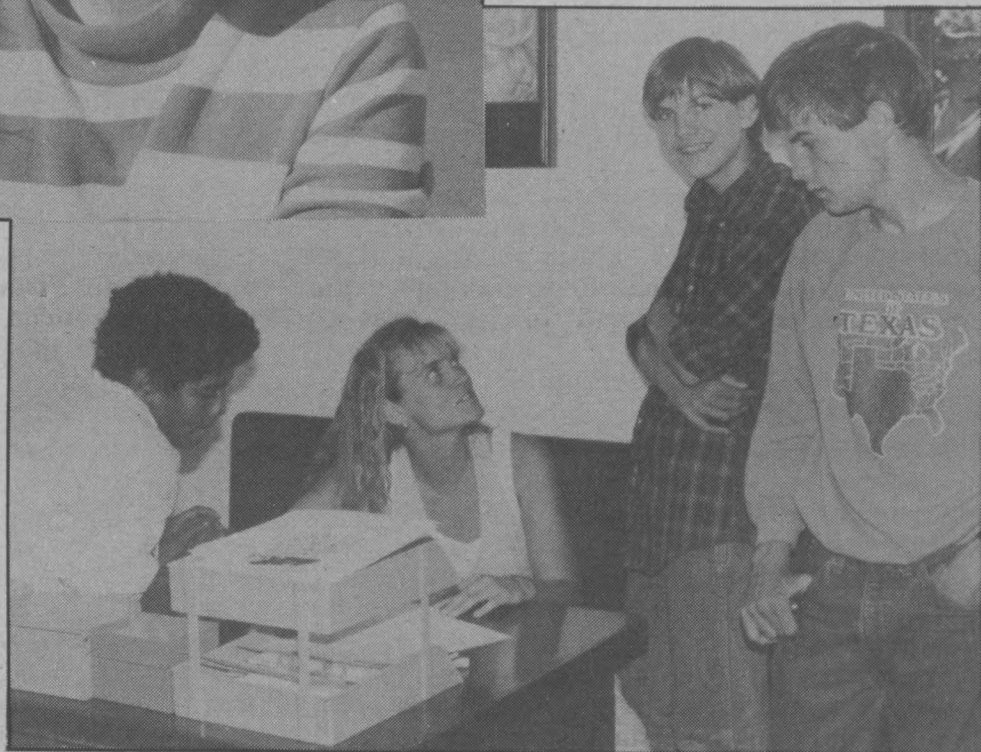
Our Childcare Programs give students an opportunity to play with cute kids like these.

CAB is dedicated to enhancing the educational experience of all UCSB students by providing an easy access to community service opportunities. CAB augments classroom experiences, creates opportunities for career exploration, and strives to connect UCSB to the community in a meaningful way by promoting the ethics of public service. **WE ARE HERE TO HELP YOU!!** Take advantage of your resources and come by the CAB Office!!

In the Fall of 1987 the Human Corps legislation was passed (AB 1920). This state legislation requires that all UC campuses have programs to encourage students to perform 30 hours of Public Service per academic year. CAB fulfills that requirement at UCSB. For the past 25 years, long before this legislation, students have understood the importance of being a part of a community and the personal satisfaction of volunteering. We believe we *can* make a difference in our community. We know that individual initiative can change the world. And, we're not afraid to roll up our sleeves and get involved with people, important causes, and issues that affect our neighbors and ourselves. By getting involved you'll find out that one of our best kept secrets is we not only give the world a lift through service, we also get a lift!!!



Make a difference working with the Youth of Isla Vista



Compassionate volunteers are needed to share the perspective of Special Education students.



Do a duet with a Senior Citizen

In addition to personal consultation with individuals which we place in the community, CAB offers several outreach programs. We will come to your groups meetings, fraternities, sororities, or residence halls with a live fun and fact filled presentation. It will include an overview of CAB as well as valuable, unique, and even humorous personal volunteer experiences as told by live CABbies. If you need volunteers, you can contact us, and we will do our best to match you up with some. To many students on campus without a sense of belonging we offer complete acceptance of your involvement in our organization. To help reach our objectives CAB has established a **Community Service Mentor Program**. This program seeks to team up interested student volunteers with staff of faculty already working within a particular organization. Getting involved in CAB is an excellent way to become acquainted with the many opportunities of Associated Students. Do you know what goes on up on the third floor of the UCEN? We encourage you to find out. Overall, CAB is a flexible, enthusiastic, and reliable campus organization and community resource. When more than 1500 UCSB students volunteers come together, there's no limit to the impact we can have on the community.

The Largest Student Volunteer Organization on Campus



Learning Through



Release some stress out on the playground

Pre-Law

If you are a "take charge" individual who enjoys responsibility and isn't afraid to make a hard decision, then consider becoming a legal volunteer. You'll gain practical knowledge of processes and institutions, as well as develop contacts and mentors within the legal profession. CAB places volunteers in agencies including the Santa Barbara County Probation Office, the Legal Aid Foundation, as well as private practices and corporate volunteer programs. One of the most popular

opportunities is at the Santa Barbara Court-Administered Own Recognition Unit. Volunteers interview alleged criminals at the county jail, and based on that interview, check previous arrest records, make a telephone investigation, and prepare a written report. Volunteers take on responsibilities such as front desk duties, assisting probation officers, and counseling and supervising activities of juvenile offenders. If you haven't already realized it, you need to build up a very strong resume, full of experience, to be a contender among other pre-law graduates. This is a perfectly convenient way for you to do that. We're here to help you! Come on up to the CAB office and begin examining your volunteer options within the legal profession.

Senior Projects

Do you like leading sing a longs, playing intramural sports, or sharing hobbies with senior citizens? CAB senior projects offers these programs for you.

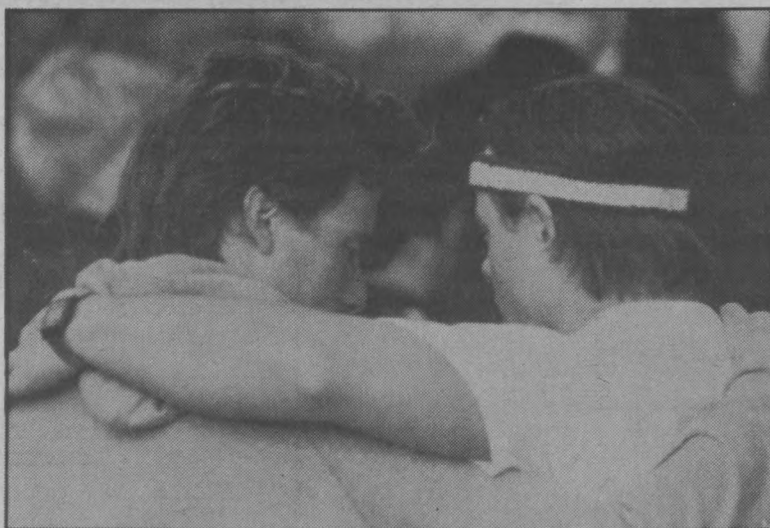
Why not take an afternoon and escort a senior to the beach, Santa Barbara Symphony or Zoo? This program provides senior citizens with creative entertainment and social relationships with UCSB students, thus nurturing a deeper understanding and communication between generations. You can share another person's life through your involvement in the senior community. And boy do they appreciate it!! Many senior citizens remain active and full of SPUNK*#@* well into their seventies and eighties. They enjoy parties, games, and shopping just like we do! When was the last time you had the chance to spend some time with a senior? You could volunteer at Friendship Manor here in I.V., at a private senior's home, or at other retirement and nursing homes in the surrounding community. If you want to grow while making a difference in someone's life, become a friend to a senior citizen. We need your skills, energy, concern, commitment, and most importantly your LOVE!!

Special Events

Wondering whether you have the time to commit to volunteering? If you are trying to fit volunteering into an already busy academic, social, and work calendar, you should sign up for **The Volunteer Reserve Corp.**

As a corp member your name and number will be kept in a separate card file available to all project directors who may need you for a one time special event. As special events approach CAB will be in touch with you! Usually these events are a lot of fun, and a great way to meet civic minded people. Some of our special events include quarterly Blood Drives, March of Dimes - Team Walk Challenge, The Very Special Arts Festival, Tay Sachs tests, Special Olympic Meets, trips with seniors or children to special picnics, food drives, Christmas Unity Events, and campouts with a troop of scouts!! You have the freedom to choose those events which you have the time and interest to participate in.

You can give as much or as little time as your schedule allows and feel good about helping the community during times of critical need. You will meet other UCSB volunteers, work with professionals in the community, and touch the lives of many individuals who need your time, ideas, and talents.



Hugs mean a lot to a Special Olympian

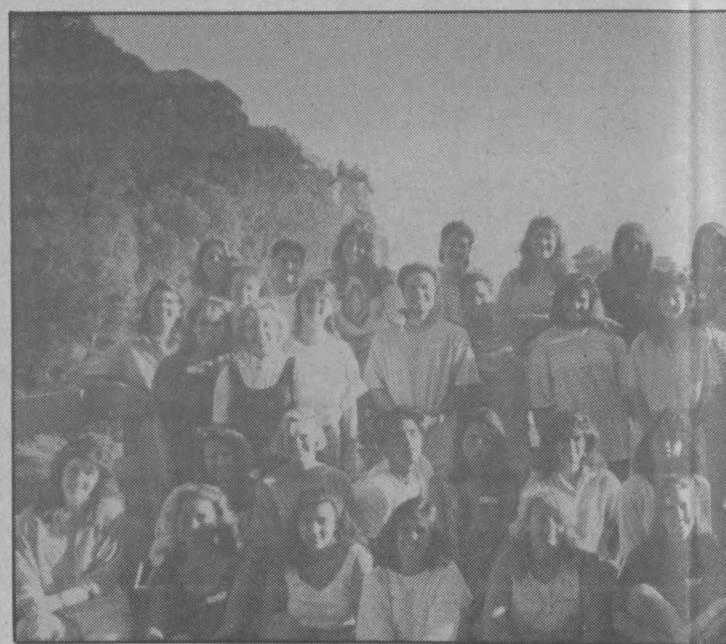
Hunger/Homeless

The Hunger/Homeless Project is another project in which volunteers get satisfaction from working with the local community. This project is dedicated to helping to meet the basic needs of people in the Isla Vista and surrounding communities. This project works with such organizations as Let Isla Vista Eat, the Transition House, and Food Bank.

There are many ways to get involved - 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! In this project you can use your skills, commitment, and concern to really make a difference!

*"You make
you get, you
what"*

Volun



Do A World

Be One.

Special Olympics

Come catch the spirit! "Everyone's a Winner!" This does not apply only to the specially challenged athletes, but to the volunteers as well. If you personally know one of these athletes you quickly realize just how important the opportunity to compete and succeed is to them. The exhilarating atmosphere surrounding the big meet is one that must be experienced and is not soon forgotten.

The program needs volunteers. We can't do it without you! Do you have enthusiasm? It's contagious! That's all you need! Full schedule? As little as an hour a week is all that's required. You don't need experience. If you know how to hug, cheer and smile, you have already mastered the basics. The head coaches form the schools will give you tips on how to train. Volunteers will work one-on-one with an athlete during the week, as spirit coaches at the Saturday practices, and as huggers at the pre-meets once a month. Both St. Vincent's and The Devereux Foundation are sights of the special olympics trainees. The opportunity is tremendous. Very few experiences provide the same quality of personal satisfaction as knowing that you helped to make a difference for a special person.

Volunteer Experience

Take a living from what
you make a life from
what you give."

Volunteers



...d of Good!!

...e!!



Special Education

Mission: The Special Education Project is designed to give students the opportunity to interact with the special citizens of the Santa Barbara Community in order to enhance personal growth and to experience life out of the University setting.

About the Project: Fun, excitement, valuable experience, feel good, and be happy! This is what you get when you volunteer for CAB's Special Education Project.

We offer you over 25 different agencies which will provide you with many excellent opportunities for personal growth. You can get involved at Devereux School, St. Vincent's or the Santa Barbara Therapeutic Riding Academy. You can also be part of the Very Special Arts Festival which is an annual carnival for specially challenged children. This is a great event for all you enthusiastic volunteers!!

In your community right now there are physically, emotionally, and mentally handicapped individuals who need someone just like you to share in and encourage them to succeed in their daily triumphs. You can experience all this!! This is your opportunity, so Go For It!!



Our Zany Co-Chairs
Karen & James

Counseling

Working as a CAB counseling volunteer is an excellent opportunity to gain career experience, to develop interpersonal skills, to become involved in important social issues, and to work with dedicated professionals in the community.

Volunteers are trained and placed in a wide range of social service agencies, helping individuals facing important life decisions and developmental issues such as family planning, alcohol and drug abuse, rape, and emergency counseling. As a volunteer you will gain valuable experience handling telephone counseling, using problem solving techniques, developing communication skills, and learning educational methods.

If you are a Psychology, Sociology or Communications major, the Counseling Project will enhance your academics. Engineering, Science, and Math majors are needed, and could find a balance by

developing some important communication skills.

Work with individuals and groups in need, and reach beyond yourself in order to grow in your understanding of today's social issues.



Have fun working with
Handicapped Riders

Youth Programs

A little of your time can make a big difference in a child's life! **T A K E ADVANTAGE** of the many opportunities CAB and the Isla Vista Youth Projects offer.

Pre-Med

If you're a Pre-Med student and haven't yet been exposed to the reality of emergency rooms, nurse's quarters, operating rooms, or medical laboratories, CAB gives you this chance. The CAB medical project gives you the opportunity for "Hands On" experience in health related fields which are beneficial before making the medical school decision.

Volunteers work at many agencies including St. Francis and Cottage Hospitals, Westside, Carrillo, and Isla Vista Clinics, as well as medical laboratories. CAB medical volunteers can expect to learn basic skills in taking patient's vitals, observing medical surgery and emergency room services, performing basic laboratory tests, and interacting with physicians in these various medical environments.

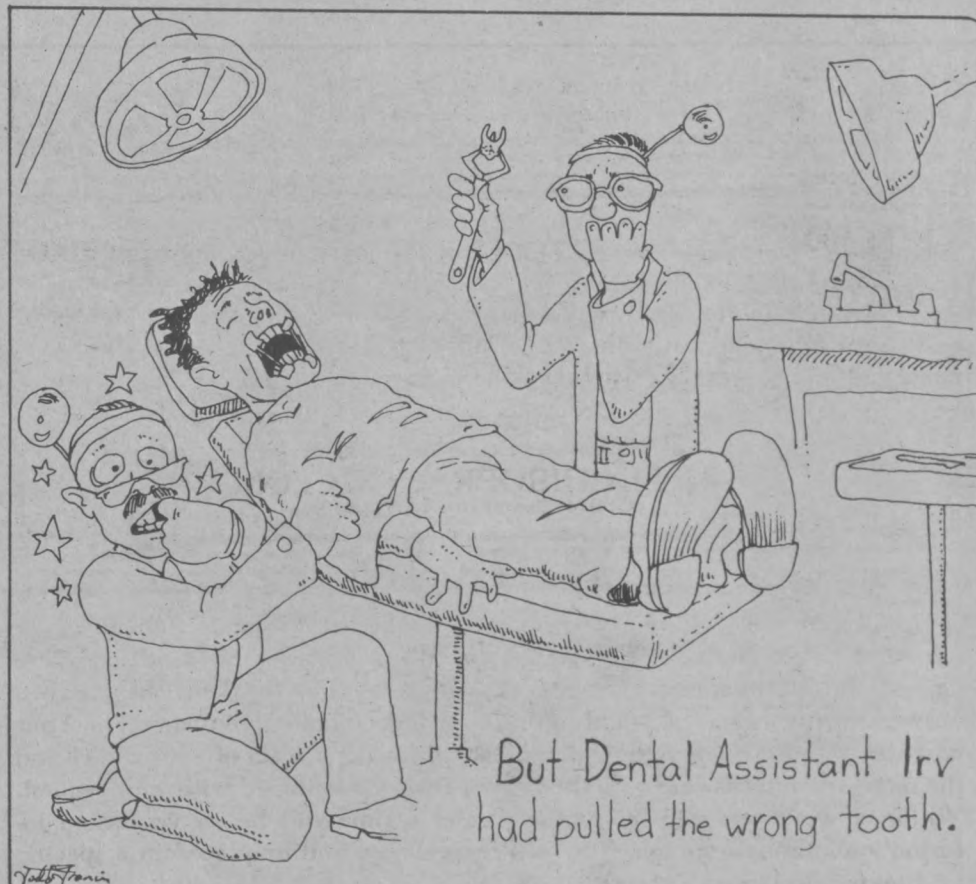
The majority of health related volunteer positions require 4-6 hours a week. As a Pre-Med student this volunteer time is just as important as those Chemistry and Biology classes in making the important medical career decision.

You can provide companionship and academic enrichment to the children of Isla Vista.

Volunteer a few hours a week as a **BEST BUDDY** and experience the many rewards of being a special friend to a young child. The Best Buddies Program needs people who enjoy the company of children and who are willing to develop meaningful relationships with them. You can also form relationships as a **TUTOR**; in addition to building your self esteem and confidence, you would be helping children to improve

academically. Experience the satisfaction of watching a child's grades improve.

The computer age is here to stay and children now need to know the basics. You can tutor a child on a Macintosh system and increase his/her knowledge of computers. By volunteering for a few hours a week as a **COMPUTER TUTOR** you can help make a difference. Get involved today! You can experience the rewards of volunteering for the future. Be a vital part of the community, by being a friend to a child today.



But Dental Assistant Irv
had pulled the wrong tooth.

Volunteers Give the World A Lift ...

Board Members

Best Buddies	Darbie Andrews Rick Marazzani
C.A.L.M.	Elissa Katz Cara Johnson
Child Care	Lori Dabaco Lynne Murray Mara Newman
Christmas Unity	Lisa Buono Ann O'Brien Sheri Kochenburg Celia Murtaugh
Counseling	Tara Studebaker
Education	Tiffany Barkman Lawrence Glasscock
Equestrian Center	Denise Fitch
Hunger/Homeless	James Francis Marc Grobman Mary Jenkins Stacey Taylor
IV Youth Projects	Leigh Ann Christensen
Pre-Law	Rosemary Buting Deborah Kuznitz Tony Hoglund
Pre-Med	Jeff Krausman Kristi Timmings Pete Toman
S.A.M.S.	Jenna Kramer
Seniors	Shannon Willis Sutton Galli
Special Education	Alexandria Dionne Suzie Lemacks
Special Events	Nicole Singer
Special Olympics	Ben Castro Diane Lawrence Margie Moreno
Statistics	Belinda Braunstein
Co- Chairs	Karen Bedrosian, James Lesniak
Finance:	David Ferrell, Sharon Murphy, Kathy Nicholas, Maureen Vornholt
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Public Relations:	Meridee Bernhard, Maia BurgeMaureen Craig, Kerri Griswold, Kahua Kali, Joy Lei, Michelle Mason, Berni May, Lisa Pator, Audra Pratcher, Christina Sicre, Bruce Steubing, Kathleen Wilson (Photographer)



Get Involved — It's Easy!

If you're interested in the many volunteer positions the Community Affairs Board has to offer. If you want to get involved in community projects to get practical and beneficial experience for future employment. If you just want to be a "Volunteer on Hold" by joining our fast growing Volunteer Reserve Corps. Or if you're a community agency which has the need for UCSB volunteers to fill any part-time position in the volunteer job market. Then contact us at the Community Affairs Board. And Here's How!!!



Walk In

The Community Affairs Board office is on the third floor of the University Center at UCSB. Both elevators and stairs will take you up to the office where one of our enthused volunteers, will greet you at the door. She will then answer any questions you might have concerning community voluntarism. Your next step is to fill out a volunteer application for the project of your choice and the secretary will forward it to the Project Director affiliated with your request. Within a week you will be contacted and a time will be set up for an information/interview session. You will then choose and be placed in a specific Community Volunteer Program.

Phone In



The phone number at the Community Affairs Board office is (805) 961-4296. If you have any questions regarding voluntarism in the community then give us a call. Agencies looking for volunteers can contact us over the phone and then CAB can send a volunteer request form to the agency. Once the form is returned to CAB it will be filed with one of the many volunteer projects for future placement. So give us a call and take the first step into the world of volunteer experience.

CAB Office
3rd Floor UCEN
961-4296