

**CAN YOU QUALIFY TO BE A C.A.B. VOLUNTEER?**

(check as many as apply)

Are you . . .  
 organized and self motivated?  
 laid back and mellow?  
 dedicated and enthusiastic?

Do you . . .  
 have an already hectic, chaotic school, work and social schedule?  
 need hands-on experience for your future field of study or career?  
 have a burning desire to help out in your community?  
 have an excess of energy, enthusiasm, hyperactivity or an eccentric personality?

Would you . . .  
 give one hour, six hours or ten hours of your time?  
 share some of your wisdom, experience, unique personality, care, time or energy?  
 like to make a difference- in your life or in the lives of others?



If you have checked any of the above boxes. . . . **READ ON.** You may be just the individual whom we want. On the other hand, we may be the **ONE THING** that you are searching for in **YOUR LIFE!** Come to CAB, where we have something for everyone!

# Community Affairs Board

**WHAT IS CAB ANYWAY?**

**Community Affairs Board (CAB)** is an Associated Students organization, now in its 25th year. Our purpose is simple: we match individuals and groups that want to volunteer with agencies in the surrounding community that need volunteers. CAB also sponsors one time events, such as **Special Olympics, Very Special Arts Festival,** and food and Blood Drives.

**CAB** not only meets community and campus needs, it also meets state law. In 1987, the Human Corps legislation was passed. This law requires that all UC campuses have volunteer programs, encouraging students to become involved in public service. **CAB** fulfills the Human Corps requirement for UCSB.

**Volunteering is for everyone!** If you only have an hour or two to help out at a One Time Event, that's great! If you want to devote time every week, that's even better. If you can volunteer on a daily basis, we love you! No matter how much time you can give, your volunteer work is wanted and appreciated. Volunteering gives you practical experience and a great feeling of personal accomplishment and satisfaction. Best of all, you're helping people along the way. When can you feel the best about yourself: after an hour of class, an hour at the library or an hour of volunteering? **Think about it: the hour you volunteer could be the most worthwhile hour of the day. Now do it!**



"Real men don't eat quiche. Real men volunteer."  
 -Brady Lovelady

**Note From the Co-Chairs**

Welcome to the **Associated Student's Community Affairs Board (CAB).** The largest volunteer group on campus. As the Co-Chairs, we would like to invite you to come up and take a look at what we have to offer. This year, we not only plan on offering the great volunteer programs as always, but we also plan to introduce some new, different and exciting opportunities!

Volunteering can be a whole lot of fun. You can be a **Best Buddy** to a child in the area, can **Adopt-A-Grandparent** or maybe you would like to help out in surgery at one of the local hospitals. The possibilities are endless! So, if you have any questions, if you want to volunteer for one of our many programs, or if you just want to shoot the breeze with a Cabbie, **come talk to us!!!** It's all up here on the **third floor** of the **UCEN** in the **Community Affairs Board** office. Come on up, or give us a call at **893-4296.**

**We're waiting to hear from you!**

-- Lisa Buono & Sheri Kochenburg  
 1990-91 Co-Chairs

# Challenge

# Comm



Possibly it's just a hangover.



## Volunteer Reserve Corp

"I want to volunteer, but...  
 ... I can't commit for the whole quarter or the year.  
 ... my schedule only has a couple of hours to spare.  
 ... I want some variety in the projects I'll be doing."

Does this sound familiar? 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!** One time events may fit perfectly into your busy schedule. We will keep your name in a special file for those times when we need **'just a few more'** volunteers or even a **whole plethora** of volunteers. That's when we'll give you

a call! The opportunities are endless-- help out at **Blood Drives**, walk in the **March of Dimes Team Walk Challenge**, be a 'hugger' at a **Special Olympics** meet and maybe even **campout with a troop of Scouts!** The time commitments vary- some are for one hour while others are day-long events. You have the freedom to choose those events in which you have the time and interest to volunteer.

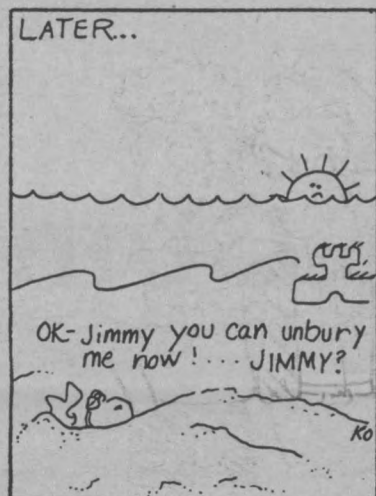
## New & Exciting!!

Welcome to a new and exciting year with the Community Affairs Board! There are wonderful opportunities waiting for each and everyone of you! This year CAB has the privilege to welcome to our main core of agencies... (trumpet fanfare)... **R.E.A.C.T.S** and our new **Environmental Project**.

Also, some of our most popular agencies are back and eager to help and train you, just give them a call! **St. Francis Hospital** always needs enthusiastic and dedicated individuals to volunteer, as does **Helpline, Best Buddies** and **Special**

### Olympics.

But wait! Don't all rush upstairs to our office yet! Don't miss out on these special opportunities with agencies, who, although they are less known, welcome any volunteers who want to give a little time and energy. So check out **UCSB Art Museum**, the **Santa Barbara Natural History Museum**, and the **Santa Barbara Women's Shelter**. Do you have a particular, maybe even peculiar interest or vocation in mind? Discover the satisfaction of being a little eccentric as you wow them with a little bit of your own **PIZZAZZ!**



## Youth Projects

When you were a child, was there someone special who made a difference in your life? Did you ever wish you had an older friend with whom you could spend time? Become involved in **CAB's YOUTH PROGRAMS** and become that special friend as you share your time, imagination, knowledge and experience. As a **Best Buddy**, spend a few hours each week with an elementary school aged child who needs a friend. Volunteer with **Child Care** and coach a Little League team for the **Boys and Girls Club** or create art projects and play games with the children at the **UCSB Children's Center**.

If you are bilingual, are skilled in computers or communication or just want to gain teaching experience, check out the **Tutoring and Education Projects**. Work one-on-one with elementary and high school students in a variety of subjects, become a teaching assistant or

accompany classes on excursions. The **Special Education Project** brings you, the volunteer, together with the special citizens in the community who are disabled in some way. Get involved at **Devereux School, St. Vincent's** or **Santa Barbara Therapeutic Riding Academy**. Share some of your time, energy and unique personality with these wonderful individuals.

### R.E.A.C.T.S

**(Rediscovery Educational Activities Creates Tomorrows Scientists)** is a new local non-profit program dedicated to promoting science education. Accompany "Mr. Wizard" and his merry troop of scientists to various elementary classrooms in the Santa Barbara county as they create and perform "mystical" science experiments which introduce, encourage and inspire today's children-tomorrow's scientists.

## Hunger/Homeless

Develop pride in your local community through working with the **Hunger/Homeless Project**. This project is dedicated to helping meet the basic needs of people in the Isla Vista and surrounding communities by working closely with such organizations as **Let Isla Vista Eat**, the **Transition House**, and the **Food Bank**.

There are many ways to get involved - help organize a food drive, volunteer for the morning breakfast program, keep a shelter running or get really creative with your concern and come in to brainstorm on new ways to help! In this project you can use your skills, commitment and concern to really make a difference!

## Environmental

"Earth Day" may be over, but the problems concerning the environment still persist. CAB created an **Environmental Program** to provide students with the opportunity to do their share in saving the Earth. This new program allows 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.

-the largest student volunteer

# itment

# Concern



## 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. Are you filled with enthusiasm? Do you have one hour a week? That's all you need. If you know how to hug, cheer and smile, you have already mastered the basics. The head coaches from the schools will give you coaching tips. Volunteers will work one-on-one

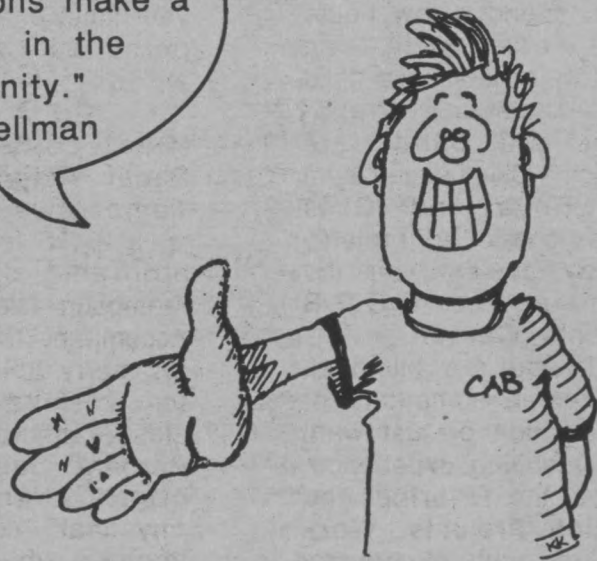
with an athlete during the week, as **spirit coaches** at the Saturday practices and as **huggers** at the pre-meets once a month. Share your athletic experience, enthusiasm and care with these special athletes from local schools such as **St. Vincent's** and **The Devereux Foundation** as you help them achieve their goals. Experience the personal satisfaction of knowing that you helped make a difference.



## Seniors

Do you miss your grandparents at home? Do you want to make friends with someone who's not in your generation? Whatever the reason, the **Seniors' Program** is a great way to build lasting friendships. Volunteer as 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 a private senior's home. Seniors need your friendship, energy, and cheer. Make a friend & meet a senior!

"It makes me feel good to think that my contributions make a difference in the community."  
-Erik Hellman



## Counseling

Lend an ear, some advice and some time as you develop interpersonal skills and become involved in important social issues. **CAB's Counseling Program** will connect you with a social service agency, such as **Helpline**, **C.A.L.M.**, **Santa Barbara Center for Alcohol and Drug Abuse** and the **Rape**

**Crisis Center**, where 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 in dealing with problems such as family planning, alcohol and drug abuse, rape and emergency counseling.



## 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 Pre-Med** project gives you the opportunity for "hands on" experience in health related fields.

Volunteers work at many agencies including **St. Francis** and **Cottage Hospitals**, **Westside**, **Carrillo**, and **Isla Vista Medical Clinic** as well as in medical laboratories. You can 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. As a **Pre-Med** student this volunteer time is just as important as those Chemistry and Biology classes in making important medical career decisions.

## 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 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 volunteer options within the legal profession.

organization on campus-

# Hard to find. . . but hard to forget

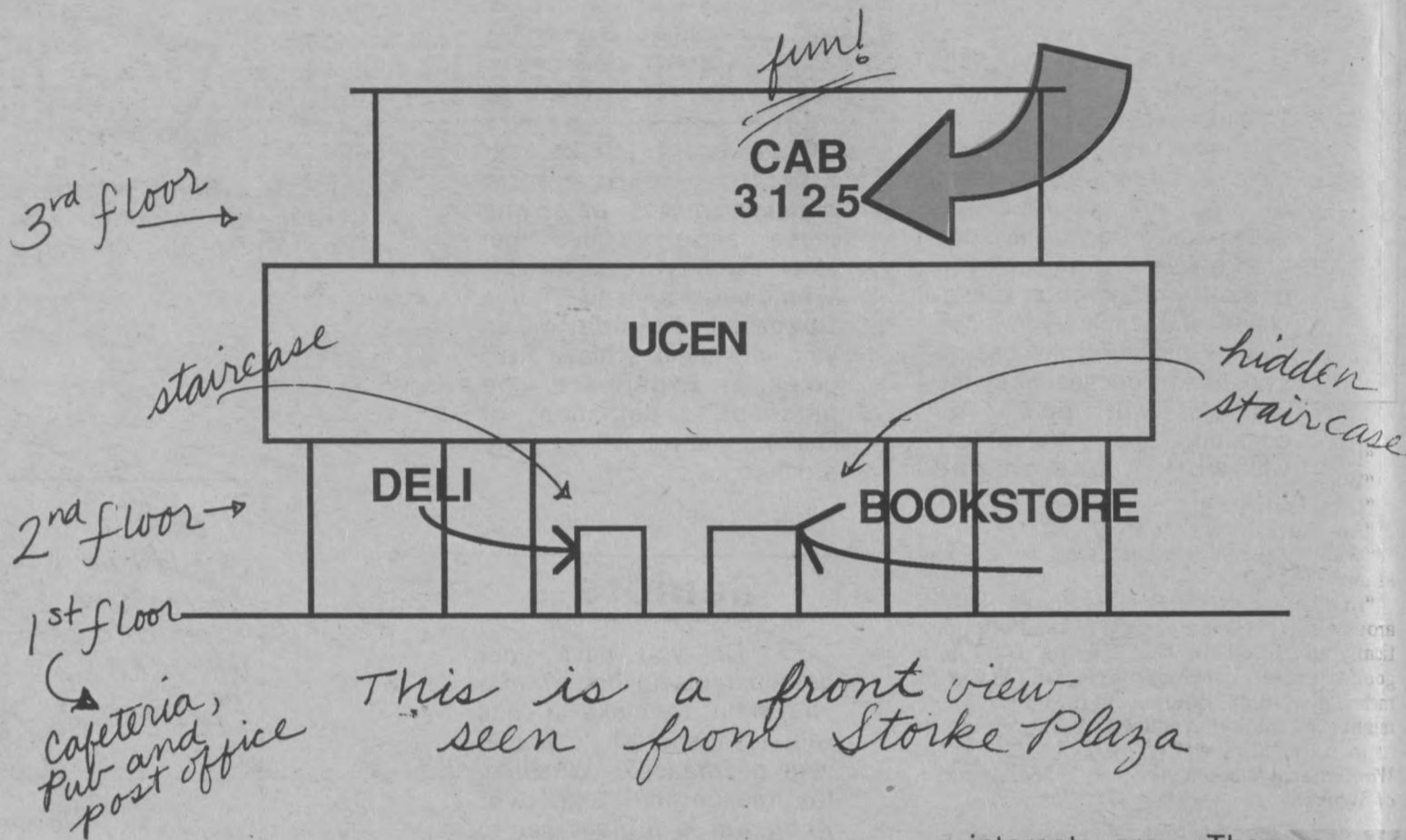
"Volunteering gives me big warm fuzzies."  
--Leigh Ann Christensen

"Thanks CAB. . . you have made a profound difference in my life by reinforcing in me the value of the really important things."  
--Linda Meneses

"I learned the importance of connection with the surrounding community in addition to making a significant contribution to helping it's citizens."  
-- Rachel Maney

"Volunteering. . . has been one of my most rewarding experiences at UCSB. . . it allowed me to share enormous amounts of caring and enthusiasm with a lot of great people."  
--Kim Gallagher

"Excitement, fun, adventure and lots of challenges. . ."  
--Patricia Lau



So you finished reading this whole insert and 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 back here, but instead you're going to find out. . .

how to get involved.

The first step is to stop by the CAB office- 3rd floor UCEN, directly across from the Campus Activities Center. Office hours are Monday through Friday, 9-5. Next, fill out an information sheet so that we know what your volunteer

interests are. Then, a board member will help you find a volunteer activity that meets your interests and fits your schedule. You can take the contact name and phone number with you, or we can call from our office to set you up with the agency.

If you can't stop by the office, call CAB at 893-4296.

**DON'T FORGET!!**  
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**CAB OFFICE:**

**3125 UCEN**

**PHONE:**

**893-4296**

On May 19, 1990, Community Affairs Board received the Community Service Award from the Campus Activities Center. This award is given to the organization that provides public service to aid the disadvantaged, remedy social problems and generally improve the quality of life for the community. The nomination letter for CAB stated that during the last school year, the core board of 50 students helped recruit and place over 2,000 UCSB volunteers into campus and community programs. The board is sure to top that number this year, based on its enthusiasm, organization, and optimism it has displayed already this year.