

Community Affairs Board



Challenge

Commitment

Concern

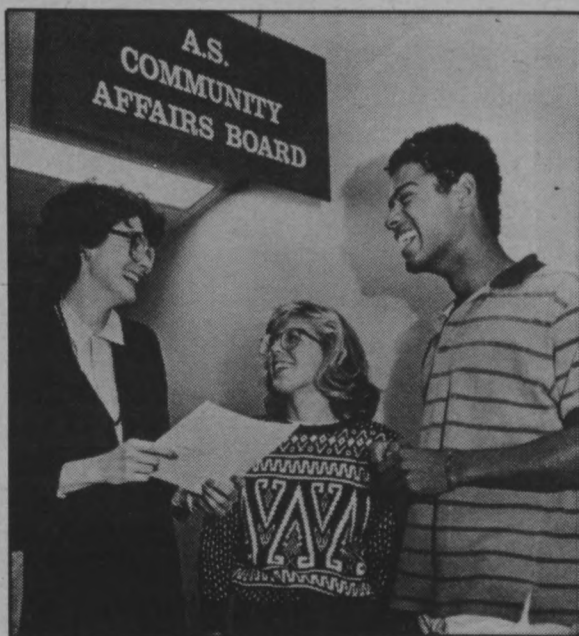
Get Involved — Join CAB

— By Tamara Scott —

Let's face it. Everyone agrees there is more to college life than just studying, midterms/finals, and partying. However, many college students (a few of them unknowingly) have a disease known as "community service deficiency" — CSD. CSD can inhibit a well-balanced moral development and can be fatal to one's resume. The symptoms of CSD are easy to detect: when one starts feeling a vague dissatisfaction and mentioning, "I'd like to get involved, but I don't know where to go," CSD has struck again.

The cure for CSD can be found not in the nearest health-food store, but on the 3rd floor of the UCen in the Community Affairs Board Office. The Community Affairs Board (CAB) is an official board of the Associated Students' Legislative Council. Part of the \$18 per quarter fee that every undergraduate pays to Associated Students (A.S.) goes to support the work that CAB does in placing students as volunteers in a variety of community projects. Although not an official department, CAB also receives some funding from the Student Fee Advisory Committee because of the valuable public relations function it serves in increasing the visibility and interaction of UCSB students in the community. CAB provides students with avenues to explore career paths as well as paths of social respon-

sibility. All students should make use of the opportunities that CAB furnishes to give something back to the Santa Barbara community, to learn valuable organizational skills, to gain personal satisfaction and finally to widen one's perspectives — and isn't that what college life is all about?



Tamara Scott, A.S. Executive Director; Genevieve Crawford and Curtis Robinson, CAB Co-Chairs, discuss future events.

Success of the Heart

It's important occasionally to reflect on our daily activities and our contributions to the society of which we are a part. Unfortunately, as we reflect we all too often become painfully aware that as a result of today's fast-paced competitive world, our feelings of success and worthiness are tied up in hard, cold, measurable things such as money, cars, clothes, titles, etc. We forget that there are many aspects to success that can't be measured, that can't be weighed, that can't be articulated in cold fact. Some refer to this as the warm or soft side of success. This is frequently reflected in the smile of appreciation for one who has given of self to help another. It can also be found in the laughter of a child, the hugs and back-slaps and thumbs-up for going beyond the call of duty. Some find success with the awareness of having touched a life which has meant something special to someone in need.

Won't you join me in considering the "soft side" of success. Explore the many opportunities you, as a volunteer, can play in the fulfillment of another life. I can assure that in so doing you will experience the heart of success and find immeasurable personal satisfaction as well.

Edward E. Birch

Edward E. Birch, Vice Chancellor



Special Education

Do you have an enthusiasm about learning and living which you can share with others? Physically, mentally, and emotionally handicapped children need patient and giving individuals who can encourage them to measure their success in small, daily triumphs. The Special Education project provides an opportunity for volunteers to gain wonderful experiences working with people with special needs.

As a volunteer for Special Education you can gain valuable preparation for careers in education, counseling, speech and hearing therapy, or medicine. We offer experience working one-on-one tutoring and recreational therapy.

The agencies where you could do your volunteer work include the Devereux Foundation, Hillside House, and the Santa Barbara Therapeutic Riding Academy. The Very Special Arts Festival is an annual carnival for children who are "specially challenged." This exciting one day activity is ideal for all enthused volunteers. Most positions require a minimum commitment of three hours per week — a small investment for great gains.

Scouts

When you were growing up, chances are that you were a Scout. Do you remember how much fun you had? Or how about the teamwork and sharing you experienced? Why not share *your* experience with Scout troops in the area. The Santa Barbara area has Brownies and Girl Scouts, Cub Scouts, Weebalos, Boy Scouts, Camp Fire and 4-H. They need your leadership and experience!

Volunteer opportunities include being a co-leader or assistant leader of a troop, or if you have less time to commit, you could assist with camping trips, special events or make presentations to different troops.

Do you want to feel good about yourself and help the youth in the area feel good too? Be a Scouts Volunteer!

Counseling

Working as a CAB Counseling Volunteer is an excellent opportunity to gain career experience, to develop people 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, teen support 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 a Communications major, the Counseling Project will enhance your academics. Engineering, Science, and Math majors are needed, and could find a balance by developing important people skills.

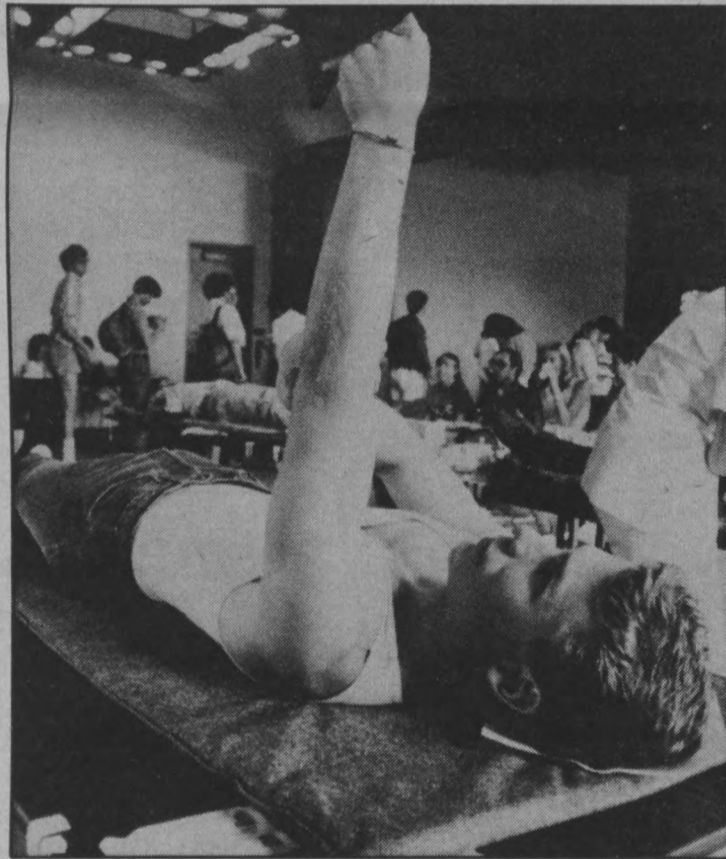
Work with individuals and groups in need, and reach beyond yourself in order to grow in your understanding of today's social issues.

Best Buddies

A little girl is sitting on the curb outside of her house, how she longs for a companion, someone to spend time with. Mom and dad seem to be so busy these days. You can make a difference in this child's life — by being a Best Buddies volunteer through CAB. You could meet with her for three hours a week. The two of you could go to the zoo, the beach, or just spend time together. As a Best Buddies volunteer you develop a special friendship with a child who needs you.

Best Buddies was created to provide meaningful relationships between student volunteers and local children who need a special friend, and a role model as well.

Make this a priority! Get involved! Stop by CAB office today. You can make a difference!



Medical Project's quarterly Blood Drive.

Medical

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.



I.V. Youth Project kids.

A Concern for Today

Legal

If you are considering a career in law, you owe it to yourself to check out the CAB Legal Project before committing yourself to law school. Legal volunteers gain a practical knowledge of legal processes and institutions. They develop contacts and mentors within the legal profession. Volunteers gain a greater understanding of the wide range of specialty areas within the legal profession, and the complexity of working within the court system. CAB places volunteers in agencies including the Santa Barbara D.A.'s office, the Legal Aid Foundation, The Legal Defense Center, The Lawyer Preferred Service as well as private practices and corporate volunteers programs. Volunteers perform many office duties including managing the front desk, assisting lawyers with research, evidence and briefs. Legal volunteers may experience all aspects of court room proceedings. A training and orientation session is provided at most agencies, so prior experience is not necessary. A strong background in writing and communication skills, and an enthusiasm to take on challenging projects is helpful. Ten hours a week is the usual time commitment. This is flexible and your schedule can be worked out with the agency. Take time to fully examine (and cross examine) your career options within the legal profession.

Volunteer Reserve Corp

New

Something new from CAB which will make it even easier to fit volunteering into an already busy academic and social calendar — 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 need one or more volunteers for any one time event. You could be called to give a few hours to the Medical Project's quarterly Blood Drive, to help with an American Heart Association fundraising event, to camp overnight with a busload of Scouts, or to give your time and talent to any other number of fun and worthwhile community events and activities. You have the freedom to choose which events you have the time and interest to participate in, and which events you don't.

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 and talents.

Commitment to People

St. Vincent's

Volunteering at St. Vincent's School is a worthwhile and rewarding experience! St. Vincent's is a residential school for developmentally disabled and emotionally disturbed children from the ages of 8-21. Located in Santa Barbara, St. Vincent's offers a variety of volunteer opportunities. You are needed to share your artistic and academic skills as classroom tutors, speech therapy aides, sports coaches, one-on-one counselors or arts and crafts assistants.

These volunteer possibilities require no prior skill or knowledge except the desire to help and be part of these wonderful children's lives! We offer you the opportunity to learn how to relate, teach, and feel comfortable with children who have special needs.

Volunteering at St. Vincent's offers you a chance to share your special skills and unique talents and personality with a child who will greatly value your new friendship!



Tutoring — an important volunteer activity in the Schools Project, Bilingual/Bicultural Project, Best Buddies, Special Education



New Isla Vista

Is your address Isla Vista? If it is you should be concerned with the problems this small community is facing. These are problems which affect all of the residents of Isla Vista: Homelessness, Hunger, Pollution, and Crime.

The Community Affairs Board has extended its outreach to meet the specific needs of Isla Vista by creating the Isla Vista Project. But we can't do it without your help. Project volunteers will work with L.I.V.E. (Let Isla Vista Eat) in feeding the hungry children and adults of this community. Quarterly food and clothes drives will also be established for the many homeless people that live in Isla Vista. So if you're a person who wants to give a little to your community, please become an Isla Vista Project volunteer.

Schools

Do you like to finger paint and play games? Do you like children? Do you like to help people? Well, if you do, then the School Project is for you!

Local schools desperately need you to help with arts and crafts and games. If working with older kids is your preference, the local high schools need you too. There are opportunities to help with math, reading and writing skills, foreign languages and science classes. We need you to tutor, help with after school sports activities, and of course, grade papers and help the teacher.

There are many children out there who need you! They need the individual attention only you can give them. You can help build the self-esteem of that young person with the time you share with them.

This is the perfect opportunity for you future teachers to gain necessary experience in the classroom, and also for any of you thinking about coaching or administration careers!

Bilingual / Bicultural

Imagine yourself coming to America for the first time. Perhaps you have just left a war-torn or poverty stricken homeland and you have very little knowledge of American culture, you may not even speak the language. Many local citizens have lived this reality. They are eager to learn our language and our culture.

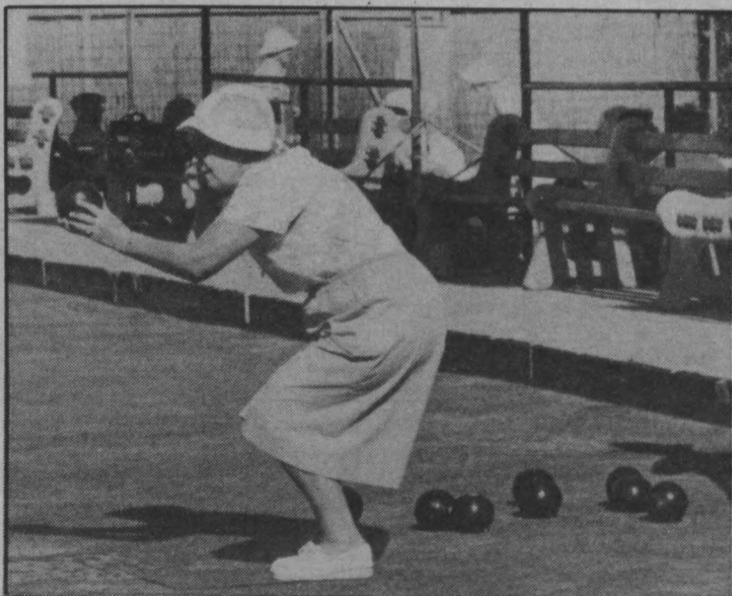
By volunteering in the CAB Bilingual/Bicultural Project you can learn about other cultures while sharing yours. Volunteering can be as simple as talking with individuals to improve their language skills, or teaching day-to-day survival skills; such as mastering the MTD system, grocery shopping, handling bills, or filling out forms and applications. Children and teens need classroom tutors and help after school with homework. These new Americans welcome volunteers into their homes and many lasting friendships are created.

If you're planning on teaching or applying to the Peace Corp or just a proud American you could help in many unspoken ways.

Special Projects

Having trouble making up your mind as to where your volunteer time will be best spent? Then check out CAB's Special Projects Project — a catch-all for any event or activity that doesn't neatly fall into any other project. Volunteers will also support and assist other Project Directors during times of critical need.

In the past, Special Projects has been involved with the YMCA, S.B. Birth Resource Center, the Humane Society, and the S.B. Zoological Gardens, just to name a few. Also, Special Projects gets many requests from private persons in the Santa Barbara community that are in need of volunteer assistants.



Keep up with a Senior in the Adopt-A-Grandparent Project.

Adopt-A-Grandparent

Many Senior Citizens remain active and healthy well into their seventies and eighties. They enjoy having parties, going shopping, playing games and much more! When was the last time you had the chance to spend time with a Senior?

Adopt-A-Grandparent Volunteers have many opportunities. By "adopting" a Senior, you would commit to seeing him or her each week to go shopping, play games or to just "visit" and spend time together. You could work in a retirement community, nursing home or in

someone's own home — helping that person remain independent. Do you like working in groups? How about leading sing-alongs, an arts and crafts class, or organizing parties? Or, if you have less time, why not help bring a group of Seniors to the symphony?

Do you want to grow while making a difference in someone's life? Adopt-A-Grandparent and put a smile on a Senior's face — and yours!!

Today's Issues

Criminal Justice

If you are a take charge individual who enjoys responsibility and isn't afraid to make a hard decision, then consider volunteering for the CAB Criminal Justice Project. There are opportunities to gain valuable career experience while contributing to the community.

One of the most popular opportunities is at the Santa Barbara Court-Administered Own Recognizance Unit. Volunteers interview arrestees at the county jail, and based on that interview, check previous arrest records, make a telephone investigation, and prepare a written report. Additional opportunities include the Santa Barbara County Probation Office, Juvenile Hall, and The Los Prietos boys Camp. At these agencies volunteers take on a wide range of responsibilities from assisting probation officers and contacting individuals placed in probation to counseling and supervising activities of juvenile offenders.

Time commitments range from just 2 hours per week up to 10 hours. Political Science, Psychology, Sociology majors as well as any other students interested in working with people in trouble while getting an inside peek at the U.S. Justice system should investigate the Criminal Justice Project.

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 not soon forgot.

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 from 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. 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.

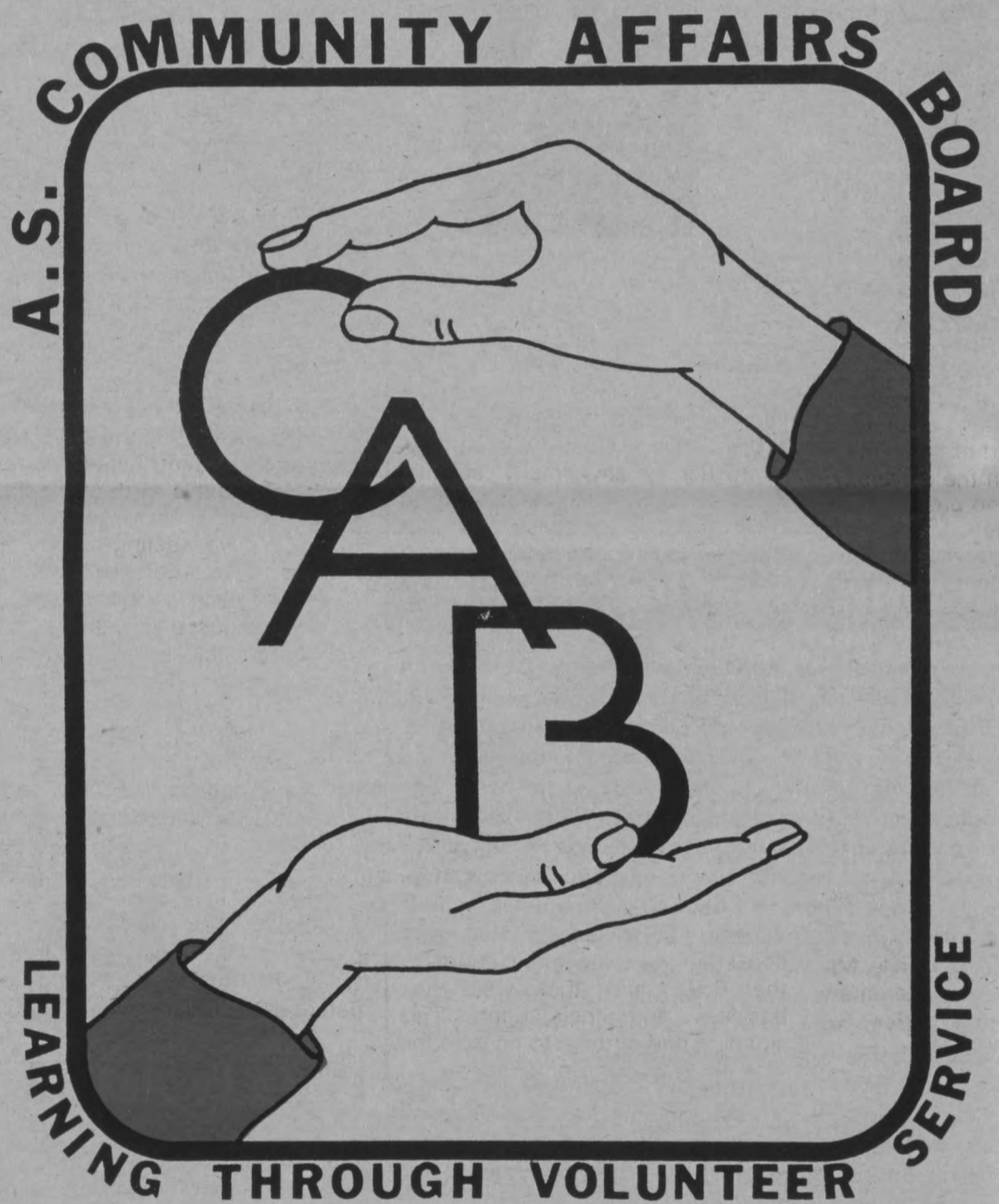
The Challenge of Leadership

Project Directors 1986 - 1987

Adopt-A-Grandparent.....	Glenn Cooper Mary Anne Gebken
Best Buddies.....	Wendy Marmis Elsie Velasco
Bilingual/Bicultural.....	Sherry Barth Steve Rossen
Counseling.....	Jennifer Elliott Bonnie Pollack
Criminal Justice.....	Mitch Kaufman Lee Miller
I.V. Project.....	Positions Open
Legal.....	Melissa Hale Bill Brandon
Medical/Special Medical.....	Maureen Mulvihill Jon Quaranta Tom Ronay
Schools.....	Renee Fenton Pilar Pablo
Scouts.....	Carlye Needle Anne Marie Finerty
Special Education.....	Jamie Norman Bridgett Wandruff
Special Olympics.....	Ann Gregg Jennifer Saxon
Special Projects.....	Cari Broffman Alison Gabel Kelly Rowan
St. Vincent's.....	Linda Meneses Karin Olson
Volunteer Reserve Corp.....	Open to Everyone



JOIN US!!!!



How to Contact CAB

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 Corp. 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!!!

Write In

The address at the Community Affairs Board is —
P.O. Box 13389 UCSB
Santa Barbara, CA. 93107

Take the time to drop us a card if you want to become a part of this growing world of awareness. If you are an agency which needs your volunteer request information updated, drop us a card with the provided changes.

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.

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 Claudia Alphin, our full time secretary, 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.

**Community Affairs Board
3rd Floor UCen**

961-4296