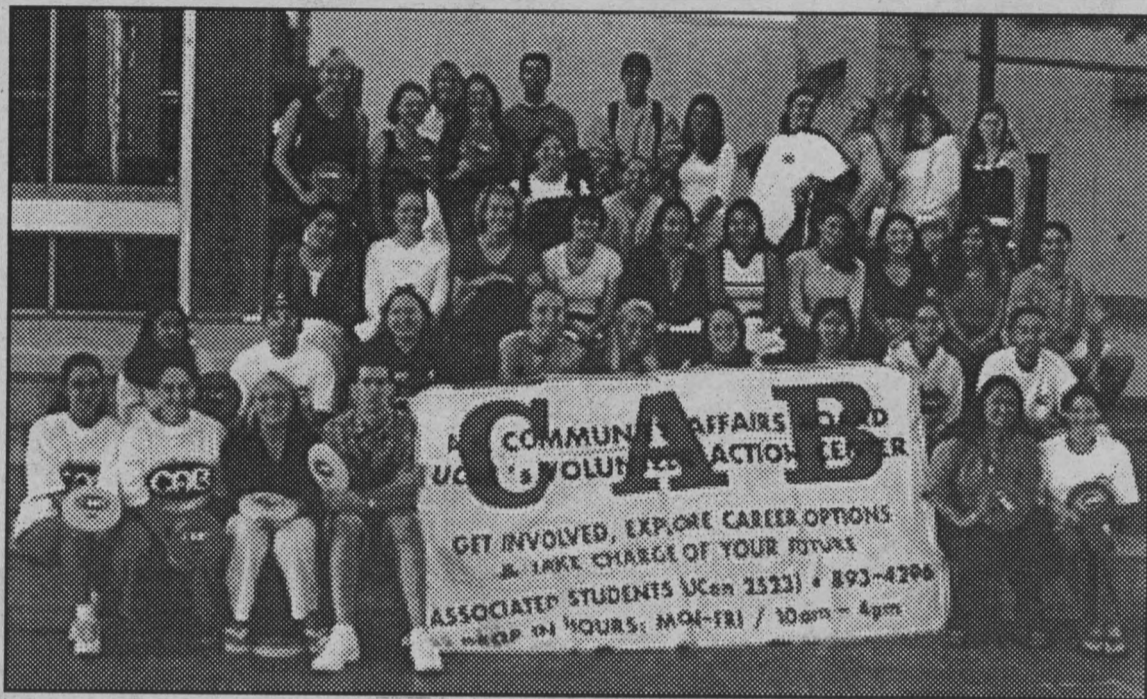




Community Affairs Board

Volunteerships • Service Learning • Leadership Experience



The 1999/2000 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...

What's CAB?

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. We match individuals and groups that want to volunteer with human service agencies in the surrounding community that need volunteers. Take advantage of your resources and come by the CAB office.

Is volunteering for you? Sure! Your decision to volunteer can develop your mind as well as your resume. You can gain "real world" experience, acquire graduate school experience, and explore your career options. In addition you can create lasting relationships while making a difference in your community. 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 enriching the lives of others as well as your own!

UCSB's Volunteer Action Center

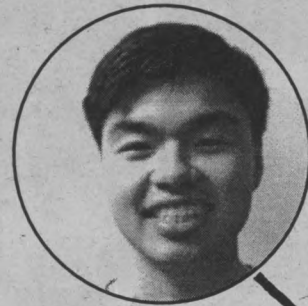
Community Affairs Board Student Leadership

*CAB could not run as smoothly as it does without its student members. In fact, its sort-of run like a Taxi CAB! Each part works together to get us where we want to go... Destination: Successful Volunteer Projects!
So, come along for the ride!*

Kristie Frasure
Vice-Chair



Pam Van Dyk
Office Manager

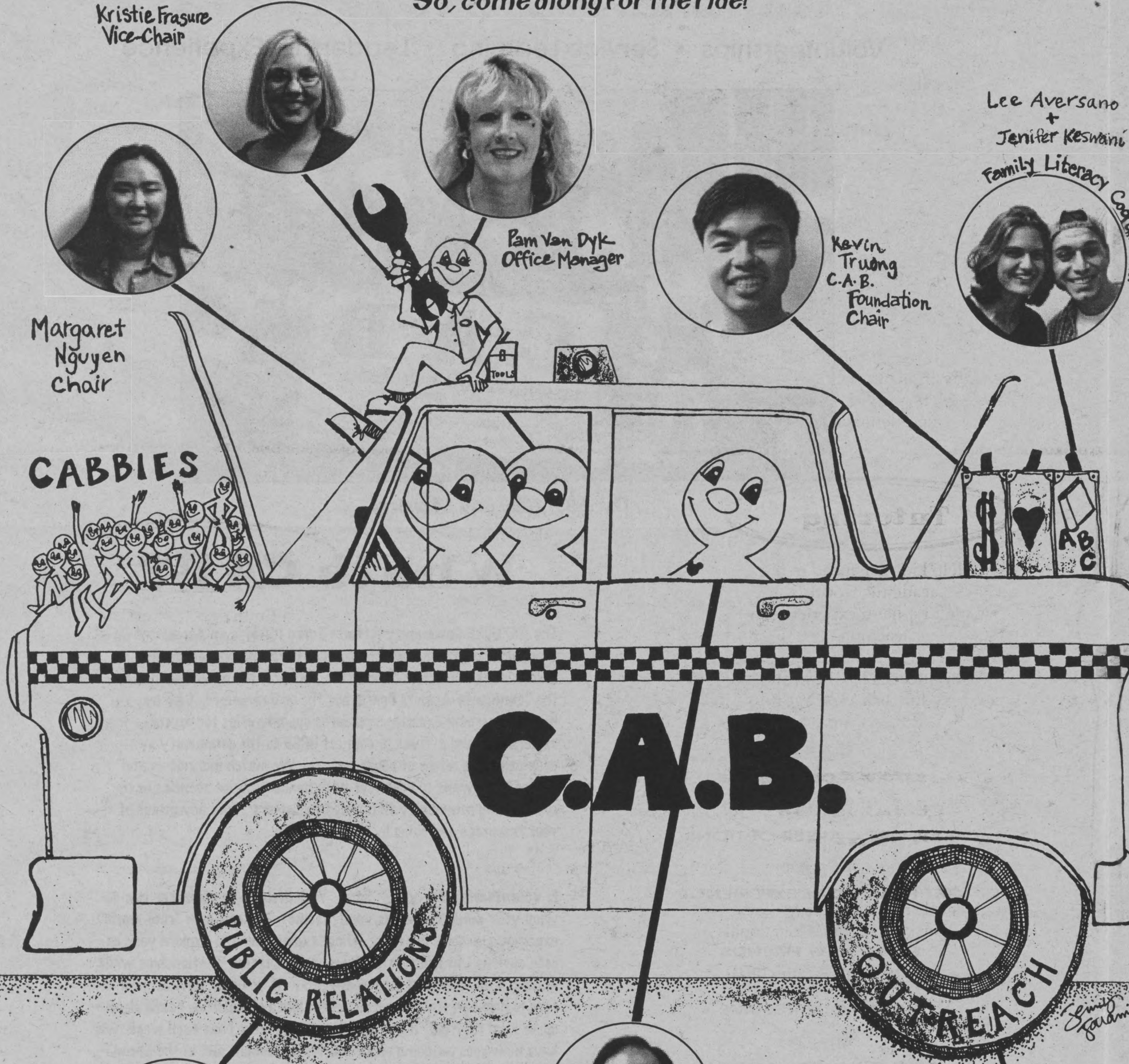


Kevin Truong
C.A.B.
Foundation
Chair

Lee Aversano
+
Jenifer Keswani
Family Literacy
Coordinator



Margaret
Nguyen
Chair



James Tandon
Public Relations
Coordinator



James K. To
A.S. Advisor



Allan Langston
Outreach Coordinator

Volunteer Everywhere!

Welcome to a new and exciting year with the Community Affairs Board! There are wonderful opportunities waiting for you. Come check out CAB's 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

- Gain practical knowledge of processes and institutions
 - Develop contacts and mentors
- Volunteer at the Santa Barbara County Probation Office or the Legal Aid Foundation
- Private practices and corporate volunteer opportunities

Advertising & Publicity

- PR and advertising with various organizations such as the Family Service Agency of Santa Barbara or Direct Relief International
- Create flyers, posters, ads, brochures, newsletters, etc.

Tutoring

- Help kids get ahead in the academic world
- Gain first-hand experience in teaching
- Volunteer at Endowment for Youth Committee, Goleta Boys and Girls Club, Isla Vista Youth Projects, etc.

Special Needs

- Learn more about people
- Develop a better understanding of physical and mental disabilities
- Help others work in an educational forum
- Volunteer at Recording for the Blind, Best Buddies, Special Olympics, etc.

Health & Medical

- Gain hands-on experience in health related fields
- Take patients' vitals, observe medical surgery, perform basic laboratory tests, etc.
- Interact with physicians in all areas
- Volunteer at St. Francis and Cottage Hospitals, Goleta Valley Hospital, I.V. Health Projects, etc.

Hunger/Homeless

- Help meet the basic needs of people in Isla Vista and surrounding communities
- Volunteer at Transition House or The Foodbank of Santa Barbara
- Organize a food drive or keep a shelter running efficiently

Animal Care

- Help stray and abandoned animals
 - Be a tour guide at the zoo
 - Educate children about animals
 - Feed, bathe, love and care for animals in need
- Volunteer at the Dog Adoption and Welfare Group, Santa Barbara County Animal Shelter, Santa Barbara Zoo, etc.

Admin & Office Work

- Gain administrative and office skills
 - Learn or refine marketable skills
- Volunteer at Alzheimer's Association, Big Brother/Sister of Santa Barbara, Legal Aid Foundation, Santa Barbara Natural History Museum, Stop AIDS Now, etc.

Counseling

- Lend an ear, some advice, and some time
- Develop interpersonal skills and become involved in important social issues
- Volunteer at Helpline, C.A.L.M., Transition House, the Rape Crisis Center, etc.

Environment

- Learn "the good" and "the bad" about the environment in Santa Barbara and surrounding communities
- Work on local environmental issues
 - Increase your knowledge of environmental problems
- Volunteer at CalPIRG, Community Environmental Council, etc.

Youth & Childcare

- Provide companionship and academic enrichment for children
- Be a child's tutor and gain teaching experience
- Volunteer at Boys and Girls Club, Isla Vista Youth Projects, Klein Bottle Youth Programs, etc.

Senior Citizens

- Build special friendships
- Be a senior escort, accompanying seniors on trips to the zoo, symphony, or beach
 - Adopt a grandparent
- Volunteer at retirement homes or at the home of a local senior citizen

Art & Cultural

- Many creative opportunities
- Work backstage and behind-the-scenes
 - Be a museum docent
- Help make hand-crafted goods
- Volunteer at the Ensemble Theater Company, Santa Barbara Botanic Gardens, UCSB Art Museum, etc.

Business & Economics

- Gain hands-on business and economic experience
 - Build a solid resume
- Volunteer at Women's Economic Ventures, The Community Action Commission, Adoption Center of Santa Barbara, etc.

Gain Valuable Experience!

CAB Wants YOU!



**The Board Meets
Every
TUESDAY**

5:00-6:00 pm

UCEN ROOM 2523

(Located above A.S. Notes)

Can't make the meeting?

Stop by and let us know you're interested!

VISIT THE CAB OFFICE:

UNIVERSITY CENTER 2523

MON - FRI 10 AM - 4 PM

893-4296

email: cab@as.ucsb.edu

(See Map Below)

Getting Started

Volunteering is as simple as...

1

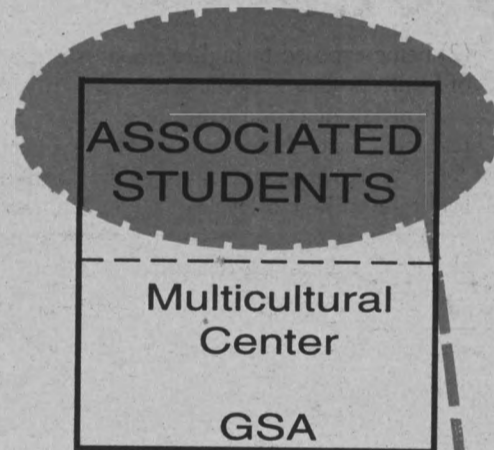
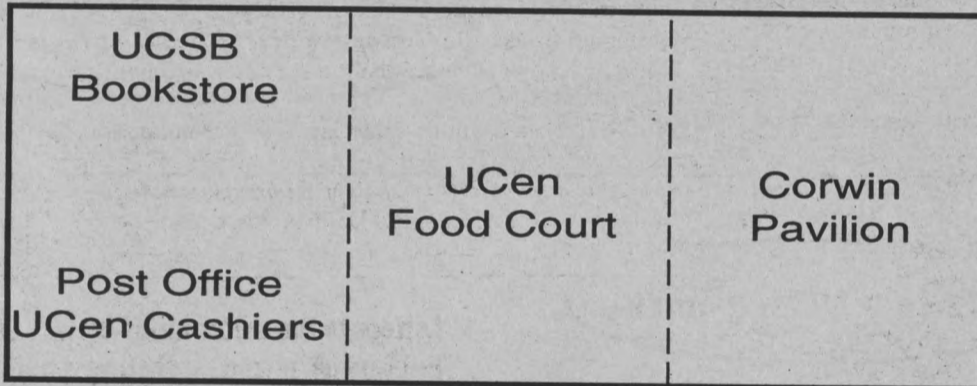
Visit CAB in the A.S. part of the UCen Room 2523 (Located upstairs from A.S. Notes). Our office hours are Monday through Friday, 10am-4pm.

2

Pick up a volunteer information sheet and fill it out so we can find out what your areas of interest are. You can talk to one of the CAB members for more information and to learn how to use the Volunteer Opportunities Database.

3

To keep updated on all the incoming and recent volunteer opportunities, you can subscribe yourself to our CARE (Community Action Resource Electronic) mail list. You will receive bi-monthly updates on the latest volunteer opportunities. In addition, you may occasionally receive messages regarding "emergency" community needs. To subscribe today, e-mail us at care-mail request@as.ucsb.edu and in the "message text" of the letter type the word "subscribe".



ASSOCIATED STUDENTS

