



Community Affairs Board

— the largest student volunteer organization on campus —

Project Directors 1987-88

Project	Directors
Co-Chairs	Sherry Barth, Ann Gregg
Best Buddies	Karin Olson, Lisa Hall
Counseling	Marlene Hodges, Cheryl Kafka
Education	Kathy Kingsbury, Beth Greenberg
ESL Tutoring	Bertha Rangel, Lynn Herrell
Fundraising	Tina Fulkerson, Elisa Sheneman
Hunger/Homeless	Briget Wandruff, Lara Stalmaster
Isla Vista Project	Jason Geller, Cara Hutson
Pre-Law	Dave Cleff, Gary Goldberg
Pre-Medical	Julie Rosenthal, Kathleen McGarr
Public Relations	Carrie Burgal, Jamie Fatone
Senior Escort	Patti Lau, Brandi Wolf
Senior Friendship	Shelley Heinemann, Marsha Cheney
Special Education	Linda Meneses, Carrie Hudson
Special Olympics	Gina Ng, Kim Gallagher
Special Projects	Janice Weinstein, Michelle Fingal

Join Us!!!

The A.S. Community Affairs Board is dedicated to Public Service. It is a student run organization with a dedicated staff: Dulcie Sinn, Advisor and Claudia Alphin, Office Coordinator. Our mission is to act as a volunteer placement service for University students interested in gaining valuable career and educational experience in the community. We have set a goal of recruiting 1,500 undergraduates and placing them in meaningful volunteer positions with non-profit and social service organizations.

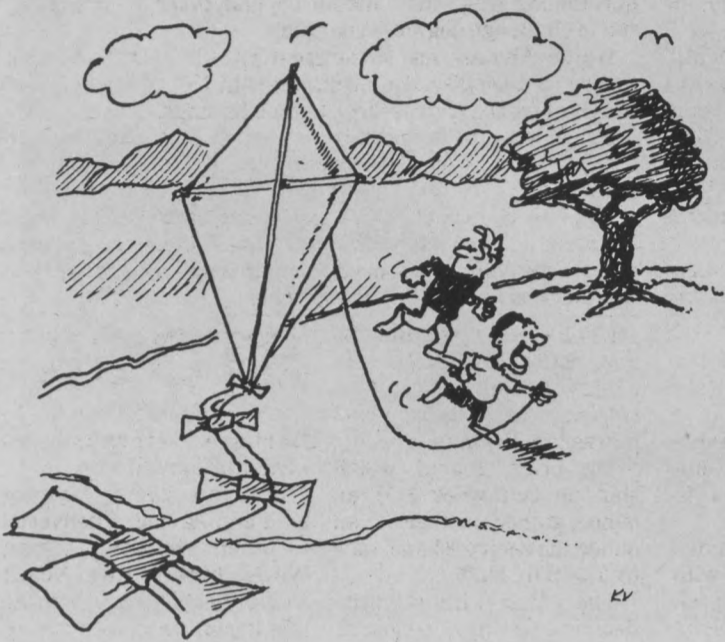
We also work with campus organizations interested in doing community service projects or fundraising for local and national special interest groups. We can help with organizational skills, leadership and project development, and public relations.

All of our Project Directors are experienced volunteers with knowledge and enthusiasm to share. Our projects have evolved over the 23 years our organization has been in existence and are designed to meet the needs of students, community agencies, and the University.

Take the time to check us out whether you are a freshman, sophomore, junior, or senior, we will be able to meet your needs.

A.S. Community

— the largest student volunteer org



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.

This project also offers opportunities to be a special friend for youngsters who are developmentally disabled and/or emotionally disturbed. These

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

Best Buddies was created to provide meaningful relationships between student volunteers and local children who need a special friend and role model as well. Volunteering offers you a chance to share your special skills, unique talents, and personality with a child who will greatly value your friendship. Get involved! You can make a difference!!

Medic

If you're a pre-med student or someone interested in the health field and haven't yet been exposed to the reality of emergency rooms, nurses' quarters, operation rooms, and medical clinics, CAB gives you this chance. The CAB Medical Project gives you the opportunity for "hands-on" experience in the health-related fields which are beneficial before making the medical school decisions or any health-field career decisions.

Volunteers work at many agencies including St. Francis, Cottage, and Goleta Valley Hospitals, Westside, Carrillo, and Isla Vista Clinics, as well as medical laboratories and dentist's offices. CAB medical

Education

Do you enjoy working with children or young adults? Then our education project is for you!! Opportunities are available to help with math, reading and writing skills, foreign languages, and science classes. We need you to tutor, help with afterschool sports activities and of course, to keep the classroom running smoothly. We also provide opportunities for you to develop leadership skills by leading a Brownie or Scout troop. This is a great way to get children involved in developing im-

portant life skills and just plain having fun. 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!

Senior Escort

The Senior Escort Project provides senior citizens with creative entertainment and social relationships with UCSB students, thus nurturing a deeper understanding and communication between generations.

Do you like leading sing-alongs, arts and crafts classes, or organizing parties? Senior Escort offers these opportunities for you. Or, why not take an afternoon and escort a senior to the Santa Barbara Symphony or the zoo? Time commitment is as little as 4 hours per quarter or more!!

In this project, you can share in another person's life through your involvement in the senior community. We need your skills, energy, concern, and commitment, and most importantly your LOVE!



Senior Friendship

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?

This project is oriented towards increasing student awareness of and involvement in Santa Barbara's senior community. By "adopting" a senior, you 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 want to grow while making a difference in someone's life? Become a friend of a senior and put a smile on a senior's face — and yours!!

Special Education

Mission: The Special Education Project is designed to give students the opportunity to interact with the special citizens of the Santa Barbara area 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, be happy! This is what you get when you volunteer for A.S. CAB's Special Education Project.

We offer you over 25 different agencies which will provide you with hundreds of 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 a 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. For a minimum of 2 hours per week — you can experience all this!! This is your opportunity, so GO FOR IT!!

Special Olympics

Come catch the spirit! "Everyone's a Winner!" This does not apply only to the special 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.

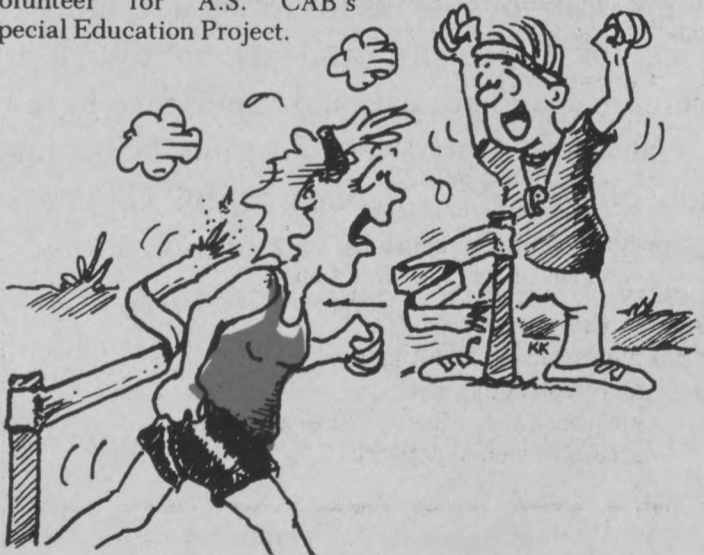
The program needs volun-

teers. 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. Your commitment can make that difference.

Fundraising

Fundraising is one of our newest projects, created to help meet the needs of such vital organizations as UNICEF. In our Fundraising Project you can contribute your creativity, energy, organizational skills and most importantly, your concern.

As a volunteer you have the opportunity to get involved with organizations that promote goodwill in not only our local community but the world as well. So, dare to find out what a difference just one person can make. Volunteer today to raise funds and support the global community.



CAB Office: UCen 3

Community Affairs Board

organization on campus —

Medical

volunteers can expect to learn basic skills in taking patient's vitals, observing 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 3-6 hours a week.

In addition, the CAB Medical Project puts on a quarterly blood drive and any other special medical projects that come up, such as Tay-Sachs testing. So, if your schedule doesn't permit a weekly commitment, your time volunteered for a couple of hours at these special events is greatly needed and appreciated.



Legal

If you are considering a career in law, you owe it to yourself to check out the CAB Pre-Law 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 defence Center, the Lawyer Preferred Service as well as private practices and corporate volunteer 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.

In addition, in the criminal justice area, this project works with the Santa Barbara Court-Administered Own Recognizance. Volunteers in this agency interview arrestees in 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.

Prior to participating in any of the pre-Law agencies, a training and orientation session is provided at most agencies, so experience is not mandatory. A strong background in writing and communication skills, and an enthusiasm to take on challenging projects is helpful. Two to 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.

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.

Isla Vista

The Golden Rule is a value that is rooted in society: Treat others as you would like to be treated. In other words, treat the Isla Vista Community as if it were your community. Like your community, I.V. is plagued with the big communal diseases — pollution, crime and hunger.

As with other CAB Project Directors, we intend to generate a student concern for the I.V.

community. Many of our efforts will be channeled toward anti-litter campaigns as well as creating events for I.V. youths to participate in. Furthermore, the Project will collaborate with the Hunger/Homeless Project in order to maximize the benefits for I.V.'s homeless and hungry. It is your community, treat it well! We need your concern, thoughtfulness, energy, and friendliness. Come see CAB!!!



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.

Students enhance self-awareness while helping individuals face 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 Communications major, the Counseling Project will enhance your academics. Engineering, Science, and Math majors could also benefit by developing important interpersonal communication skills.

We challenge you to reach beyond yourself to develop a better understanding of people's needs in our society today. Dare to take the Challenge!!

Volunteer Reserve Corps

Something new from CAB which will make it even easier to fit volunteering into an already busy academic and social calendar — the Volunteer Reserve Corps.

As a Corps 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.

Special Projects

Special Projects is geared toward meeting the special needs of the campus and community. With projects such as Students Against Multiple Sclerosis and Alcohol Awareness — Special Projects looks to educate the student and community.

As a volunteer you can ensure that we meet our goals to develop awareness of and encourage student participation in these timely projects. Special Projects provides you the opportunity to utilize your skills in organizing, motivating and educating others. This is an opportunity to really make a difference that extends far beyond the UCSB campus!!!

Hunger/Homeless

The Hunger/Homeless Project is another recent addition to the Community Affairs Board. This project is dedicated to helping to meet the basic needs of people in the Isla Vista and surrounding communities. This project works with projects as Let Isla Vista Eat, Transition House, and Project Macaroni. 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!!

ESL Tutoring

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 ESL Tutoring 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 Corps or just a proud American you could help in many unspoken ways.



Public Relations

The Public Relations Project serves to increase awareness of the Community Affairs Board both on campus and in the surrounding community. This project works with all of the CAB projects helping to publicize and recruit volunteers for the exciting events CAB sponsors. This project is a new addition to the board and could meet your needs to develop career skills in Public Relations, Advertising, Photography and Communications. Or if you just want to get involved, we eagerly look forward to meeting you!

3rd Floor 961-4296

Volunteers Speak Out...

"As a Volunteer at St. Francis Hospital, I was submersed in the medical environment of my choice. My exposure to the working regimen gave me invaluable insight into the practical application of my education here at UCSB."

— Kathleen McGarr
Pre-Medical Project Director

"I've learned a lot and had fun in my volunteer experiences. Spending time with children is a refreshing change of pace from college life."

— Karin Olson
Best Buddies Project Director

"Being a Best Buddy gave me the opportunity to support and encourage one very special child from Isla Vista. To see a smiling face or hear a gracious thank-you, was more than enough to make my day."

— Jamie Fatone
Best Buddies Volunteer

"As a Special Olympics coach, I especially enjoyed working with the athletes as well as the volunteers. The care and enthusiasm shared by all makes volunteering a very worthwhile experience."

— Kim Gallagher
Special Olympics Project Director

"Being an escort for a Special Olympian left a lasting impression on me, opening up a new world where EVERYONE'S a winner. Seeing all the smiling faces and open arms made my heart smile, as I forgot about my school worries and stress. I'll never forget that day."

Carrie Burgal
Special Olympic Volunteer

"The experience I have gained as a volunteer has been as important as the knowledge I have gained in the classroom. As a volunteer I have gotten involved in my community and explored new career options that I never would have previously considered. My self-esteem and self-worth have increased as I learn what I can do and where my potentials may take me. The rewards are incredible, it seems the more you give and commit the more you receive! It definitely has been a vital part of my college experience."

Ann Marie Gregg
Co-Chair 87-88
Past Special Olympics Project Director

"Two years ago I entered the CAB office asking to "get involved" in counseling. Since then I've para counseled for Call-Line, met a wonderful disabled girl who became my "Best Buddy," and ran laps around a track with some very special athletes. CAB has offered me hands on experience enabling me to realize that this field is definitely for me!!!

Cheryl Kafka
Counseling Project Director

"Since we have been enveloped in the CAB experience, we have gained insight into the attitudes of both community members and UCSB students."

Jason Geller and Cara Hutson
Isla Vista Community Project Directors

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!!!

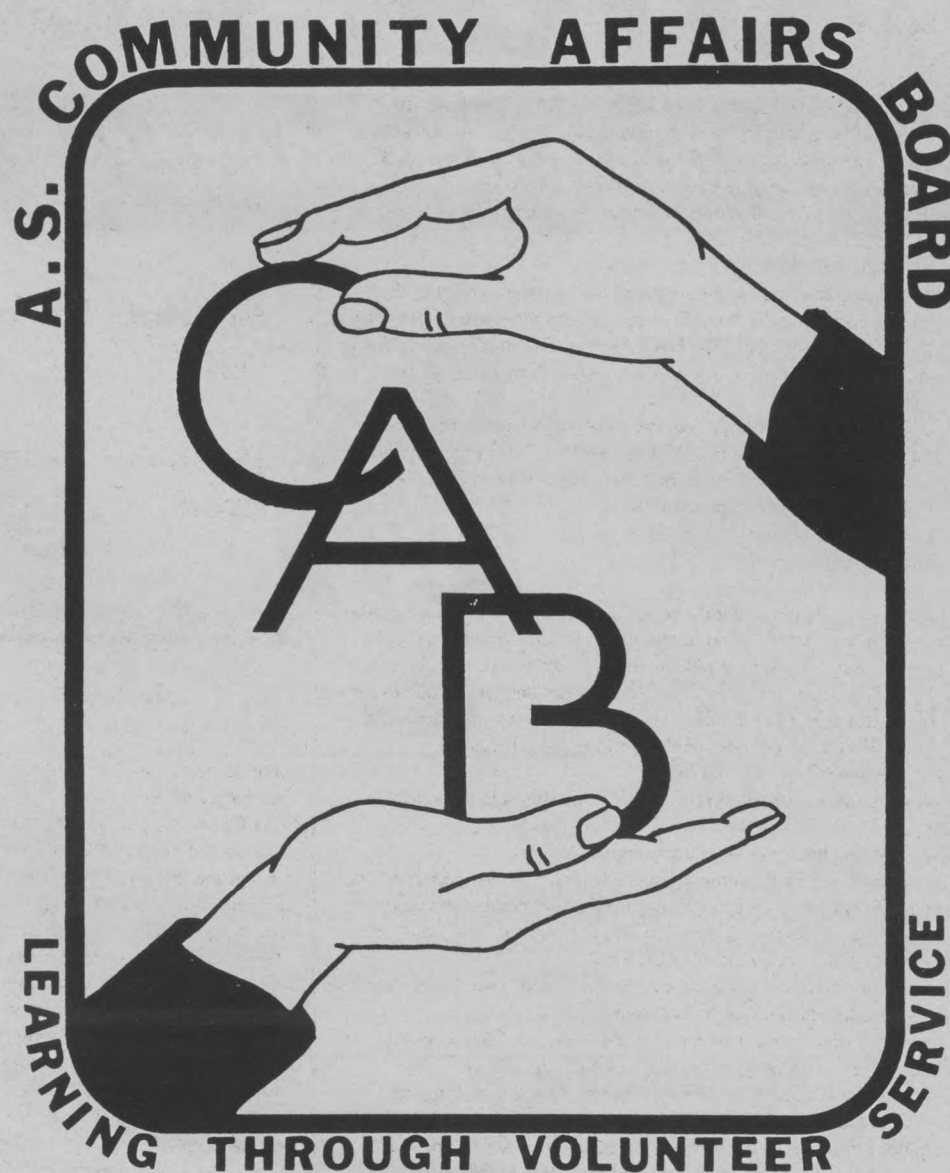
Walk In

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 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.

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 961-4296



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