

CAB

community affairs board

UCSB'S VOLUNTEER ACTION CENTER

Volunteer Action • Service Learning • Non-profit Career Education



The 1995/1996 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!

The Largest Volunteer Organization On Campus!

Community Affairs Board Student Leadership

CAB Co-Chairs



Hi, we're Kristen and Chip, the Co-Chairs for CAB. We are responsible for keeping all of CAB's operations running smoothly. This involves overseeing all of CAB's committees and service projects, as well as maintaining a healthy relationship between the community, CAB, and UCSB students. Since we care about community service, our goal is to encourage you to get involved in the community! We believe volunteering is a great way to expand your learning beyond the classroom!

Family Literacy Directors



Hi! We're Harpreet and Jennifer. We're the Family Literacy Coordinators. The Family Literacy Program works with parents and children to teach reading basics. This project helps to bridge the gap between local student and family populations to create a community of interaction and mentorship. Our goal is to provide families with the ability and hope to break the cycle of illiteracy. The time commitment is minimal compared to the effect it will have on the families. Please drop by CAB for more information on how you can get involved with this project!

PR Co-Chairs



Hi, we're Brinden and Melissa, the Public Relations Co-Chairs. We're responsible for the overall presentation of CAB by publicizing CAB's community service projects and events. We work closely with on-campus and local publications and oversee the design and production of flyers, advertisements, banners, etc. If you're interested in public relations and want to get involved, stop by CAB and ask for us!

CAB Foundation Director



Hi! My name is Monica and I am the CAB Foundation Director. CAB Foundation provides support to student-initiated community service projects. The Foundation offers financial, administrative, and technological support. If you or your organization is planning projects and need "seed money" to start, contact me at 893-4296, or stop by the CAB office, UCen Room 2523 (Located upstairs from A.S. Notes).

Key Volunteers



We're Farmoosh, Travis and Earlita. We're Key Volunteers. Key Volunteers function as a liaison between community-based organizations and UCSB. We advocate the special interests of our organizations and bring them to UCSB so you too can become involved! Whether you are interested in gaining career experience or volunteering for an organization that leaves you with a satisfied feeling, becoming a key volunteer provides an incredible opportunity.

Outreach Coordinator

The Outreach Coordinator is responsible for on-going volunteer and leadership recruitment. The Outreach Committee uses all kinds of media to attract new volunteers, such as classroom/meeting/community presentations, newsletter mailings, advertising, tabling, etc. If you are interested in joining the committee, stop by CAB and fill out a leadership application!

Volunteer Everywhere!

Welcome to a new and exciting year with the Community Affairs Board! There are wonderful opportunities waiting for each and every one of 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

If you are a "take charge" individual who enjoys responsibility and isn't afraid to make hard decisions, then consider becoming a legal or political volunteer. You will gain practical knowledge of processes and institutions, as well as develop contacts and mentors within the legal and political 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 career options within the legal and political profession.

Hunger/Homeless

The hunger/homelessness issue is another area in which volunteers get satisfaction from working with the local community. Volunteers are dedicated to helping meet the basic needs of people in Isla Vista and surrounding communities by working with such organizations as Transition House and The Food Bank of Santa Barbara. There are many ways to get involved. You can help organize a food drive, keep a shelter running efficiently, or get really creative with your concerns and come in with your brainstorm on new ways to help. You can use your skills, commitment, and concern to really make a difference!

Health & Medical

If you are a pre-med student and haven't yet been exposed to the reality of emergency rooms, nursing homes or medical laboratories, CAB has an opportunity for you! Our medical volunteer positions give students the chance for "hands on" experience in health related fields. Volunteers work at many agencies including St. Francis and Cottage Hospitals, Goleta Valley Hospital, and I.V. Health Projects, as well as in medical laboratories. You can learn basic skills in taking patients vitals, observing medical surgery, emergency room services, performing basic laboratory tests, and interacting with physicians in these various medical environments. As a student, these volunteer opportunities allow you to experience various medical career options before making decisions about your future.

Counseling

Lend an ear, some advice, and some time as you develop interpersonal skills and become involved in important social issues. CAB will connect you with a social service agency of your choice such as Helpline, C.A.L.M., Transition House, Council on Alcoholism & Drug Abuse, or the Rape Crisis Center. 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.

Senior Citizens

Do you miss your grandparents at home? Do you want to make friends with someone who's not from your generation? Whatever

the reason, you will build lasting friendships. As a volunteer be 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 the home of a local senior citizen. Seniors need your friendship, energy, and cheer. Make a friend and meet a senior!

Environment

Oil spills, toxic waste, and air pollution are not the things many of us want to pass on to future generations. CAB has volunteer opportunities which allow students to do their share in saving the Earth. Program such as CalPIRG, Community Environmental Council, and Santa Barbara Botanic Gardens encourage volunteers to work on local environmental issues 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.

Youth & Childcare

A little of your time can make a BIG difference in a young person's life! Take advantage of the many opportunities CAB has to offer. You can provide companionship and academic enrichment for children. Volunteer a few hours a week with the Boys and Girls Club, Girls Inc., Isla Vista Youth Projects, Klein Bottle Youth Programs and various others. Now is your chance to experience the many rewards of being a special friend to a young child. Do you want to teach? You can also form important relationships as a child's tutor. As a tutor you can build your self-esteem and confidence as a teacher, and also help a child to improve academically. Experience the satisfaction of watching a child's grades improve and their future grow.

Animal Care

Do you love animals...dogs, cats, monkeys, elephants? Well, whatever your fancy, CAB's animal volunteer opportunities can fit the bill. The Dog Adoption and Welfare Group program allows students to help stray and abandoned dogs receive the love and care they so greatly need. Cats need people too, and the Santa Barbara County Animal Shelter has them. Not enough? How about spending some time at the Santa Barbara Zoo as a tour guide, zoo educator or feeder? There are plenty of needy animals out there, so stop by CAB and we'll help you find the right opportunity for you.

Advertising & Publicity

Get involved and gain hands-on experience in public relations and promotion. Work with various organizations such as Family Service Agency of Santa Barbara and Direct Relief International to create flyers, posters, ads, brochures, newsletters, etc.

Special Education

By volunteering in the special education area, you will have the opportunity to enhance the lives of numerous Santa Barbara County residents. By working with organizations such as Recording For the Blind, Hollister Schools' Special Education, Santa Barbara's Therapeutic Riding Academy, and Special Olympics, you will have the chance to learn more about people, develop a better understanding of physical and mental disabilities, and help others work in an educational forum.

Admin & Office Work

Been in school for a while? Do you feel like you have no marketable skills? CAB has numerous volunteer opportunities that can help you gain administrative and office skills. If you have a specific area of interest, we can help. Your choices are wide open with organizations such as: City of S.B. Mayor and City Council Office, Alzheimer's Association, Arthritis Foundation, Big Brother/Sister of Santa Barbara, Goleta Valley Community Hospital, Klein Bottle Youth Programs, Legal Aid Foundation, Santa Barbara Natural History Museum, Stop Aids Now, and the American Red Cross.

Business & Economics

Want to gain some great hands-on business and economic experience while working with interesting people and important issues? The Community Action Commission, CalPIRG, Women's Economic Ventures, Adoption Center of Santa Barbara, and even the Community Affairs Board are all looking for student volunteers to help on business and economic issues. This is your opportunity to build a solid resume for job interviews and graduate school while making a difference in the community. So get started now!

Art & Cultural

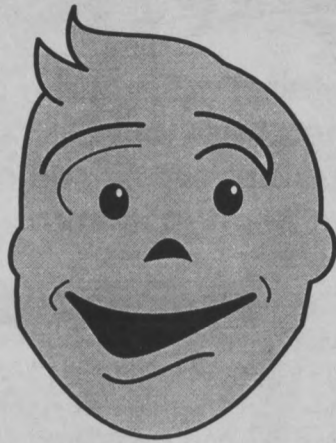
Satisfy that urge to be creative, and get involved with unique organizations in Santa Barbara. Here is your chance to work backstage and behind-the-scenes for the Ensemble Theater Company. Help make hand crafted goods with the Santa Barbara Botanic Gardens. The Santa Barbara Festival Ballet needs volunteers for backstage supervision, props, costumes and administrative work. If you can't travel far, the UCSB Art Museum needs students who enjoy art, can lead tours and educate visitors. With volunteerism, your door to exploring your artistic side is wide open.

Tutoring

Here is your chance to help kids get ahead and do better in their academic world. Organizations such as the Endowment for Youth Committee, Goleta Boys and Girls Club, Isla Vista Youth Projects, and various local schools need your help. This is a great opportunity for students who have an interest in teaching to get first-hand experience. As a tutor YOU can change the life of a child through education and literacy.

Gain Valuable Experience!

CAB Wants YOU!



**The Board Meets
Every
TUESDAY
5:30-7pm**

UCEN ROOM 2523

(Located above A.S. Notes)

*Can't make the meeting? Stop by and let us know your interested!

**VISIT THE CAB OFFICE:
UNIVERSITY CENTER 2523
MON - FRI • 10 AM - 4 PM
893-4296**

(See Map On Back Page)

Getting Started

Volunteering is as simple as . . .

1

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

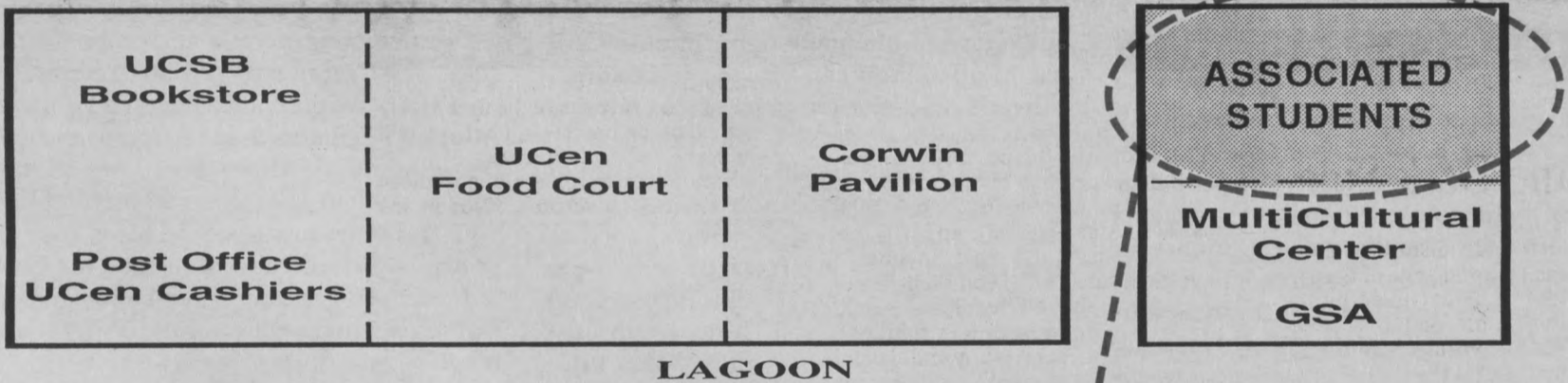
2

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.

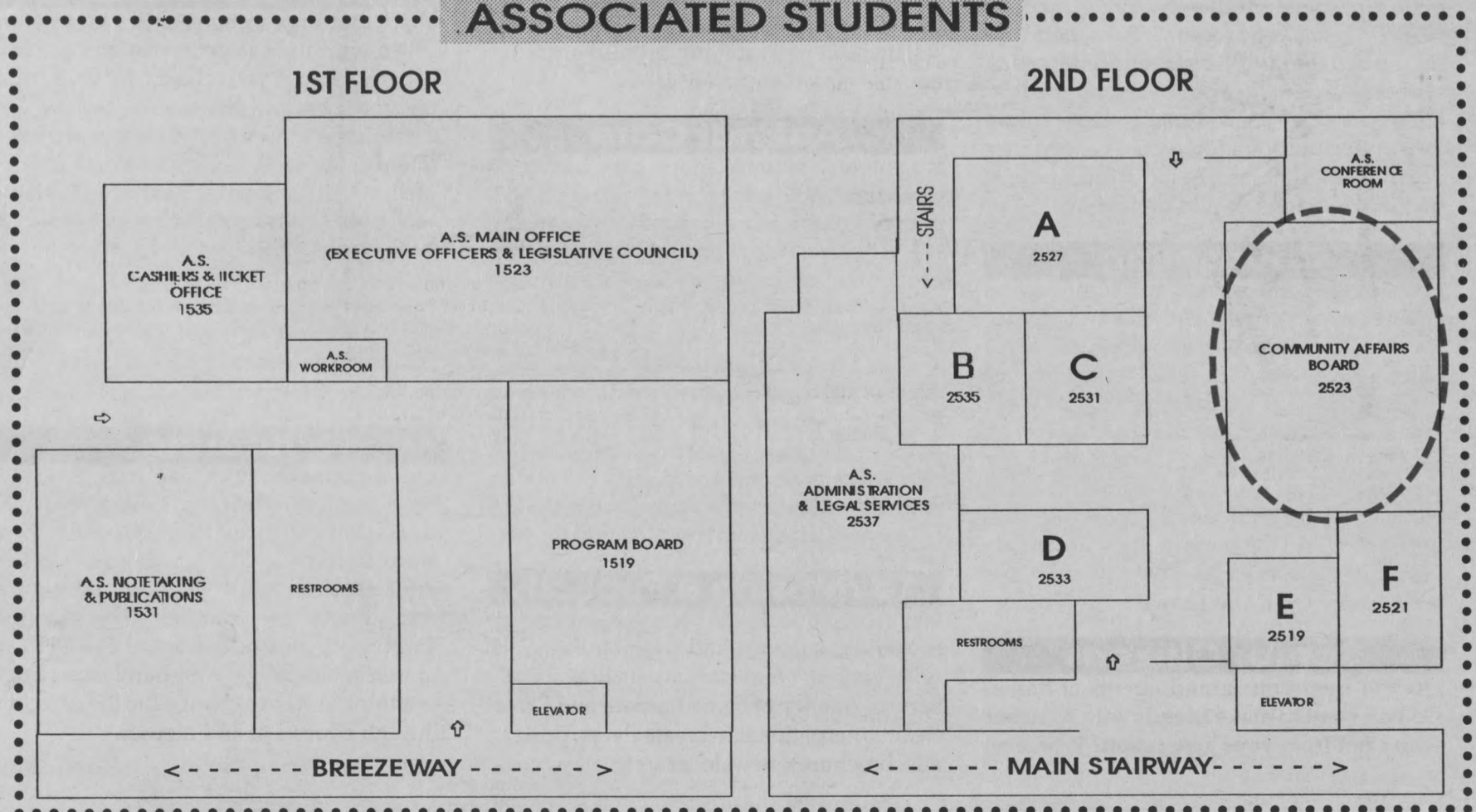
3

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".

STORKE PLAZA



ASSOCIATED STUDENTS



STOP BY THE CAB OFFICE IN THE NEW UNIVERSITY CENTER!