

BEARFACTS NEWSLETTER

JANUARY 2017



LETTER FROM THE PRESIDENT



Greetings!

2017 is upon us and I encourage everyone to make this the best year yet. The UASRA board is committed to bringing to the UAS community innovative programming and incorporating the talents of residents. The Events Coordinator is looking for musicians who are willing to perform at the musical event planned in April, there will be prizes, and a chance to network with musicians who are embedded in LA's music scene. If performing interests you, then please email Mike at uasraevents@gmail.com and he will provide you with more information.

In December, we had an election that brought out a lot of passion in community members, many folks contributed in discussions within the UASRA Facebook group, and we are glad to see so many people involved. The membership fee increase that was voted on will not be implemented. UASRA board members learned a lot from this election and will pass it on to the next board.

The position of Newsletter Editor had 15 candidates, each of them were well qualified, but only one can fill that position; the person elected is Lisa Rodriguez. Lisa hails from the Lone Star state (Texas) and has been an Angeleno for the past two years as her husband finishes his residency at UCLA. As a mother and former school teacher, her hobbies include dancing flamenco, creative writing, and enjoying family bicycle rides along our beautiful coast. We all look forward to her contributions to UASRA, we are lucky to have her on board.

Recently, there have been issues of residents not picking up after themselves, and other residents have had to clean up after other residents (thank you). Please remember that if you leave trash debris in or around the complex, someone must clean it up, whether it is wonderful residents or our hardworking custodian staff. If you are unsure where to dispose of your trash or debris, then please ask me (uasrapresident@gmail.com), UAS Management (310-398-4692),

or your neighbors, and we will be glad to assist you with the proper information.

Property crimes are still happening at UAS, which is why it is important to report suspicious behavior and criminal activity to UCPD at 310-825-1491. In December, I met with Officer Briggs and UAS management to discuss the lack of UCPD presence, concerns brought to me from community members. We asked that UCPD attend PRB and GA meetings more frequently, walk through the community at least once a week, and build relationships with the residents when they are here.

UASRA is here to serve you, so if you have any ideas, then I encourage that you communicate them with your Unit Representative or with any board member.

Have a great 2017 and make the best of every day!

Happy New Year!

Announcements

Be part of our General Assembly meeting to collaborate with the community and raise your concerns.

Venue: Community Center, 3200 Sawtelle.

Date/Time: Wednesday, January 18th at 7:00pm.

For advertising inquiries, please contact the Newsletter Editor at thebearfactsnewsletter@gmail.com

PIANO LESSONS

Conservatory-Trained Teacher

Over 25 years Experience

Works with all ages, including adults

All levels - beginning to advanced

Preparation of students: Certificate of Merit,
Students chosen for Branch Honors State Convention
performances, Bach Festival Winners at Branch
and Regional Southwestern Youth Music Festival

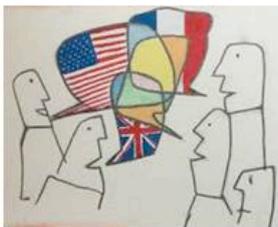
For information and references contact

Dr Allan Oettinger

310-398-1497



**Are you interested in teaching a class,
having a workshop, language exchange,
conversation groups, etc. during the winter
quarter?**



We are trying to maximize the use of our resources. We have 2 wonderful spaces: the Community Center on Sawtelle and the Sepulveda Resource Room. If you are interested in using these spaces contact UASRA Community Center Coordinator at uasracc@gmail.com.

UASRA FALL 2016 EVENTS



ON THE LAST DAY OF THE FALL QUARTER, WE GOT TOGETHER OVER A JAPANESE TABLE IN THE MENTONE GARDENS TO HAVE SUSHI IN CELEBRATION OF FINISHING ANOTHER ACADEMIC QUARTER AND HEADING TO THE CHRISTMAS BREAK. ALMOST 20 PEOPLE GOT TOGETHER AND WE ALL ENJOYED DIFFERENT TYPES OF SUSHI ALONG WITH YUMMY JAPANESE CREAM PUFFS AS DESSERT!

IT WAS A GREAT GATHERING TO END THE QUARTER WITH EVERYBODY!

EHSAN EBRAHIMZADEH

MENTONE UNIT REPRESENTATIVE

ON DECEMBER RESIDENTS ATTENDED THE ROSE AVENUE FALL SOCIAL WHICH WAS LARGELY DEVOTED TO MEETING NEIGHBORS AND EATING DELICIOUS FOOD CATERED FROM SIMPANG ASIA. 4 RESIDENTS WERE LUCKY ENOUGH TO WIN A \$25 TRADER JOE'S GIFT CARD IN A RAFFLE. THEY HAD A LOT OF FUN GETTING TO KNOW THEIR NEIGHBORS, AND SEVERAL ATTENDEES COMMENTED THAT THEY LOOKED FORWARD TO COMING TO FUTURE UASRA EVENTS.

ERIK HANSON

ROSE UNIT REPRESENTATIVE



VENICE BARRY RESIDENTS GATHERED AT THE POOL AREA OF THE APARTMENTS OVER FOOD AND DRINKS. DURING THE EVENT THE GIFT CARDS WERE DISTRIBUTED TO THE RESIDENTS THAT CAME TO THE EVENT. ABOUT 20-25 PEOPLE SHOWED UP AT DIFFERENT TIMES AND STAYED FOR A WHILE. THERE WERE A LOT OF CONVERSATIONS AND WE LIKED THE FOOD. OVERALL WE ALL HAD A GOOD TIME. :)

EDGAR RIOS

VENICE BARRY UNIT REPRESENTATIVE

UASRA FALL 2016 EVENTS



IT WAS A GOOD EVENT! WE HAD ABOUT 80 PEOPLE IN ATTENDANCE AND WE MADE LOTS OF CARDS TO SEND TO CHILDREN IN HOSPITALS THROUGHOUT THE U.S.

WE RAFFLED OFF THREE GIFT CARDS FOR PEOPLE WHO BROUGHT DESSERT TO SHARE.

LONI ROCCHIO

SAWTELLE A UNIT REPRESENTATIVE



EXPERIENCE MINDFULNESS AWARENESS

Free
Classes!

Tuesday: 7:30-8:30 am, 01/10/17-03/14/17

Sepulveda Ressource Room (3281 Sepulveda Blvd)

Thursday: 7:30-8:30 am, 01/12/17-03/16/17

Sawtelle Community Center (3200 Sawtelle Blvd)

- *Increases self awareness and body awareness*
- *Reduces stress reactivity*
- *Improves focus, attention, and memory*
- *Strengthens self-management*

Meditation, Body Scan, Progressive Muscle Relaxation, and more!

Email Maria Huber at mindfulness.huber@gmail.com to register. Participants will be selected in a lottery fashion.

All classes are provided by the UASRA and are only for residents of UAS. Registration is required, space is limited.



INHALE
EXHALE

UASRA FALL 2016 EVENTS

AT THE HOLIDAY LUNCH PARTY OF SEPULVEDA UNIT D, OUR NEIGHBORS AND FRIENDS REALLY HAD A GREAT TIME! EVERYONE ENJOYED THE CATERING LUNCH AND KIDS LOVED THE HOLIDAY THEMED ACTIVITY BOOKS.

WISH YOU ALL A WONDERFUL HOLIDAY SEASON AND HOPE TO SEE EVERYONE AGAIN IN SPRING!

THANKS!

JIAN LIU

SEPULVEDA D UNIT REPRESENTATIVE



THE FALL EVENT WAS FULL OF KIDS' ACTIVITIES LIKE PAINTING AND BUBBLES. THE NEIGHBORS ENJOYED IT. WE HAD PIZZA, FRUITS, COOKIES, COFFEE. THEY HAD A GREAT TIME AND THEY WERE VERY GRATEFUL FOR THE JOB THAT WE DID, WHICH MAKES ME VERY HAPPY!

SEPULVEDA C UNIT REPRESENTATIVE

Free



ENGLISH
as a
SECOND LANGUAGE



Class

Mondays, 01/09/17-03/20/17, 10am-12pm* @ Community Center (3200 Sawtelle Blvd
Los Angeles, CA 90066)

This is an active and fun communications class that emphasizes speaking, conversation skills, and vocabulary development for everyday English communication. Email Joan Ruskin @ joanlrg@aol.com to register

*No Classes on 01/16/17 and 02/20/17, make up classes will be on 01/17/17 and 02/21/17

All classes are provided by the UASRA and are only for residents of UAS. Registration is required.

Free
CLASSES



SIGN UP



Tuesdays, 01/10/17-03/14/17, 6:30pm-8pm @ Sepulveda Resource Room (3281 Sepulveda Blvd
Los Angeles, CA 90034)

Email Maricela Becerra @ mabecerra@ucla.edu to register from 01/02/17 until 01/06/17. Participants will be selected in a lottery fashion

All classes are provided by the UASRA and are only for residents of UAS. Registration is required. Space is limited. Classes are for adults and older teens (14 and up) only.

UASRA GENERAL ASSEMBLY MEETING

Date: November 16th, 2016

Call to order: 7:15pm.

Public Comments: Jenna – has been elected to a committee with the Title 9 office representing pregnancy discrimination at UCLA, feel free to email Jenna Donohue at (jdonohue@humnet.ucla.edu) if any residents have recommendations or experience that she can present to this committee.

AC Report: As a reminder that Christmas is coming up so with the holidays and the offices being closed the AC's will be on call. It's important to remember what is considered an emergency when calling after hours.

UCPD Report (Officer Briggs):
Excused.

UAS Management Report:

Regis:

- Pedestrian gate (fixed).
- Brushes will be at the BBQ soon.
- Glass cases were assessed. The locks will be changed for everyone and we will have just one key for entry.
- Laundry room meeting set. Stickers placed on the machines. Everything has been replaced.
- We are thinking about restricting time so people do not use after hours.
- Custodial product has been replaced for community centre.
- Signage on the gate to avoid people going in the exit gate. We talked about speeding up the gate. Addae wants to remind everyone: gates are safety gates, not security gates.

Recycling bins by the apartments are not being used correctly causing them to fill up too quickly. These were meant to be used for single recycling, not for

people who save them up and dump all at once. This is causing overflow, which attracts people to dig through our recycling. Because of this those recycling bins will be phased out.

- Garbage at the playgrounds are not being used for the right thing, throw them in the dumpsters when you have parties please.
- Please pick up after your dog.
- Gardens need to be maintained, some gardens are spilling out in the common areas.
- Garden numbers correctly will be updated.
- Tree trimming should be done soon.
- Termite treatment is almost done (\$100,000 worth is done).
- We now operate our own landscaping company.
- Regis will give us the info on the new people we've hired so we know.

Question: Strike impact – Everyone took part. Management was here and there was no problem. All admin staff were covered here. Shuttle picked up the staff and brought them up to campus. There was an offer of a 15% raise and a \$1000 signing offer and they declined. Then it was a 12% increase no terms made. They're at a standstill.

General Officers' Reports:

Sepulveda A: Lots of people had a great time at the event. They had face painting by a resident for free. Also tattoos and it was a great atmosphere. She would like to raise interest by inviting more people. 70-80 people came but she would like to make it larger. Minor issues reported to maintenance. She wants to thank them for how quickly things were fixed.

Sepulveda B: November 5th courtyard brunch. 31 families signed in but it was a great turn out. 75-80 people.

Sepulveda C: Natalie's event had around 60-70 people. Everyone was very happy. One family took advantage of the food. Suggestion for a sign to let people know. Having an extra person to help observe what's happening is needed. Also, suggestion to have tickets for food and have volunteers to help serving the food.

Sepulveda D: Had their event on Sunday, did crafts and played. 3271 apt 101 The sign fell off. No longer has a number on it.

Sawtelle A: Dec 4th event at the community centre.

Sawtelle B: Had their event, over 100 people, the BBQ gas one doesn't work.

Sawtelle C: Nothing to report

Sawtelle D: Gate was broken, Regis fixed it immediately. Nothing to report. Jenna is stepping down from her position. We have some people interested and might have a replacement.

Sawtelle E: Nothing to report.

Keystone: Brush for the grill would be nice. Keystone needs a glass key replacement.

Mentone/Clarington: Doesn't have a huge turn out. There is no multipurpose room. So it's hard to reach out. Idea to have food near campus at a restaurant.

Rose: Special challenge to get people out. Final week idea is a good idea. Food is a good idea. Quarter kick off party would be a nice time to go out.

Venice/Barry: had his first event. Low turn out 20-25 People seemed to be happy. Gift cards were given away.

Keystone: Meet and greet this Sunday, it's more of a mellow vibe, see what the turn out is. Garage break in 3770 would like an update. Couple of windows were broken.

Community Center Maintenance

Coordinator: AC Button is working. Swiffer is broken needs replacement.

Sepulveda Maintenance

Coordinator: Wants a Swiffer, all is good. Wifi is being worked on.

Green Coordinator:

Produce program is good, December they are unsure if there is a break or not. Volunteer is always at the gate to make sure residents can all gain access.

Community Gardener: Absent.

Safety and Health: 70-80 people showed up to the earthquake preparation. Support Network is being brought up to the safety and health through a private FB group. This is for people who would like a companion for shopping/walking to the bus stop etc. The details are going to be worked out with a CPO for official assistance for bus stops/grocery store runs. Safety and Health will get info with CPO. UASRA doesn't want to get too involved partly because liability is an issue and it's not our speciality. UCPD will be assisting to the best of their ability.

Management Excused.

Reports from Board Members:

Community Center Coordinator:

Excused.

Event Coordinator:

Halloween event was awesome 550+ people attended. Both sides were great and represented equally. The Yard sale is this Saturday; we will have donuts and coffee. Bike sale is not happening, it will be 8-11. Logistically holding an event on both sides were hard. Going forward, having two point people for cheques and food would be ideal. So we will totally

have more events for both sides. For future events grouping with Students with dependents is fantastic!

Newsletter: Will not be a December Newsletter, anything that happens over that time please send it to her ideally before Christmas.

Secretary: Nothing to report.

Treasurer: The board has discussed raising the association fees. We're going to be in a budget crunch for the many future years to come. By raising the fees we can keep our positions, offer more classes, programs and events. We are recommending a 50% increase. We need to hold a vote on this. We are voting to poll the community.

Discussion:

The costs are so high, vendors are charging more and for us to be able to provide the entertainment and classes it has to be increased.

Suggestion on raising fees on classes. Reduce the subsidy we provide to the classes to help the budget for the other.

How did we come about the 50%? We wanted to focus on the % so it was fair for everyone. We also want to make sure going forward that it would improve and sustain for a few years.

Every year there is a roll over but the only way to do that is to hold back money. We need to get in the practice of holding funds.

We have the Produce program and new positions which just makes our pot smaller.

We have a statement available from the board for residents with the facts.

We function on a fiscal year, but we have dips in income and the planned vs projected don't necessary match up.

Email platform for votes.

Ask management to put up the flyer

Motion to vote - Tracey, Erik seconded

20 votes. The motion is approved.

Vice-President: Thanks for the walkthroughs; also the events were also amazing. Everyone is working really hard.

President: Part of Andrew's job is to look for new resources. One of the things he's working on is getting the career centre here to do a resume CV and a graduate resume CV information session. The AAP (Academic Advancement Program) is looking at getting some emergency childcare on campus. The one that's there is non affordable and non accessible. Looking at some sort of program. They have more money this year because of the referendum. Going to get some more events with AAP to come in our community. One of our residents works with the library, they will also be putting a workshop. CPO (community programs office) have a very large budget in doing activities here as well. If there is anybody who is affiliated with anyone at UCLA who would like to bring those people into our community please contact Andrew.

Residential Life Advisor Report:

2017 summer time there will be a survey for Graduate and professional students. If you want to know any other experiences or what we've learned to bring back to the community you can find out from Addae. Our community assistant is: Hogan Lee.

Res Life loves partnering with us with co-programming events. Autumn Crafting event is Sunday 1-4pm for kids and education. Amelia has been doing safety stuff in the UASRA.

Meeting Adjourned at 9:00pm.

**FREE
CLASS**



Tuesdays, 01/04/17-03/28/17, 10:00 am-10:30 am @ Sepulveda Resource Room (3281 Sepulveda Blvd Los Angeles, CA 90034)
Email Fei Li@ lifei2u@gmail.com to register
All classes are provided by the UASRA and are only for residents of UAS. Registration is required. Space is limited.

HEALTH & SAFETY

Happy New Year Everyone!

I hope that everyone had an amazing holiday break, had a chance to relax, and wind down before the new quarter starts.

Want to start off this new year with meditation? Zumba? Yoga? Or perhaps you are a parent and want to be active with your child(ren)?

UASRA is offering a wide range of recreation classes starting this month for a small fee.

Go to: <https://secure.recreation.ucla.edu/>,

find the box labeled "Browse our Courses" to the right of the screen and click "Search for Courses." There will be a search box to the top right of the screen and inside type "UAS" then click search. A list of all the classes offered to our community will be displayed and you can go through to see a description, times, fees, locations and etc.

UASRA recently added a Mindfulness Awareness class that is free!

This class will be held on the Sepulveda side on Tuesdays starting January 10, 2017 in

the Resource Room (3281 Sepulveda Blvd) at 7:30am-8:30am. This class ends on March 14, 2017.

It will also be held on the Sawtelle side on Thursdays starting January 12, 2016 in the Community Center (3200 Sawtelle Blvd) at 7:30am-8:30am. This class ends on March 16, 2017.

Good luck to you this winter quarter!

Shanelle Wade

Safety & Health Delegate

WINTER UAS CLASSES

Exclusively for Residents of UA

Registration will be available online December 6, 12pm at www.recreation.ucla.edu/register

You can also register at Sales & Service in the John Wooden Center. For more information, call 310.825.3701.

CHILDREN'S FIT GYM

Explore play and fitness activities, movement games, sports and parachute activities in a class designed to support physical and social and development for children of mixed ages.

Level 2: Ages 18 months–2 years with parent participant

Level 3: Ages 3–4 years with parent present

Level	Days	Dates	Time	Location	Fee
2	F	1/20-3/10	4:00–4:45pm	Community Room	\$35
3	F	1/20-3/10	5:00–5:45pm	Community Room	\$35

CHILDREN'S MUSIC

Children's Music is an introduction to vocal music, percussion, as well as musical terminology for young children. In this class, rhythm and musicality are introduced through songs, use of instruments and creative movement. Music is a great opportunity for little ones not only to learn basic music fundamentals but also cooperation, teamwork and patience.

Level 1: Ages 0–18 months with parent participant

Level 2: Ages 18 months–2 years with parent participant

Level	Days	Dates	Time	Location	Fee
1	Th	1/19–3/9	10:30–11:15am	Sepulveda Resource Room	\$35
2	Th	1/19–3/9	11:30–12:15pm	Sepulveda Resource Room	\$35

CHILDREN'S STORY & CRAFT

Story and Craft combines a weekly story with an arts and crafts project based on the book. Children and parents work together on art projects to develop creativity, fine motor skills and further companionship. Additionally this class is a great opportunity to meet and socialize with other families. Art activities are designed for children ages 2-4 with parent participation.

This class is sponsored by UASRA.

Level 1-4: Ages 0–4 years old with parent participant

Level	Days	Dates	Time	Location	Fee
1-4	W	1/18–3/15*	3:30–4:15pm	Community Room	\$10

*no class 2/22

PARENT & CHILD YOGA

This class explores play and relaxation through yoga games and songs. For younger ages, children work with a parent to play games and navigate poses, while older children work on their own and with their peers. Children's yoga is designed to support physical and social development. Particularly flexibility, strength, and body awareness can be developed and improved.

Please bring your own yoga mat.

Level 2: Ages 18 months–2 years with a parent participant

Level 3/4: Ages 3–7years with parent and participant

Level	Days	Dates	Time	Location	Fee
2	M	1/23–3/20*	5:00–5:45pm	Community Room	\$35
3/4	M	1/23–3/20*	6:00–6:45pm	Community Room	\$35

*no class 1/16, 2/20

• **Please note: participants that are more than 10 minutes late will not be able to participate in Fitness classes.**

Siblings are not permitted to participate unless registered and approved by the instructor.

• Classes are not transferrable. Individuals must attend the date and time they have registered for.

• UAS residents not living within University Village are encouraged to attend these classes but cannot be guaranteed access. These classes are brought to UAS residents at low cost by subsidies from UASRA (gsa.asucla.ucla.edu/uasra).

ADULT BOOTCAMP FUN

Boot Camp Fun is a total body strength training class using rubber resistance tubes and other tools for a fun, face-paced workout. This class will help you increase strength, lean body mass, and confidence.

Wear athletic clothing and shoes. Please bring your own fitness mat.

This class is sponsored by UASRA.

Level	Days	Dates	Time	Location	Fee
ALL	T	1/17-3/7	7:30-8:30pm	Community Room	\$10

ADULT YOGA

This is a Level 1/2 Hatha Yoga class, suitable for new and continuing students. Hatha yoga emphasizes the physical aspects of yoga. Strength, flexibility, proper breathing, and mindfulness are emphasized.

Wear clothing that allows for freedom of movement.

Please bring your own yoga mat.

Level	Days	Dates	Time	Location	Fee
1/2	T	1/17-3/7	6:00–7:15pm	Community Room	\$35
1/2	Th	1/19-3/9	7:30–8:45pm	Community Room	\$35

ADULT ZUMBA

A Latin-inspired dance that keeps you moving. This is a moderate cardio workout suitable for beginning and continuing students.

Wear athletic clothing and shoes.

Level	Days	Dates	Time	Location	Fee
ALL	M	1/23-3/20*	7:00–8:00pm	Community Room	\$35

*no class 1/16, 2/20

UASRA

UCLA Recreation