

BEARFACTS NEWSLETTER

SEPTEMBER 2016

MESSAGE FROM THE PRESIDENT

Dear Residents,

The end of Summer is upon us, for us at UAS (University Apartments South) this is a time where new residents are moving in and doing their best to adjust to our community. I encourage residents who have been here for a while to lend a hand and kind words to their new neighbors, welcoming them to our community. New residents, I encourage you to reciprocate kind gestures to new neighbors as well throughout your stay here, because it is our sense of community that makes living here a joy. Everyone here plays a quintessential part in making the community cohesive, so please take the time to get to know one another, you'll thank yourself for doing so later.

Moving to UAS can be overwhelming, which is why my portion of this month's newsletter will assist in introducing you to some of the resources provided to you as a member of UASRA (University Apartments South Residents Association). There are many people working hard to make your time here as pleasant and comfortable as possible, making many solutions for day to day issues only one email away.

Having a quiet place to work and focus one's thoughts is important to many of us, which is why we have study lounges located at 3240 Sawtelle Blvd. #107 and 3151 Sepulveda Blvd. #103. The convenience of having a quiet space nearby has been beneficial for many residents. The rooms include Wi-Fi, tables, desks, and comfortable chairs.



Our Community Center is located at 3200 Sawtelle Blvd., the Resource Center is located at 3281 Sepulveda Blvd., the Gazebo is located at 3260 Sawtelle Blvd., and all locations are available to use free of charge. To use any of the facilities, one must be a resident, fill out and sign a contract agreeing to the stated terms, and leave a refundable deposit. All inquiries to use these rooms are monitored and scheduled through Ana Paula Quintana our Community Center Coordinator, who can be reached at uasracc@gmail.com for more details.

Walking through the complexes one may notice that there are gardens where residents are growing various flowers, fruits, and vegetables. As a resident you are able to have a garden plot, should you want one, you will need to email Terra Stuart our Garden Supervisor at uasragardener@gmail.com, and she will guide you through the process. Having gardens for our residents is very popular, and will explain why we have increased the number of plots and still have a waitlist, so please show patience.

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STUDY LOUNGE 3240 Sawtelle Blvd. #107 and 3151 Sepulveda Blvd. #103.



GAZEBO 3260 Sawtelle Blvd.



COMMUNITY CENTER ROOM 3200 Sawtelle Blvd.



Free organic produce available every Sunday at 3281 Sepulveda. Watch our Facebook group for time update!



Stay tuned for the upcoming UCLA Recreation classes for this quarter! Register at www.recreation.ucla.edu/register



Get ready for our community events!

Come participate in any of the great events our Event Coordinator, Mike Rocchio, has put together. On October 1st, 2016, from 10:00am to 1:00pm, we will be having our annual Welcome Event, it is a chance to meet your neighbors and to find out all the different ways you can get involved in the community. There will be many other big events throughout the year including Halloween, Yard Sales, Game Night, Oscar Movie Night, and Spring Sing. If you are interested in volunteering in any of these events, then please feel free to contact Mike at uasraevents@gmail.com to get more information and to arrange dates.

Every quarter UCLA Recreation hosts several affordable classes at UAS geared towards both children and adults. This quarter we will have Music, Yoga, Adult Zumba, Bootcamp, Story & Craft, and Fit Gym, all of which are offered at various times and days of the week. Classes tend to fill quickly, so it is important to create an account at www.recreation.ucla.edu/register before registration dates.

Every Sunday afternoon around 2:30-3:30pm there is free organic produce for any UAS resident. Residents can pick it up from the Sepulveda Room that is located at 3281 Sepulveda Blvd. and watch our Facebook posts for last minute updates to the program. Our Green Coordinator, Maryam Ghavanloughajar, is always in need of volunteers to help run this program, you can email her at uasragreencoordinator@gmail.com.

Being a part of the UASRA is more than just a residents' association, we are committed to service and creating an inclusive environment. If there is anything you would like to address, then I encourage anyone to reach out to your unit representative who can help address your concerns. Let's have the most of our time here at UAS and always uphold the True Bruin Values in all our affairs.

Sincerely,

Andrew Winn

WELCOME EVENT

Mark your calendars!

Meet your neighbors during our welcome event for the entire family! Food, and welcome bags will be provided.

Date: Saturday, October 1st, 2016

Venue: Community Center, 3200 Sawtelle Blvd.

Time: 10am-1pm.



FALL UAS CLASSES

Exclusively for Residents of UA

Registration will be available online September 14, 12pm at www.recreation.ucla.edu/uas

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

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

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	10/7-12/9*	4:00–4:45pm	Community Room	\$35
3	F	10/7-12/9*	5:00–5:45pm	Community Room	\$35

*no class 11/11, 11/25

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	10/6–12/1*	10:30–11:15am	Sepulveda Resource Room	\$35
2	Th	10/6–12/1*	11:30–12:15pm	Sepulveda Resource Room	\$35

*no class 11/24

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.

This class is sponsored by UASRA.

Level 1-3: Ages 0–4 years old with parent participant

Level	Days	Dates	Time	Location	Fee
1-3	W	10/5–11/30*	3:30–4:15pm	Community Room	\$10

*no class 11/23

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 3–7 years with parent and participant

Level	Days	Dates	Time	Location	Fee
2	M	10/3-11/28*	5:00–5:45pm	Community Room	\$35
3/4	M	10/3-11/28*	6:00–6:45pm	Community Room	\$35

*no class 10/31

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	10/4-11/22	6:15pm - 7:15pm	Community Room	\$10

ADULT PRE/POST NATAL YOGA

The pre-natal class is designed specifically to help moms develop the strength, flexibility and mental focus that will be necessary not only in the delivery process, but also in facing the new challenges of motherhood. This class will bring benefits to expectant mothers and new mothers alike.

Wear clothing that allows for freedom of movement. Please bring your own yoga mat and a larger blanket or towel.

Level	Days	Dates	Time	Location	Fee
ALL	Th	10/6-12/1*	6:00–7:15pm	Community Room	\$35

*no class 11/24

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.

*no class 11/24

Level	Days	Dates	Time	Location	Fee
1/2	T	10/4-11/22	7:30–8:45pm	Community Room	\$35
1/2	Th	10/6-12/1*	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	10/3-11/28*	7:00–8:00pm	Community Room	\$35

*No class 10/31

- 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).

UASRA

UCLA Recreation
www.recreation.ucla.edu/uas

Announcements

Are you interested to volunteer in the free organic produce program? Please contact Myriam uasragreencoordinator@gmail.com.

Don't forget to attend the upcoming General Assembly meeting to raise your concerns at the Community Center, 3200 Sawtelle, on September 21st at 7:00pm.

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

Would you like to share your story on the newsletter? Please send your request at thebearfactsnewsletter@gmail.com

HEALTH & SAFETY



The University Apartments South has been a target for burglaries. Although this is very unfortunate, it would be of great help if all UAS residents kept their garages closed and locked to help deter crime in our community. If you need a lock, our local 99 cent store carries them. If you suspect someone is committing a crime, for your safety, please do not confront the individual in question but instead try to get the best description of the person and/or vehicle and call **UCPD at (310)-825-1491**.

UCPD has stated on their website, "When calling to report a crime or incident, please be ready to give information such as: a brief description of the occurrence, when and where the incident occurred, weapons the suspect(s) carried, where and when the suspect(s) was last seen, description of the suspect(s) and any other relevant information. In addition to the importance of reporting, timely information assists in developing information and warnings for the campus".

You can find more information on how to report a crime, crime prevention, and reports and statistics at:

<https://www.ucpd.ucla.edu/>

**PLEASE
SECURE
YOUR
GARAGES!**

PIANO LESSONS

Conservatory-Trained Teacher

Over 25 years Experience

Works with all ages, including adults

All levels - beginning to advanced

Excellent preparation of students:

Certificate of Merit - Branch Honors
and State Convention performances.

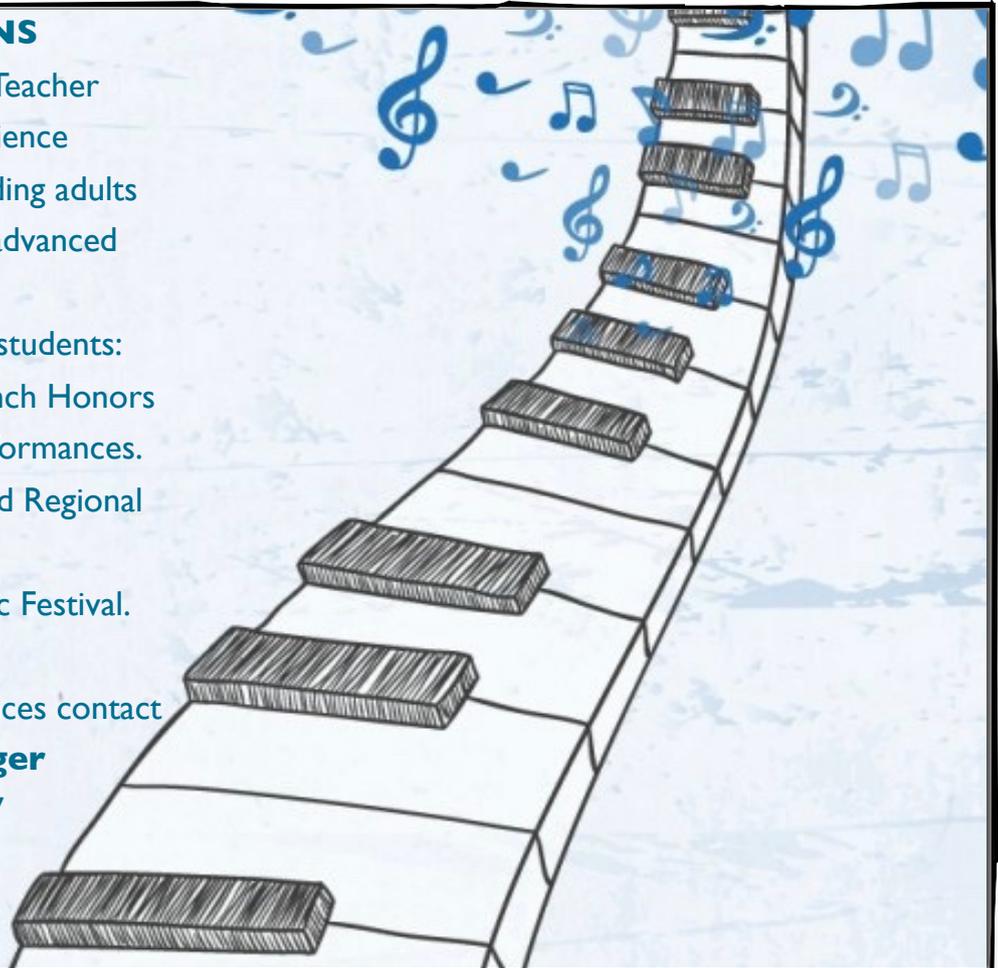
Bach Festival - Branch and Regional
winners.

Southwestern Youth Music Festival.

For information and references contact

Dr Alan Oettinger

310-398-1497



UASRA

University Apartments South Residents' Association

free



ENGLISH AS A SECOND LANGUAGE

classes

Mondays, 10/10/16-12/05/16, 10am-12pm* @ Community Center (3200 Sawtelle Blvd Los Angeles, CA 90066)

Practice your communication skills in English in an encouraging and supportive environment
Email Joan Ruskin @ joanlrg@aol.com to register

*No classes on November 14; 21 and 28

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

GENERAL ASSEMBLY MEETING

Date: Wednesday, July 19, 2016

Call to order: 7:15pm

Public Comments: No comments.

AC Report: Brief introduction of responsibilities. Responses are restricted to emergencies only, do not call for help for stove repairs for example.

UCPD Report (Officer Briggs):

Officer Briggs has been in law enforcement for 13 years and worked as volunteer for 8 years counseling youth in the community.

Mail thefts have occurred recently – Theft Guidelines: “See something say something campaign”, PLEASE CONTACT AUTHORITIES. If you see something suspicious do not hesitate to contact us. Lock things away especially because of transient population of homeless individuals. 70% of police force in the west side is due to this transient population, several are drug addicts that refuse placement.

UAS Management Report - Lizca Spalding:

Do not hesitate to contact the office if anything is needed.

(Andrew Winn) Community center has been found dirty during the day after staff uses the event room after lunch time. Barbecues are heavily used and need to be serviced. This will be checked soon with custodial staff.

Mop with attached solution for residents to clean up after themselves is available at the events room.

Reminder for residents with service animals to always take them out through the closest pedestrian gate when walking them and of course, they should leash, curb and clean up after them. If somehow the service animal does not make it out of the complex, they will definitely need to clean up after them as there are children playing in the lawns/ landscaping and the playground area.



Animals must be leashed using a leash that is 6' in length or less, harness or tether, or securely confined in a crate or carrier, unless (1) the partner is unable to use a leash, harness, or tether due to disability or (2) use of such a restraint would impede the animal's safe and effective performance of its work or task. Support animals are only allowed outside private residential area (room, suite, apartment, enclosed balcony or patio area) for the sole purpose of toileting or travel away from the residence. Toileting is only permitted outside of the community's gates and entrances and away from buildings. Should a tenant be observed allowing their animal to defecate within the community or on/by buildings, the tenant may be subject to a conduct violation.

(Addae Jadhav-Brown) Encourages to engage with each other positively concerning these custodial issues.

General Officer's Reports:

Sepulveda A: Nothing to report.

Sepulveda B: Nothing to report.

Sepulveda C: Laundry room stickers warns to have the appliances open, but residents continue to leave machines closed. (Lizca) Suggested to re-emphasize importance of keeping the machine lids open on Facebook. Closed lids lead to moisture build up and stench from bacterial activity.

Sepulveda D: Families have complained about the lawn in the garden, because of several plots are not being used. (Andrew deVaard) explains that unused plots has a month turnover if someone does not plan on using it.

Sawtelle A: Residents had requested bench with shade and picnic table, f/u on request – (Lizca) everything came in, the actual time it will be completed is tentative still.

Sawtelle B: Nothing to report.

Sawtelle C: Not present.

Sawtelle D: Excused.

Sawtelle E: Nothing to report.

Keystone: Nothing to report.

Mentone/Clarrington: Nothing to report.

Rose: Nothing to report.

Venice/Barry: Nothing to report, awaiting for plants around the pool area.

Community Center Maintenance Coordinator: Every Friday the A/C is left on so this will be looked into by the custodial office to see whether it can be manually controlled or if it is automatically set.

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Sepulveda Maintenance

Coordinator: Nothing to report.

Therefore it is encouraged to report these activities immediately, do not hesitate.

Garden Coordinator: Produce is being delivered every Sunday to the resource room on Sepulveda. We are looking for volunteers all the time to help set up the produce. Issues have arisen with the room because it is too small and narrow to have students line up for produce.

Following suggestions given for incorrect trash placement as well as unleashed dogs on premises:

(Andrew Winn) Suggests to label bins as recycled and etc in order to avoid these accidents.

Comments and suggestions for Sepulveda Produce at the resource room:

(Addae) Urges to call emergency line if a dog is seen unleashed.

(Lizca) Recommends taking pictures of these dogs and contacting their office.

i. (Paula) Main reason the produce is held in the Sepulveda resource room is because on the weekends the residents utilize the community center room.

(Officer Briggs) If suspicious behavior is seen, its important to notify us and not hesitate! The police can approach the suspicious individual in order to understand the situation. Please do not worry about any negative repercussions.

ii. It would be prudent to announce before hand the availability of the produce in order to avoid lost opportunity in acquiring adequate amount of produce for yourself.

Green Coordinator:

Maryam has sent and received 400 emails, moved 38 gardeners this month, enforced 28 notice violations, and is now overseeing double the amount of plots compared to last year. An increase in stipend as discussed in previous meetings is pending.

iii. Therefore it has been suggested to set a limit to how much produce an individual can take, and also has been recommended by to set bags with a set assortment of produce in advance allowing the residents to trade with each other.

Management Excused

iv. (Andrew Winn) It is important not to have left over/excess produce, because it causes an issue with spoilage and would require transport to other programs such as CPO before they perish.

Reports from Board Members:

Community Center Coordinator:

Bag was stolen at the community center, is awaiting follow up for spare keys.

v. There were 3 people coordinating this event in the past year. It is recommended to have the board set up a meeting in order to streamline logistics. If it is heard people were waiting for 90 minutes and not receiving any produce please do not hesitate to contact us. This is a multi-faceted problem with limitations with organizational/volunteer resources, and clearing the mindset of the residents taking the produce to allow everyone an equal share.

Event Coordinator: Will have dates for events and will be sent out to rest of the community. Next upcoming event will occur at Sepulveda. Input for events is greatly appreciated. Garage sale will be held earlier this year for new residents to have a chance of buying left over bikes from last sale.

Treasurer: September proposed budget will be voted on next meeting, last year's budget was 6k under, therefore there is a 13k roll over this year. I believe we can work with a similar budget like last year, although the income maybe less this year.

Safety: Unleashed dogs on the premises is a safety concern and should be reported especially for the children. In addition it has been rumored that residents have placed dog feces into bins near mail boxes.

Motion: None held.

President: Everyone that has not signed a by-law please meet. Secretarial position now available details of candidacy application will be given by Addae.

Residential Life Advisor Report:

a. Candidacy application window between July 21st and 29th, if you have 3 months experiences in UASRA you are eligible. If no one runs then we will be finding someone for the position. Election is brand new, do not be shy to ask questions. Last year there was a lot of overhaul of constitution and by-laws, by all means input is encouraged. Their are a lot of responsibilities that are not necessarily placed on paper, be empowered to have your voice heard!

Student experience and engagement opportunities in addition to working with UCPD will be provided this year.

A new series of workshops to teach about first aid at the community center will be held soon!

Feel free to contact Res Life through email listed on newsletter.

At the beginning of the year, always place maintenance order in advance and not necessary to wait for GSA meeting.

Maintenance concerns should be posted with housing not Res Life.

Meeting Adjourned at 8:29pm.

UASRA

University Apartments South Residents' Association



**FREE
CLASSES**

Tuesdays, 10/11/16-12/13/16, 6:30pm-8pm @ Sepulveda Resource Room
(3281 Sepulveda Blvd Los Angeles, CA 90034)

Email Maricela Becerra@ mabecerra@ucla.edu to register from 09/26/16 until 10/02/16. 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**