

BEARFACTS NEWSLETTER

OCTOBER 2016



LETTER FROM THE PRESIDENT

Greetings Everyone!

October is upon us and we are excited to present a Halloween event on October 31st, from 6:00 pm to 9:00 that Mike, UASRA Events Coordinator, has organized. We will have lots of activities for people to get involved and monstrous amounts of sweets to give away to all Trick or Treaters. At the bottom of this month's newsletter you will find a sign that can be printed and hung outside your door; one side reads "We Welcome Trick or Treaters" and the other side reads "Sorry, no Trick or Treaters Please". These signs will be helpful for homes who are wanting to participate in the trick or treating festivities and those who want to abstain from participating. Parents and Trick or Treaters, the U.S. Food & Drug Administration has some important tips that can be found at <http://www.fda.gov/>

[Food/ResourcesForYou/Consumers/ucm187021.htm](#), some of which include:

- Snacking: Children shouldn't snack on treats from their goody bags while they're out trick-or-treating. Give them a light meal or snack before they head out – don't send them out on an empty stomach. Urge them to wait until they get home and let you inspect their loot before they eat any of it.
- Safe treats: Tell children not to accept – and especially not to eat – anything that isn't commercially wrapped. Inspect commercially wrapped treats for signs of tampering, such as an unusual appearance or discoloration, tiny pinholes, or tears in wrappers. Throw away anything that looks suspicious.
- Food Allergies: If your child has a food allergy, check the label to ensure the allergen isn't present. Do not allow

the child to eat any home-baked goods he or she may have received.

- Choking hazards: If you have very young children, be sure to remove any choking hazards such as gum, peanuts, hard candies, or small toys.

Not only is this the month Halloween is celebrated, but is also the time of year when swarming termites become active, although they do not pose any threats to the health of residents, they are a nuisance. These swarming termites can commonly be found near window sills and small crevices, if you do encounter them in or near your apartment, close all your windows and contact UAS maintenance. Maintenance can be reached via the Maximo Portal at <https://hhs.maximo.ucla.edu/portal/> or call them at (310) 391-0686 if you need immediate assistance.

(continues next page)

The produce program has now moved to the patio at 3200 Sawtelle Blvd due to logistical issues that community partners and the Green Coordinator have been experiencing. This program provides free organic produce to the residents at UAS every Sunday around 3:00 pm. If you want to learn more about this fantastic program, please contact Maryam at uasragreencoordinator@gmail.com. Here is an article from the UCLA newsroom <http://newsroom.ucla.edu/stories/ucla-students-lead-projects-to-feed-the-hungry-on-campus> that explains how this program operates. As a board, we understand that this program was one of the few activities found on the Sepulveda side, which is why we are committed to finding more ways to increase UASRA activities there, and of course all UAS residents are welcome to attend any of the activities at any of the complexes.

The USPS postal box locks have been changed out completely on Sepulveda and the locks on Sawtelle are in the process of being changed. The lock change will make our postal boxes more secure, however, it is still important to check your mail daily, as some carriers leave packages on the ground near pedestrian gates, making them susceptible to theft.

If at anytime you need information in regards to our community, events, volunteering, concerns, or seeking assistance in any way, then please feel free to email me at uasrapresident@gmail.com. UASRA board members are here to serve the needs of the community and we are genuinely invested in doing what we can for all community members.

Regards,

Andrew Winn



COMMUNITY CENTER PATIO
3200 SAWTELLE BLVD

HEALTH & SAFETY

Happy Halloween!

On Halloween evening many children are outside trick-or-treating. While, this is a fun event, it is important to remember some safety tips to ensure a fantastic night for everyone.

Listed below are some useful safety tips:

- Cross the street at corners, using traffic signals and crosswalks.
- Teach children to make eye contact with drivers before crossing in front of them.
- Children under the age of 12 should not be alone at night without adult supervision. If kids are mature enough to be out without supervision, they should stick to familiar areas that are well lit and trick-or-treat in groups.
- Have kids carry glow sticks or flashlights to help them see and be seen by drivers.

- Choose face paint and makeup whenever possible instead of masks, which can obstruct a child's vision.
- When driving, slow down and be especially alert in residential neighborhoods. Children are excited on Halloween and may move in unpredictable ways.
- Popular trick-or-treating hours are 5:30 p.m. to 9:30 p.m. so be especially alert for kids during those hours.
- Check your children's candy thoroughly before letting them eat it.

You can find more safety tips at www.safekids.org

Stay safe and enjoy the holiday!



Sepulveda A SPOOKY BREAKFAST

Saturday, October 29th
10:00 am in the courtyard
(playground with swings)

**Meet your neighbors
and try local breakfast treats:**

Primo's Donuts!
Bagel Factory bagels!
Coffee, juice and fruit!

STARBUCKS RAFFLE DRAW – Win 50\$!

KIDS: TATTOOS and FACEPAINTING!
Come in **COSTUME** if you want!

E-mail Maria (unit representative) with questions
uasrasepulveda@gmail.com

UASRA



UASRA Sawtelle Unit E Event

Halloween Fun & Parade

Come join your neighbors for an evening with fun activities and prizes. Children and adults can enjoy our coloring station, piñata, and candy apple bar. Our Halloween costume parade starts at 6pm, and the best 3 costumes receive exciting prizes.

Date: Saturday, October 15th 2016 (4-7pm)

Location: 3330 Playground



Food, snacks and soft drinks are provided

Contact us with your questions:
uasrasawtellee@gmail.com

LETTER FROM THE GREEN COORDINATOR



INTRODUCTION

Organic fruits and vegetables have become very popular almost at all supermarkets. Once offered with fancy prices, organic produce is now more affordable and widespread feature in daily eating.

Organic fruits and vegetables are a production of organic farming which is assumed to be a sustainable agricultural method. Although, there is an ongoing argument between environmentalists and scientists over validity of this assumption, and organic food market has increased in value in recent years. While discussion about the science behind the organic farming is beyond this article, this brief review tries to provide a better understanding of organic labeling. It also provides more information about our current Sunday produce delivery event.

DEFINITIONS REVIEW

The Department of Agriculture (USDA), oversees the [National Organic Program](#) (NOP). The [NOP regulations](#) include a definition of "organic" and provide for certification that agricultural ingredients have been produced under conditions that would meet the definition. They also include labeling standards based on the percentage of organic ingredients in food.

Organic products are those that are produced using allowed substances without excluded methods such as genetic engineering and ionizing radiations.

"100 percent organic" can be used to label any product that contains 100 percent organic ingredients (excluding salt and water, which are considered natural). Most raw, unprocessed farm products can be designated "100 percent organic." Likewise, many value-added farm products that have no added ingredients—such as grain flours, rolled oats, etc.—can also be labeled "100 percent organic."

"Organic" can be used to label any product that contains a minimum of 95 percent organic ingredients (excluding salt and water). Up to 5 percent of the ingredients may be nonorganic

DO YOU WANT TO KNOW MORE?

ARE YOU INTERESTED IN VOLUNTEERING?

ANY INQUIRIES ABOUT THE PROGRAM AS WELL AS INTEREST IN VOLUNTEERING OPPORTUNITIES SHOULD BE SENT TO: UASRAGREENCOORDINATOR@GMAIL.COM

agricultural products that are not commercially available as organic and/or nonagricultural products.

"Made with Organic ___" can be used to label a product that contains at least 70 percent organically produced ingredients (excluding salt and water).

ABOUT OUR SUNDAY WEEKLY EVENT

Our Sunday produce delivery program has developed around the idea of increasing UCLA students' access to fresh produce, reducing food waste and the most importantly building a community around good food.

Two UCLA students, Savannah Gardner (undergraduate) and Tyler Watson (PhD candidate) from environmental science and environmental health sciences programs respectively initiated the program as part of their fellowships with the UC Global Food Initiative (GFI). With the help of other student volunteers, fresh produce including a variety of fruits and vegetables that are collected each Sunday from local farmers markets. Farmers in exchange receive a tax write-off at the end of the year based on the weight of their produce donation.

HERE AT UNIVERSITY APARTMENTS VILLAGE

UCLA receives about 250-300lbs produce each week. Most of the produce goes to University Village where our resident volunteers arrange, sort out and distribute them among neighbors. We approximately serve more than 35 families and overall 130 residents each week. We are currently located at Sepulveda resource room and starting October 2nd, the produce delivery will be held in the patio next to the Community Center on Sawtelle 3200. To promote our program as well as increase food, cooking knowledge and skills, we are going to host couple of food demo events on Sundays during produce distribution throughout the year. Updates about the location and time will always be posted on UASRA Facebook page.

Thank you.

Maryam Ghajar, Green Coordinator

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.

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**

UASRA GENERAL ASSEMBLY MEETING

Date: Wednesday September 21st, 2016.

Call to order: 7:11pm.

Public Comments: No public comments

AC Report: AC Jeff, explained the program.

UCPD Report (Officer Briggs):

Summer is over, everything was minimal. UCPD managed to catch some major criminals that were robbing our community. The most important thing when it comes to crime in our community is to report, report and to talk to our neighbors. Briggs is open to any off the wall ideas to help our community. Concern was brought up about the video cameras, Briggs says all are activated, very clear and they are able to pull plates from it. Camera footage can only be viewed by filing a report/request with UCPD.

UAS Management Report:

Lizca: The mail locks are updated on the Sepulveda side 100%. Sawtelle will have the new locks next week.

Regis: Landscaping at Mentone and Keystone is getting done. The front is starting tomorrow by spraying the grass and adding in drought tolerant plants. Hopefully by next Wednesday it will be completed:

A whole lot of gutter repairs have been repaired. We invested a fair bit of money into doing this.

Termites have hit us earlier this year, we have a contracted vendor who will be doing preventative work on 15 buildings that are considered "problem buildings." It is important to know that swarms do not cause a health and safety risk.

The termites could be hiding anywhere. Make sure to keep your windows closed to avoid getting them in your apartment. Regis says dead and decaying trees are a hot spot for Termites so they've been cutting down sick and dead trees in the community. Right now we are treating on a unit basis, the turnaround time is about 2-3 days to get it done. If the termites become more of an issue going forward Regis suggested bringing in a specialist to talk to residents at the GA meeting.

Ants - Working with the pest control vendor to help with the problem. Front office can help with small kits and if it doesn't help they will do a secondary pass to help with infestation.

Garden numbers will be ordered for the Sawtelle plots and compost on the Sepulveda side will be picked up.

Maintenance will assist the rental office as needed and when available for those emergency situations, but residents must contact the rental office initially as they need to verify the information provided before giving the facilities staff the green light to allow access.

General Officers' Reports:

Sepulveda A: Oct 29th, Halloween Party. Kids can come in costumes to have face painting.

Sepulveda B: Change the system for lock out in the daytime. You're expected to walk over to Sawtelle side. The first line of response is to tell you to come all the way to the main office. We do not have the staffing to send someone out every time there is a lock out. We will, however, treat them on a case-by-case basis based on the severity of the lockout...such as possible life/safety

issue or possibly involving a young child or maybe they were locked out without their shoes, etc.

Sepulveda C: Benches and tables are wonderful! The main gate key card entrance is not reading well.

Sepulveda D: Ants in the hallway inside the building.

Sawtelle A: Nothing to report.

Sawtelle B: A resident had a garage broken into. Briggs says to report even if it's long after the fact.

Sawtelle C: Nothing to report.

Sawtelle D: Pedestrian entrance gate not closing on its own. The glass case also cannot close.

Unit event will be Saturday Oct 15th 9am-12pm Pumpkin carving contest at the gazebo. BYOP(pumpkin).

Sawtelle E: Nothing to report.

Keystone: New rep. Viola: There is a new door next to the garden and the key isn't working.

Mentone/Clarington: Second floor lights in Mentone are burned out and need replacement.

Rose: Nothing to report.

Venice/Barry: Nothing to report.

Community Center Maintenance Coordinator:

Nothing to report.

Sepulveda Maintenance

Coordinator: Nothing to report.

Green Coordinator: Needs bins purchased if we are relocating the produce distribution.

Community Gardener: Nothing to report

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Safety and Health: A Resident on the Sawtelle side wants to petition the city to paint a crosswalk from the Sawtelle parking garage entrance to Rose Ave to make it faster and safer to get to the new bus stop. Regis said it would be a good idea to contact the residents association in the surrounding areas to get their support as well.

The newsletter has always been late, but too many people are involved that it becomes irrelevant. Housing office is the one that keeps it in.

Management Excused.

Reports from Board Members:

Community Center Coordinator:

Our classes are starting in October and many of them are sold out. Spanish classes will begin registration on Sept 26th. UCLA rec was behind this month getting the flyers printed. This is why residents received the printed edition late.

Event Coordinator:

Two events to take place in October. The first being the 10am-1pm welcoming event. Management will be providing lunch. Second event is Halloween event on October 31st 6pm-10pm after the party there will be a movie night (The Nightmare before Christmas.) Flyers will be given out for Reps to put on visible spots. There will also be a calendar of events in the welcome bag. (There was a suggestion

of a Sunday event instead of just Saturday's).

Newsletter: Excused

We are waiting for Addae to come back from Paternity leave so it can be emailed out. Jenna suggested asking Lizca to email it out, she also suggested for the October newsletter to include a trick or treaters welcomed sign for residents like we have had in the past.

Secretary: Nothing to report.

Vice- President: We are in a bit of budget crunch. We are collecting less money due to construction. 60% of a budget goes to stipends, 40% goes to events. We do want to recognize the garden coordinator for the increase in workload. We are proposing to restructure the budget to reflex the work responsibilities of some positions. The total amount will be the exact same.

\$5 reduction per month from (Unit reps, VP, President, Treasurer, Newsletter editor) which will add an additional \$30 to the Secretary Position and \$50 to the Community Garden supervisor.

At the end of the year we wanted to revisit (April/May) to look at the whole stipend and the amount of work we've done to try to restructure.

Aaron, the previous VP had issues with VP being underpaid, it was brought up that maybe it's unfair for the VP to have a reduction when the previous one had suggested it was too much a work load.

Another member suggested that perhaps the newsletter editors workload would be decreased as the responsibilities are much less now that everyone is digital. The board has discussed this previously with the Newsletter editor and she said she found it to be quite a whole lot of work. This will be revisited again.

The newsletter has always been late, but too many people are involved that it becomes irrelevant. Housing office is the one that keeps it in.

Motion call for decrease/increase

Andrew De-Waard motion

Mike seconded.

YES 17

NO 3

Abstain 0

Motion has passed

Treasurer: Income is 10,000 less this year \$15,000 is roll over from last year See budget sheet.

Motion called for budget change

Motion by Jenna

Seconded by Andrew

YES 22

NO 0

Abstain 1

President: Nothing to report.

Meeting Adjourned at 8:27.



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and Regional Southwestern Youth Music Festival

For information and references contact

Dr Allan Oettinger

310-398-1497



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, October 19th at 7:00pm.

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

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

UASRA OCTOBER EVENTS

SEPULVEDA A HALLOWEEN BREAKFAST

OCTOBER 29TH
10:00AM

SEPULVEDA
COURTYARD

UASRA HALLOWEEN NIGHT

OCTOBER 31ST,
FROM 6:00PM TO
9:00PM

SAWTELLE 3200
COMMUNITY
CENTER &
SEPULVEDA

SAWTELLE UNIT E HALLOWEEN FUN & PARADE

OCTOBER 15TH
FROM 4:00PM TO
7:00PM

SAWTELLE 3330



UASRA WELCOME CELEBRATION



Photos by: Charlie Jakthong



THANK YOU TO EVERYONE WHO ATTENDED THE WELCOME CELEBRATION ON OCTOBER 1ST!

WE HAD OVER 400 RESIDENTS ATTEND AND FUN WAS HAD BY ALL. I WOULD LIKE TO THANK ALL OF THE VOLUNTEERS WHO MADE THE EVENT GREAT. I WOULD ALSO LIKE TO THANK THE UA FOR SPONSORING LUNCH, AND STUDENTS WITH DEPENDENTS AND RESIDENTIAL LIFE FOR THEIR WONDERFUL SUPPORT.

WE LOOK FORWARD TO SEEING YOU ALL AT OUR NEXT EVENT ON HALLOWEEN WHICH WILL BE FULL OF FUN ACTIVITIES ON BOTH SAWTELLE AND SEPULVEDA! STAY TUNED FOR THE LATEST UPDATES ON OUR FACEBOOK GROUP.

MIKE ROCCHIO



HALLOWEEN DOOR SIGNS



FOLD HERE





University Parents Nursery School

Afternoon Koala Class

Openings Available

1:30 to 5:30

Monday-Friday

**Stories, Science, Music and Movement
outdoor activities, fun creative environment**

Contact Rachel or Ana

310-397-2735

Parent Participation School