Message from UASRA President

Dear Residents,

It’s almost impossible to believe, but we are nearing the end of summer. With a new season, however, come new residents, and new members to welcome to our community. I am excited to welcome many new members to our wonderful community, and also to welcome even more of you back for another year together. It is my and the board’s dream to create a space in which you can get to know your neighbors, build new friendships, and create a strong community that you can be proud to be a part of. Our Events Coordinator is working to set up a Welcome Event for everyone in the month of October, and we’ll be excited to meet you all there.

As many of you now know, there was an email sent out to Village residents about the stricter enforcement in regard to the exit gate at 3200 Sawtelle. Effective immediately, anyone found entering through the exit gate will have their license plate recorded by cameras and cited for violating community rules and regulations and fined $100. This is due to numerous incidents of cars attempting to enter through the exit gate and almost colliding with other cars, and even worse, with pedestrians. Safety is a very important concern of this community. In addition, there are several reports of many people not receiving e-mails from Manage-
ment or from the Housing Office. This is concerning, and we will be looking into this with Management to try to prevent this from happening in the future.

In regards to ongoing safety testing, building maintenance, and construction, we appreciate and thank everyone for their patience and flexibility. With fire alarm testing in the Village and building renovations at Keystone and Venice/Barry, I know it can be frustrating, so I appreciate your patience during these necessary upgrades and tests..

There was unfortunately a suspected armed man around the Sepulveda side on July 16th around 9:00pm. The details of this occurrence are not important, but rather a time to make sure we are keeping our homes safe. Please ensure that you are locking your doors, and deadbolt your door whenever you possibly can, especially when you are deciding to leave for long extending periods of time. No matter how safe our community is, we still live in a large metropolitan area where crime exists. We have to work together to ensure the safety of our area. Please report all suspicious activity to the UCPD.

Many of you have already started school, and some will be starting in the month of September. In case you want to mix up the type of classes you’re taking, have a look out for our list of fall recreation classes that will be posted around the apartments soon. If there are any classes that you are interested, please sign up quickly, following the instructions on the flyer. This year, we are excited to offer a more diverse array and number of classes, with better start times for many of them. This was all based on feedback from the community, so please keep that feedback coming. It’s the only way we know we’re serving you best.

As a reminder, and in the spirit of togetherness, I think it is important to address a concern of reporting maintenance issues or resident concerns. I know there are times that some of the members of our community take part in some actions that are not a part of our rules and regulations. Although it is your right, and dare I say, your duty, to report these infractions, for most of the rules are in place for the safety and comfort of our community, it is important to remember how we address these concerns. I implore you all, to please not place any pictures of other members on the Facebook page, in attempts to shame the member of the issue at hand. This fosters tension and anger amongst us, and is something I wish to avoid. Please note that our Facebook page is not an area to report issues. When there are issues that are after hours (after 4:30 on weekdays, 24/7 on the weekends and holidays), please call the Area Coordinators (ACs). ACs are in charge of the afterhours emergencies that may arise and they can be reached at 310-391-0686. The maintenance line you call during regu-
lar business hours goes to maintenance, and after-hours, the calls go to the on-call ACs. It is important to restate that the ACs are meant for emergencies only. Examples include: lockouts, plumbing issues, and noise complaints. It is important that the emergencies are called in right away, and not hours after the occurrence. If you have other concerns that are not an emergency, but rather have to do with our upkeep, all around maintenance of our community, or any issue where you are unsure of who to contact, please feel free to utilize our Maximo site and place a ticket for the issue. There are also the Unit Representatives of your respective area who can be a great contact for any questions you may have. Their information is in the glass cases, by the mail area, for your respective unit, and you can find their information at www.gsa.asucla.edu/uasra/contact. They are here to represent you and your concerns.

The UASRA GA and board were off for the month of August, and in case any of you attempted to contact anyone and found a lag in response, please know that was the reason. We will be resuming our duties in the month of September. We will be having our next GA meeting on September 16, 2015 at 7:00pm, and as usual, childcare and food will be provided, so it would be great to see you all there.

Sincerely,

Ash Shamsian
UARSA President 2015-2016
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Newsletter Gallery

credit: scout, August 2015
submit your images by emailing:
thebearfactsnewsletter@gmail.com
This month, meet incoming UASRA President Ash Shamsian, 27, and Events Coordinator Negar Omidakhsh, also 27. They snuck over the Canadian border together a few years back and have produced a tiny American named Sebastian, 9 months.

Negar, are you legal yet? Ah ha ha. I’m waiting for my Green Card. I cannot leave the country until it comes! Come on USA. Hand it over.

So Ash, you are really American…. pretending to be Canadian? [laughs] I’m a dual citizen. I was born in Amsterdam, then we moved to Toronto when I was a year old, then to Orange County when I was twelve. And I went back to Canada for my undergrad, at UBC in Vancouver. But your parents aren’t Dutch, are they? Both of our sets of parents are Iranian. Oof I’m jealous. Iranians have the best food. We do! Do you like Persian food? Yes [serious]. Can we talk about where to buy good lamb? [this is becoming a MYN theme]. Negar: You HAVE to go to Wholesome Choice in Irvine. There will be a huge line for the san-gak (flatbread) but stand in the line and get the fresh stuff. You will eat it before you leave the store, I swear. And you should get this recipe book, it’s wonderful. [Food of Life, by Najmieh Batmanglij]. It must be really nice to have a shared cultural background. Do you speak Farsi at home with Sebastien? Eh, a little bit. We are not as good as we should be.

Some Americans really do pretend to be Canadian when they are on holiday in Europe, do you know that? [laughs]. Negar, what route did you take to LA? I was born in Dubai – my parents left Iran as refugees in the 1980s, like Ash’s. After a couple of years there they moved to Winnipeg for my dad to go to school, then to Vancouver. So if you were both in Vancouver, what brought you to LA? Negar: Ash is from California and he loves it. We were in Vancouver for 8 years and ready for a change. Plus job opportunities and funding were better here. [Negar is doing a PhD in epidemiology, and Ash works in health IT at UCLA.]
What do you love and loathe about LA? We LOVE Google shop express and we less love the lack of public transportation compared with pretty much any other major city in America. Get it together LA, not everyone is driving a Prius! Although…. we are. Ah ha ha. You know the numbers for a new Prius don’t stack up, don’t you? I know, we crunched them too and you have to bank on a gas price rise, which has sooo not happened. But it is pretty awesome to fill your car for $20. I hear you! I used to mock America’s need for cheap petrol and now I’m like, two dollars a gallon, woohoo! LA will do that to you. What are your favourite local spots? Saffron Rose ice cream is SO good. [on Westwood]. We like the Centinela Café for breakfast. Javan in Santa Monica for Persian food – it’s the best, though a little more expensive. Any tips for places to go with kids? Negar: Nordstrom in the mall on Pico and Westwood has the best nursing lounge! When Sebastian was tiny I would meet friends there so we could nurse and hang out. [laughs]. Dude, this is the info that new parents need around here. I always ask what is for dinner. Negar: Well, we love Persian food, but I have to be honest, since I’m back at school after maternity leave, it’s chicken salad or grilled cheese [laughs]. Real talk! Any grilled cheese tips. Negar [suddenly excited]: you MUST butter the pan and not the bread. Why?! That way you use less butter. I’m not sure I agree that’s a good thing. Ok lastly, what led you both to become involved in UASRA? Ash: I was involved in the committee and enjoyed being a part of improving things. UASRA has improved enormously but I thought there was still room for change and I wanted to help out. Negar: I really love running our events! It’s the best job on the committee. What are your hopes for the coming year Ash? I would like to continue the great work set out by last year’s president, oversee the installation of our cameras to help keep our community safer and to ensure that our packages are not being stolen. I would work hard to keep a strong sense of community and to help our residents have access to public transportation. Overall, may main goal to do my job in a way where people like where they live. Well good luck! Enjoy all the email…! Ash: yeahhhh. There is a LOT of email. [laughs].

Are you unique and fascinating? Please be so good as to email helena.mcdermott@gmail.com to arrange an interview!
Recipes from UAS residents from different parts of the world.

This month, Arshi Shahin from Varanasi in northern India shares her mother’s recipe for Methi Chicken, tender chicken pieces delicately cooked in assorted Indian spices and dried fenugreek leaves.
Methi Chicken

from Arshi Shahin

This is Arshi’s mother’s recipe, from Varanasi, on the banks of the Ganges in northern India.

- 2 lb skinless boneless chicken – cut into medium sized pieces, washed and thoroughly drained
- 1 lb yellow onion – finely chopped
- ¼ - 1 teaspoon dried Red chilli powder – adjust according to taste
- 1 teaspoon Ginger-Garlic paste
- ¼ cup Dried shredded coconut
- 1 cup plain greek (thick style) yogurt
- ½ cup dried fenugreek leaves
- ½ cup - Cooking oil
- Salt to taste

1. In a wide bottomed vessel or wok (non-stick preferred), heat oil and add shredded coconut and chopped onions.

2. On a medium heat fry till the onions turn golden brown – about 10 minutes

3. Add boneless chicken and stir-fry on medium to high heat for about 8-10 minutes until all the water from the chicken has evaporated. Make sure to continuously stir the chicken to avoid sticking to the bottom of the pan

4. Add ginger-garlic paste, salt and dried red chilli powder (to taste) to the chicken, mix them properly and cook covered on a low flame till the chicken is tender – about 15 minutes

5. Add whisked yogurt and gently mix

6. Finally add crushed dried fenugreek leaves and cook for about a minute or two on low flame.

Tips

1. Most of the ingredients (like dried fenugreek leaves, red chilli powder) can be found at Indian grocery store like Kavita grocery on Venice and Jasmine.

2. Fresh fenugreek leaves should not be replaced for dried fenugreek leaves, as the cooking method of the fresh leaves is different.

3. If the gravy/curry appears too thick for your liking, small amount of water can be added only at the last stage.

Arshi sells her delicious food through Arshi’s Kitchen. Contact arshi.shahin@gmail.com for orders.
Las Trillizas!

Triplets have been born in Chile to former residents Maria Edwards Silva and Agustín Fracchia Armstrong. Maria conceived the babies – naturally, and to the couple’s eternal surprise! – while living in UAS last year (watch out, there may be something in the water). After an earlier than planned return to Chile, she delivered the three girls safely on the 8th of June, at 35 weeks. They clocked in at the absolutely splendid weights of: Virginia (1.840 kg / 4lb 1oz), Olivia (1.980 kg / 4lb 6oz ) and Jacinta (2.460 kg / 5lb 7oz). The girls are apparently fraternal, not identical, but will be tested to confirm. Maria is particularly curious about Olivia and Virginia, who look very alike.

The girls join their probably somewhat shell-shocked older brother Agustin, who is 2. The family is living with Maria’s parents in Santiago for the time being, and they are very grateful for the help!
Cuddles with their lovely mama.

First family picture at home.
Everybody Poops
but not in the pool

If you have a child who isn’t yet potty trained, a reusable swim diaper is a great idea. Cheaper than disposables, they are also MUCH more reliable for containing poops in the pool. (Swim diapers are not designed to catch pee.)

We have tried and love the Splash About Swim Nappy, which is compulsory in most UK baby swim classes because it doesn’t leak. One parent described it as “bombproof”. And since babies start so chubby, and get slimmer as toddlers, there’s a good chance one will last you the whole two or three years you need it. Made of neoprene with soft snug bands at the legs and waist, they are comfy and resilient - and come in a range of sweet designs.

Find them at usa.splashabout.com, from $13.
Bicycles: Safety, Rules and Tips for University Apartment Residents

With the academic year about to start, many of us will choose to ride a bike to get around, either for pleasure, convenience, health benefits or any other reasons. When you ride your bike, you are doing a lot of good things, both for the benefit of yourself and others. We hope you will take steps to be a safe cyclist, follow some basic safety tips when you ride and do what you can to keep your bike out of the hands of thieves. Here are some reminders to our residents:

- Please wear a properly fitted bicycle helmet. A reminder to parents: it is illegal for cyclists under the age of 18 to ride a bicycle without a helmet in California.

- Please follow all applicable traffic laws and regulations. Bicycle riders on public roads have the same rights and responsibilities as motorists, and are subject to the same rules and regulations. Basic bicycling tips to follow are

  - Maintaining control of your bicycle at all times – make sure you have at least one hand on the handlebars and items such as books are in a bicycle carrier or backpack. One little rule not known to many residents: it is illegal to ride a bicycle on a road while wearing headphones.

  - Protecting yourself – reduce the risk by wearing a helmet and neon, fluorescent, or other bright colors when riding day or night.

  - Being visible, alert, and communicating your intentions. Use hand signals when turning and yield to traffic when appropriate. Please remember that pedestrians have the right-of-way at all times on campus, except where signage directs pedestrians to give the right of way to bikes.

  - Riding with traffic. Please be alert to any road hazards, slow down if you
are not sure if drivers can see you, waive to get drivers’ attentions, ride a bit further to the left to avoid cars pulling out of side streets, driveways or being hit by car doors.

- Choosing the best way to turn left and try not to pass on the right of the vehicle as drivers may not see you. Do not weave between parked cars as motorists may not see you when you try to move back into traffic.

- Adjust your bike to fit you and check your equipment. Check the tire inflation, seat height and obtain headlights if you are planning to ride at night. Local bike shops on or near campus will help you with the adjustment, bike maintenance and equipment for a reasonable price. Here is the list of some local bike shops:
  - UCLA Bike Shop: Northwestern corner of John Wooden Center
    http://www.recreation.ucla.edu/bikeshop
  - Helen’s Cycles: 1071 Gayley Ave. Los Angeles, CA 90024
    http://helenscycles.com/
  - Wheel World: 4051 Sepulveda Blvd. Culver City, CA 90230
    http://wheelworld.com/

- Always lock your bike to a bicycle rack with a high quality U-shaped lock!!! Please AVOID using lightweight cables or chains as they are easy to cut. Lock your bicycle through the frame and if possible, through wheel to a bicycle parking rack. If you can, lock all free parts of bike or take them with you. Please don’t lock your bike to poles that are short and have no obstacle at the top.

- Lock your bicycle on approved bicycle racks positioned throughout the complex and campus. Do not lock your bicycle in the pedestrian areas such as hard rails, access ramps and poles as your bike may be impounded.

- Please take a picture of your bike and record its unique manufacturer’s frame number. If your bicycle is stolen, contact UCLA Police/UCPD immediately and file a report. In addition, bike owners are encouraged to register their bikes with National Bike Registry – if your bike ends up in the possession of law enforcement agencies, your impounded/stolen bike can be identified and returned to you instead of being sold at an auction.

- National Bike Registry: http://www.nationalbikeregistry.com/

- UCPD Phone Number:
  (310) 825-1491

Here are some other links with useful information:

Lifehacker’s Proper Way to Lock Your Bicycle
CA DMV Safety Tips for Bicyclists and Motorists

Kids and Bicycle Safety
UCLA Bike Safety Tips and Resources
Los Angeles Department of Transportation Bicycle Services

Kind Regards,
Saken Sherkhanov
UASRA Health and Safety Delegate
Call to order 7:18 pm

Public Comments: None

**AC Report:** There are about 12-16 couples that work as ACs after-hours (24/7 on the weekends and holidays and also after 4:30 on weekdays) to field emergency requests. It’s really meant for emergencies, including lockouts, plumbing issues, and noise complaints. Please call in issues that need attention right away, not a few hours after the fact, as they are unable to help resolve the issue once the problem isn’t occurring anymore. Noise complaints can be called into the AC right away to be documented and also can go to the resident service coordinator during normal business hours. A resident asked if it is possible for ACs to let people know about water outages in their building but was informed that it’s not really possible to meet this request due to the nature of the AC job: it’s for emergencies, not for notification purposes. One circumstance in which ACs would go door-to-door to let people know about a situation is if their actions would affect other units. (For example, if there were a plumbing issue such that you using your water in your apartment could cause a problem, an AC would come and let you know not to use the water until the issue is resolved.)

**UCPD Report:** Officer Duren shared that two of our burglars have been apprehended. (For further details see notes from the PRB meeting.) Once a week our UCPD officers meet with the pacific division of LAPD to discuss the crimes that have occurred outside of the property. UCPD has stepped up their parking enforcement and are towing cars that have multiple citations. A resident voiced a concern about cars being towed off of the streets over the long weekend because of a lack of proper notification that the space was reserved. The resident was reminded that the street is not UCPD’s jurisdiction, but also that 72 hours notification is supposed to be given by LADOT. Update on cameras: planned to be installed this year. Residential Life Advisor reminded residents, though, that cameras are not a simple solution that will resolve all of our security issues. We
need to be vigilant as residents and call in potential problems to UCPD.

**UAS Management Report (Lizca and Regis):**
Regis: We are busy with renovations right now with residents moving out (about 52 move-outs this past weekend). We are also working on fixing some signs in the parking structure. We are repairing the eaves and Gazebo has been repaired. We are working on trellis repairs near 3281. The top of it got rotted out from water puddles on the top. We are also installing new gardens on the Sepulveda side. Update on LADWP: (See PRB Meeting summary for details.)

Tree Trimming: A resident raised a concern regarding the tree-trimming because of a loss of shade. The trees were due to be trimmed because of their schedule, diseases, and rodents, but shade structures are in the process of being approved for installation. Regarding the watering problems, send Regis an email: rmesko@ha.ucla.edu. Turf v. Grass on Playgrounds: A resident shared that parents have expressed a desire to have real grass instead of turf. There are safety issues with grass or mats/grass combo. Goal is to clean the artificial turf more consistently. The plan is to add more turf, so the board might want to address what residents want regarding more turf or keeping grass. Laundry Room Hours: A resident asked about opening laundry room earlier – it matches quiet hours currently. If residents want to change the hours to open at seven am, that could be an option. Plan to change lockers in laundry rooms (and floor/painting). Notices will be posted. LED lights have been added in more areas, ongoing progress on this. Residents can inform if an area needs more. A resident followed up regarding the cockroach problem. Regis said that it has been looked at and hopefully resolved. (Residents with thoughts/concerns regarding turf v. grass and/or laundry room quiet hours please send an email to uasrapresident@gmail.com or uasrasecretary@gmail.com so that your concerns can be taken into account when we discuss these issues at our next board meeting.)

**General Officer’s Reports:**
Sepulveda A: Excused
Sepulveda B: Our courtyard has no trashcan. We need a trashcan for small park trash. No grill at Sepulveda B. The far north grill has one gas and one charcoal. There were some suggestions to change it so that both grills are gas. Would like earlier laundry hours.
Sepulveda C: Nothing to report
Sepulveda D: Nothing to report
Sawtelle A: Nothing to report
Sawtelle B: Nothing to report
Sawtelle C: Nothing to report
Sawtelle D: There was a bike chained to the stairwell, and it was clarified to call the AC.

Sawtelle E: Nothing to report
Keystone: Nothing to report
Mentone/Clarington: Nothing to report
Rose: Not present
Venice/Barry: Some issues of mail and packages being lost or stolen. Complaint regarding the removal of planters from around the pool. It is a bit up in the air what will (if anything) be replaced.

Community Center Maintenance Coordinator: Nothing to report.
Sepulveda Maintenance Coordinator: Nothing to report; new person starting next time.
Green Coordinator: Nothing to report.
Garden Coordinator: Not present.
Safety: Safety messages to go into the newsletter; presentation of possible events coming up. Saken has the CPR cards for those who attended the training. Email him: uasrasafety@gmail.com to obtain your cards. With regards to
bikes, we don’t recommend cable locks as they are easy to cut. Buy a U-lock which cannot be cut so easily. One more thing to remember is that bikes aren't stolen if they are taken by the sweep. If you think that management took the bike, then you can still get them back for 90 days. You can register the bike on the national bike registry and attach the bike to your name, and that way if some organization picks up your bike they can look up that it’s yours. One resident came and was upset that there is no covered bike rack. Saken recommended putting a tarp over your bike. One resident suggested the installation of bike racks in an empty garage on the north side.

Management Excused

Reports from Board Members:
Community Center Coordinator: Nothing to report. Event Coordinator: We’ve created the event list for the upcoming year. It will be presented at the next GA meeting.
Newsletter: Not present
Secretary: Office comments: There are materials available in the UASRA office for use at UASRA events, including unit events. Email comments: Please be professional in your use of your UASRA email accounts.
Treasurer: Stipend and budget issue. Because of the renovation, there are vacancies, and so we are going to have less money than last year. We’re going to be tight on our budget. So we may cut some funding from unit events. We are also going to change the Constitution and By-Laws so that the total stipend for stipended positions cannot exceed 60% of the total UASRA budget rather than 50%. The General Assembly will vote on this change in September.
Vice-President: Distribute binders and contact sheets
President: Nothing to report.

Residential Life Advisor Report: Community Assistant position remains open. Email Addae if you’re interested.

Final concerns:
Meeting Adjourned at 8:48 pm

UASRA Policy Review Board Meeting

The meeting was called to order at 5:50 PM, and attendees included the UASRA President, Vice President, Secretary, and Treasurer, as well as the UAS Area Manager (Stan Markowitz), the UA Support Services Manager (Lizca Spalding), the UAS Area Facilities Manager (Regis Mesko), two UCPD Officers (Terry Duran and his partner, Shannon), and the Budget Analyst for UA (Wayne Lue Chin).

UCPD Report: (1) Two of our burglary suspects are in custody. One was apprehended on a burglary warrant as he had in his possession a bicycle he had stolen from the Keystone apartments. It was crucial that a resident had reported the bike stolen. (2) UCPD is stepping up parking enforcement and encourages residents to follow all posted signs. Cars can and will be towed, particularly if they have more than one citation on record.

Safety Concern: Wayne reminded residents that it is never ok to enter the property through an exit gate, and it is particularly dangerous to do so now, as it is summer time and more children are around the property. Please drive slowly, respecting the speed limit, and only enter through entrance gates, not exit gates.
There is a camera posted at the exit gate near the office, and cars that enter through it can be cited.

**Financial Update:** Wayne shared a financial update with the UASRA board members, reviewing the state of UAS finances for the month of May. He reviewed some planned renovations that account for some of the unspent maintenance money. Wayne also encouraged the UASRA board members to arrange for a meeting with WHR so that we can be informed about what the different numbers mean in the budget so as to better serve our residents.

**UAS Services Update:** Stan and Liza encouraged unit reps and residents to be vigilant with respect to smoking on the property and to report smoking to the ACs. Smoking is never allowed on the property of UAS (or any UCLA property). Stan will be meeting with UCLA Transportation Services regarding some bicycle regulations for the property. We will share more updates regarding bicycles once we have them. Regis shared a reminder for residents in the meantime please to register your bicycle with the national bicycle registry.

**Update on LADWP Overcharge Dispute:** Stan was very helping in helping some residents to resolve overcharge disputes with LADWP. Problems are still happening for some residents, so here is the procedure for your disputes: (1) Contact LADWP to share your complaint. (2) If LADWP asks you to obtain a picture of your meter, you can contact your resident services coordinator to get a picture. They will either go with you and let you take a picture or send you a picture. Please call the office during normal business hours and ask for the appropriate resident services coordinator (Xochilt Ortiz: all of Sepulveda and 3100-3130 Sawtelle; Walleska Bareto: 3140-3360 Sawtelle; Curtis Whatley: all of mixed use). (3) You can then send the picture to LADWP and continue your dispute with them through the call center. (4) If you continue to have problems after following this procedure, please let your UASRA President (uasrapresident@gmail.com) and/or Secretary (uasrassecretary@gmail.com) know so that we can help resolve the issue. But please first follow this procedure.

**Playground Shade:** It is in the works, but please realize that it will take a little while for them to be finalized and installed. Some trees do have to be pulled out due to their being diseased or housing rodents. Please try to be patient as we work to install shade.

**Security Upgrades Update:** Security cameras at the pedestrian entrances are in the budget for this year. It will take a little while for them to be finalized and installed as well, but they are working on it. Cameras have been fixed and updated as each of the vehicle entry gates.

**Update on Package Issues:** If residents are having package issues, they need to report the issues to their resident service coordinators (see above to find who yours is for your area).

The meeting concluded with a discussion of how best to use the time we have to collaborate as UASRA board members with UAS management and setting our tone for the upcoming year. The meeting adjourned at 7:00 PM.
Supercalifragilisticexpialidocious!