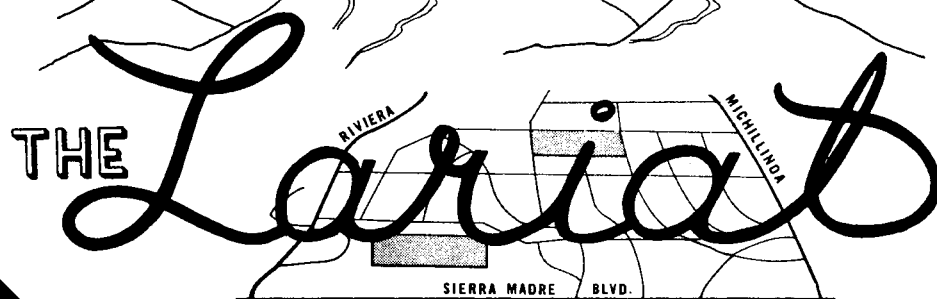


UHRA

Bimonthly Newsletter published for the
residents of Upper Hastings Ranch

Pasadena,
California



VOL 46

NO. 1

First Quarter
2009

President's Message p. 3

A Wake Up Call p.7

Essay Results p. 12, 20

UHRA ANNUAL PANCAKE BREAKFAST

SATURDAY, MAY 16TH

8:00 a.m. to 11:00 a.m.



United Methodist Church Hall
north-east corner of Sierra Madre Boulevard at Michillinda
across from Albertsons Shopping Center
Enter parking lot on Michillinda



All You Can Eat



Pancakes, Sausage, Juice, Milk and Coffee

Lots of Terrific Door Prizes!

Balloons for the kids!

(many people come for the pancakes and stay for the door prizes)

THE LARIAT

The Lariat is the official publication of the Board of Directors of the Upper Hastings Ranch Association, P.O. Box 5131, Pasadena, California 91117. It is self-supporting, nonprofit, nonpolitical, nonreligious and devoted to the common interests and mutual advancement of 1,100 Ranch property owners and residents.

Contributions for publication in *The Lariat* are welcomed, however all contributions are subject to editing.

**THE DEADLINE FOR THE NEXT LARIAT WILL BE
MAY 1, 2009 - TO BE PUBLISHED MAY, 2009**

ADVERTISING RATES

Setup charges may be added to the rates

Rates as of 2/06 --- Prices are for a single issue

Full Page 8 x 10"	\$170.00
1/2 Page 8 x 5" or 3 3/4" x 10"	\$100.00
1/4 Page 3 3/4" x 5"	\$55.00
Business Card 2" x 3 1/2"	\$40.00
Classified Ad	\$8.00 / Line

Ads must be prepaid

UHRA 2009-2010 CALENDAR OF EVENTS

Sat., May 16, 2009 - Pancake Breakfast
Tues., Aug. 4, 2009 - National Night Out
Wed., Nov. 11, 2009 - Annual Meeting
Sat., Dec 12, 2009 - Holiday Light-Up begins
Wed., Dec 16, 2009 - Holiday Light-Up Judging
Fri., Dec 18, 2009 -- "Snoopy" Parade
Sat., Jan 2, 2010 - Holiday Light-Up ends

LARIAT STAFF

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www.uhra.org

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FIELD REPRESENTATIVE - Rhonda Stone
626-744-4740 e-mail: rstone@cityofpasadena.net

2009 UHRA OFFICERS

KATHY GREGG Pres. & Honorary Mayor
351-8281
kgregg91107@yahoo.com

ELIZABETH MAKAREM **Pancake Breakfast**
351-6193 Vice President
elizabeth@aceca.com

JOLEAN MATSUMOTO Treasurer
351-8781 President Emeritus
Pancake Breakfast

SHERI WHALEN Recording Secretary
351-0348 Welcome Wagon
sheriamdmark@aol.com

2009 UHRA BOARD MEMBERS

STACY L CAHAN
351-9217

ARPI KRIKORIAN
351-5171

MAS MATSUMOTO
351-8781

SAM SASSOUNIAN
351-8534

The UHRA Financial Statement is available
upon request.

Please contact the President of UHRA
Kathy Gregg.

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NEIGHBORHOOD CONNECTION

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UHRA PRESIDENTS MESSAGE

Happy New Year, Neighbors!

It seems so typical to catch a cold or flu or deal with a cough during the Christmas Season. If that sounds like you, I hope you are feeling better. As long as we are employed to the extent that we are able to make ends meet and our family is healthy we are among the very fortunate. I wish you a prosperous, healthy 2009 and whatever, within reason, makes you happy!

Once again, the inevitable has happened. This *Lariat* is the first issue that we will be receiving on a quarterly basis. We are hopeful that UHR residents will take Annual Dues seriously. Block Captains will be collecting dues between now and the next few months. If not, please mail your \$20 dues to UHRA, P.O. Box 5131, Pasadena, CA 91117.

We still are in desperate need of Board Members and Block Captains. Don't underestimate them. Board members are the ones who work together to make Christmas Light Up, our Annual Pancake Breakfast, our Annual Meeting and articles for our *Lariat* happen. There are very few of us and we need some interested, caring UHR residents who believe in the wonderful community that we live in and want to be an integral part of it – I invite you, I encourage you to get involved. If you want to have a voice in how things are done, a vote on decisions that affect all of us, join the Board.

Take pride in your COMMUNITY. This isn't your usual neighborhood. This is a community with pride, with traditions, with an active, caring Board and something else that you just don't find anywhere – a Block Captain network. Don't underestimate the value of an active Block Captain. (Contact Elizabeth Makarem for more information about becoming a Block Captain or co-block Captain).

Besides Block Captains being very instrumental in disseminating information to residents, the entrance signs, the *Lariat* and the e-mail blasts are other vehicles used to inform all of us.

Many of the e-mail blasts are intended to get info out in an emergency. Our current method of accomplishing this is, unfortunately, very slow. If you have the capability of getting e-mail blasts out within minutes, we seriously need your expertise and would very much appreciate hearing from you right away. This is a real need for the sake of the Ranch and your volunteering to do this task for UHRA would be a blessing.

OUT OF THE MOUTHS OF BABES....Read the thoughts and ideas of the two essay winners (inside this issue of *The Lariat* on pages 12 and 20); at their young ages, they've got the right idea. My hat's off to you both!

ATTENTION: REAL ESTATE AGENTS

If you are a listing agent for an UHR resident, please act in the best interest of UHR with regards to the Christ-

CHRISTMAS LIGHT-UP RESULTS

Christmas Light-Up came and went so fast. I can't believe it's over. All Ranch residents who have provided e-mail addresses to Maria Salazar, UHRA Board Member, should have received the list of trophy winners by mid-December, giving you an opportunity to drive around and see just what the Judges picked for their favorites this year! If you'd like to have e-mails sent to you regarding UHRA special notices, emergencies and important issues that affect us, please contact Maria Salazar at m_saladbar@yahoo.com.

The Annual Judges Party was held on Wednesday, December 17, 2008, at the home of Jolean and Mas Matsumoto. Friday, the 19th was the night of the "Snoopy Parade" when we delivered all of the Light Up awards. (For your information, the Judges Award is the one house in the Ranch that stands out the most and is a unanimous winner. The Mayor's Award is given by the current UHRA Board President/Honorary Mayor...it is a subjective choice. All the others are decided upon by the Judges who are given a list of criteria; as they see each display, they give a score and at the end of their short tour, all sheets are tallied and the winners are chosen. There are repeat winners sometimes, because the Judges are different each year).

Once again, homes are chosen by objective Judges. When the tallied sheets are collected, those residents who are prospective winners must have their annual dues paid in order to be a current UHRA member, since this competition is for UHRA members.*

The following were the winners in various categories:

Best Religious - 1265 Valley View, 1450 Daveric, 1245 Valley View
 Best Humor/Fantasy – 1010 Medford, 1160 Pine Bluff, 1255 Tropical
 Best Use of Lights – 3690 Pear Orchard, 1175 Leonard, 1105 Coronet
 The Judges Award went to the McGinley family at 1360 Coronet
 The Mayors Award went to 1260 Tropical, the Cassutt family

Parkway Awards went to the following blocks:

Hastings Ranch, Alegria to Daveric	Lower Leonard, Cartwright to Alegria
Pear Orchard	Lower Tropical (between Cartwright & Alegria)
Upper Riviera	Lower Medford
Daveric, Alegria to Hastings Ranch	Lower Pine Bluff.
Coronet (Alegria North)	Lower Crestview
Daveric (Top of Daveric)	Lower Daveric

To all Snoopy Participants, you know who you are, thank you for your hard work and wonderful enthusiasm. Your displays bring smiles to all who drive through our neighborhood during Christmas Light Up time! I appreciate your very special families who encourage and help you!

Jolean Matsumoto
 2008 Christmas Light Up Chair

**Annual Dues are minimal and help cover all our expenses, most importantly, our liability insurance for social functions and Directors insurance, as well as trophies, plaques and annual essay awards. We need your help to cover these expenses, please help the association by paying your dues.*



Remember these helpful tax tips and deductions for many happy returns.

This Tax Season, Keep Your Fair Share.

It's Tax Season—Time to Find Every Deduction.

Tax season is approaching. Each year, additional tax deductions and credits are available to people who know where to look. From college tuition to helping out the environment, chances are you are eligible for several tax breaks and you might not even know it.

Let Your Home Work for You

Your home can provide you with several tax deductions. Each year, you can deduct interest accrued on your home loan. You can also deduct points on closing costs for the year of the transaction. Green additions to your home, such as energy-efficient appliances and renewable energy systems, will also earn you tax credits, which are even more valuable than deductions because they reduce the actual tax amount due.

Get the Most Out of College

College tuition can be costly, but it does offer some tax relief. For each year you pay tuition to an accredited institution, you are eligible for up to \$4,000 in deductions. You can also deduct up to \$2,500 of interest on a student loan, as long as the loan is used on educational expenses, such as housing and supplies.

Relief for Out-of-Pocket Expenses

Miscellaneous personal costs, such as investment expenses, safe-deposit box fees, and certain legal fees, can be deducted if the total expenses are more than two percent of your adjusted gross income.

Work-related expenses that were not reimbursed by your employer can be similarly deducted.

A HOME OFFICE MAY LOWER YOUR TAX BILL.

The IRS states that if you use a portion of your home for business purposes, you may be able to deduct expenses, including the business portion of real estate taxes, mortgage interest, rent, utilities, insurance, depreciation, painting and repairs. In addition, travel costs between your home office and the first and last appointment of the day become deductible. To qualify:

- You must regularly use part of your home exclusively for a trade or business.
- You must be able to show that you use your home as your principal place of business.
- You must be able to show that you meet patients, clients or customers at home or that you use a separate structure on your property exclusively for business purposes.

Tax laws are complicated. Talk with your accountant or financial service provider to figure out what can be deducted given your unique circumstances.

- A first-time homebuyer's tax credit is available until July 1, 2009. The credit is up to \$3,750 for qualifying individuals and \$7,500 for eligible joint-filing couples.
- Deductions for hospital bills and doctors visits are well-known, but tax relief is also available for medical expenses ranging from insurance premiums to prescription eyeglasses and contacts.
- Capital losses on stocks deemed worthless—generally, those that are no longer traded—are deductible.
- Unreimbursed losses incurred due to theft, fire or another form of casualty can be claimed if the sum is more than \$100 and more than 10 percent of your adjusted gross income.
- Educators can receive a \$250 above-the-line deduction for classroom expenses.



Carol A. Kurachi

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President's Message continued from page 3

mas parkway display that may remain in the Seller's garage (leave a note attached stating its purpose). If you represent a prospective Buyer, please make it known to them that Christmas Light Up is a 50 year tradition; although it isn't mandatory, participation is important for the Community Spirit of UHR. Nightly lighting the parkway display during Christmas Season is a welcomed sight to the rest of the neighbors as well as the thousands of onlookers who drive through the Ranch during Christmas Light Up.

Help us to continue this wonderful tradition by encouraging new buyers! Be considerate of our Ranch. I personally would be more interested in telling prospected Sellers about RE agents who are considerate of Upper Hastings Ranch and its traditions as opposed to those who are not.

Please contact Elizabeth Makarem (current Vice-President) to find out who the block captain is for that particular street, put the Block Captain or a Board Member in touch with the new Buyer.

Kathy Gregg, UHRA President

UHRA Block Captain and Co-Captain Sign-up List

Name _____

Address _____

Phone _____ E-Mail _____

Please step up to the plate and become a block captain or co-captain to ease the load. Find a neighbor who you get along with and would work well together to get your block active and be able to collect dues at 100% rate. Get your block involved with neighborhood watch and fun block parties. Get to know all your neighbors and who on your block would need assistance in an emergency. Have fun making new parkway displays and remember that block captains are unique and our best way of getting information out to all Ranch residents. Read the block captain guidelines and duties and you will see that it is not that difficult. You will not be disappointed.

Please mail to: UHRA P.O. Box 5131, Pasadena, CA 91117 or contact a UHRA Officer or Board member for further information.

See page 18 for Block Captain Guidelines and Duties

A WAKE-UP CALL FOR UPPER HASTINGS RANCH HOME OWNERS AND HOME OWNERS ASSOCIATION

DO YOU JUST WANT TO SURVIVE OR REVIVE

We must have a functional Home Owners' Association. Before we can adequately respond to the "Wake up call" we must ask ourselves "Do we truly desire, do we honestly want to experience a new revival and vitality in our Ranch and Board?" We must be willing to have a change of heart, an abandoning if necessary, of old approaches and allowing a NEW SPIRIT of change to guide us to success. How else can we become part of a functional homeowners' association? How else can we enter the new 21st century revived with renewed, new energy and function as a successful Board?

Building a functional and successful board is a major challenge facing many mainline organizations. What is needed first is an attitudinal change that welcomes rather than fears the future, which is willing to take risks when needed as the times push us beyond our limited horizons. The situation is very serious today. The last 20 years that I have joined the Association the membership declined 50%, collection of annual dues declined; the number of block captains as well as participation in Ranch activities has declined. What has happened to volunteerism? Where is the respect and the love to our Ranch? While we make excuses that make no sense what are we going to do to correct the above-mentioned situations?

A functional board with a clear sense of values and beliefs and a well-documented and pronounced goal is much more than a board of compatible people who enjoy one another's weekend company. Members in our board must have a mission clearly distinct from other service clubs and social organizations. We the UHRA Board members must educate and inform our residents how to protect our neighborhood...How to protect our "unique" Ranch. We have the obligation and the responsibility to teach our children to be more caring and to volunteer for their Ranch.

Unless we are clear and committed to our beliefs of service to our community and volunteerism to our Ranch our organizational structure and our effectiveness is doomed and of course we will fail in our missions and purpose for which we were established. The Ranch will be the loser. No matter how well endowed we are if we are not committed we will fail.

There is no room for compromise. Fundamentally we must conduct an analysis. Analysis will be very beneficial for our perpetuation as an effective board. Analysis will define our strengths, expose our weaknesses, calculate impact on success and determine our course of action. After the analysis we must look at the past and learn from it. We can apply these lessons wisely to the present conflicts and try to make them work for us in today's world.

Every UHR resident must be committed to do his or her best for the protection and the well being of our community. Ranch is our home. Ranch is where we live. Ranch is where we raise our children and our grandchildren; therefore, every Rancher must adopt an attitude of neighborliness, volunteering to inform each other for the well being and the safety of our Ranch.

We have a unique community here and a great system of block captains who have a great deal of information about the Ranch. They work so hard collecting dues. When they come to your house be nice, talk to them and ask questions.

www.uhra.org



Upper Hastings Ranch Association

P O Box 5131, Pasadena, CA 91117

November 2008

To our *Lariat* readers, writers, advertisers and loyal supporters:

Starting with the January 2009 issue, the publication schedule for *The Lariat* will be adjusted --there will be four issues per year, rather than the six in previous years.

The schedule will be as follows:

First Quarter Issue – January/February/March

Publication in February

Deadline for advertisers and submissions February 1

Second Quarter Issue – April/May/June

Publication in May

Deadline for advertisers and submission May 1

Third Quarter Issue – July/August/September

Publication in August

Deadline for advertisers and submission August 1

Fourth Quarter Issue – October/November/December

Publication in November

Deadline for advertisers and submission November 1

Thank you for continuing to support this vitally important publication for the residents and friends of Upper Hastings Ranch.

Cordially,

Cloydine Thomas
Editor, The Lariat
626-334-1915

Upper Hastings Ranch Association

P O Box 5131
Pasadena, CA 91117

Dear Upper Hastings Ranch Resident,

Each year we ask residents to continue to support the Upper Hastings Ranch Association. This year the annual dues are \$20.00 per household. This donation is strictly voluntary.

The Association is a non-profit organization of the property owners and/or residents in Upper Hastings Ranch existing for the primary purpose of the solution of mutual problems, with respect to the health, safety, recreation, education and general welfare of the residents of the area.

Your contributions help fund the following:

- ✓ Ranch sponsored activities – *The Lariat* Newsletter
- ✓ Insurance to cover Ranch sponsored gatherings and events
- ✓ Scholarship awards for residents of the Ranch
- ✓ Annual Holiday light-up festivities (Including trophies and “Snoopy” Awards)
- ✓ Annual Pancake Breakfast
- ✓ Maintenance of our post office box and storage facility

If you already have paid your dues, we thank you for your participation. If not, please take a minute to pay them now. Remember, this donation is voluntary. There is no obligation. Your only motivation is your desire to help improve our community. If you have different opinions on how your dues should be spent, please let us know. We want your input and ideas!

We are also trying to update our database of names, phone numbers and e-mail addresses, so if the information on the front of this letter is incorrect or missing, please correct it on the form below and mail it back.

Thank you,

2009 DUES MAILING COUPON - Please include with payment

Mail to: UHRA P O Box 5131, Pasadena, CA 91117

Name: _____

Street Address: _____

Telephone: _____ E-Mail: _____

TRENDS IN PET NUTRITION: WHY RAW PET FOODS?

Deborah Smith, DVM

Recent pet food recalls have spurred worried pet owners and their veterinarians to look closely at previously held beliefs about what our pets should eat. Commercial raw pet food is rapidly rising in popularity and the advantages and disadvantages of raw food diets are fuel for much controversy and debate in the veterinary community.

Critics claim raw food diets could pose a health risk to pets and humans by the spread of bacteria or viruses. Supporters defend the health benefits of raw food as they are more consistent with the natural diet (prey) of dogs and cats. A growing number of veterinarians argue that many of the health issues facing pets today stem from the introduction of cooked pet foods in the second half of the 20th century, and current commercial pet food made with inappropriate protein levels and too many empty carbohydrates.

There are few scientific studies documenting risk or benefits of raw food. The benefits, however, have been observed over and over by veterinarians who report patients showing increased vitality, and even resolution of health problems such as skin allergies, chronic diarrhea or even seizures.

Here's what we do know: based on the current scientific literature, commercially prepared raw food diets are safer than home prepared raw diets made from ingredients purchased by the pet owner.

Commercially prepared raw diets are a mixture of raw meat, organs, vegetables, fruit, and ground bones. I recommend purchasing these diets from a reputable company recommended by your veterinarian. Organic and grain free products are available and best for pets that suffer from chronic allergies or intestinal problems. Many of the commercial blends are high enough in protein, taurine, and natural calcium (ground raw bone) to meet the needs of both dogs and cats.

The raw food should be kept frozen until it is used and hand washing and other routine cleanliness procedures should be followed, just as you would do when preparing your own meals. A fifty pound dog needs about one pound of raw food (or slightly less for an inactive pet). Depending on what you have fed your pet in the past, it may be a little more costly to feed raw.

My recommendation? I think commercially prepared, raw pet food from a reliable manufacturer provides the best nutrition possible. Owners need to practice cleanliness according to the instructions on the package and be willing to pay slightly more for their pet's food. Just like other veterinarians, I was trained to believe raw pet food was "bad", but in those days raw food meant scraps from the butcher that were no

Dr. Smith's article continued on page 11

Dr. Smith's article continued from page 10

longer considered useable for humans. Quality control and manufacturing of raw pet foods has become much more sophisticated. I have seen how much the health of my patients can be improved with a better quality diet. Why raw? Because all the digestion processes work better when the digestion is slowed. Unprocessed food slows the digestion, improves absorption of nutrients and function of other organs such as the pancreas, gallbladder, and liver. The debate will go on for some time, but I do believe the benefits of commercially prepared, balanced raw food nutrition far outweigh the risks. Commercial raw food is the diet I feed my own dog and that should illustrate my confidence in the safety of this food.

Dr Smith practices at Hastings Animal Hospital and Holistic Wellness Center in Pasadena.



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**- Deborah Smith, DVM
- Joseph O. Pavlik, DVM**

This is one of the two essays submitted for the 2008 Scholarsihp Contest

Angelina Jensen

20 -- Cal Poly Pomona

Leonard

FOR THE PLACE WE CALL HOME

Traditionally, a human community has been understood to be a group of people who live in a common location, interact with one another, and have common interests. Historically, this community atmosphere is what made families comfortable leaving their doors unlocked during the day, and mothers comfortable letting their children play in the front yard. Today the Upper Hastings Ranch Association works to keep such a community from becoming simply a thing of the past. To promote more involvement, the association should present clear cut goals that represent common interests among ranch residents. Facts about the positive effects of residents working together would convince the neighborhood of the importance of the Association in maintaining a strong community and the values it entails.

By outlining detailed steps necessary to improve Upper Hastings Ranch, along with appealing to specific interests of ranch residents, the Association could inspire more involvement and participation in the neighborhood. Just today I asked my own mother why she does not want to join the Association. "I *do* want to join," she quickly countered. Her reasons for not joining sooner? "I don't know exactly what it's doing to accomplish its goals." While a stronger community, keeping traditions alive, and keeping the community safe are all important and noble goals, they often seem like daunting tasks to accomplish, and can be hard to wrap our minds around. Outlining specific and detailed steps necessary to accomplish the larger tasks at hand will allow individuals to understand how they can make a difference, and motivate them to become more active in the Association. The necessary tasks and roles needing to be filled can be outlined in the *Lariat*, along with a contact number for potential volunteers to call. If the call of duty is not answered, members of the Association and block captains could go door to door. Sometimes all a person needs is a little accountability from a neighbor.

Essay continued page 21

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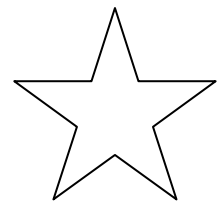
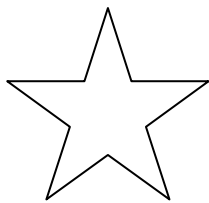
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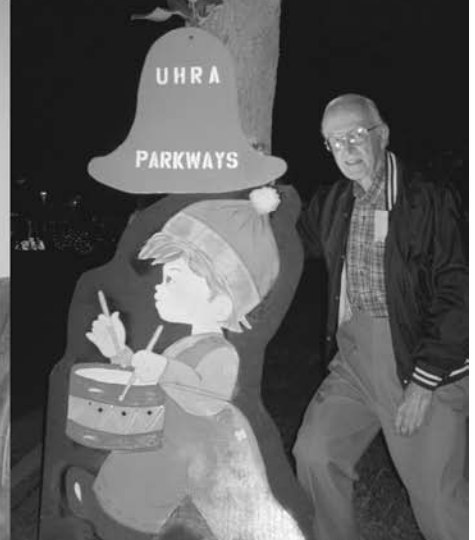
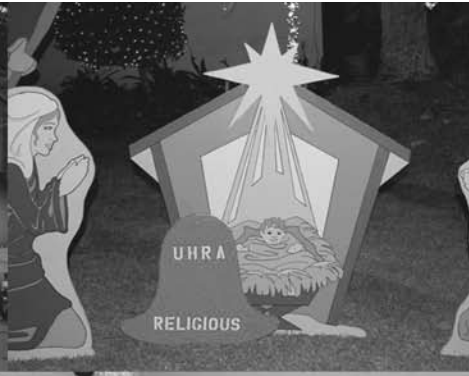


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CHRISTMAS 2008



MILITARY UPDATES

U.S. MARINE, PFC KURT JOHNSON

Is still stationed at Camp Lejeune; Kurt recently reached the rank of Lance Corporal. Congratulations, Kurt! He is awaiting news of possible deployment. God bless you and protect you, Kurt. We love you.

Bob Johnson, Kurt's dad, retired Marine; Thank you, Bob, for your service!

U. S. ARMY, SGT. CHRISTOPHER SHIMA

While in Iraq, he reenlisted with the Army for another 6 yrs. He agreed to reenlist if he could be transferred to Hawaii for at least 1/2 of the 6 yrs. Chris came home from Iraq in June. He and his wife, Christina, renewed their wedding vows in July at the military chapel; (Congratulations to both of you). They visited family in CA then headed to Hawaii. Thank you, Chris, for your continued service.



U. S. MARINE, CPL. PAUL COLLIER

is currently one third of his way into his second tour in Iraq. Unlike his previous tour that put Paul on the front lines, this tour is quiet; His unit is the third line of defense after the Iraqi police and military. Paul should be home from the Middle East end of May. He and his fiancé will be married in June this yr. Congratulations to both of you. For now, Paul, stay safe. God bless and protect you.

John Collier, Paul's Dad, retired Marine; Thank you, John for your service!

CAPTAIN CHRISTOPHER SHERIDAN, U.S. NAVY JAG

Chris' parents, Neil and Maria, simply told me that Chris is "fighting the war from Washington, DC." Thank you, Chris, for all you do. God bless you.



U. S. ARMY, SPC TOM GREGG

Was deployed to Iraq in May, 08; Tom came home for Thanksgiving – what a blessing. 11/29 he headed back to Iraq where he will remain until March. He will come back to the States to stay until mid-summer. He is scheduled then to leave for Korea; hopefully his wife will be able to accompany him. God continue to bless and protect you, Son! We love you so much!

For Tom to be in a warzone and not with his wife, Sue, is a sacrifice for her as well. God keep you safe, Sue, and all military spouses and families.

UHR residents who are retired military:

Tom McNamara, U.S. Air Force veteran

Neil Sheridan, Chris' Dad, U.S. Navy Viet Nam veteran. (1965-69)

Bob Johnson, Kurt's dad, U.S. Marine veteran

John Collier, Paul's Dad, retired U.S. Marines

Paul Hanson, U. S. Navy Viet Nam veteran (1966)

Bob Klotz, U.S. Naval Aviator Viet Nam veteran; achieved 300+ carrier landings and take offs.

Art Gabriel, U.S. Army WWII recipient of the Silver Star, Bronze Star (2), Purple Heart (2), Croix

De Guirre from France, the Bronze Arrowhead (assault unit). Art passed away '08.

Special thanks to all of you for your bravery, good example and selflessness.



Regardless of the training, the fear is still in the minds of our soldiers. No matter what the age of our children, we worry, especially when they are facing danger. Being out of the country and in a warzone definitely constitutes danger. Not an hour of the day goes by that I don't think of my son and his safety. God bless our military men and women, especially those who are in the war zones; Keep them healthy in mind and body. God bless their families also. Pray for world peace.

If you know of current military who are related to UHR residents, please contact me so we can get their names in this "Page" in future issues.

Kathy Gregg



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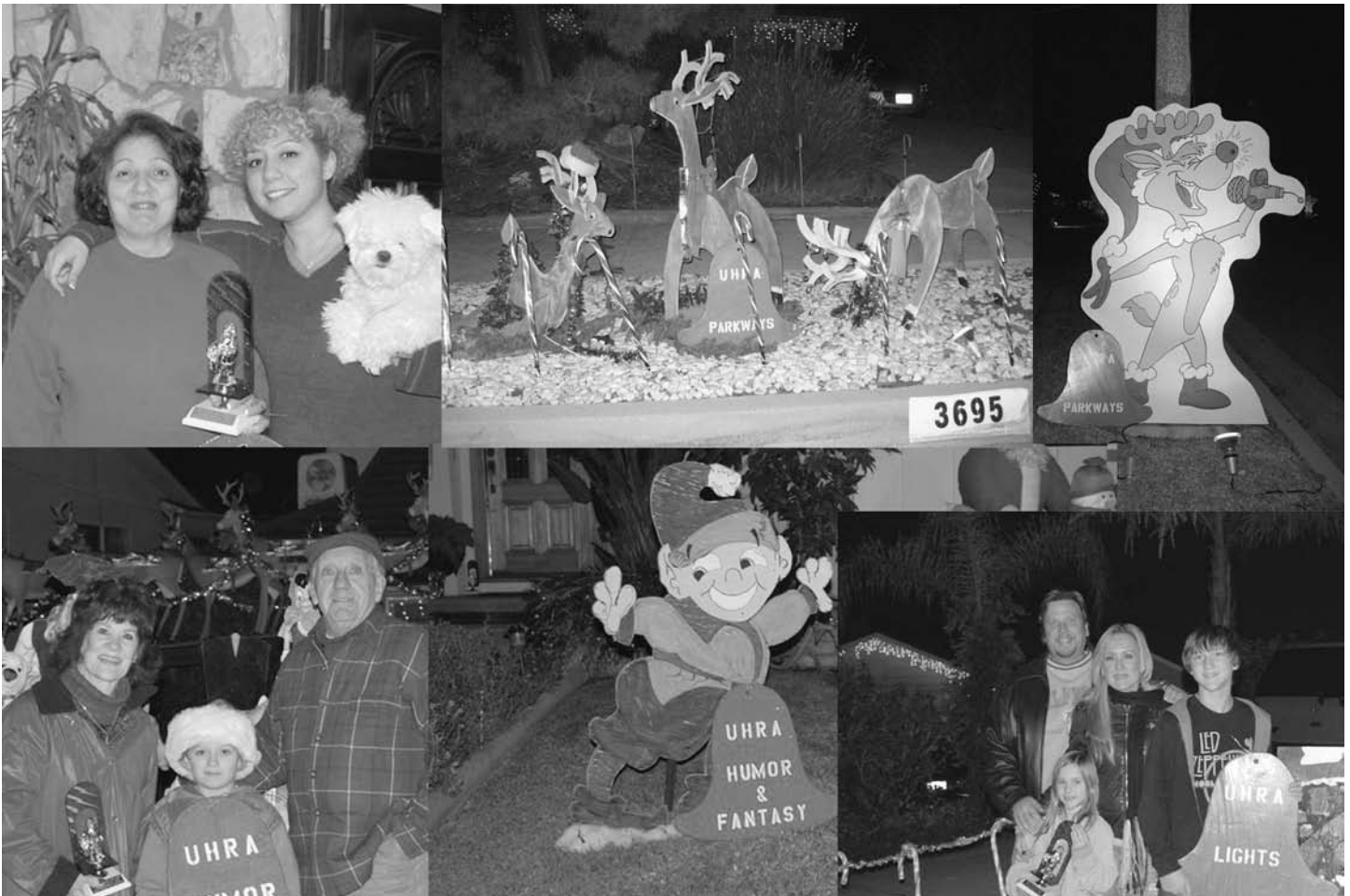


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CHRISTMAS 2008

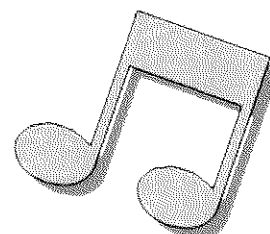
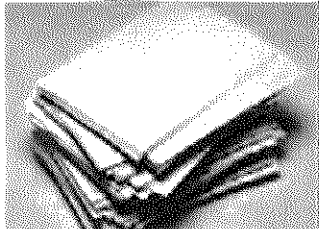
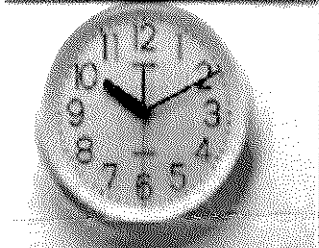
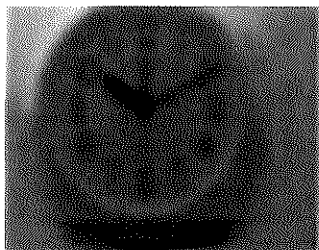
Home Care Assistance

I am offering to assist in any area including driving you to your appointments, driving you for your errands, grocery shopping for you and with you, light cooking, light housecleaning, companionship. I will sit with you and read to you and talk with you if needed. I will assist you with what your needs are.

I have experience in working with people of all ages including children, the elderly and disabled or ill people.

I can provide references upon request.

Call Daniela at 626-818-3304



A Wake-Up Call continued from page 7

Many years ago, 90% of the dues were collected. This number has declined tremendously. In 2008, we barely made it to 44%! What happened to us? Did we lose all interest and commitment to our beautiful Ranch?

So far I have asked too many questions. I feel that you and I should ask one final question...A questions that should be honest and from your heart which should deserve an answer. Go ahead and ask. "What can I do for my Ranch?" Now that is what I like to hear. That is a very positive approach. It is a willing attitude which will help you to learn more about your Ranch and when you learn, you will see that there are a great many ways that you can help the Ranch.

We are in need of new board members to help us with every aspect of our operation and we need more new block captains, otherwise we will dissolve and the Ranch will be the loser, then of course there will be no UHR Association.

Is this too much to ask? Would you be good and courageous to help your Ranch with three to four hours per month? Why don't you get involved in the Ranch and be a real Rancher? Why don't you say YES to the challenge? Give us a call or come to a Board meeting to get started. Monthly meetings are held on the 2nd Tuesday at 7:30pm at Don Benito School in one of the classrooms. Meetings usually last until about 9pm.

*Sam Sassounian
UHRA Board member and Cynthia resident*

UPPER HASTINGS RANCH -- BLOCK CAPTAIN GUIDELINES AND DUTIES

Definition:

A Block Captain is a voluntary position taken on by a Hastings Ranch Neighbor who is friendly and enthusiastic and willing to keep all neighbors, especially new neighbors to the Ranch, informed of any and all activities for their block and the Ranch.

Duties:

Each Block Captain is responsible for collecting dues for their block which is designated by cross streets. Some neighbors mail in their dues; however, it is better to go door-to-door at first so you get to know all your neighbors and explain what dues are for especially to the new neighbors. This is also a good way to keep your street roster current. It is important to have all phone numbers necessary (home, work & cell) especially in case of emergencies. Make certain all your neighbors have your number, of course. Having current e-mails is a time-saver when it comes to informing your neighbors of important information. Going door-to-door is a guarantee to collect at least 80% of your block's annual dues. Block Captains should make it their goal to collect 100% of their block's annual dues by March of each year.

Block Captains are the glue that hold the Association together and make it strong. Collecting annual dues is really the one and only main duty. However, one of our most exciting and longest traditions here at the Ranch is our Holiday Light Up in December with our amazing Block Parkway Displays. Each block has a different display. Most displays last for about 8 to 10 years. When your block is ready for a new design, send around a flier to plan a meeting to discuss ideas, costs, work plans (committees for designing, drawing, cutting wood, painting, etc.) and distribution. Do not take this on yourself. I repeat, DO NOT take this on alone. It is easy for you to host the meeting since you are the block captain, but have all your neighbors sign up for a committee so it is a group effort. Call other block captains for their advice and experience to make this job easier on you.

Block Captain duties can be as simple or as involved as you want them to be. Here are some other activities block captains can do, and remember, you can have co-captains and other neighbors hosting these activities

- Neighborhood Watch Meeting (Contact PPD and ask for our rep.)
- Block Parties
- Block Garage Sales
- National Night Out (Contact Pasadena Police Department)
- Barbecues
- Group Support at City Council Meetings
- Neighbors Cook Different Dishes and you Travel from House-to-House to Sample the Delicious Meals
- Safety Meetings (Who are the Doctors and Nurses on your Street) and who are the neighbors with special medical needs in case of emergencies (PPD and Fire Department can help with this kind of meeting)

The most important duty is to collect annual dues and keep your street roster correct and current. Welcome new neighbors to the block and introduce yourself to them. The more you do this type of networking, the more neighbors you will have willing to help with the various activities of the block.

No matter how much you decide to take on as block captain, you must always remember to be inclusive of all your neighbors as long as you are representing your block as block captain.

Block Captains should try to attend the monthly board meetings that are held on every second Tuesday of each month at 7:30 p.m. at Don Benito School, Room 8.

CHRISTMAS 2008



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December 25 - Christmas Day

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This is one of the two essays submitted for the 2008 Scholarsihp Contest

*Tim Jensen
15 - Home Schooled
Leonard*

THE HEART OF OUR COMMUNITY

How do we motivate residents of Upper Hastings Ranch to get involved, participate, volunteer, and join the Association? How do we convince the neighborhood that a large and active Association builds a stronger community, keeps traditions alive, and keeps our community safe? These are two very important questions that I will answer in the next few paragraphs; I will explain how to motivate residents to get involved, and how to convince them of the benefits, beginning with the second.

A large and active Association is very essential in a community such as ours; we want to keep children safe and give them a good upbringing, we want to give them what they need in their childhood years, we want the elders of our community to enjoy the last years of their lives with light hearts and without worries of where they live, we want our neighborhood to be a beautiful place to live and the envy of all other communities around us, and most importantly we want our community to be a perfect place for anyone to live; from singles, young couples, old couples, families, and anyone else. But how can we get all of this? How can we have such a wondrous community? The first step is our community association. With a large active Association, our community can accomplish all of these goals and more. We need volunteers who are willing to give their time for the community they love and live in. With them we can have a neighborhood watch to keep our streets safe and crime free, we need volunteers to clean up our neighborhood and keep it beautiful, we need people to take responsibility and become block captains, we need leaders to per say run the show. This is how we can accomplish our goal of having such a wonderful community to live in.

As I said in the previous paragraph, the key to having such a great community is the Association, and the keys to the association are volunteers. But how do we get the residents of Upper Hastings Ranch to sacrifice their free time for the well being of our community? I'll tell you how, we ask them what kind of community they desire to live in, what kind of community they want their children to live in, whether they want to live in a clean beautiful neighborhood or a desolate one full of garbage, do they want to live in a neighborhood that is safe and crime free or one where they have to worry about criminals. The answers to all of these questions are obvious, but then we ask them how they expect to have such a community unless they sacrifice a small amount of their time to join the Association and work together to make our neighborhood this way. How can they expect to live in the community of their dreams if they are unwilling to put out a little effort to make it that way?

It takes just a small amount of effort to give a little time for your community, and if everyone makes that little effort, then it adds up to a lot. With the residents of Upper Hastings Ranch help, we can work together to make a wonderful community. The people are the heart of the community, and if the heart isn't pumping how can the community thrive?

Essay continued from page 12

Many individuals want a strong, safe community where traditions are upheld, but do not believe in the importance of a resident association to further this cause; but past evidence and facts prove otherwise. A neighborhood watch, usually run by resident associations has been proved to be one of the most effective ways of reducing crime in a neighborhood. One of the reasons for this is because it does not seek to change the behavior of burglars and other offenders, but it leaves less of an opportunity for them to commit crimes. Another topic of alarm (but far less imperative) is the continual decrease of participation in the holiday light up. In the past, this tradition and celebration of the Christmas season has brought pride to Upper Hastings Ranch, and singled it out above surrounding communities as a charming and family oriented neighborhood. In recent years there are becoming fewer people who organize and get the word out to new members of the neighborhood. An Association of block captains is necessary to organize and maintain broad participation in this tradition. Additionally, an Association creates a forum for residents to bring their concerns to the table. An African proverb says, "It takes a village to raise a child." This is true in the sense that one parent alone cannot conform a community to the needs of children; but together, parents and other adults can promote an atmosphere that fosters safety, stability, education, and teamwork.

I believe that each and every resident of this neighborhood wants a strong and safe community where traditions are kept alive; otherwise they would not have chosen Upper Hastings Ranch to call home. The goal of maintaining such a community would have been nearly impossible without a small group of faithful residents that have worked beyond the call of duty thus far; but it is time for others to step up to the plate as well. An increase in participation is in dire need, and I believe the residents of Upper Hastings Ranch are ready to meet the challenge.

HASTINGS BRANCH LIBRARY

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Hours

Mondays through Thursdays 10:00 a.m. – 9:00 p.m.
 Fridays 10:00 p.m. – 6:00 p.m. Saturdays 10:00 a.m. – 6:00 p.m.
 Sundays 1:00 p.m. – 5:00 p.m.

We have 12 public computer terminals. Computers can be reserved up to a week in advance and users are guaranteed an hour, with more time usually available.

Ongoing Programs

Mondays Pajama Storytime (Ages 2-8) 7:00 p.m.
 Wednesdays Preschool Storytime 10:15 a.m. 11:15 a.m.

HASTINGS BRANCH LIBRARY CELEBRATES ITS 50TH BIRTHDAY

Join the fun as Hastings celebrates its golden anniversary on Saturday, February 21 from 1 -3 p.m. Meet members of Pasadena City government, past and present Hastings Branch Librarians, and other library VIP's. Learn about local community organizations and their activities.

Enjoy musical performances from Pasadena Conservatory of Music students and Emmy Award winning children's singer-storyteller extraordinaire Dan Crow followed by a special cake cutting ceremony.

Children will enjoy balloon sculptures from balloon artists Damian Tong and Debrorah Salcedo of Standing Room Only Entertainment.

It's going to be a great time. Be sure to mark your calendar and bring your friends and family.

Founded on February 17, 1959, Hastings Branch Library was the eighth Pasadena Public Library branch to be built. The branch completed Pasadena's plan to bring library service within a mile of every home in the City.

Demand for books, particularly children's books, quickly exceeded the supply. Students flocked to the Library for help with their assignments and on some evenings every seat in the Library was filled. In April, 1967, a necessary addition to the Library was completed, nearly doubling the size of the public area and providing twice the parking. The most recent changes to the Library occurred in 2007-2008 when it underwent a complete renovation.

Hastings continues to be the busiest branch in terms of circulation and the number of walk-in patrons. It serves seven elementary schools, eight preschools and one high school in the immediate area, offering outreach storytimes and library skills lessons or in-library visits with book checkout.

The branch attracts young and old alike and offers programs and services seven days a week. Pajama Storytime, Preschool Storytime and Barks and Books programs are popular with children and teens. More and more teens are coming to Hastings and a Teen Advisory Board is now forming. Anime Afternoon for teens is a big hit. Hastings' book group, Book Chit Chat, continues to meet on a monthly basis providing participants with lively and in-depth book discussions.

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Block Captain Guidelines and Duties continued from page 18

Block Captains should retain their position for at least two years, but no more than five years. When your term is up, it is your responsibility to find a new block captain who is enthusiastic, friendly and willing to follow the established Block Captain Guidelines and Duties. This should be quite easy since you know your neighbors well. Once you find a new block captain, contact the Head of Block Captains in the Lariat so the master list can be updated. If you want to continue as block captain beyond the five years and your neighbors are happy with this, it is okay; however, it is best to let more people on the block get involved at this level.

See Block Captain Application on page 6.

Dear Neighbors,

Vice Mayor Haderlein would like to share the following reminder with you regarding door to door solicitors. We have had several calls regarding an increase in solicitors in our neighborhoods and have received the following up-date from the PD. We realize this is most likely information you all know but thought it might be a good reminder to circulate.

"About the solicitors, IMMEDIATELY contact PPD Dispatch at 744-4241 (the non-emergency number) so officers can come and check these folks out. Oldest scam around. We have everything from guys saying they are collecting for a PCC trip or magazine sales or they were sent by a neighbor who suggests they buy magazines, you get the drift. A lot of these folks are turned loose in the city by people who import them from the Midwest, and no, they do not have a license to solicit."

Wishing you all a safe and healthy new year.

Rhonda Stone, Field Representative for Vice Mayor Haderlein

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