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Parks, UC Davis

THE PARK MESSENGER

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Ayyam-i-Ha

Submitted by Yalina Soto

Ayyam-i-Ha is the time set aside in the Baha'i calendar especially for hospitality, gift-giving, special acts of charity. The Baha'i calendar comprises 19 months of 19 days. The Ayyam-i-Ha festival falls on the four days (five in a leap year) needed to balance out the solar year of 365

days. The time of this festival is also known as "Intercalary Days", and preparing for the Fast. Ayyam-i-Ha is also a time for Baha'is to prepare for the fast; starting March 2nd, Baha'is fast

for 19 days, abstaining from eating and drinking from sunrise to sunset. This fast is conducive to the spiritual development of the individual. When the fast is over, Baha'is celebrate Naw-Ruz, the beginning of the new year.

The Bahá'í Faith

The Bahá'í Faith is a

world religion based on the teachings of Bahá'u'lláh. He explained that there is only one God and one human family, and that all religions are spiritually united. Bahá'u'lláh's writings offer spiritual guidance as well as directives for personal and social conduct. The more than five million Bahá'is around the world are engaged in the process of learning how to translate that guidance into realities of individual and community life. Though they come from diverse ethnic and cultural backgrounds, they are united by their belief in Bahá'u'lláh and by their desire for a united, prosperous, and peaceful future for all of humanity.

Principles of Bahá'í Belief

"The Bahá'í Faith recognizes the unity of God and of His Prophets, upholds the principle of an unfettered search

after truth, condemns all forms of superstition and prejudice, teaches that the fundamental purpose of religion is to promote concord and harmony, that it must go hand-in-hand with science, and that it constitutes the sole and ultimate basis of a peaceful, an ordered and progressive society.

"It inculcates the principle of equal opportunity, rights and privileges for both sexes, advocates compulsory education, abolishes extremes of poverty and wealth, exalts work performed in the spirit of service to the rank of worship, recommends the adoption of an auxiliary international language, and provides the necessary agencies for the establishment and safeguarding of a permanent and universal peace."

Source: www.bahai.org
Submitted by Louis and Marion Boddy; 530-753-7054, 1-800-unite



Special points of interest:

- March 28 is a University Holiday. Both Park office and all campus office will be closed.
- Check out Student Housing's new and improved website at <http://student.housing.ucdavis.edu>
- More questions about Student Housing? Please visit AskMe!. This feature allows you to view a database of frequently asked questions.

Ostara

Submitted by Chloe Taylor Evans (Source: Wikipedia)

On the vernal equinox, this year March 20, day and night are balanced, and day will grow longer from this date until the the Summer Solstice in June, the longest night of the year. It is interesting to reflect on the dovetailing of traditions which celebrate the Rebirth of the Sun and the Son. Below is Wikipedia's take on the neopagan holiday Ostara, which shares the symbolic rabbit and egg decoration with its cousin Easter.

Ostara is a modern Neopagan holiday. It is loosely based on several holidays which were celebrated around the vernal equinox. The modern holiday does not have a strong relation to any known historical Pagan religious observation. A historically correct reconstruction is impossible.

The name Ostara goes back to Jacob Grimm, who, in his *Deutsche Mythologie*, speculated about an ancient German goddess Ostara, after whom the Easter festival (German: Ostern) could have been named. Grimm's main source is *De temporum ratione* by the Venerable Bede. Bede had put

forward the thesis that the Anglo-Saxon name for the month of April, *Eostur-monath*, was named after a goddess Eostre.

Ostara is one of the four lesser Wiccan holidays or sabbats of the Wheel of the Year. Ostara is celebrated on the vernal equinox, in the Northern hemisphere around March 21 and in the Southern hemisphere around September 23, depending upon the specific timing of the equinox. Among the Wiccan sabbats, it is preceded by Imbolc and followed by Beltane.

In the book *Eight Sabbats for Witches* by Janet and Stewart Farrar, the festival Ostara is characterized by the rejoining of the Mother Goddess and her lover-consort-son, who spent the winter months in death. Other variations include the young God regaining strength in his youth after being born at Yule, and the Goddess returning to her Maiden aspect.

Ostara is the virgin Goddess of spring. This holiday concerns the deity's trip to the underworld, and their struggle

to return from the Land of the Dead to Earth. When they accomplish this return, they have a life renewed. It was considered bad luck to wear anything new before Ostara, so the people would work through the winter in secret to make elegant clothes for the Sabbat celebration. The entire community would gather for games, feasting, and religious rituals while showing off their clothing.

The lamb was another symbol of Ostara, and was sacred to the Virgin Goddess of Europe, the Middle East, and North Africa.

The modern belief that eggs are delivered by a rabbit known as the Easter Bunny comes from the legend of the Goddess Eostre. So much did a lowly rabbit want to please the Goddess that he laid the sacred eggs in her honor, gaily decorated them, and humbly presented them to her. So pleased was she that she wished all humankind to share in her joy. In honor of her wishes, the rabbit went through the entire world and distributed these little decorated gifts of life.

Interest Forum

Submitted by Aisha Goodman

Is anyone interested in participating in an intramural sport team for the spring quarter? Options include basketball, volleyball, soccer,

and ultimate Frisbee.

I'd also like to know if anyone is interested in participating in a Passover seder, on the first or second night, either as a

program or informally?

If you are interested in either of these ideas, please call Aisha, at 681-6897.

California State Railroad Museum

By Bonnie Weeks

This is one of the neatest places I've been to in a while. If you want to see something interesting, go to the train museum in Old Town Sacramento. They have 19 steam locomotives and additional cars inside the building that you can learn about and some you can even walk through. These date from 1862 to 1944 and show the development that steam engines went through from the beginning to their climax. There are tour guides throughout the building to answer any questions

and to tell you about the trains. It's amazing how big the trains are when you're standing next to them. It's definitely a place to bring your camera! The lower floor contains the real trains as well as instructional boards and displays while the upstairs floor contains the toy train displays. Both are worthy of visits.

One of the things that I'm most looking forward to is going on a steam-powered train ride. These begin the first weekend in April and go through the last

weekend of September. The ride is 40 minutes long on a 6-mile ride atop the levees of Sacramento River. If you want to learn more, including prices, go to <http://cstrmf.org/doc.asp?id=262>. I think this activity is well worth an afternoon and the memory of having an old-time steam-powered train ride won't fade quickly.

If you want to learn more about the California State Railroad Museum, go to their website: <http://cstrmf.org/default.asp>

Snow time in Spring?

By Shawna Stevens

I know, a snow article in March seems a bit crazy to some of you, but many folks don't realize that there's still plenty of snow time in early spring. If you haven't had the chance to make it up to the Tahoe region yet this winter, grab your friends and family and start traveling east! While there are many fantastic ski resorts, those of us with small children, small pocketbooks or a penchant for sledding can have a fabulous day at one of the many affordable Sno-Play areas in the region. Sno-Play areas, also known as Sno-Parks, are operated by the California Department of Parks and Recreation. There are ten parks in the Tahoe area and they all provide snow-cleared parking and toilets near sledding and snow play areas, and access

to cross-country ski trails. Parking at one of these areas requires that each vehicle display a \$5 day permit, which is quite a bargain for several hours of snow-shoeing, snowman building, or sledding. Parking is on a first-come-first-served basis, so try to arrive in the morning. Ken's Bike and Ski in Davis sells Sno-Park permits, along with REI and Sport Chalet stores in the Sacramento region. I would purchase one before you head up the hill since not all businesses sell them, and the towns are fewer and far between once you leave the Sacramento area. For more information on Sno-Parks and a great map of their locations, visit their website at <http://ohv.parks.ca.gov/>.

In addition to the Sno-Parks are many "unofficial" snow play areas, usually located right off the highway. They are usually adjacent to a large open area with parking along the road or at nearby businesses. While it may not be the ideal version of a winter wonderland, there's usually a large hill for sledding nearby and plenty of snow for building snowmen. Plus, if you're lucky, you may have restrooms and even a place to get hot drinks or food. More importantly, there is often no parking fee. We took Owen to a gas station "snow play" area last month to play and it was perfect for the two hours that we spent there. Just keep your eyes open while passing exits on

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Snow time in Spring?

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the highway but be mindful of private property and safety considerations.

Here are four popular Sno-Park locations in the Tahoe National Forest:

1. **Yuba Pass**

South side of Hwy 49 at Yuba Pass. Cross-country ski trails north of highway. Good snow play, but no sled slope. Ample parking-capacity 30 cars. Information: US Forest Service: (530) 994-3401

2. **Yuba Gap**

South side of I-80 at Yuba Gap exit, at National American Snowflower

Campground. Snow play area, sled slopes; small fee for cross-country ski trails. Additional fee per person at this site. Hot food, Sno-Park permits and local information available at Snowflower Country Store. Capacity 200 cars. Information: (530) 389-8241

3. **Donner Summit**

South side of I-80 at Castle Peak exit, on frontage road just beyond Boreal Inn (Sno-Park permits available). Trails are on north side of freeway. Limited snow play at east end of Sno-Park (main section is private property). Very popular cross-country ski area.

Crowded on weekends. Avalanche and rock fall danger on steeper slopes of trails. Capacity 100 cars. Information: US Forest Service (530) 587-3558

4. **Donner Lake**

Highway I-80 at Donner Lake exit, on Donner Pass Road at Donner Memorial State Park, next to Emigrant Trail Museum. Marked ski trails to Donner Lake and Donner Party Historic Sites. Snow play, but no sled slope. Sno-Park permits and local information available at the State Park museum. Capacity 35 cars. Information: (530) 582-7892



Community Programs

Kids Ayyam-i-ha Party

Come and join us to celebrate Ayyam-i-ha with crafts, music, face painting, piñata, games, food and music. If you have any questions, please call Marion Boddy at 753-7054

When: Saturday, March 1 at 3pm

Where: Orchard Park Community Center

Children's Clothes and Toy Swap

I had many residents interested in the children's clothes swap I held in January, so I thought I would try it again for those who couldn't make it to the first one. Please bring clean, unstained baby and children's clothing in good condition to swap. You can also bring toys in good condition to trade- no broken toys please! If you have any questions, please call Shawna Stevens at 757-7899.

When: Sunday, March 2 at 3pm

Where: Melvin Fassler Community Center

Watercolor Painting

Watercolor paints are my favorite art medium and are perfect for the colors of spring. Come hang out with your friends and paint a masterpiece with watercolor

paints. This is a great activity for younger babies and toddlers as well as older children. If you have any questions, please contact Shawna Stevens at 757-7899.

When: Thursday, March 6 at 3pm

Where: Melvin Fassler Community Center

Table Tennis

We have a brand new table to play on! We have paddles and balls to play with, but you're welcome to bring your own if you have them. Join us for a night of fun. Adults and children are welcome to play in rounds. Contact Bonnie Weeks with questions at 204-8539.

When: Saturday, March 8 at 2pm

Where: Orchard Park Community Center

Ping-Pong

We had so much fun playing ping pong in January, I want to invite everyone to play again or try for the first time. Some excellent players showed up last time. Want to beat them? Learn? If you have any questions, please call Aisha, at 681-6897.

When: Sunday, March 9 at 3pm

Where: Melvin Fassler Community Center

Karaoke and Coffee Night

Do you like singing and want to relax? We will have a wonderful party to share your talent and meet new people. Karaoke machine and homemade coffee will be provided. You are welcome to bring any kind of desserts. You can bring your favorite CD's. If you have any questions, please contact Yalina Soto at 756-3670.

When: Friday, March 14 at 7pm

Where: Orchard Park Community Center

Movie Night – The Motorcycle Diaries

Please join us for a screening of *The Motorcycle Diaries*, the story of the man who would later be known as Che Guevara, as he travelled in his youth across South America. Popcorn will be served. In Spanish with subtitles. Sorry, no kids.

When: Saturday, March 15 at 7:45pm

Where: Melvin Fassler Community Center

Community Programs

St. Patrick's Day Potluck

Historically, in honor of the patron saint of Ireland, St. Patrick, people would dance, drink and eat on March 17.



And they still do today! So, let's join the Irish and celebrate with a potluck. I'll provide the corned beef and cabbage along with some drinks. Please bring a dish to share and don't forget to wear some green! If you have any questions, please contact Shawna Stevens at 757-7899.

When: Monday, March 17 at 6pm
Where: Melvin Fassler Community Center

Fun with PH

This is a continuation of the science experiment series that will be fun for all ages. We will learn about acids and bases using color-changing cabbage leaves. Kids under 9, please bring a parent. If you have any questions, please call Aisha, at 681-6897.

When: Tuesday, March 18 at 4pm
Where: Melvin Fassler Community Center

Seeds for Your Garden

Children and adult are invited to come start some seeds which they will be able to transplant into their garden plot in a few weeks. We will provide seeds and all materials.

When: Tuesday, March 18 at 3pm
Where: Melvin Fassler Community Center



Toddler Parachute

Has your child ever played with a parachute? We have a small one that they will be able to experiment with. We will also have coloring, play dough, and the toddler gym mats. This is a perfect afternoon activity to get some of that energy out. Contact Bonnie Weeks with questions at 204-8539.

When: Tuesday, March 18 at 4pm
Where: Orchard Park Community Center



Community Programs

Solano Park Easter Egg Hunt

Please join us for the annual Solano Park Easter Egg Hunt on the Saturday morning BEFORE Easter. The hunt will begin at 9am, with separate areas designated for different age groups. Breakfast and an egg dying activity will be offered inside the Community Center from 8:30 to 11am. Let's celebrate the rebirth of Spring!

When: Saturday, March 22
Breakfast and Egg Dying – 8:30-11am;
Egg Hunt – 9am

Where: Meet at Melvin Fassler Community Center



Annual Easter Egg Hunt

Let's celebrate Easter at Orchard Park. Join the neighbors as we all search through the grass, sand, trees and bushes for hundreds of colorful plastic eggs. Easter

egg hunters will be divided into three groups depending on age so every child will be able to gather plenty of eggs. There will be a few special eggs that contain tickets that you can exchange for prizes. After the hunt, doughnuts and refreshments will be handed out for everyone to enjoy. Please call Yalina Soto at 756-3670 for details.

When: Saturday, March 22
at 9am

Where: Orchard Park
Community Center

Grass Head Guys

Spring is around the corner; celebrate with us by making your own grass head! We'll be making our own heads and decorating them with faces. Everyone will take home their own head and watch it grow. Parents please accompany children to help them. Contact Bonnie Weeks with questions at 204-8539.

***Please save any small yogurt containers and bring them to this activity. Please bring more than enough for you and your children. If you need a place to store used containers, please contact Bonnie Weeks. Thanks.*

When: Saturday, March 22
at 3:30pm

Where: Orchard Park
Community Center

Breakfast Potluck

Start the quarter right, and have a nice breakfast. Bring a breakfast dish to share, and enjoy the company of friends and neighbors. If you have any questions, please call Aisha, at 681-6879.

When: Saturday, March 29
at 10am

Where: Melvin Fassler
Community Center

Outside Games

All the kids from Orchard Park are welcome to join us outside the community and celebrate SPRING the best way you know: playing. We will have hula hoops, jump ropes, sidewalk chalk and bubbles. Please call Yalina if you have any questions or suggestions at 756-3670.

When: Saturday, March 29
from 10am to 11am

Where: Outside the
Orchard Park
Community Center



Monthly Maintenance Tips

By Orchard and Solano Park Maintenance

Bathroom Mold and Mildew Issues

- To help reduce incidence of mildew and mold, air exchange is the key. If possible, after you shower or bath, leave the bathroom door open and leave the bathroom fan running to exhaust as much steam and moisture as possible. Also leave the bathroom door open as much as possible, even in you chose not to run the fan,
- If you notice mold and /or

mildew starting to form on shower walls (tile), Student Housing recommends cleaning products labeled specifically for mold and mildew removal. make sure to follow the directions on the label.

- Also, a 1% to 2% solution of bleach and water will take care of most problems. Diluted bleach and over the counter products actually kill the bacteria causing the mold and mildew if you let

them work for a few minutes after you apply them before you wipe them down.

- If you find that the mold and mildew have actually gotten in the paint to the point where it leaves a stain behind, let us know and we can evaluate the situation and offer additional remedies.

Holidays and Anniversaries

March 3—Hina-matsuri, Girl's Festival, Doll's Festival

Hinamatsuri is a seasonal festival (called sekku) considered as a day for girls; most families with girls celebrate it by praying for their health and happiness. Please display Hina-ningyou (special dolls displayed only for this festival), offer hishi-mochi (red, white and green lozenge-shaped rice cakes) and peach blossom, and celebrate the festival by drinking shiro-zake.

March 8—International Women's Day

TA day to honor working women is widely celebrated throughout the world—especially in UN member countries as the counterpart to Mother's Day. In the

United States, the day commemorates a march of women garment and textile workers in New York City in 1857. International Women's Day is a national holiday in Russia, People's Republic of China, Afghanistan, Cape Verde islands, Guinea-Bissau, Mauritania, and Nepal, where women are given special recognition.

March 12—Arbor Day, Death Anniversary of Dr, Sun Yat-Sen

The death of Dr, Sun Yat-Sen on this date in 1925 is commemorated by the planting of trees.

March 13—Irving Jordon, Jr. becomes the first deaf president of Gallaudet University

The appointment follows a

week of student protests over a board of trustees decision to appoint Elizabeth Zeinser, who is not hearing impaired and had no experience with deaf students.

March 21—World Day of Poetry and Childhood

This annual event has been observed since 1977 in countries on every continent. Its purpose is to promote international peace and friendship among children and to foster and recognize their creativity.

March 24—Canadian women win the right to vote

This occurred in the year 1918.

Calendar of Events

March 2008

All residents are welcome to attend all programs, regardless of location. All events held in the Community Center unless otherwise noted.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Kids Ayyam-i-ha Party OPCC 3pm
2 Clothes Swap MFCC 3pm	3	4	5	6 Watercolor Painting MFCC 3pm	7	8 Table Tennis OPCC 2pm
9 Ping-Pong MFCC 3pm	10	11	12	13	14 Karaoke and Coffee OPCC 7pm	15 Movie Night MFCC 7:45pm
16	17 St Patrick's Day Potluck MFCC 6pm	18 Fun with PH MFCC 4pm Seeds for Your Garden MFCC 3pm Toddler Parachute OPCC 4pm	19	20	21	22 OP Easter Egg Hunt OPCC 9am SPCC Easter Egg Hunt MFCC 8:30am Grass Head Guys OPCC 3:30pm
23	24	25	26	27	28	29 Breakfast Potluck MFCC 10am Outside Games OPCC 10am
30	31					

