



A Publication of  
Orchard and Solano  
Parks, UC Davis

# THE PARK MESSENGER

April 2008

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## LEASE RENEWAL 2008: Preparation is the Key! Submitted by Joann Wilson

The month of April is here and the start of the lease renewal process for Park leaseholders. The new lease period will begin August 1, 2008 and ends July 31, 2009.

has automatically been renewed.

Housing staff will review your eligibility status. Eligibility will be based on student status, conduct

status, lease violation status and current rent status. Once your eligibility has been confirmed, you will be sent an email notifying you that you must review your new lease, fill out the requested information, and submit your electronic signature to accept the new lease terms and conditions. It is very important that you:

status, lease violation status and current rent status. Once your eligibility has been confirmed, you will be sent an email notifying you that you must review your new lease, fill out the requested information, and submit your electronic signature to accept the new lease terms and conditions. It is very important that you:

should also be current. If you have a mobile (cell) phone, please make sure that the telephone number is listed in SISWEB.

This information is needed to complete the online renewal process. Leaseholders that plan to vacate should use the Renewal Survey to confirm that they will not be renewing their lease. Any resident that elects for non-renewal will need to submit a vacate notice at the Park Office by June 20, 2008. Park Office staff will give vacating leaseholders important instructions once the vacate notice is processed.



All leaseholders will receive a lease renewal notification email from Student Housing in mid-April. Leaseholders must register using the online form available on the Housing Channel through MyUCDavis to express interest in renewing their leases.

**Submitting your online interest information does not mean that your lease**

- Review your SISWEB [http://sisweb.ucdavis.edu/] records and ensure that you have listed two emergency contacts in the system.
- Your address & contact information

### Special points of interest:

- Check out the new, re-designed, Student Housing website at <http://housing.ucdavis.edu>
- 94th Annual Picnic Day takes place on April 19th. It is the largest student-run event in the nation and an Open House for the University of California, Davis.

\*Continued on Page 2

# LEASE RENEWAL 2008

Continued from Page 1

Any requests for exceptions to the above-mentioned procedures should be sent to Joann Wilson, Residential Services Manager [joannwilson@ucdavis.edu].

During the months of May, June, and July, leaseholders will not be allowed to defer their rent.

Leaseholders whose monthly rent is in arrears will not be eligible for lease renewal. If you have questions regarding your housing payment, please call Accounts Receivable [752-2481].

All leaseholders should review the following sections of their

leases:

- **Section 7- Eligibility**
- **Section 8- Lease Renewal.**

If you have any questions, regarding eligibility or the lease renewal process, please call Student Housing [752-2033] or e-mail studenthousing@ucdavis.edu.

## Passover

Submitted by Aisha Goodman (From wikipedia, the free encyclopedia)

The Jewish festival of Passover is celebrated on the 14th day of the month called Nisan (Lev 23:4; Num 9:3,5, Num 28:16), first month of the Jewish year. It immediately precedes the Festival of the Unleavened a Jewish holiday which begins on the 15th day of Nisan (Lev 23:6, Num 28:17, Num 33:3) and is celebrated in the northern spring season. In 2008, it arrives at nightfall on April 19.

Passover commemorates the Exodus, the liberation of the Israelites from Egyptian slavery. As described in the Book of Exodus, Passover marks the "birth" of the Children of Israel who become the Jewish nation, as the Jews' ancestors were freed from being slaves of Pharaoh and allowed to become followers of God instead.

The two names for the holiday are a coalescence of two related celebrations. The name *Passover* (Pesakh, meaning "skipping" or passing over) derives from the

night of the Tenth Plague, when the Angel of Death saw the blood of the Passover lamb on the doorposts of the houses of Israel and "skipped over" them and did not kill their firstborn. The meal of the Passover Seder commemorates this event. The name *Feast of Unleavened Bread* (Khag Ha'Matsot) refers to the weeklong period when leaven has been removed, and unleavened bread or matsa ("flatbread") is eaten.

In Israel, Passover is a 7-day holiday, with the first and last days celebrated as a full festival (involving abstention from work, special prayer services and holiday meals). In the Jewish diaspora outside Israel, the holiday is traditionally celebrated for 8 days (although Reform Jews celebrate for 7 days), with the first two days and last two days celebrated as full festivals. The intervening days are known as Chol HaMoed ("festival weekdays").

The primary symbol of Passover is the matzo, a flat, unleavened "bread" which recalls the hurriedly-baked bread that the Israelites ate after their hasty departure from Egypt. According to Halakha, matzo may be made from flour derived from five types of grain: wheat, barley, spelt, oats and rye. The dough for matzo is made when flour is added to water only, which has not been allowed to rise for more than 18–22 minutes prior to baking.

Many Jews observe the positive Torah commandment of eating matzo on the first night of Passover at the Passover Seder, as well as the Torah prohibition against eating or owning Chametz which includes any leavened products — such as bread, cake, cookies, beer, whiskey or pasta (or anything made from raw dough that had been left alone for more than 18 minutes, as it then begins to ferment) — for the duration of the holiday.

# How to Lose Weight After Pregnancy

Submitted by Yalina Soto

What is the biggest challenge after delivery? Losing weight, of course! Not all women are lucky enough to shed the extra pounds as easily as some women do. Forget those women; we are not going to ask them how they do it. We are going to tell ways to lose pounds for the not-so-lucky ones.

It's quite simple. You need to make an effort to lose weight, but it's not rocket science.

## Tips For Losing Weight After Pregnancy

- Set realistic goals. If you expect to lose, the extra pounds gained during nine whole months in just one day, then please come down to earth, ladies! It's not possible. Be patient. It takes some time.
- It's not advisable to jump into your treadmill as soon as you deliver. Too much physical activity can harm you. Your body is in the stage of healing after performing a hard task of giving birth. Give your body at least 2-6 months; it will thank you for it.
- Plan a workout session after consulting your doctor. The kind of exercise depends on your medical record. It's best to start exercising after a couple of months of delivery. This is when your body starts building up its energy and your periods become regular.
- Stop making comparisons with celebrities. Thinking how do celebrity moms get back into their original figure in such a short period of time after delivery? They have lots of moolah to spend on hiring the best personal trainers, dieticians, and chefs round the clock. An average household is not even able to keep house helps or nannies.
- Don't be in a hurry to shed weight. You will put it on even faster. Crash diets are a strict NO. They do more harm than good.
- It's not mandatory to stick to a structured exercise schedule. Introduce other physical activities in your lifestyle such as long walks, swims, tai chi, and the good old yoga.
- A drastic weight loss after delivery is not normal. The safest range of losing weight is between 0.5 and 2.0 pounds per week. It should not be more than this. Normally, you gain about 30 pounds on an average during the nine months period. After giving birth, you lose 13 per cent of the weight automatically. The remaining weight requires some effort to be kicked out.
- Have a nutritious diet. This is especially important for breastfeeding moms. Make sure you eat around five portions of fruits and vegetables every day. Eat lots of fiber for a good bowel movement. Fiber is filling and prevents you from overeating. Include liberal amounts of yoghurt, cheese, milk, pulses, and legumes to get the required calcium and protein.
- Drink lots of water daily. It flushes out the toxins from your body and refreshes you. Water helps in losing weight. If plain water gets boring, opt for natural fruit juices such as apple or water melon juice. Say 'no' to soda and colas. They are packed with empty calories.

Losing weight becomes easy by following the above tips. Start implementing them today!

Source: <http://www.pregnancy-period.com/losingweightafterpregnancy.html>

## Locking Up

By Chloe Taylor Evans

I used to leave my apartment door unlocked for the following reasons:

- I like to come and go freely.
- It's enough to get my daughter's and my shoes on and off and all bags or snacks in or out without having to fumble for a key.
- I feel a little smug and selfish and bourgeois trying to barricade all "my" stuff inside, as though whoever might walk in to take it deserved it less than I.
- I love and trust all my neighbors in Solano Park.
- I'm only gonna be gone for a minute.
- Someone in my breezeway is pretty much always home.
- My neighbors and I are in

and out, and cognizant of who is around lurking, chatting, repairing, playing, talking on the phone, making deliveries, etc.



Then someone came in to our house and took a laptop right off our floor, a sweaty-palmed amateur, no doubt, as there was a better laptop, a video camera and a purse not two feet away.

We take it as a message from the universe to harden some barriers, at least for now. All of the above are still true, but we are locking doors these days, getting locked out and peeing on our shoes when we're already late for a doctor's appointment. In the process of learning to remember, we have chosen to make it harder for anyone, including ourselves, to enter our home.

## Anyone want a farm box?

Submitted by Alex Geddes-Osborne

CSA, or community supported agriculture, is a scheme whereby local consumers partner up with local farmers, pay a flat rate, and get a weekly delivery of fresh, local, organic produce. Usually it's in the form of "farm boxes" or "farm baskets" which are delivered to some central location for individuals to pick up at their convenience.

A group of us here in Orchard Park are hoping to get together

enough interest to convince a farm to come deliver right here. How convenient is that?



If you'd like to join in, or have any questions, please contact Alex at [ageddes@ucdavis.edu](mailto:ageddes@ucdavis.edu)

## Community Programs

### Intramural Sports Meeting

Is anyone interested in playing intramural sports this quarter? I can help to organize a student housing team, if anyone wants to play. For more information, please call Aisha, 681-6897.

When: Wednesday, April 2 at 7pm  
Where: Melvin Fassler Community Center

### Pickup Basketball

Join us for a game of pickup basketball on the basketball court across the street from Bldg. 3200. This event is for older kids and adults only. Contact Chloe with questions at 756-3405.

When: Wednesday, April 2 at 4:30pm  
Where: Basketball Court Across from 3200

### Picnic Potluck in the Park

Now that it's warm, let's get out and eat with our neighbors! Please bring a dish to share, a blanket to sit on, and your own plates and forks for a fun dinner outside, and plenty of time for kids to play afterwards. Contact Chloe with questions at 756-3405.

When: Thursday, April 3 at 5:30pm  
Where: The Field by the playground in front of Bldg. 2600

### Table Tennis

Join us for a afternoon of fun! We are going to play table tennis and everybody is welcome to play in rounds. We have paddles and balls to play with, but you can bring your own if you have them. Contact Yalina Soto if you have any questions: 756-3670.

When: Saturday, April 5 at 3pm  
Where: Orchard Park Community Center

### Movie Night - TALLADEGA NIGHTS: THE LEGEND OF RICKY BOBBY

Join us for a night of madcap, low-brow comedy starring Will Farrell as NASCAR champion Ricky Bobby, who swears to defend his title from the Frenchman (Sasha Baron Cohen) who would like to win it from him. Popcorn and drinks will be served.

When: Saturday, April 5 at 9pm  
Where: Melvin Fassler Community Center

### Karaoke

It's time to dust off those vocal chords for spring. We'll have a fun afternoon of singing with the karaoke machine and discovering Solano Park's next talent. Snacks and drinks will be provided. If you have any

questions, please call Shawna Stevens at 757-7899.

When: Sunday, April 6 at 3pm  
Where: Melvin Fassler Community Center

### Dolmas

We had to cancel our cooking class in February, but I (for one) still want to learn how to make dolmas. Dolmas are grape leaves stuffed with rice, and are common in Middle Eastern and Mediterranean cuisine. Our neighbor, Asmaa, makes a delicious Egyptian version. So learn to make dolmas, and taste some when they're done. If you have any questions, please call Aisha at 681-6897.

When: Monday, April 7 at 4pm  
Where: Melvin Fassler Community Center

### Tie Dying for Picnic Day

Come tie-dye your own T-shirt to represent Solano Park in the Picnic Day parade! We will provide materials, but please wear clothes you don't mind getting messy. For questions, call Chloe, 756-3405.

When: Tuesday, April 8 at 2pm  
Where: Melvin Fassler Community Center

# Community Programs

## Fingerpainting

Nothing is more fun and relaxing than coating your fingers in paint and creating! This activity is great for all ages. If you have any questions, please contact Shawna Stevens at 757-7899.

When: Tuesday, April 8 at 4pm

Where: Melvin Fassler Community Center

## Tie Dye for Picnic Day

Picnic Day is awesome because we have the opportunity to learn new things as we tour the UC Davis campus, observing and participating in the events and booths set up around campus. Also, it is also a day where we can show pride in our community. Orchard Park will be marching in the parade on Picnic Day morning. We will all be wearing TIE DYE shirts that we will make ahead of time. Come to the Community Center the weekend before to make your tie dyed shirt to wear during the parade to represent our community. Shirts and all tie dying materials will be provided; only one shirt per person. Contact Bonnie Weeks with questions at 204-8539. Parents please accompany children.

When: Friday, April 11 at 6:30pm & Saturday, April 12 at 10am

Where: Orchard Park Community Center

## Fun with Bubbles

Lets have some fun with bubbles. Meet me in front of Orchard Park Community Center on Sunday, April 13<sup>th</sup> at 4:00 pm. We will have plenty of bubble wands so be sure to bring your friends. Hope to see you there. If you have questions contact Yalina Soto at 756-3670.

When: Sunday, April 13 at 4pm

Where: In front of Orchard Park Community Center

## Dessert Sampling

This is an opportunity to share your favorite dessert with your neighbors and to sample theirs. Come mingle as we share delicious desserts and enjoy each other's company. Contact Bonnie Weeks with questions at 204-8539.

When: Monday, April 14 at 7pm

Where: Orchard Park Community Center

## April Birthday Party

I will bring an organic cake we can all help decorate, some music and a birthday craft to do together. Anyone who wants to celebrate their April birthday is welcome! For questions, call Chloe, 756-3405.

When: Tuesday, April 15 at 3pm

Where: Melvin Fassler Community Center

## Magic Modeling Clay

I found some magic modeling clay in the craft closet that I think would be fun to sculpt with. Let's see where our creativity leads. For questions, call Aisha, 681-6897.

When: Wednesday, April 16 at 3pm

Where: Melvin Fassler Community Center

## Picnic Day Tie Dye

Come tie-dye your own T-shirt to represent Solano Park in the Picnic Day parade! We will provide materials, but please wear clothes you don't mind getting messy! If you have any questions, please contact Shawna Stevens at 757-7899.

When: Wednesday, April 16 at 4pm

Where: Outside the Melvin Fassler Community Center

## Bouncy House

Calling all kids! Come on down to the Community Center on April 16<sup>th</sup> for one hour of bouncy house fun. Please make sure to wear cool clothing. If you have questions contact Yalina Soto at 756-3670.

When: Wednesday, April 16 at 4:30pm

Where: Outside the Orchard Park Community Center

## Community Programs

### Picnic Day Parade – Bike Decoration

We will be decorating the kids' bikes before the Parade starts. We will provide all the decorations. The Parade starts at 9:00 am, so we have to make sure to be there by 8:30 am to have time to decorate the bikes.

Where: Saturday, April 19 at 8am

When: Orchard Park Community Center

### Picnic Day Parade

It's spring and that means Picnic Day, the UC Davis campus-wide open house, and the annual Picnic Day Parade. Bring your bikes and wagons to decorate, and we will strut through town in tie-dye T-shirts. If you have any questions, please call Aisha, 681-6897.

When: Saturday, April 19 at 8am

Where: In front of the Solano Park office

### Paper Making

In honor of Earth Day, and in anticipation of Mother's Day, let's recycle some old paper and make some special hand-made paper that can be used next month for Mother's Day stationary (or for any other special occasion). For any questions, please call Aisha, 681-6897.

When: Tuesday, April 22 at 4pm

Where: Melvin Fassler Community Center

### Cheesecake!

Learn the art of making (and eating) homemade cheesecakes. This versatile dessert is always a crowd pleaser and can be dressed up in many different ways. Resident Adele DeLeon will show us how easy it is to bake a classic cheesecake and we'll be able to eat our work when we're done! If you have any questions, please contact Shawna Stevens at 757-7899.

When: Thursday, April 24 at 4pm

Where: Melvin Fassler Community Center

### Beaded Necklace

Come string some beads and make a beautiful necklace for you or a friend to wear. All ages are welcome, but children 7 and under will need an adult helper. If you have questions contact Yalina Soto at 756-3670.

When: Friday, April 25 at 5pm

Where: Orchard Park Community Center

### Super Sidewalk Paint

This is intense sidewalk fun! We will be painting murals, roadways, and imaginative creatures. We will be using a homemade mixture of common kitchen ingredients that will give us thick paint in bold colors. It's going to be fun. Contact Bonnie

Weeks with questions, 204-8539.

When: Saturday, April 26 at 3:30pm

Where: Orchard Park Community Center

### Project Night

Sometimes all we need to finish a project is some space to spread out! We'll set up tables and chairs in the community center and folks can bring projects from home to work on. I'll provide snacks, music and some jewelry making supplies for those folks who are between projects. It'll be a nice way to hang out, chat with neighbors, and get inspired for your next new project! If you have any questions, please contact Shawna Stevens at 757-7899.

When: Monday, April 28 at 7:30pm

Where: Melvin Fassler Community Center

### Girls Night Out

Calling all women! This is your chance for a night of relaxation and pizza. Join us as we visit together children-free (babies are welcome). If you have any project you want to work on, you're welcome to bring it with you. Contact Bonnie Weeks with questions at 204-8539.

When: Wednesday, April 30 at 8pm

Where: Orchard Park Community Center

# Monthly Maintenance Tips

## By Orchard and Solano Park Maintenance

- To avoid plumbing charges, watch those kitchen drains. Make sure your strainer is in place in the drain to keep food from going down and plugging the drain.
  - Never put grease or oil of any kind down the drain.
- Use and old can. When it has cooled off, place it in the trash.

# Save Your Stuff

## By Bonnie Weeks

It's getting towards the end of the school year and that means spring cleaning and lots of people planning on moving out of Orchard Park.

To facilitate everyone being able to get rid of their things, and make some money, we are going to be organizing a yard

sale. Everyone will set up their own section on the grass by the entrance to Orchard Park (off of Russell Blvd.) and have the opportunity to sell their things alongside their neighbors. Each resident is responsible for their own items and must remove any unsold items from the grass.

Residents are also responsible for pricing and collecting money on their own items. You'll want to come early to stake a good claim of lawn for your things.

We'll be advertising this activity in the paper and in the community.

# Holidays and Anniversaries

**April 6—Tartan Day**  
Congress declared National Tartan Day on March 20, 1998 to honor those of Scottish heritage. The importance of this day is significant because of the oppression that Scots endured while under English rule. April 6th is the anniversary of the Declaration of Arbroath, the Scottish Declaration of Independence. The wearing of the tartan is important because it was outlawed in Scotland under English law, with penalty of hanging or imprisonment.

**April 11—Jackie Robinson Day**  
Jackie Robinson signed a contract with the Brooklyn Dodgers, becoming the first Black major league baseball player in the US history.

**April 13—Songkran, Water Festival**  
Songkran is a Buddhist New

Year that is celebrated April 13th and lasts for three days. During this festival, everyone carries buckets or bowls of water with them do they can throw water on one another. The Thai people believe there is great merit in acts of kindness, so before the holiday, children buy birds in order to set them free on Songkran. Also, girls in gay dresses carry fish and set them free in the river. A water festival queen is chosen and paraded along the streets with bands playing amid laughter and the sound of splashing water.

**April 15—Birth of Guru Nanak**  
Observes the birth of the founder of the Sikh religion in 1469 and the first of the ten Gurus of the Sikh faith. There are ten gurus (male religious teachers and spiritual guides/leaders) in the Sikh religion, but Nanak, Teg Bahadur, and

Gobind Singh are the most important. The Holy Book of the Sikhs is called Guru Granth Sahib and is considered to the a guru itself. It was completed by the fifth guru, Guru Arian Dev in the early 1600's.

**April 22—Earth Day**  
Observances of this day focus on environmental problems in communities throughout the US. It is also the day the world's nations guaranteed asylum to those persecuted in their homelands on account of their ethnicity, religion, or political opinion.

**April 26—African Freedom Day**  
Public holiday in Chad, Zambia, South Africa, and other African states. Members of the organization for the African Unity commemorate their independence from colonial rule.

# Calendar of Events

## April 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
		<b>1</b>	<b>2</b> IM meeting MFCC 7pm  Pickup Basketball MFCC 4:30pm	<b>3</b> Picnic Potluck in the Park MFCC 5:30pm	<b>4</b>	<b>5</b> Table Tennis OPCC 3pm  Movie Night MFCC 9pm
<b>6</b> Karaoke MFCC 3pm	<b>7</b> Dolmas MFCC 4pm	<b>8</b> Tie Dying for Picnic Day MFCC 2pm  Finger Painting MFCC 4pm	<b>9</b>	<b>10</b>	<b>11</b> Tye Dye for Picnic Day OPCC 6:30pm	<b>12</b> Tye Dye for Picnic Day OPCC 10am
<b>13</b> Fun with Bubbles OPCC 4pm	<b>14</b> Dessert Sampling OPCC 7pm	<b>15</b> April Birthday Party MFCC 3pm	<b>16</b> Picnic Day Tie Dye MFCC 4pm  Bouncy House OPCC 4:30pm  Magic Modeling Clay MFCC 3pm	<b>17</b>	<b>18</b>	<b>19</b> Bike Decoration OPCC 8am  Picnic Day Parade Outside SP Office 8am
<b>20</b>	<b>21</b>	<b>22</b> Paper Making MFCC 4pm	<b>23</b>	<b>24</b> Cheesecake! MFCC 4pm	<b>25</b> Beaded Necklace OPCC 5pm	<b>26</b> Super Sidewalk Paint OPCC 3:30pm
<b>27</b>	<b>28</b> Project Night MFCC 7:30pm	<b>29</b>	<b>30</b> Girls Night Out OPCC 8pm			



**The Parks at UC Davis**

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Fax: 530-752-4345  
E-mail: studenthousing@ucdavis.edu

**A Publication of Orchard and Solano Parks, UC Davis**

**Your doorway to campus life & academic achievement**

We're on the Web!  
student.housing.ucdavis.edu/  
housing/  
apartments\_orchard\_solano.htm

The **Park Messenger** is published by Student Housing, at the University of California, Davis. Our goal is to communicate with Park residents, campus departments and the community of Davis. We encourage reader suggestions, criticisms and articles. Let us hear from you.

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**The Park Messenger online:**

[http://student.housing.ucdavis.edu/current/park\\_messenger.htm](http://student.housing.ucdavis.edu/current/park_messenger.htm)

**Did you know?**

➤ **Registration Reminder ~** Student Housing requires all students to meet our eligibility requirements to continue living in The Parks Apartments. **Students must have full-time registered status during fall, winter and spring quarters/semesters. Full-time status is defined at 12 units for quarter students and 10 units for semester students.** Students who do not meet the requirement are required to register for additional classes or submit notice to move out. Please

be aware of these requirements when you register for winter and spring quarters in the coming months. Please contact Student Housing at 752-2033 or your Park Office if you have any questions.

- Planning to vacate after finals? Remember a 42-day notice is required.
- Leaseholders are only allowed to have one adult, related or unrelated living listed on their lease as an additional occupant.
- If you wish to add someone to your lease, remember to

submit an online request well before the person is to move in. Your request must be approved before your roommate can move in on the effective date of your request.

- Occupants on your lease are the only individuals who are allowed to obtain a key for your apartment.
- If PG & E turns off your gas or electricity for non-payment, please contact them directly at 1-800-743-5000 to reset your service.