



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

# THE PARK MESSENGER

**May 2008**

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## Graduation Party? Plan ahead! Submitted by Sue Franck

For graduation parties, an exception to our usual Community Center reservation policy is being made. Between May 1 and May 17 we will accept reservations for Spring graduation parties to be held on May 17 or June 7 and June 11-15. Parties for May 17 can be booked immediately. Parties for June 7 and June 11-15 must be limited to time blocks to ensure the highest use of the Community Center. The blocks are from 8am – 12:30pm, 1pm – 6pm and

6:30pm – midnight. After May 10, unreserved time blocks for May 17 will be released so residents can extend the hours of their party. After May 25, unreserved time blocks for June 7 and 11-15 will be released for reservation extensions. Because of heavy demand, we ask that those utilizing the Community Center be

extra diligent with clean-up so the facility will be ready for the next reservation.

You may reserve the Community Center at either Solano or Orchard Park. If demand exceeds capacity, remember that June is a great month for a picnic; feel free to move the picnic tables around the park for your parties. Put a note on a table the day before you need it as an informal reservation, and please respect others' reservations as well.

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### Special points of interest:

- Monday, May 26, 2008 is a University Holiday. All campus office will be closed in observance.
- Don't forget to renew your lease during the month of May. Check your email often for important instructions regarding the process.

## Annual Budget Meeting Submitted by Sue Franck

Come meet with the Interim Director of Student Housing, Emily Galindo. The discussion will center on the budget for the 2008-2009 fiscal year, as well as general questions from residents. This is your opportunity to

hear first-hand information and gain an overview of the Parks' fiscal management.

Meetings will be held in the Community Centers and are scheduled as follows:

Solano Park –  
Tuesday, May 6  
5:00-5:45pm

Orchard Park –  
Tuesday, May 6  
6:00-6:45pm

We hope to see you there!

# Graduation Parties

Continued from Page 1

## GRADUATION SCHEDULE 2008

**School of Law**  
Saturday, May 17  
10:30am  
ARC Pavilion

**School of Medicine**  
Saturday, June 7  
10am  
Mondavi Center

**School of Education**  
Wednesday, June 11  
4pm  
Mondavi Center

**Graduate Studies**  
Thursday, June 12

4pm  
ARC Pavilion

**College of  
Biological Sciences**  
Friday, June 13  
10am  
ARC Pavilion

**College of Engineering**  
Friday, June 13  
3pm  
ARC Pavilion

**School of  
Veterinary Medicine**  
Friday, June 13  
10:30am  
Mondavi Center

**College of Agricultural &  
Environmental Sciences**  
Sunday, June 15  
9am **AND** 2pm  
ARC Pavilion

**Graduate School  
of Management**  
Saturday, June 14  
10am  
Mondavi Center

**College of  
Letters and Science**  
Saturday, June 14  
9am **AND** 2pm  
ARC Pavilion

## Quick Click: 5 Ways to Raise a Reader Make reading part of your child's life

Submitted by Yalina Soto

- Start a family book group.
- Sign up your child for an e-mail newsletter on any subject — from dinosaurs to pop music — that interests her.
- Make the connection between fact and fiction. For example, if your child loves stories about animals, show him a newspaper article about animals, zoos, or wildlife.
- Introduce him to lighter fare like detective novels, short stories, magazines or comic books that are relaxing and fun to read.
- Show your child that you're a reader. Kids are more likely to grow up loving reading if they see you enjoy it too.

<http://www2.scholastic.com/browse/article>

## Flour Power

Submitted by Bonnie Weeks from familyfun.com

The silky texture, low cost, and safe-to-eat nature of flour makes it a terrific tactile material for little kids. But what mom wants clouds of flour floating around her kitchen? Here's a way to let your toddler enjoy its unique appeal -- while keeping the mess (mostly!) contained.

Head outside and pour a 5-pound bag of flour into a dry kiddie pool. Add some child-safe tools such as scoops, a sieve, measuring cups, a sand rake, and shovels, along with a few favorite cars, trucks, and construction-themed toys. Now let your child plop right down in the middle of it all. Show him

how he can mound, pat, and scoop the flour, even making mountains, roads, and valleys for vehicles to cruise over and through. When he's done playing, cover the flour with a tarp so it'll stay clean and dry for another day.

## Birthday Countdown

By Aisha Goodman

As my estimated due date approaches, I've been thinking about birth...

When I was pregnant with Nalina, a co-worker told me that she hadn't ever known anyone to have both a straightforward birth and a smooth nursing experience. I was outraged that she would say this to a pregnant woman, and also sad that it seemed that she must have a strong fear and negative impression of labor. My mom had 4 homebirths and nursed all of us at least a year and a half. I grew up among women who routinely discussed birth, labor, and nursing as normal, exciting, natural experiences, that sometimes had interesting or funny twists—such as my friend, who as an infant punched the delivery doctor in the nose, moms who chose to birth at home after unpleasant hospital experiences, natural birth after Cesarean, and mothers who solved uncomfortable nursing positions.

I discussed my co-worker's comment with a friend who had a new baby, and found her positive experience in birth and parenting reassuring. She had a natural birth at a freestanding birth center, a beautiful healthy baby, and was enjoying motherhood. She had an interesting perspective on the horrible birth stories I seemed to hear: "It's like a big fish story—it gets bigger and more terrible

with the retelling." I'm not sure it's as simple as that.

Birth is both sublime and really challenging. Sharing our birth experiences normalizes the experience of birth and motherhood, and welcoming first-time pregnant women into motherhood with birth stories helps to empower her to have a



positive birth experience. If birth is not unspeakable, it is not impossible. Conversely, talking about a negative birth experience can help a woman validate her experience, so that she can heal from the trauma, be better prepared for next time, or even be empowered by the difficult experience.

When we talk woman-to-woman about birth, we address our deep-seated feelings about birth, both good and bad, and I

think, consequentially improve our and other women's experiences. A great birth inspires us to think about how well women cope with the challenges of labor and how we too can cope. A difficult labor challenges us to ask questions about how birth is treated in our culture, and how to welcome infants in a way that is best for mothers and babies. For example, controversy (women talking to each other, their partners, doctors, and the public) over the high rates of Cesarean encourages good hospitals (hopefully all hospitals) to examine the practices that lead to a national Cesarean rate roughly two to three times the standards suggested by the World Health Organization. As we request the kind of support it really takes to get through labor: time, birth attendants who are compassionate and knowledgeable about normal birth, honest attention to our individual labor and birth, the freedom to move, eat and drink, appropriate post-partum attention, and trust in our ability as women to birth, we will hopefully see best practices become common practice.

So let's talk. I had a great birth. I'd love to hear about yours.

# Pools, pools and more pools!

By Shawna Stevens

Before we know it, spring will be over and summer will arrive with its lazy afternoons, sweating glasses of iced tea, and its familiar heat. While our summers are dry, they are blazingly hot. That's why its imperative for all critters, especially us, to find the nearest body of water. Luckily in Davis, that isn't so hard. Here's a list of community pools in our area to help you keep your cool this summer.

Recreation Pool – located on the corner of Hutchinson and LaRue on campus. A large

freeform pool with some lap lanes and a separate toddler pool. Hours: M-F 1-6pm, Sat-Sun noon-6pm. Free admission for students, small fee for children and the general public. Opens for the season April 20.

Manor Pool – located at Slide Hill Park off Tulip Lane. A newly renovated pool with an infant pool and waterslide. Hours: Expected to open May 27.

Arroyo Pool – located at Arroyo Park on Shasta Drive. A large pool with a fountain and a

waterslide. Hours: open 1-6pm everyday beginning June 13; until then M-F open 4-6pm, Sat-Sun 1-6pm. Opens for the season April 28.

Community Pool – located at Community Park on 14<sup>th</sup> Street. Hours: M-F 1-3:30pm. Hours: open 1-6pm everyday beginning June 13; until then M-F open 4-6pm, Sat-Sun 1-6pm. Opens for the season June 16.

# The First Mother's Day Proclamation

Submitted by Chloe Taylor Evans

Arise, then, women of this day!  
Arise all women who have hearts.  
Whether your baptism be that of water or of tears!  
Say firmly:  
We will not have questions decided by irrelevant agencies.  
Our husbands shall not come to us reeking of carnage,  
For caresses and applause.  
Our sons shall not be taken from us to unlearn all that we have been able to teach them of charity, mercy, and patience.  
We women of one country will be too tender to those of another country  
to allow our sons to be trained to injure theirs.

From the bosom of the devastated earth a voice goes up

with our own.  
It says, "Disarm, Disarm!"  
The sword of murder is not the balance of Justice!  
Blood does not wipe out dishonor  
Nor violence indicate possession.

As men have often foresaken the plow and the anvil at the summons of war,  
let women now leave all the may be left of home for a great and earnest day of counsel.  
Let them meet first, as women, to bewail and commemorate the dead.  
Let them then solemnly take counsel with each other as to the means whereby the great human family can live in peace,

Each bearing after their own time the sacred impress, not of Caesar,  
but of God --

In the name of womanhood and of humanity, I earnestly ask That a general congress of women without limit of nationality may be appointed and held at some place deemed most convenient and at the earliest period consistent with its objects, to promote the alliance of different nationalities, the amicable settlement of international questions, the great and general interests of peace. --

--Julia Ward Howe  
Boston, 1870

## Monthly Maintenance Tips

### By Orchard and Solano Park Maintenance

**Clothesline:** It is not necessary to fully extend the cord out of the reel to make it hold tight. There is a stop at the base of the reel to which you wrap the cord around. It will hold any adjusted length you desire.

**Window Screens:** If you want to remove and then replace for cleaning purposes:

- Orchard Park Residents: The window frame is constructed in a fashion that allow for the screen

to only be removed and installed from the inside of the window.

- Solano Park Residents: The window frame is constructed in a fashion that allows for the screen to only be removed and installed from the outside of the window—thus to install second story screens reach the screen out through the window and place it into the frame.

Attempting for force the screens into the proper position can cause the screen to bend. If you need help, call your Park Office so they may notify maintenance.

**Clean those second floor windows:** The Parks Office will lend you a pole made-up for cleaning these outside surfaces.

## Holidays and Anniversaries

### May 1—Lei Day

Hawaiian May Day observance; the word lei, refers to a garland of flowers worn around one's neck; each Hawaiian island has its own special type. Leis are fashioned from such popular blooms as vanda orchids, carnations, ginger flowers, tuberose, or bougainvillea.

### May 3—Santa Cruz Feast Day

Andrés Santa Cruz was a mestizo who claimed to be of royal Inca descent. He governed Bolivia and created the Peru-Bolivian Confederation, which united these two countries from 1836—1839. Santa Cruz won a large following among native people of both countries.

### May 7—Jewish Heritage Week

Declared by the President each year to acknowledge, celebrate, and give thanks for the many contributions Jews have brought to the US national life and character.

### May 14—Women's Auxiliary Army Corps Established

On this date in 1942 during World War II, women become eligible to enlist for non-combat duties in the Women's Auxiliary Army Corps (WAAC) by an act of Congress. Women also served as Women Appointed for Voluntary Emergency Services (WAVES), Women's Auxiliary Ferrying Squadron (WAFS), and Coast Guard or Semper Paratus Always Ready Service (SPARS), the Marine Corps women's reserve.

### May 20—Amelia Earhart Atlantic Crossing

Leaving harbor in Grace, Newfoundland at 7pm on may 19, 1932, Amelia Earhart landed near Londonderry, Ireland on may 20. the 2,026-mile flight took thirteen hours and thirty minutes. She is the first woman to fly solo across the Atlantic.

### May 25—Hands Across America

Nearly 5.5 million people joined hands in 1986 to form a human chain across the US on this date. The event was designed to raise funds for the poor and homeless.

# Community Programs

## Yoga for Kids

A Yoga DVD especially for children will guide your child in simple poses to stretch the body and calm the mind. Please wear comfortable clothes. This program is recommended for children 4 and up, but toddlers are welcome to try too.

When: Saturday, May 3 at 9:30am

Where: Melvin Fassler Community Center

## Salt Art

Your child will get to smash, smear, and sprinkle in the name of creativity during this program. When he or she's done making the creation from dyed salt and glue, you'll be left with some truly eye-catching artwork that features texture as well as color. Contact Bonnie Weeks if you have questions at 204-8539.

When: Saturday, May 3 at 11am

Where: Orchard Park Community Center

## Brunch Potluck

Come meet your neighbors and say goodbye to friends leaving Solano Park over some tasty brunch. Bring a dish to share, and as always, your own plate and fork.

When: Sunday, May 4 at 11am

Where: Melvin Fassler Community Center

## Table Tennis

Join us for an 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: Sunday, May 4 from 1pm to 3pm.

Where: Orchard Park Community Center

## Silk Painting

Learn more about textiles and express your creativity while making a beautiful scarf for yourself or someone else to enjoy. Finished scarves can be worn, used as decoration, or played with. We will use permanent dyes, so dress accordingly. Kids need an adult helper. If you have any questions, please call Aisha, 681-6897.

When: Sunday, May 4 at 3pm

Where: Melvin Fassler Community Center

## Cinco de Mayo Potluck

Celebrate Cinco de Mayo with a fiesta potluck and piñata! Bring a Mexican food dish to share with your neighbors and we will provide the tasty beans and rice. Please, no chips and salsa. If you have any questions, please call Shawna Stevens at 757-7899.

When: Monday, May 5 at 6pm

Where: Melvin Fassler Community Center

## Story Time – Ferdinand the Bull

Come under the shade of the trees and listen to the tale of Ferdinand the Bull, a gentle loner who spent many hours lounging under a cork tree instead of fighting.

When: Tuesday, May 6 at 2pm

Where: In front of Bldg. 3200

## Mother's Day Handprint Tiles

Come and create a special gift for your mom or a special woman in your life for Mother's Day. We'll make handprints in paints on tile that you can give as a gift. All children will need an adult helper. **Please call Shawna to reserve your spot for this program by May 6 since supplies are limited.** If you have any questions, please contact Shawna Stevens at 757-7899.

When: Thursday, May 8 at 4pm

Where: Melvin Fassler Community Center

## Touchable Bubbles

Everyone loves bubbles. Let's play at the park with bubbles you can touch! For questions, call Aisha, 681-6897.

When: Thursday, May 8 at 4pm

Where: By the green playground

## Community Programs

### Baklava

Baklava is a rich, sweet pastry featured in many cuisines of the former Ottoman countries. It is a pastry made of layers of phyllo dough filled with chopped walnuts or pistachios and sweetened with syrup or honey. Sondos Kholaki, an Orchard Park resident, will be demonstrating how to make it and allow us to sample the recipe. Contact Bonnie Weeks if you have questions at 204-8539.

When: Thursday, May 8 at 6:30pm

Where: Orchard Park Community Center

### Walk in the Arboretum

It's a beautiful day to bring out the strollers and take a look at what's growing in the Arboretum. All ages welcome.

When: Friday, May 9 at 9am

Where: Meet in front of the Solano Park Office

### Outside Games

We are going to have Outside Games again this month outside of the Community Center. Join us for some games and lemonade. We will have hula hoops, jump ropes, sidewalk chalk and bubbles. For more information call Yalina Soto at 756-3670.

When: Saturday, May 10 at 10am

Where: Outside the Community Center

### Karaoke

Come get your singing voice tonight! Bring the family and enjoy dessert and talent as we take turns singing our hearts out. Contact Bonnie Weeks if you have questions at 204-8539.

When: Monday, May 12 at 7pm

Where: Orchard Park Community Center

### Bike Parade

It's American Bike Month, and time for a bike parade around Solano Park. We will decorate our bikes and have a parade! If you have any questions, call Aisha, 681-6897.

When: Tuesday, May 13 at 4pm

Where: In front of the Melvin Fassler Community Center



### Yard Sale

Bring your things you want to sale, priced and organized, to the lawn right off of Russell Blvd. as you're driving into Orchard Park. The grassy area between Orchard and Russell Parks will be designated to set up individual yard sales. You are welcome to bring as much as you want to sell, priced and ready to purchase. Please keep in mind that you will need to remove your things that aren't bought. An advertisement will be going in the newspaper to let the community know about this event. Contact Bonnie Weeks if you have questions at 204-8539.

When: Saturday, May 17 at 10am

Where: Grassy areas off of Russell Blvd. as you turn into Orchard Park

### Fuse Beads Fun

The kids will have a lot of fun, never realizing they are learning patterning, focusing, eye-hand coordination and creativity. Fuse Beads are just plain fun! With tons of colors and pegboard shapes to choose from. Kids under 6 years old have to come with an adult helper. For questions of comments please call Yalina Soto at 756-3670.

When: Saturday, May 17 from 5pm to 7pm

Where: Orchard Park Community Center

# Community Programs

## Ice Cream Social

The days are finally getting longer and warmer. Come and enjoy a nice spring evening with some ice cream and your neighbors. If you have any questions, please contact Shawna Stevens at 757-7899.

When: Monday, May 19 at 6:30pm

Where: Melvin Fassler Community Center

## Bouncy House

Jump kids, jump! This activity is sure to help your kids get some energy out. Come to the small park and join the fun. Contact Bonnie Weeks if you have questions at 204-8539.

When: Wednesday, May 21 at 4pm

Where: Orchard Park Community Center

## Beaded Bracelets for Kids



Come and make a neat beaded bracelet that you can wear home. Resident Adele De Leon will show us how to string our beads into unique bracelets. All ages are welcome, but children 8 and under will need an adult helper. If you have any

questions, please contact Shawna Stevens at 757-7899.

When: Thursday, May 22 at 4pm

Where: Melvin Fassler Community Center

## Kid's Birthday Celebration

Come and celebrate your birthday with everybody. We will have cupcakes to decorate and we will have candles to sing Happy Birthday! Call Yalina Soto if you have suggestions, 756-3670.

When: Friday, May 23 at 7pm

Where: Orchard Park Community Center

## Movie Night

Join us for a relaxing, kid-free evening once again. Popcorn and drinks will be served. Movie title to be announced!

When: Saturday, May 24 at 9pm

Where: Melvin Fassler Community Center

## Sidewalk Chalk and Bubbles

How does an afternoon of bubbles and drawing outside sound? Sounds pretty good to me! We'll have lots of chalk for your masterpieces and bubbles galore. If you have any questions, please contact Shawna Stevens at 757-7899.

When: Thursday, May 29 at 4pm

Where: Outside the Melvin Fassler Community Center

## Popsicles at the Big Playground

Finally it's getting warm and what a great time for POPSICLES! We will meet at the Big Playground for a popsicle and the kids can have fun playing at the same time. Please call Yalina Soto at 756-3670 if you have any questions.

When: Saturday, May 31 at 7pm

Where: The Big Playground in Orchard Park



# Calendar of Events

## May 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	2	3 <u>Yoga</u> MFCC 9:30am  <u>Salt Art</u> OPCC 11am
4 <u>Table Tennis</u> OPCC 1pm  <u>Brunch Potluck</u> MFCC 11am  <u>Silk Painting</u> MFCC 3pm	5 <u>Cinco De Mayo Potluck</u> MFCC 6pm	6 <u>Storytime</u> MFCC 2pm	7	8 <u>Mother's Day Tiles</u> MFCC 4pm  <u>Touchable Bubbles</u> SP playground 4pm  <u>Baklava</u> OPCC 6:30pm	9 <u>Arboretum</u> Meet at SP Office 9am	10 <u>Outside Games</u> OPCC 10am
11	12 <u>Karaoke</u> OPCC 7pm	13 <u>Bike Parade</u> MFCC 4pm	14	15	16	17 <u>Yard Sale</u> Corner of Russell Park Dr 10am  <u>Fuse Beads</u> OPCC 5pm
18	19 <u>Ice Cream Social</u> MFCC 6:30pm	20	21 <u>Bouncy House</u> OPCC 4pm	22 <u>Beaded Bracelets</u> MFCC 4pm	23 <u>Kid's Birthday</u> OPCC 7pm	24 <u>Movie Night</u> MFCC 9pm
25	26 <b>HOLIDAY</b>  <b>Both Parks Offices Closed</b>	27	28	29 <u>Sidewalk Chalk and Bubbles</u> MFCC 4pm	30	31 <u>Popsicles at the Big Playground</u> OP Big playground 7pm

