



A Publication of  
Orchard and Solano  
Parks, UC Davis

# THE PARK MESSENGER

July 2008

## INSIDE THIS ISSUE:

Marble Magnets	2
Cloth Diapers	2
Why I'm excited to start my duties as a new RA	4
Community Programs	4
2008 Summer Concert Series	7
Holidays and Anniversaries	8

### Special points of interest:

- Friday, July 4, 2008 is a University Holiday. Both Parks Offices as well as all campus departments will be closed in observance.
- RENT INCREASES—The new rental rate begins August 1st. Check with your Park Office or the Student Housing Office if you are unsure of the amount. Payment of rent is due at the Cashier's Office on the first of the month.

## Mehndi

Submitted by Yalina Soto; gathered from Wikipedia.com

Mehndi (or Henna) is the application of henna as a temporary form of skin decoration used in South Asia, the Middle East, North Africa and Somalia as well as

expatriate communities from these areas. It is typically employed for special occasions, particularly weddings. It is usually drawn on the hands and feet, where the color will be darkest because the skin contains higher levels of keratin which binds permanently to lowson, the colorant of henna.

Henna paste is usually applied to the skin using a plastic cone or a paint brush, but sometimes a small metal-tipped jacquard bottle used for

silk painting (a *jac bottle*) is used. Henna can be bought at a store in a plastic or paper cones. The painted area is then wrapped with tissue, plastic, or medical tape



to lock in body heat, creating a more intense color on the skin. The wrap is worn overnight and then removed. The final color is reddish brown and can last anywhere from two weeks to several months depending on the quality

of the paste. In Arabic and Persian speaking countries, such as Morocco, it is done for any special occasion. It is done during the seventh month of

pregnancy, after having the baby, weddings, engagements, family get-togethers, as well as many other reasons to simply celebrate an event.

Mehndi decorations became fashionable in the West in the late 1990s, where they are sometimes called "henna tattoos". This term isn't accurate, because tattoos are

defined as permanent surgical insertion of pigments *underneath* the skin, as opposed to pigments resting on the surface.

\*\*Look inside for information about a Henna program in Orchard Park.\*\*

## Marble Magnets

Submitted by Bonnie Weeks from <http://www.mormonchic.com/crafty/marble-magnets.asp>

**What You'll Need:** (Note, you can get most all products at your local craft store.)

- clear craft "mashed" marbles (the kind with one flat side)
  - craft punch (same size as mashed marble) or scissors
  - small round magnets (Crafty Chic Note: these magnets MUST be super strong in order to hold up the marble. They can usually be found in small quantities of 10 or less.)
  - tacky, clear craft glue (E6000 or Sobo for example)
- [Crafty Chic note: If you're doing this project with kids you'll want to use something less potent. Clear school glue isn't strong enough, though, and the magnets could break apart if they were knocked off the refrigerator.]

### Collecting Pictures:

1. There are many places you can find great pictures for your marble magnets: magazines, printed scrapbook paper, small photographs, using your



computer, or your own tiny artwork.

Look for small images that are about the size of the marbles. Some ideas to use: cartoon characters, nature-themed, décor-themed, family members, magazine cutouts, alphabet letters

2. Punch the pictures out with the hole punch or trace around a marble and cut out with scissors.

### Assemble

3. Put a drop of glue over the picture and adhere to the flat-size of the marble. Squeeze to get rid of any bubbles.

4. Spread a drop of glue onto the magnet and adhere it to the back of the picture. Let it dry.

### The Final Project

Just like that, you've made a cute marble magnet that anyone will love. It's like jewelry for your refrigerator! You could also adhere a flat push pin to the back of them and use them on bulletin boards, etc. They make great, personalized gifts, too. Make a set of flower magnets for the gardener, or Audrey Hepburn poses for the girl that loved "Breakfast at Tiffany's." You could make a set featuring the American Idol finalists if you wanted. The sky's the limit on this easy but neat craft.

## Cloth Diapers

Submitted by Aisha Goodman

Great reasons to use cloth diapers:

1. They're cheaper.
2. You never have to run out to the store because you used up the last one.
3. They're also easy to use-a lot easier than the pull-up plastic pants and safety pins that used to come along with using cloth diapers, and arguably not harder

than disposables, although you do tend to change them more often (see #4).

4. You can tell how frequently your baby wets its diaper, because you can actually feel it being wet.
5. Also, since you can tell that it's wet and since you will then change it more frequently, you're not leaving stale urine on baby-one of the reasons babies

get diaper rash.

6. Would you wear plastic underwear?

So, if you're thinking about using cloth and you want to keep it simple and inexpensive, here's a description of my system along with some advantages and disadvantages of various types

\*Continued on Page 3

## Cloth Diapers

### Continued from Page 2

I've tried, a very general cost analysis, and my washing method. If you would like to see some diaper folding techniques, I suggest you google it, ask me, or come to my cloth diaper program on July 5. I used cloth almost exclusively until Nalina was about a year, and predominantly until she was about a year and a half.

I use 24 to 36 DSQ diapers. DSQ stands for diaper service quality. Don't buy the wimpy brands they sell for burp cloths in the baby sections of department stores. Go online. Usually they go for somewhere between \$1 and \$3 per diaper. I also have several "fitted diapers." Like the DSQ diapers, these are an inside layer that need to be covered up with a diaper cover. They are less bulky, and don't require any folding, but you have to put on the fitted diaper and then the diaper cover separately, whereas you can place a folded DSQ into a diaper cover and put the whole thing directly on baby (good for fast handling of mobile babies). With a new baby, 24 diapers will last about 2 days, so closer to 36 is nice, so you don't run out while they're in the wash. You then need somewhere between 4 and 6 diaper covers (about \$10-\$15 each), wipes (you can cut up an old towel and serge or use a zig-zag stitch on the edges. You can spend a whole lot more on all-in-ones, fitted diapers, pocket diapers, or accessories, but I

don't think they're necessarily worth it, since pocket diapers and all-in-ones cost as much or more as diaper covers, you need a lot of them, and you probably need several sizes before you're done. I've had friends, however who swear by them for night diapering, or who had reluctant caregivers to convince. You can also get crafty and find out about making (or altering) what you've got. The prefolds will last until the baby is about 6 to 12 months old, and you will probably go through several sizes of diaper covers in the first year-but you don't have to buy them all at once. For a hamper I like to use a tall garbage can with a flip-top lid and a waterproof bag. I found an inexpensive bag from [www.thisoldbag.com](http://www.thisoldbag.com) that is comparable to much more expensive items found on cloth diapering websites, and has been working well for us. So you can get started with cloth diapers for about \$100, less if you're creative. Check out [www.fernandfaerie.com](http://www.fernandfaerie.com), for some really neat looking patterns (some are free), and a link to a page on making cloth diapers for even less-maybe as little as \$25.

If you spend about \$100 on a basic diapering system, the same money would buy approximately enough disposable diapers for about 2 months, BUT you don't have to keep running out to the store for more diapers, and you can use them for the next baby,

pass them along to a friend, or sell them on E-bay.

So the next obvious topic is how to wash your diapers. I'll be the first to admit that I don't want to schlep stinky baby diapers down to the washer (and my washing method wouldn't be as cost effective using laundry room washers), but if you can buy a cheap washer from a departing resident, it will save you money on laundry, over the long run. I like to wash every two to three days, since diapers get rank after too long. Run one rinse cycle, cold. Then run a whole cycle, with half the recommended amount of perfume-free soap. Afterward, run an extra rinse cycle, possibly with a little vinegar, to make sure the soap is out (it can build up in diapers, and can irritate baby). If you're concerned about stains, don't use bleach. It breaks down the diapers and is bad for your diaper covers. Hang them in direct sunlight for several hours and the funkier of poop stains will miraculously disappear.

Come to a workshop on cloth diapering if you've got further questions, want to see how our system works out, or share your tips.

# **Why I'm excited to start my duties as a new RA?**

**Submitted by Shakeela Kuthubdeen**

I still can remember the day I stepped in to USA, on the 25<sup>th</sup> of January 2008. Missing my family, friends and saying good bye to my homeland Sri Lanka was not an easy task, though I was happy to see my husband Shajahan after five months.

The weather in Solana Park didn't welcome me. It was cold, gloomy and rainy during the first few days. As the weather changed, my being lonely in a new world disappeared. The friendly smiles and constant greetings that I received whenever I opened the door or whenever I came out to the

playground with my two year old daughter Shahama, changed my entire feeling about "lost in an alien world". Soon I found myself in the middle of friends chatting, laughing, smiling and sharing. The friends and the family I missed were replaced with the friends, and the neighbors in Solano Park. Thank you for your friendly smiles. Now I do not wonder what made living in Solano Park so much a wonderful experience.

Though I missed my job as a teacher, I am granted with a second chance to work with

kids and their parents again through organizing events for them as a RA which I really look forward to. I missed my country which is multi ethnic and multi cultural; living and working in Solano Park with multinationals will certainly bring back the familiar environment to me.

I hope there'll be plenty of opportunities for me to enjoy the cozy conversations, larger gatherings, exciting new events as well as the unexpected lockouts the RAs expect..

## **Community Programs**

### **Waterslide**

Yeah, it's summer! We're going to keep celebrating the heat by using the inflatable waterslide. *Children will need a waiver signed by a parent to participate.* We will also have a small pool for younger children to play in. Contact Bonnie Weeks with any questions at 204-8539.

When: Wednesday, July 2 at 11am; Thursday, July 17 at 3pm; Thursday, July 31 at 11am

Where: Grassy Area by the Orchard Park Community Center

### **Jewelry Class**

Time to let your creative side shine. Let's relax and enjoy an evening making beaded earrings.

If you have any questions, please contact Shawna Stevens at 757-7899.

When: Wednesday, July 2 at 7:30pm

Where: Melvin Fassler Community Center

### **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: Thursday, July 3 from 4pm to 6pm

Where: Orchard Park Community Center

### **Star Mobile**

Let's make a star mobile in honor of Independence Day. It's easy to make and can hang in your room or outside. Children 8 and younger will need a parent helper. If you have any questions, please contact Shawna Stevens at 757-7899.

When: Thursday, July 3 at 4pm

Where: Melvin Fassler Community Center

### **Fun With Bubbles**

Blow the magic bubbles and have fun in the playground. For questions please call Shakeela at

## Community Programs

297-7451.

When: Thursday, July 3 at 4:30pm

Where: At the green playground, by the Melvin Fassler Community Center

### Cloth Diaper Workshop

Thinking about using cloth diapers? Got a diapering system that works for you? I will bring some examples and information, and if you've got some techniques and cloth diapers, you can share them as well. If you have any questions, call Aisha at 681-6897.

When: Saturday, July 5 at 10:30am

Where: Melvin Fassler Community Center

### Water Slide

Come on over and cool down with the water slide! Please bring towels and sunscreen and get ready to get wet! If you have any questions, please contact Shawna Stevens at 757-7899. **\*Waivers must be signed by a guardian to participate in this event.**

When: Sunday, July 6 at 3pm

Where: In the grassy area between buildings 2000 and 2200

### Ice Cream Social

Who wants ice cream? Come and enjoy a cool treat while hanging out with your neighbors. If you have any questions, please contact

Shawna Stevens at 757-7899.

When: Sunday, July 6 at 6:30pm

Where: Melvin Fassler Community Center

### The Slide

Hey kids! Cool off and zip down the waterslide. Parents, don't forget the towels and sunscreen! For questions, call Aisha, 681-6897. **Waivers must be signed by a guardian to participate in this event.**

When: Tuesday, July 8 at 4pm; Saturday, July 19 at 3pm

Where: Between buildings 4100 and 4300

### Potluck

Enjoy your fabulous Friday evening with your neighbors. Please bring a dish to share. For questions please call Shakeela at 297-7451

When: Friday, July 11 at 5:30pm

Where: Melvin Fassler Community Center

### Family Game Night

Get your family together for a fun night of games! We have new games available. This is a great opportunity to get to know your neighbors and a nice activity for the family. Please contact Yalina Soto at 756-3670 if you have questions.

When: Friday, July 11 from 6:30pm to 8:30pm

Where: Orchard Park Community Center

### Water Slide

Calling all Kids! The sun is shining bright and it is hot here in the Parks. Join in the fun and take a slide down the Water Slide. Parents don't forget the towels and sunscreen. **All Children must come with an adult.** If you have any questions, please contact Yalina Soto at 756-3670.

**\*Waivers must be signed by a guardian to participate in this event.**

When: Saturday, July 12, from 10am to 11am; Tuesday, July 22, from 4pm to 5pm

Where: By the Orchard Park Community Center

### Fingerpainting

Feeling like getting messy? Time to let your fingers create your next masterpiece! Come on over for an afternoon of fingerpainting. If you have any questions, please call Shawna Stevens at 757-7899.

When: Monday, July 14 at 4pm

Where: Melvin Fassler Community Center

### Parachute, Hula-hoop, & Bubbles

Why play inside when it's so nice outside? Kids, come to the community center and play with us. We'll have the parachute out, some hula-hoops, bubbles, kites (if it's windy enough), and

## Community Programs

snacks. Contact Bonnie Weeks with any questions at 204-8539.

When: Tuesday, July 15 at 4pm

Where: Orchard Park Community Center

### Magic Science Experiments

Don't say NO to science during your school holidays. Learn a magic trick. Surprise your friends when you meet them again. For questions please call Shakeela at 297-7451.

When: Wednesday, July 16 at 3:30pm

Where: Melvin Fassler Community Center

### New and Expectant's Parent's Group

Bring your new baby or expectant self to share some time with others experiencing the same phase of life. Siblings welcome. For questions, call Aisha, 681-6897.

When: Thursday, July 17 at 10:30am

Where: Melvin Fassler Community Center

### Waterslide

Ready, set, slide. Kids, join your friends and have fun. Get wet in the water slide. Don't forget your sunscreen & towel. **\*\*A waiver signed by a parent is a must.** For questions please call Shakeela @ 297-7451.

When: Friday, July 18 at 3:30pm

Where: At the grassy area between 2700 & 2800

### Mehndi or Henna (Hand designs)

Come to the community and spend a nice morning with us. Residents Aruna Kommu and Shruti Khanna are going to be doing henna designs on anybody who wants to get one. Read article about Mehni for more information. Contact Yalina Soto 756-3670 with questions.

When: Saturday, July 19 from 10am to 12pm

Where: Orchard Park Community Center

### Summer Barbeque Potluck

Let's grill out. Bring side dishes or good things to grill. Adults can take turns grilling and all will share a good outdoor meal. Delicious! For questions, call Aisha, 681-6897.

When: Tuesday, July 22 at 5pm

Where: Melvin Fassler Community Center

### Davis Fire Department Tour

It's time for a field trip. The Fire House on 5<sup>th</sup> and E Street is excited to give us a tour of the building, engines, and job responsibilities. If you plan on attending, you will need to arrange your own transportation to and from the Fire Department (parents must remain with their children). Please arrive on-time as a courtesy to

the busy firemen. Meet in front of the building to begin the tour. Contact Bonnie Weeks with any questions at 204-8539.

When: Thursday, July 24 at 10am

Where: Davis Fire House on 5<sup>th</sup> and E Street, meet in the front of the building

### Liquid Nitrogen Ice Cream

This is an awesome dessert! Instead of making home-made ice cream with salt and ice in the special mixer, we're going to be using liquid nitrogen in a regular kitchen top mixer. You'll get to see the science behind this unique and delicious treat. Parents please accompany your children. Contact Bonnie Weeks with any questions at 204-8539.

When: Wednesday, July 30 at 7pm

Where: Orchard Park Community Center



## 2008 Summer Music Concerts at UC Davis Open Air Concerts on the Lawn of East Quad Submitted by Sue Franck

Afro-pop singer and guitarist **Tcheka**, the Latin rock band **Del Castillo**, and platinum-selling singer **Phoebe Snow** will headline **Summer Music 2008**, a series of free, outdoor concerts presented by the **Robert and Margrit Mondavi Center for the Performing Arts** and sponsored by **UC Davis Summer Sessions**.

The concerts will be free and open to the public. Each event will begin at 7:30 pm on the UC Davis Quad at the center of the university campus, with the Quad opening for picnics beginning at 6:30 pm. In accordance

with university policy, alcoholic beverages are not permitted.

Leading off the series on **July 15 will be Tcheka**, whose music blends the traditional, percussion-based *batuque* tradition of his homeland of Cape Verde with folk, jazz, funk, world music, and more. The son of **Nho Raul Andrade**, a famous Cape Verdean violinist, Tcheka (whose real name is

**Manuel Lopes Andrade**) learned music from his father at an early age, and began performing in local bars and nightclubs while still a teenager. He quickly developed a strongly personal style that adapted the distinctive *batuque* rhythm, usually played on various kinds of traditional percussion instruments, to the guitar, as well as a songwriting

gift for keenly observed narratives of rural Cape Verdean life. His career took off following the release of his debut album, *Agrui*, and his second recording, *Nu Monda*, released in 2005, won for him the prestigious Discoveries Award from Radio France International. Widely recognized as a leading figure in the new Cape Verdean music, Tcheka is engaging live

performer whose singing, dancing, and guitar prowess never fail to win converts.

Performing on **July 28 will be Del Castillo**, a Texas-based Latin rock band known for its powerful and eclectic blend of flamenco, rock, blues, and world music as well as its staggering instrumental prowess. Led by brothers Rick and Mark Castillo,

the group has become one of the most popular bands in the highly competitive Austin music scene, dominating the Austin Music Awards. The sextet has opened for a long list of artists including **Ozomatli**, **Los Lonely Boys**, **Los**

**Lobos**, **Kinky**, **deSol**, and has contributed music for films by **Robert Rodriguez** and **Quentin Tarantino**. "They pull together Latin music's romance with rock's grit," wrote *Billboard*. Comparing the group's guitar work to that of **Eddie Van Halen**, *Rolling Stone* raved about the group's "tumbling brilliance on nylon-stringed classical guitars" and "jaw-dropping leads."



# Monthly Maintenance Tips

## By Orchard and Solano Park Maintenance

- Do you have an annoying bathroom or bedroom door that won't stay in the open position? We can remedy that. Fill out an online repair request.
- Are your closet doors often coming untracked? Take care of them by sliding closet doors slowly and straight. Don't lean on them when you move them.
- Please remember that bedroom and cabinet doors aren't a painted surface. Hanging items with tape, nails or tacks will harm the wood finish. Damage charges could be assessed when you vacate your apartment, should items be hung on the woodwork.
- Periodically cleaning the refrigerator door seal will make it easier to open and keep it from ripping. Especially take care to clean the bottom edge with warm soapy water where sticky liquids like to accumulate.

# Holidays and Anniversaries

### July 2—Civil Rights Act passed—1964

US President Lyndon B. Johnson signs the bill into law, prohibiting discrimination on the basis of race, sex or national origin in public accommodations and federally assisted programs.

### July 6—Althea Gibson becomes the first Black woman to win the all-England championship in singles tennis at Wimbledon—1957

### July 8—Taos Pueblo recovers Blue Lake from the US government—1970

The native Americans of Taos Pueblo, New Mexico, pushed a long-standing claim to national forest lands for over fifty years to obtain the title to Blue Lake, a body of water considered a sacred place. The lake is situated in the mountains above Taos Pueblo, and is the source of spiritual life and potable water for the pueblo, while the trees surrounding the lake are revered as spiritual beings. Until 1906, Blue Lake was both a place of renewal for the people of the Taos Pueblo and a final resting place. The Forest

Service first opened the land to the public in 1906, making it a part of what would become Kit Carson National Forest; they stocked the lake with trout and fishermen came with dynamite and destroyed the serenity of this ancient site. The *pahos* (prayer sticks) and sacred oars belonging to the Tao had been removed from the lakeshore, and the tribe was deeply incensed by the trash and bottles left by the recreationists in their most sacred home. And thus began the fight of the Taos Pueblo, lasting almost half of a century. Their perseverance and the support of the Taos artists and writers resulted in the US Senate restoring ownership of sacred land and the lake to the people of Taos Pueblo.

### July 17—Birth of Hannah Szenes—1921

Born in Budapest, Hungary, she became a symbol of idealism and self-sacrifice. On June 7, 1944, at the height of the deportation of Hungarian Jews, she crossed the border into Hungary. Caught almost immediately by the Hungarian police and tortured, but refused to divulge

any information. Throughout her ordeal she remained steadfast in her courage, and when she was executed by a firing squad on November 7, she refused the blindfold, staring squarely at her executors and her fate.

### July 26—Americans with Disabilities Act signed into law—1990

This milestone of civil rights legislation protects people with disabilities from discrimination in the areas of employment, transportation, and public accommodation; earlier legislation had addressed discrimination in housing. The law required a wide range of public and private establishments to make new and renovated facilities accessible to people with disabilities and to make "readily achievable" changes to existing facilities in order to increase accessibility.

# Calendar of Events

## July 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> <u>Waterslide</u> OPCC 11am  <u>Jewelry Class</u> MFCC 7:30pm	<b>3</b> <u>Fuse Beads</u> OPCC 4pm  <u>Star Mobile</u> MFCC 4pm  <u>Fun with Bubbles</u> Playground by MFCC 4:30pm	<b>4</b> <b>HOLIDAY</b> <b>Both Parks</b> <b>Offices</b> <b>Closed</b>	<b>5</b> <u>Cloth Diapers</u> MFCC 10:30am
<b>6</b> <u>Waterslide</u> Between 2000 & 2200 3pm  <u>Ice Cream Social</u> MFCC 6:30pm	<b>7</b>	<b>8</b> <u>The Slide</u> Between 4100 & 4300 3pm	<b>9</b>	<b>10</b>	<b>11</b> <u>Potluck</u> MFCC 5:30pm  <u>Family Game Night</u> OPCC 6:30pm	<b>12</b> <u>Waterslide</u> OPCC 10am
<b>13</b>	<b>14</b> <u>Fingerpainting</u> MFCC 4pm	<b>15</b> <u>Parachute</u> OPCC 4pm	<b>16</b> <u>Magic Science Experiments</u> MFCC 3:30pm	<b>17</b> <u>New Parent Group</u> MFCC 10:30am  <u>Waterslide</u> OPCC 3pm	<b>18</b> <u>Waterslide</u> Between 2700 & 2800 3:30pm	<b>19</b> <u>Mehndi</u> OPCC 10am  <u>The Slide</u> Between 4100 & 4300 3pm
<b>20</b>	<b>21</b> <u>Summer BBQ</u> MFCC 5pm	<b>22</b> <u>Waterslide</u> OPCC 4pm	<b>23</b>	<b>24</b> <u>Davis Fire Department</u> 5th & E St 10am	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b> <u>Liquid Nitrogen Ice Cream</u> OPCC 7pm	<b>31</b> <u>Waterslide</u> OPCC 11am		

