



A Publication of
Orchard and Solano
Parks, UC Davis

THE PARK MESSENGER

November 2008

INSIDE THIS ISSUE:

Important Apartment Guidelines to Remember	2
Calling for Good Food	2
United States Presidential Election 2008	3
Turkey Facts	3
International Storytelling	4
Community Programs	5
Cell Phones and 9-1-1 on Campus	7
Chilean Concert	7
Holidays and Anniversaries	8

Orchard Park Office Hours:

Monday ~ Friday:
8:30 a.m.—12:00 p.m.
1:00 p.m.—4:30 p.m.

Solano Park Office Hours:

Monday ~ Friday:
8:00 a.m.—12:00p.m.
1:00 p.m.—4:30 p.m.

Special points of interest:

- November 11, 27 and 28 are University Holidays. All campuses offices are closed. Please contact your on-call RA for immediate assistance.

Herbal Infusion & Herbal Tea

By Shakeela Kuthubdeen (www.herbshealing.com)

Infusions and Teas are a favorite way to consume herbs. The major difference between a Tea and an herbal infusion is the method of making it and the effect it gives.

Tea is made by brewing a small amount of herbs (typically a teaspoonful to a cup of water) for a short time (generally 1-2 minutes), teas are flavorful, colorful drinks. Herbal teas are often consumed for their physical or (short term & quick) medicinal effects, especially for their stimulant, relaxant or sedative properties.

An infusion is a large amount of herb brewed for a long time. Typically, one ounce by weight (about a cup by volume) of dried herb is placed in a quart jar which is then filled to the top with boiling water, tightly lidded and allowed to steep for 4-10 hours. After straining, a cup or more is consumed, and

the remainder chilled to slow spoilage. Drinking 2-4 cups a day is usual. It's mostly consumed for its long term medicinal benefits.

The name 'herbal teas' is a misnomer, as they are not made with real tea (*Camellia sinensis*), but by infusing other plants. Herbal teas can be made with fresh or dried flowers, leaves, seeds or roots. Seeds and roots can also be boiled on a stove. The tisane is then strained, sweetened if so desired, and served. Herbs rich in coloring compounds -- such as hibiscus, rose hips, calendula, and black tea -- make enticing and tasty teas. They may also contain polyphenols, phytochemicals known to help prevent cancer. Since coloring compounds and polyphenols are fairly stable, dried herbs are considered best for teas rich in these.

Herbs rich in volatile oils -- such as ginger, chamomile, cinnamon, catnip, mint, lemon balm, lemon grass, lavender, bergamot, and fennel, anise, and cumin seeds -- make lovely teas and infusions which are effective in easing spasms, stimulating digestion, eliminating pain, and inducing sleep. Since much of the volatile oils are lost when herbs are dried, fresh herbs are considered best for infusions rich in these, but dried herbs can be used with good results. Since the minerals and other phytochemicals in nourishing herbs are made more accessible by drying, dried herbs are considered best for infusions.

To learn more about herbal infusion & to take some home..... Join us in the Melvin Fassler Community Center (see Community Events for more detail),

Important Apartment Guidelines to Remember

By April Berryman

Part of the job of the Orchard and Solano Park Offices involves myself, Josephine Gorospe, as well as our student staff greeting and orienting new leaseholders when they first move in. As part of the orientation, we inform leaseholders of an important document located on the Student Housing Website called the “Welcome to the Parks” brochure. This brochure outlines important policy information pertaining to living in either complex as well as valuable resources within the campus community and beyond. We thought it would be useful to provide a reminder of important guidelines all residents should be sure to follow.

- No laundry may be dried in breezeways or areas adjacent to buildings.
- Only designated items should be placed in the recycling bins around the complex.
- Wireless routers or wired routers are not allowed in Orchard or Solano Park.
- No business may be

operated from within Student Housing. The sole exception is a licensed childcare business.

- A tenant may not install their own personal locks on any of the doors.
- The apartment may not be painted anywhere. If painted, the leaseholder will be billed for returning the apartment to it’s original condition.
- Additional major appliances such as refrigerators, clothes dryers, air conditioner units, freezers, and other such appliances are not permitted inside or outside the apartment because of safety issues.
- Residents may not extend electrical power outside the apartment by extension cord or any other means.
- When a repair request is placed, it is understood that University staff has been given permission to enter the apartment to make needed repairs.
- Under no circumstances may a resident deactivate the ceiling smoke detector,

since this may cause the system to malfunction and could jeopardize other tenants. Damages caused by tampering with fire equipment are billed to the leaseholder.

- Keep your lease current. If you have a change in occupancy, the leaseholder must submit an Online Occupant Change Request located on the Student Housing Channel **before** the new occupant moves in.
- If you have a visitor for more than 7 days in a 15 day consecutive day period, you must request to add them to your lease **before** they arrive.
- When you are ready to move out of Orchard or Solano Park, you must submit a 42 day written notice to your respective Park Office.

For more policies, please be sure to read the “Welcome to the Parks” brochure located on the Student Housing website under “Publications”.

Calling for Good Food

By Bonnie Weeks

I want people who like to cook good things to contact me. I like to try new foods and want to learn how to make them first-hand from you. If you have a dessert, appetizer, main dish, or other food that you think is fun and interesting and yummy –

please let me know. I would like to start arranging cooking class programs tailored to your interest for this next year. Please contact me if you have any suggestions for the cooking class or if you’re interested in showing us how to make your

food. This is a fun way to educate each other about our individual traditions.

Contact: Bonnie Weeks
530-204-8539 or
bonnie.weeks@gmail.com

United States Presidential Election of 2008

By Aisha Goodman (www.wikipedia.com)

The **United States presidential election of 2008**, scheduled for Tuesday November 4, 2008, will be the 56th consecutive quadrennial United States presidential election and will select the President of the United States and Vice President of the United States.

The Republican Party has chosen John McCain, the senior United States Senator from Arizona as its nominee; Barack Obama, the junior United States Senator from Illinois, has been chosen as the nominee for the Democratic Party. The 2008 election is particularly notable because it is the first time in U.S. history that two sitting senators will run against each other for president, and because it is the first time an African American is a presidential nominee for a major party, as well as the first time both major candidates were born outside

the continental United States—Hawaii for Obama and the Panama Canal Zone for McCain. With African American candidate Barack Obama, who is of mixed African and Caucasian parentage, as the Democratic Party nominee for President and John McCain's selection of female Alaska Governor Sarah Palin as the Republican Party nominee for Vice-President, the eventual winning ticket is very likely to have a historic context, as either the first African American will be elected President along with the first Roman Catholic as Vice President or the first woman will be elected Vice President. The Libertarian Party has nominated former Congressman Bob Barr, the Constitution Party has nominated pastor and radio talk show host Chuck Baldwin, and the Green Party has nominated former Congresswoman Cynthia McKinney.

Ralph Nader declined to seek the Green Party nomination and is running as an independent candidate.

The election will coincide with the 2008 Senate elections in thirty-three states, House of Representatives elections in all states, and gubernatorial elections in eleven states, as well as various state referendums and local elections. As in the 2004 presidential election, the allocation of electoral votes to each state will be based partly on the 2000 Census. The president-elect and vice president-elect are scheduled to be inaugurated on January 20, 2009.

Please join us (after voting, if you are eligible) for an election night potluck, on Tuesday, Nov. 4 at 6pm. We will be following the results.

Turkey Facts

By Bonnie Weeks (<http://www.urbanext.uiuc.edu/turkey/facts.html>)

- Ben Franklin, in a letter to his daughter, proposed the turkey as the official United States bird.
- In 2006, the average American ate 16.9 pounds of turkey.
- Turkey consumption has increased 108% since 1970.
- In 2006, Turkey was the # 4 protein choice for American consumers behind chicken, beef and pork.
- The average weight of a turkey purchased at Thanksgiving is 15 pounds.
- The heaviest turkey ever raised was 86 pounds, about the size of a large dog.
- The male turkey is called a tom.
- The female turkey is called a hen.
- The turkey was domesticated in Mexico and brought to Europe in the 16th century.
- Wild turkeys can fly for short distances up to 55 miles per hour.
- Wild turkeys can run 20 miles per hour.
- Tom turkeys have beards. This is black, hairlike feathers on their breast. Hens sometimes have beards, too.

*Continued on Page 4

Turkey Facts

Continued from Page 3

- Turkeys' heads change colors when they become excited.
- Six hundred seventy-five million pounds of turkey are eaten each Thanksgiving in the United States.
- Turkeys can see movement almost a hundred yards away.
- Turkeys lived almost ten million years ago.
- In 1920, U.S. turkey growers produced one turkey for every 29 persons in the U.S. Today growers produce nearly one turkey for every person in the country.
- Male turkeys gobble. Hens do not. They make a clicking noise.
- Gobbling turkeys can be heard a mile away on a quiet day.
- The ballroom dance the "turkey trot" was named for the short, jerky steps that turkeys take.
- A domesticated male turkey can reach a weight of 30 pounds within 18 weeks after hatching.
- Turkeys have heart attacks. The United States Air Force was doing test runs and breaking the sound barrier. Nearby turkeys dropped dead with heart attacks.
- Henry VIII was the first English King to enjoy turkey and Edward VII made turkey eating fashionable at Christmas.
- In England, 200 years ago, turkeys were walked to market in herds. They wore booties to protect their feet. Turkeys were also walked to market in the United States.
- June is National Turkey Lover's Month.
- Turkeys will have 3,500 feathers at maturity.
- The fleshy growth under a turkey's throat is called a wattle.
- 1000 A.D. Turkey feathers were used to stabilize arrows and adorn ceremonial dress, and the spurs on the legs of wild tom turkeys were used as projectiles on arrowheads.

International Storytelling

By Ann Gunion

FRANCIE DILLON at Children's Storytelling in the Community Room at International House, 10 College Park, Davis, CA 95616 Sunday, November 9, 2008 - 2:00 - 3:00 p.m. (Doors open at 1:45 p.m.)

Award-winning entertainer FRANCIE DILLON presents a program entitled "Tales from the South". Francie will share some of the culturally rich and funny Uncle Remus stories.

Described as a "Magnetic Performer" by the Sacramento Bee, she has presented as an educator and entertainer at National and statewide events and has been featured on radio,

television and videos. Dillon is a winner of the National Parent's Choice Approval Award and a recipient of the Best Newcomer Award by nationally syndicated children's music critic Deborah Moore. She is a strong advocate of reading programs and is an instructor of Literature for Children at California State University Sacramento.

The storytelling event is open to the public. There is no charge for International House members. The suggested donation for non-members (\$2 per person or \$5 per family).

For further details, send e-mail to

chips@internationalhousedavis.org. More information on the Storytelling Program is at www.internationalhousedavis.org. For more information on the performer see <http://www.franciedillon.com/index.htm>

One Sunday afternoon per month, children ages 5 through 10, with an accompanying adult, enjoy storytelling performances with international content at the I-House.

International House, Davis is an independent, nonprofit community organization. Its purpose is to promote respect and appreciation for all peoples and cultures.

Community Programs

Seasonal Greeting Cards

Kids! It's time to be creative. Come create your own card to wish "Happy Thanksgiving" or simply greet someone you love. Adults who are interested may join us too!!!! For questions please call Shakeela at 297-7451.

When: Tuesday, November 4 at 4pm

Where: Melvin Fassler Community Center

Election Night Potluck

Join us as we await the election results! Bring some food to share, and we can get out some games and activities (or talk) while history is being made. For questions, please call Aisha, 681-6897.

When: Tuesday, November 4 at 6pm

Where: Melvin Fassler Community Center

Story Hour

Autumn can be cold and windy, so let's spend a warm, cozy afternoon inside reading stories. I'll bring a few snacks along too! This program's reading material will be targeted for children 0-5 years old, but all residents are welcome. If you have any questions, please contact Shawna Stevens at 757-7899.

When: Wednesday, November 5 at 4pm

Where: Melvin Fassler Community Center

Thankful for Women – Girls' Night Out

In honor of Thanksgiving and thinking of things to be grateful for, I am grateful for my female friends. Here's a night to relax out of the house. Bring a project if you want, wear comfy clothes, come relax. We'll have food provided and games to play. Come join our party. (no children please) Call Bonnie Weeks with questions at 530-204-8539.

When: Wednesday, November 5 at 8:30pm

Where: Orchard Park Community Center

Herbal Infusions

Infusions are basically long-steeping herbal teas. Learn how making simple daily infusions of common herbs can help support your health. We will discuss the nutrients and properties of several herbs, their appropriate use, and different ways to make and drink your infusions. For questions please call Shakeela at 297-7451 or Chloe at 756-3405.

When: Thursday, November 6 at 4pm

Where: Melvin Fassler Community Center

Thanksgiving Scrapbooking for Kids

Orchard Park has a lot of scrapbooking supplies such as scissors and punches that are available. It's a great time of the year to give family and friends a nice

handmade personalized craft. Let's prepare them before hand and save them for Thanksgiving. All ages are welcome. Children under 6 must be supervised by an adult. Please call Yalina Soto if you have any questions.

When: Saturday, November 8 at 2pm

Where: Orchard Park Community Center

Afternoon Tea and Dessert Potluck

As the weather begins to turn cold, I begin to crave sweets. If you're like me, let's get together for an afternoon of dessert! Everyone brings their favorite dessert to share and I'll supply both warm and cold beverages. It'll be a great way to spend a Sunday fall afternoon with your neighbors. If you have any questions, please call Shawna Stevens at 757-7899.

When: Sunday, November 9 at 3pm

Where: Melvin Fassler Community Center



Community Programs

Origami-Snowflakes

Did you know that snowflakes are entirely different from each other? They are unique like you. Wanna create snowflakes to see how different they can look? Spend the evening having fun with paper and your own imagination. Come and make Origami snowflakes. For questions please call Shakeela at 297-7451.

When: Tuesday, November 11 at 4pm

Where: Melvin Fassler Community Center

Elderberry Syrup

Learn how to make Elderberry Syrup, to protect against the colds of winter and make some for your family. Please contact Aisha, 681-6897, by Friday, November 7 if you plan to attend.

When: Wednesday, November 12 at 3pm

Where: Melvin Fassler Community Center

Finger Paint Fun

Calling all toddlers and preschool age children. We are taking out the finger paints! This is a great activity where children use their hands to express their creativity. Be sure to wear clothes you don't mind getting dirty. Hope to see you there. For questions and comments please contact Yalina Soto at 756-3670.

When: Thursday, November 13 at 1pm

Where: Orchard Park Community Center

Family Masquerade

Come get your groove on. This family event is a mask required program. We'll have face masks for you to wear when you arrive or you're welcome to bring your own. We'll have music and dancing, fondue, and other yummy treats. Call Bonnie Weeks with questions at 530-204-8539.

When: Friday, November 14 at 6:30pm

Where: Orchard Park Community Center

Paint Stamping

This is a fun way to paint without brushes. We'll have lots of interesting objects to dip in paint to make a creative piece of artwork. This is a great activity for toddlers as well as older children. Call Bonnie Weeks with questions at 530-204-8539.

When: Tuesday, November 18 at 3:30pm

Where: Orchard Park Community Center

Autumn Kids Craft Hour

Lets get together and do a fun autumn craft project. I'll provide the supplies and snacks while you bring your crafty minds and imagination! If you have any questions, please contact Shawna Stevens at 757-7899.

When: Wednesday, November 19 at 4pm

Where: Melvin Fassler Community Center

Diwali, Deepavali Potluck

The festival of lights is the prettiest of all Indian festivals and celebrates the return of Lord Rama to Ayodhya after a 14-year exile. Thousands of flickering lights illuminate houses and transform the drab urban landscape of cities and towns while fireworks add color and noise. We will be celebrating this mayor Indian festival with our Indian community. There will be rangoli designs for kids to make, decorations and learn more about Diwali. **Please bring a vegetarian dish to share with everybody.** Contact Yalina Soto if you have any comments or questions at 756-3670.

When: Saturday, November 22 at 5pm

Where: Orchard Park Community Center

Turkey Craft

Thanksgiving is on its way. Make and decorate a hand-turkey to celebrate. For questions, call Aisha, 681-6897.

When: Monday, November 24 at 4pm

Where: Melvin Fassler Community Center

Cell phones and 9-1-1 calls on campus

Submitted by Sue Franck

Emergency help is closer for many cell phone users who make a 9-1-1 call on the University of California, Davis, campus.

Cell sites around the Davis campus will now route wireless 9-1-1 calls to the public safety dispatch center at UC Davis, instead of to the California Highway Patrol.

The new system -- for those using wireless service providers Verizon, AT&T, Nextel and T-Mobile -- is designed to get emergency police, fire or medical assistance to callers sooner. The wireless 9-1-1 service is among other recent steps to enhance safety, security and emergency response at UC Davis.

At one time, most cell phones were mounted in vehicles, so 9-1-1 calls from cell phones throughout California were routed to the CHP's regional call centers -- sometimes miles away -- and callers could experience long delays before

their call was answered and help directed to them.

"Many students and other members of our campus community use cell phones," said Annette Spicuzza, chief of the UC Davis Police Department, which is responsible for the university's public safety dispatch center. "With this wireless 9-1-1 system, we can better get emergency help to them when they're on campus."

The university police department worked with CHP and wireless phone carriers so that wireless 9-1-1 calls are routed according to the cell site receiving and transmitting the signal, and local cell site antennas are directed toward the campus dispatch center. Calls from sites that are aimed at state patrolled highways and roadways are still routed to the California Highway Patrol.

Service providers

Wireless service providers that have been tested and work with

the UC Davis dispatch center are: Verizon, AT&T, Nextel and T-Mobile. Cellular customers who do not have these providers should program (530) 752-1230 into their cell phone and use it for emergency calls on the Davis campus.

Wireless call routing has proved effective, Spicuzza said, and many municipalities already have the capability. The city of Davis implemented its wireless 9-1-1 system about a year ago.

The university has its own full-service police and fire departments and has a comprehensive emergency management program. The dispatch center at the police department is staffed 24 hours a day, seven days a week by certified public safety dispatchers. It manages police and fire communications for the Davis campus.

To learn more about the 9-1-1 wireless program, call the UC Davis Police Department at (530) 752-1727.

Chilean Concert

Submitted by Sue Franck

The Chilean Cultural Association of Davis (ChileCAD) is presenting INTI-ILLIMANI in concert on NOV 06, 2008 at 8:00 PM at the FREEBORN HALL of UC Davis.

The general admission is \$30; students and seniors pay only \$15. This is a fundraiser event

for a social program we have in south of Chile. Please visit our web page for more information www.chilecad.org.

For tickets write directly to ChileCAD, at the E-mail address: president@chilecad.org and also directly to panchomm@sbcglobal.net



Monthly Maintenance Tips

By Orchard and Solano Park Maintenance

- The combination of cold air and hot water create steam and condensation. Condensation builds up most in your bathroom. Keep the bathroom fan running a little longer to pull moisture from the air.
- Portable electric furnaces or heater use lots of energy. Put a small oscillating fan by your gas wall furnace to help pull warm air to those back bedrooms.
- We only get to clean our buildings' rain gutters once a year. Usually this happens in late December when we can anticipate that the trees have lost most if not all of their leaves.
- Please take note of the following materials which may stain your floor:
 - Asphalt
 - Wet cardboard
 - Dyes on magazines and other paper or cardboard
 - Rubber backed carpets or rubber mats
 - Rubber furniture rests
 - Black rubber wheels (carts, toys, etc)
 - Black tires (bikes, etc)
 - Ink
 - Oil
 - Some black shoe soles
 - Cleaner containing pine oil
- Poster paints and powder paints
- Remember, Park Maintenance only replaces exterior lights, the kitchen light and dining room light. All other fixtures are your responsibility.
- When submitting repair requests, please only submit one repair per request,. If you have multiple items to be repaired, please submit a separate request for each repair.
- Be sure to clean the grease that builds up on your kitchen range hood. Grease can clog the exhaust area and cause the fan to not work properly.

Holidays and Anniversaries

November 4, 1922— Discovery of King Tut's tomb

The discovery of the tomb of Egypt's child-king was one of the most important archaeological discoveries in Egypt. The tomb of Tutankhamen, who became pharaoh at nine, was found more than 3,000 years after his death, and Yielded priceless relics which can now be found at the national Museum in Cairo, Egypt.

November 6—World Communication Week

Established to stress the importance of communication among 3,000 languages spoken and to promote communication by means of the international Esperanto language.

November 15—Sadie Hawkins Day

A light-hearted "holiday" inspired by a cartoon character developed by Al Capp for his *L'il Abner* comic strip. Sadie Hawkins dances have been celebrated at various high schools and colleges since the first Sadie Hawkins Day took place in 1938, traditionally, young women ask the young men to the dances. Celebrated first Saturday after November 11th.

November 19, 1969— Capture of Alcatraz Island

On this date, a group of Native Americans led by Richard Oakes took over Alcatraz Island in San Francisco Bay, site of a former federal prison, demanding that it be made available for Native

Americans as a cultural center and declaring that all federal surplus property must by law revert to Native Americans. The occupation of Alcatraz, which lasted until June 11, 1971, dramatized the long-standing grievances of Native Americans against the federal government and signaled the rise of a new activism among Native Americans.

November 19—Universal Children's Day

The first observance was in 1952. It is a time to honor children with special ceremonies and festivals and to make children's needs known to governments. Observed in more than 120 nations.

Calendar of Events

November 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	4 <u>Seasonal Greeting Cards</u> MFCC 4pm <u>Election Night Potluck</u> MFCC 6pm	5 <u>Story Hour</u> MFCC 4pm <u>Thankful for Women</u> OPCC 8:30pm	6 <u>Herbal Infusions</u> MFCC 4pm	7	8 <u>Thanksgiving Scrapbooking</u> OPCC 2pm
9 <u>Afternoon Tea and Dessert Potluck</u> MFCC 3pm	10	11 HOLIDAY BOTH PARKS OFFICES CLOSED <u>Origami Snowflakes</u> MFCC 4pm	12 <u>Elderberry Soup</u> MFCC 3pm	13 <u>Finger Paint Fun</u> OPCC 1pm	14 <u>Family Masquerade</u> OPCC 6:30pm	15
16	17	18 <u>Paint Stamping</u> OPCC 3:30pm	19 <u>Autumn Kids Craft Hour</u> MFCC 4pm	20	21	22 <u>Diwali Potluck</u> OPCC 5pm
23	24 <u>Turkey Craft</u> MFCC 4pm	25	26	27 HOLIDAY BOTH PARKS OFFICES CLOSED	28 HOLIDAY BOTH PARKS OFFICES CLOSED	29
30						

