



A Publication of
Orchard and Solano
Parks, UC Davis

THE PARK MESSENGER

December 2008

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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.—12:00 p.m.
1:00 p.m.—4:30 p.m.

Special points of interest:

- December 24, 25 and 31 are University and all campus offices are closed. Please contact your On-Call RA for immediate assistance.

Roof, Gutter, and Downspout Cleaning

Submitted by Doug Ryan

Workers from a private contractor will be cleaning the roofs, rain gutters and down spouts of the Solano Park and Orchard Park

Apartments sometime in December. They will place ladders near some apartments to climb to

the roof. As they clean debris and leaves from the gutters, some material may fall to the ground. **Please take a moment to check your patio area,** and cover anything that you wish to protect from falling debris. Each down

spout pipe will be flushed with water, which may cause some debris on some patios or near apartments. The workers will remove this debris. They may also use a blower to clean any ground area where debris falls.

Green Gift Ideas for the Holiday

Submitted by Shakeela Kuthubdeen from www.Care2.com

One of the very best things we can do for the Earth is simply to preserve natural resources by consuming less, but this does not mean that we must forgo gift giving. Here are some wonderful, simple gift ideas that help to sustain the Earth, an act of friendship toward all living things.

Make "Go Green" a family tradition, teach it to your children by giving green gifts and involving them in your effort. Giving experiences you can share, rather than

material goods, saves resources. And you can also simply give a gift of yourself. The key to this is to know the wants and needs of the person to whom you are giving the gift. Equally important, don't underestimate your own special skills and talents. One valuable aspect of giving a gift of yourself is that it is the perfect solution for those who "have everything."

Give a Gift of Yourself or Your Time

- Make homemade bread, cake, or your

- Offer baby-sitting time
- Offer a monthly lunch date with an elderly relative or friend
- Offer free lessons in a sport in which you excel
- Offer your talents, such as photography, crafting or hairstyling
- Put together a family or friends photo album- memories make a big difference

*Continued on Page 2

Green Gift Ideas for the Holiday

Continued from Page 1

- Make a video of people the gift recipient loves.

Give a Green Gift that Isn't a Thing-but more valuable

- Give tickets—to concerts, sporting events, trips etc.
- Give a museum pass or membership to library, environment society etc.
- Give an experience (a day kayaking, hiking, visit to the zoo or aquarium).
- Provide a gift certificate for a lesson (tennis, swimming, drums, for example).
- Provide a gift certificate for a dinner for two.
- Give a gift certificate to a used book store- with a note to encourage re-use.

- Give a plant, a tree or some packs of seed.

Imaginative wrapping:

- Wrap gifts with colorful newspaper "funnies," candy wrappers or mail-order catalogs. Even grocery bags work – with a personal touch. If you've got more time, create personalized collages and get your children involved.
- Re-use those old linens in your drawer with holes that you will never use again. A vintage cloth can make a beautiful wrapping, particularly if you are giving to a quilter or someone who crafts items from scraps of materials. (Or if

you are very crafty yourself, make puppets or potholders from scraps or old linens.

- Instead of bows and ribbons, attach a sprig of berries or some pretty dried leaves, flowers or sea shells. Your imagination and good green judgment are the only limits!

Recycling tip:

Save the wrappers you get to make collages or fancy wrapping paper with your child on a rainy day and use the results to wrap another gift later.

- To make "creative wrapping paper" join us in MFCC- see community events for more detail.

The Costa Rican Christmas Tamales

Submitted by Yalina Soto

For almost all Costa Rican families a Christmas season without *tamales* is just not complete. This delicious typical dish--prepared almost exclusively in December to eat during the year-end parties and celebrations--comes from a millennial tradition.

The base of a *tamal* is corn, or maize, a crop cultivated by the Meso-american Indians since pre-Columbian times. Corn has always been an essential element in their diet and it is used to prepare an endless number of tasty dishes, such as the well-known tortillas and *atole*, plus, even, alcoholic drinks like *chicha*. It is also believed that *tamales* are a part of our

ancestors' heritage. The truth is, all Costa Ricans will remember having eaten them since they were small children.

Making and cooking *tamales* is generally an activity which involves the participation of all family members. It is a slow, careful and laborious process. As some family members prepare the corn dough, others will be chopping and mincing additional ingredients and yet others will be preparing the plantain leaves and strings that will be used to wrap the *tamales* for boiling. Grandmothers and mothers will teach granddaughters and daughters how to make *tamales*; making sure the tradition is kept alive.

All through the month of December no Costa Rican home will be found without *tamales*. It might seem as if they don't get tired of eating them; some, even three or four times a day! They are eaten for breakfast, lunch and dinner and they are absolutely fundamental for coffee break time.

During the season, invitations to eat *tamales* at friends' and relatives' homes are common. Whoever does not make them can buy them ready to eat from commercial producers. The fact is, for Christmas, *tamales* cannot be missing from the kitchen!

Goopy Butter Cake Recipe

Submitted by Shawna Stevens

When the weather turns chilly and rainy, as it tends to do in Davis in the winter, I turn towards my oven. While I'm not an expert baker, I still enjoy baking up fresh-made treats when its cold outside. They always taste good with a hot cup of coffee or tea and make the house smell delicious. Its aromatherapy for the housebound. My cousin gave me this easy treat recipe that tastes decadent. It has lots of interesting variations and is easy to make- a huge plus if you have kids in the house or don't want to spend hours in the kitchen. Enjoy!

Crust

- 1 18 ¼-ounce package yellow cake mix
- 1 egg
- 1 stick butter, melted

Preheat oven to 350 degrees. Combine ingredients and mix well. Pat into a lightly greased 13x9-inch pan. Prepare filling.

Filling

- 1 8-ounce package cream cheese, softened
- 2 eggs
- 1 teaspoon vanilla
- 1 stick butter, melted
- 1 16-ounce box powdered sugar

Beat cream cheese until smooth. Add eggs and vanilla. Add butter, and beat. Add powdered sugar and mix well. Spread over cake mixture. Bake for 40 to 50 minutes. You want the center to be a little gooey, so don't overtake. Cool completely and cut into squares.

Variations:

1. For the holidays, add a 15-ounce can of pumpkin to the filling; add cinnamon and nutmeg
2. Add a 20-ounce can of drained pineapple to the filling
3. Use a lemon cake mix. Add lemon juice and zest to the filling
4. Use a chocolate cake mix with the cream cheese filling. Add chocolate chips and nuts on top
5. Use a spiced carrot cake mix. Add chopped nuts and shredded carrots to the filling
6. Use mandarin oranges, bananas, blueberries, or strawberries- just coordinate your extract flavorings
7. Use a chocolate cake mix. Add $\frac{3}{4}$ to 1 cup peanut butter to the filling



Digestives

Submitted by Aisha Goodman

To counterbalance the plethora of cool-season food recipes (however scrumptious) I want to share some tasty healthful treats to help us digest the heavy, cooked food of winter. Living foods, such as kombucha, yogurt, and miso provide helpful micro-organisms that balance and improve our digestive systems. Thus some refer to these foods as digestives. Digestives are especially important in winter, when we tend to eat more cooked and densely caloric foods, which tend to provide fewer enzymes and can be heavy on the stomach. Living foods also provide a natural form of food preservation, via the salt and the environment created by the micro-organisms, which can extend the summer's garden harvest into the winter. Moreover, living foods help to connect us to our environment at both the macro and the micro level. Be on the lookout for some programs on making some of these delicacies part of your life.

Kombucha

Kombucha is a fizzy beverage, a tonic, made from sweetened tea. Kombucha requires a "mother," a gelatinous colony of bacteria and yeast. If you would

like to make kombucha, contact me, (Aisha,) at 681-6897, or Chloe at 756-3405 for a mother and directions.

Yogurt

Since most people like yoghurt and are familiar with its uses and benefits, yogurt is a good place for a novice to start. I think of it as a "gateway ferment." Yogurt is very easy to make, and is good plain or flavored. You need about a teaspoon to a tablespoon of plain yogurt that hasn't been pasteurized (I especially like Pavells). You can use a special device to keep the milk at the right temperature, but you can also use an insulated cooler or leave your yogurt outside in a sunny spot on a warm day. It should stay at about 100 degrees. First, heat about a quart (liter) of milk until bubbles form (180 to 200 degrees Farenheit). Then let it cool until it feels hot, but you can keep your (clean) finger in it (about 110 degrees). Mix your starter yogurt in. Use only a little-yogurt likes to have room. Place in a quart-sized jar, and keep it in a warm spot where it won't be disturbed. Check on your yogurt after 8 to 12 hours. If it hasn't gotten thick, warm it up by adding a warm (not hot) bottle of water and maybe a

little more yogurt. Save a little to use for the next batch.

Miso

The past two winters I have made miso with some spore I ordered from GEM Culture. Miso is very easy to make if you get prepared koji, but koji takes some time and attention to make. Prepared, living miso is available at natural food stores, refrigerated in paste form. I shouldn't offer a miso soup recipe, since my "recipe" would read more like a treatise on my philosophy of winter health, miso and its various ingredients. I have, however, made some delicious sauce that includes miso and is good on rice, noodles, vegetables, spring rolls, or just about anything. Mix together about 1/4 C nut butter (peanut/tahini/cashew) and 2 T miso. Add the juice (and zest, optionally) of 1 lime, about 1 T hoisin sauce, a tsp or so of sesame oil, and 1/2 tsp hot sauce (Sriracha or other). Add about 1/4 C of coconut milk or a little rice vinegar to thin. Stock would also work well. All ingredients can be altered or omitted as necessary. It should be creamy, zingy, complex, and delicious.



Community Programs

Knitting Class

I have taught knitting classes at the UC Davis Craft Center, and want to share my skill with you. It's too easy. Besides, you can get started on making a toy or a garment for someone you love. If you have questions, please call Aisha, 681-6897.

When: Tuesday, December 2 at 4pm

Where: Melvin Fassler
Community Center

Origami-Santa Greeting Cards

Come, create your own card to wish "Merry Xmas" using a very simple two fold Santa and Christmas tree. Even the very young can try this origami. For questions please call Shakeela at 297-7451.

When: Wednesday,
December 3 at 4pm

Where: Melvin Fassler
Community Center

Cooking for Winter Health

Some of the most common culinary herbs are actually great cold and flu fighters. Other less well-known immune boosters can make safe and tasty additions to everyday dishes. In this workshop, resident Chloe Taylor Evans will show us how to make delicious pesto, a nourishing tonic soup, and warming porridge. Please bring any comments or recipes from your culture's tradition of preserving health through food! If you have any questions, please call Shawna Stevens at 757-7899

or Chloe Taylor Evans at 756-3405.

When: Thursday, December 4 at 3pm

Where: Melvin Fassler
Community Center

Christmas 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, pegboard shapes and Christmas patterns to choose from. We can hang them on the Christmas tree or glue a magnet to decorate your refrigerator. Kids under 6 years old have to come with an adult helper. For questions of comments please call Yalina Soto at 756-3670.

When: Friday, December 5 at 5:30pm

Where: Orchard Park
Community Center

Pancake Breakfast

This is the first ever pancakes breakfast (at least in the past 2 years). We'll provide the pancakes and syrup and you can bring any other breakfast side dish to share. Don't be afraid to come in your pajamas. Call Bonnie Weeks for questions at 204-8539.

When: Saturday, December 6 at 9am

Where: Orchard Park
Community Center

Silk Scarf Painting

Make a beautiful gift for

someone special using professional dyes and the Serti technique. We have used this method several times at Solano Park and every time residents make amazing art on delicious silk. For questions, call Aisha, 681-6897.

When: Saturday December 6 at 2pm

Where: Melvin Fassler
Community Center

Holiday Cookie Swap

Everyone loves cookies for the winter holidays. Bring a batch of your favorite cookies to share with other residents and plan on taking some delicious cookies home with you! I'll provide sugar cookies for the kids to decorate and some hot beverages. Bring copies of your cookie recipe to share with others and a mug for coffee or tea. If you have any questions, please call Shawna Stevens at 757-7899.

When: Sunday, December 7 at 3pm

Where: Melvin Fassler
Community Center

Twisty Balloons

Have fun twisting & turning balloons to make a cute puppy. If you are an expert, this is an opportunity to share the skills and impress the kids who will enjoy this event. For questions please call Shakeela at 297-7451.

When: Monday, December 8 at 4pm

Where: Melvin Fassler
Community Center

Community Programs

Gingerbread People

Make and decorate some tasty cookies. Scrumptious! If you have questions, call Aisha, 681-6897.

When: Tuesday, December 9 at 4pm

Where: Melvin Fassler Community Center

Creative Wrapping Paper

Think outside the box. When you think "recycle", let your imagination roam beyond plain newsprint!

Get your children involved in making a creative wrapping paper. Bring your ideas and something that you wish to recycle. We'll provide the rest. For questions please call Shakeela at 297-7451.

When: Wednesday, December 10 at 4pm

Where: Melvin Fassler Community Center

Toddler Activities

The winter season is upon us. Join us indoors to play on the toddler gym mats, color, play musical instruments, bean bag toss, and have a story time. Call Bonnie Weeks for questions at 204-8539.

When: Friday, December 12 at 10:30am

Where: Orchard Park Community Center

Annual Orchard Park Multicultural Christmas Potluck

Happy Holidays! Come and celebrate this Multicultural Potluck dinner with all your

neighbors. Bring a dish from your country to share with everybody. The Christmas party is a favorite Parks programs and is the perfect excuse to show off your cooking and eat delicious food while having a good time with your friends. **Santa Claus will be stopping by from 6:15 pm to 7:00 pm** to take photos with the kids. ****We strongly encourage you to bring your own camera.*** Join us for some great food, good company and Santa. If you have any questions please call Yalina Soto at 756-3670.

When: Friday, December 12 at 6pm

Where: Orchard Park Community Center

Annual Solano Park Multicultural Christmas Potluck

Come and celebrate the holiday season with our annual Christmas potluck. Santa Claus will be there along with all your friends and neighbors. It will be a great way to celebrate the end of the quarter and welcome the winter season. Come on over with some holiday cheer and a tasty dish to share. If you have any questions, please call Shawna Stevens at 757-7899.

When: Friday, December 12 at 6pm

Where: Melvin Fassler Community Center

Graham Cracker Houses

While gingerbread houses are a tasty and classic holiday treat, they can be a bit time consuming. We will make our own colorful

and tasty holiday houses out of graham crackers! I'll provide the supplies and some cocoa. You just make sure to bring a mug for cocoa and some great design ideas for your house! If you have any questions, please contact Shawna Stevens at 757-7899.

When: Monday, December 15 at 4pm

Where: Melvin Fassler Community Center

German Cookies

Resident Jessica Loehrmann will be showing us how to make traditional German cookies and telling us about German culture. This is part of our cooking series so come ready to learn how to make them, sample, and go home with a recipe. Call Bonnie Weeks for questions at 204-8539.

When: Wednesday, December 17 at 7pm

Where: Orchard Park Community Center

Costa Rican Christmas Tamales

This year as part of our family tradition we will be making tamales on December 20th at the Community Center. We want to invite you to stop by and see for yourself how to make this delicious Costa Rican dish. You are also welcome to stay until the end of the evening and see if you like them. Please, feel free to call me if you have any questions. Yalina Soto 756-3670

When: Saturday, December 20 from 1pm to 5pm

Where: Orchard Park Community Center

Monthly Maintenance Tips

By Orchard and Solano Park Maintenance

- Now that winter is fast approaching us, remember to keep a clear space around your wall heater and keep everything off of the top of it.
- Also, to help reduce the potential of mold and mildew, try to run the bathroom fan after showering or bathing for a while to exhaust as much steam or moisture out of the bathroom. Also, leave the bathroom door open as much as possible. Remember, air exchange is the key.
- On some occasions, it can get quite cold in Davis during the break between fall and winter quarters. Coincidentally, this is also the time that many of you will leave for the holidays.

There are numerous problems that can develop in a vacant apartment due to the cold. Among them are:

- Doors swelling and warping.
 - Floor tiles coming loose.
 - Paint peeling.
 - Frozen water pipes bursting, causing flooding.
 - House plants that cannot tolerate the cold dying.
 - Sensitive electronic equipment developing problems.
- Therefore, if you are planning to leave more than one day during the winter holiday break period, we ask that you take the following

steps to avoid any problems that the cold might create:

- Close and lock all windows and the glass patio door and close all window coverings.
- Leave all doors inside your apartment open allowing heat to migrate throughout your apartment.
- Leave your water heater on at a low temperature setting (For Orchard Park Only).
- Leave your wall furnace on at the lowest possible temperature setting.

Holidays and Anniversaries

December 1—Worlds AIDS Day

The World health Organization of the United Nations declared this day as World AIDS Day, an international day of awareness and education about AIDS.

December 8, 1991—Dissolution of the Soviet Union

As the republics of Russia, Byelorussia and Ukraine signed and agreements in Minsk, Byelorussia, the Commonwealth of Independent States was formed, and the former USSR was dissolved. The remaining republics, with the exception of Georgia, joined in the new

Commonwealth as it began the slow and arduous process of creating a new confederation while removing the yoke of communism dealing with strong separatist and nationalist movements within various republics.

December 10—Human Rights Day

Anniversary of the adoption of the Universal Declaration of Human Rights. The Declaration sets forth basic rights and fundamental freedoms to which all men and women are entitled.

December 16—Las Posadas

A nine-day celebration

throughout Mexico, commencing on December 16th. Processions of “pilgrims” knock at doors asking for posada (shelter), commemorating the search for Joseph and Mary for a shelter in which the infant Jesus might be born. Invited inside, fun and merrymaking ensue with blindfolded guests trying to break a piñata suspended from the ceiling.

December 21—Winter Solstice

The longest night and shortest day of the year in the northern hemisphere; for some this event celebrates the returning light.

Calendar of Events

December 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 <u>Knitting Class</u> MFCC 4pm	3 <u>Origami-Santa Greeting Cards</u> MFCC 4pm	4 <u>Cooking for Winter Health</u> MFCC 3pm	5 <u>Christmas Fuse Beads</u> OPCC 5:30pm	6 <u>Pancake Breakfast</u> OPCC 9am <u>Silk Scarf Painting</u> MFCC 2pm
7 <u>Holiday Cookie Swap</u> MFCC 3pm	8 <u>Twisty Balloons</u> MFCC 4pm	9 <u>Gingerbread People</u> MFCC 4pm	10 <u>Creative Wrapping Paper</u> MFCC 4pm	11	12 <u>Toddler Activities</u> OPCC 10:30am <u>Orchard Park Multicultural Christmas Potluck</u> OPCC 6pm <u>Solano Park Multicultural Christmas Potluck</u> MFCC 6pm	13
14	15 <u>Graham Cracker Houses</u> MFCC 4pm	16	17 <u>German Cookies</u> OPCC 7pm	18	19	20
21	22	23	24 HOLIDAY BOTH PARKS OFFICES CLOSED	25 HOLIDAY BOTH PARKS OFFICES CLOSED	26 PARKS OFFICES CLOSED	27
28	29	30	31 HOLIDAY BOTH PARKS OFFICES CLOSED			



The Parks at UC Davis

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A Publication of Orchard and Solano Parks, UC Davis

Your doorway to campus life & academic achievement

We're on the Web!

http://www.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://www.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.

- If you plan to travel during the holiday period, please leave a travel form with your Park Office.
- Planning to vacate after finals? Remember a 42-day notice is required.
- **Movies ~** The Residence Halls are closed from December 13, 2008—

January 2, 2009 during which time movies on the Student Housing Television Channels will not be shown. Park resident do not pay for this service, therefore, the movies are not contracted during this time. Movies will resume January 2, 2009.

- **Packages ~** Please don't ask the Park Office to accept your incoming packages. We don't have space and security for them. Perhaps a neighbor could be designated to accept a package for you, or you might indicate your balcony for drop-offs.

Holiday Office Hours

Both Park Offices will be closed December 24, 2008 – December 28, 2008
AND December 31—January 4, 2009.

We will re-open on Monday, January 5, 2009.

**AVOID BEING LOCKED OUT...BE SURE TO TAKE YOUR
APARTMENT KEY WITH YOU!**

Orchard Park:

December 24 – 26	Yalina Soto	OP 5612	756-3670
December 26 – January 2	Bonnie Weeks	OP 5511	204-8539
January 2 – 4	Yalina Soto	OP 5612	756-3670

If there is no response and you have a housing emergency:
Call RA Cell Phone Number at **530-681-0883**.

Solano Park:

December 24 – 28	Shakeela Kuthubdeen	SP 2812	297-7451
December 28 – January 4	Aisha Goodman	SP 4322	681-6897

If there is no response and you have a housing emergency:
Call RA Cell Phone Number at **530-681-0884**.

**If you have a medical/personal safety
EMERGENCY, contact Police or Fire at 911.**

