



A Publication of
Orchard and Solano
Parks, UC Davis

THE PARK MESSENGER

March 2009

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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:

- March 27 is a University Holiday. Both Parks Offices as well as all campus offices will be closed. Contact the on-call RA for immediate assistance.
- Last day of Winter quarter instruction is March 16. If you are planning to vacate after finals, be sure to turn in a 42-day notice to vacate with your respective Park Office.

Useful Tips for a Family Herb Garden!!!

By Shakeela Kuthubdeen

Spring is here and it's time to start gardening. A year around herb garden is a fun way to introduce gardening to your kids as well as to teach them the basics about plants. It's an excellent way to use your space, patios and balconies too. If you have room, you can make herbs part of your vegetable garden.

Herbs can also be grown in containers, window boxes, or hanging baskets. You can grow them in almost anything; broken tea cups, old pie tins, egg cartons or even an old shoe box will work. These will require more care, especially watering.

Chives, Caraway, Dill, Basil, Catnip, Parsley, Thyme, Mint and Sage are some herbs that grow indoors easily with good care and sunlight.

If possible, sow seeds in shallow boxes in late winter and transplant the seedlings outdoors in the spring. Be careful not to cover the seeds too deeply with soil. Sow Anise, Coriander, Dill, and Fennel directly in the garden since they do not transplant well. Annual herbs can spend their full life cycle in a pot indoors. Perennial herbs, however, will do better if you place them outdoors during the summer.

- Mint will grow well in full sun to partial shade and can easily take over a garden, crowding out other plants. For this reason, it is better to plant mint in a separate garden bed or in containers.
- Basil prefers both warm soil and air. It should not be planted in the garden until it's warm outside. It can easily be started from seed.

You can increase your number of plants by rooting basil stems in water. To promote bushy plants, pinch back growing tips and remove flowers.

- Chives can be obtained by planting seed or bulbs. They are perennial and will grow for many years. In fall, transplant a clump into fresh potting mix and place indoors on a sunny window to enjoy fresh chives throughout the winter months. Allow chive plants to experience a freeze before digging clumps and potting. The resulting plants will be of better quality.
- Plant rosemary in a sunny, well -drained site and space them one foot apart. Rosemary also grows well in a container.

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Useful Tips for a Family Herb Garden

Continued from Page 1

Rosemary also grows well in a container. Keep plants evenly moist. Do not allow them to dry out. In fall, plant in fresh potting mix and bring indoors to enjoy throughout the winter.

- Parsley is a popular, widely grown herb which is easy to grow in gardens, containers and hanging baskets. Parsley

forms dense mounds, with its bright green leaves and compact growth. They can be decorative too.

Encouraging your kids to do gardening is way easier than you think. Give them the freedom to use an old spoon or a fork for digging and a homemade watering can would be the first step they might love.

Snip the herbs and toss it in their favorite salad or pizza, even a picky eater who helped you plant the herbs will not be resisting it.

Come and get some seeds for your family herb garden....See community events for more details.

UCDavis Department of Campus and Recreation Opens Youth Programs for Spring and Summer 2009

Submitted By Yalina Soto

The UCDavis Department of Campus Recreation has been busy planning the spring and summer Youth Programs. Be on the look out for their 3rd Annual Children's Summer Activities Faire. It will be held on Saturday, March 14, 2009 from 8 a.m. to 1 p.m. at Central Park in Davis. This is an excellent opportunity for you and your family to take in some fun hands-on activities and familiarize yourselves with the new summer programs staff.

On March 21st they will hold the Registration Kick-Off for all summer youth programs at the Rec Pool Lodge. Parents are encouraged to mail-in, fax-in or drop off their forms prior to March 21st or to stop by the Rec Pool Lodge between 10 a.m. to 1 p.m. to register. Phone-in registration will start Monday, March 23 during business hours of 8:00 a.m. to 5 p.m.

Unfortunately Campus Recreation is still in the process of developing our new online registration system, so until the new system is fully functional we remain unable to offer online registration.

Youth Programs has a new home base for our summer camps. The Rec Pool Lodge, located next to the Rec Pool, will house our administrative staff throughout the summer. Full day participants will be based here during the afternoons, as will all weeks of BAM and two weeks of Rectopia. If you would like to see our new facility, stop by on March 21st between 10 a.m. to 1 p.m. for some free and fun activities and games.

New this summer, the UCDavis Department of Campus Recreation has teamed up with some great organizations on campus to bring you two additional

summer camps. In collaboration with the Robert Mondavi Institute for Wine and Food Science's we have created the new camp Kids, Farms & Food. This camp will educate children in all things organic, sustainable and hand-crafted. The second collaboration is with Campus Unions to bring back Bowling Camp. This will make registering for all the best recreation camps on campus even easier for parents/guardians.

Look for new information posted online in mid-February. for all of the amazing summer programs. Be sure to check out the website at <http://campusrecreation.ucdavis.edu/youth> for updated information about our summer Youth Programs. 530.754.4304 / 530.754.8444 (fax).

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Campus Recreation

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While you are on, please check out the spring youth programs, including: Boys' and Girls' Soccer Clinic, March 7-8; Boredom Busters Spring Break

camp, April 6-10; and our Girls' Lacrosse Clinic on April 12.

**Information gathered from an email sent by Holly Bates,

Assistant Director, Youth Programs UC Davis Campus Recreation.

St. Patrick's Day Dinner: Corned Beef and Cabbage

By Bonnie Weeks gathered from: http://www.epicurious.com/articlesguides/holidays/stpatricks/corned_beef_and_cabbage_recipe <http://southernfood.about.com/od/cornedbeefandbrisket/r/bl60312n.htm>

Corned beef and cabbage seems to be a tradition for St. Patrick's Day, but do they actually still eat it in Ireland? From the epicurious.com article "The Ultimate Corned Beef and Cabbage" apparently they do not. It says, "Americans still think we live on corned beef and cabbage over here," says Irish cookbook author and teacher Darina Allen. In fact,

the dish that's synonymous with St. Patrick's Day and all things Irish in the U.S. is so rarely eaten in Ireland—for the holiday or otherwise—that some people wonder if it's actually Irish. In *Irish Country Cooking*, Malachi McCormick says he likes corned beef, but then adds: "But our national dish? No, it's a New World dish!"

The article does say, "So let's set a few things straight: First, corned beef and cabbage is most definitely Irish. Second, when properly made it's 'delicious'...." Whether or not you believe in the dish, with St. Patrick's Day around the corner, you just might need a *proper* recipe to make your own corned beef and cabbage. Here's one that I recommend:

Glazed Corned Beef Dinner Recipe

By Diana Rattray (About.com)

Glazed corned beef recipe includes cabbage wedges and other vegetables to make a complete meal.

INGREDIENTS:

Corned beef brisket

1 tablespoon mixed pickling spices

1 teaspoon black peppercorns

1 teaspoon mustard seed

1/2 teaspoon leaf thyme

Vegetables:

6 medium potatoes

2 cups baby carrots

6 small turnips

1 to 2 dozen small boiling onions

1 medium cabbage, cut in 8

wedges

Glaze:

1/2 cup brown sugar

1/4 cup cider vinegar

1/4 cup prepared mustard

1/4 teaspoon garlic powder

1/4 teaspoon onion powder

PREPARATION:

Put corned beef brisket in a large saucepan or kettle; cover with water. Tie spices in a double thickness of cheesecloth and add to the water. Bring to a boil; reduce heat to low, cover, and simmer for 2 1/2 hours. Add the potatoes, carrots, turnips, and peeled onions. Cover and simmer for 10 minutes longer. Add the cabbage wedges, cover, and simmer for about 15 minutes longer, or until vegetables are tender. Cabbage can be cooked in a separate pan if you don't have room, in a small amount of salted boiling water. Cover the pan and simmer for about 15 minutes. Continue to simmer the potatoes and other vegetables until tender.

Put the corned beef brisket in a baking pan. Combine glaze ingredients in a saucepan. Bring to a simmer and cook, stirring for 5 minutes. Spoon over corned beef and bake at 375° for about 10 minutes, basting a few times. Serve sliced with boiled cabbage, potatoes, carrots, small onions, and turnips. Serves 6.

Community Programs

Domes Tour

If you've ever wondered about the Domes across the street, here's your chance to find out more. One of the Domes residents is going to give us a tour of their homes and surrounding area. There will



also be a slideshow of history about the Domes during the tour. Bring the family and meet at the Orchard Park Office, building 5000, to go on the tour. Contact Bonnie Weeks for any questions at 204-8539.

When: Saturday, March 7 at 10am

Where: Orchard Park Office, building 5000

Sewing Class (How to hem pants)

If we were all the same height and shape, pant hems would all be perfect. Since we aren't, pants usually need hem adjustments. Bring a pair of



pants to this program and I will show how to make a hem that looks professionally done. Contact Yalina Soto at 756-3670.

When: Monday, March 9 at 8pm

Where: Orchard Park Community Center

Seeds for Family Herb Garden

Come start some seeds for your family herb garden in the spring. It'll be interesting to see the seeds growing into herbs in just a few weeks that you can enjoy in a meal. For questions please call Shakeela at 297-7451.

When: Tuesday, March 10 at 4pm

Where: Melvin Fassler Community Center

Story Hour

Time to catch up on our reading! Join me for story hour where we'll read several books while munching on snacks. 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 call Shawna Stevens at 757-7899.

When: Thursday, March 12 at 4pm

Where: Melvin Fassler Community Center

Science Experiments

It's time to have fun with science experiments again. Let's

learn interesting facts about static electricity with easy experiments. Please come with a parent if you are less than 10 years old. For questions please call Shakeela at 297-7451.

When: Friday, March 13 at 4pm

Where: Melvin Fassler Community Center

Book Exchange



Who needs a new pleasure book for spring break? Come to the Community Center with books to donate and take home some new ones to read. Feel free to bring adult and children's books alike. If you have any questions, please call Shawna Stevens at 757-7899.

When: Saturday, March 14 at 10am

Where: Melvin Fassler Community Center

St. Patrick's Day Shamrocks

A shamrock is a three-leafed clover and is said to bring good luck. Let's celebrate the Irish with an easy and tasty treat shaped like a shamrock



Community Programs

that we can make together. If you have any questions, please call Shawna Stevens at 757-7899.

When: Monday, March 16 at 4pm

Where: Melvin Fassler
Community Center

St. Patrick's Day GREEN Necklaces

Kids, if you want to wear a special green necklace to school on St. Patty's day, come make one with us! We'll be wrapping candy and other goodies in plastic wrap to make a necklace. It's a fun and interactive activity for all ages. Contact Bonnie Weeks for any questions at 204-8539.

When: Monday, March 16 at 4:30pm

Where: Orchard Park
Community Center

Craft Hour

Let's "go green" and reuse coffee cups and yogurt containers. Let's turn them into beautiful pen holders. If you have extra containers, please bring them to share with others. For questions please call Shakeela at 297-7451.

When: Monday, March 23 at 4pm

Where: Melvin Fassler
Community Center

How to Make Bows

If you have a daughter, sister, niece, or friend that needs some cute hair bows, you're invited to find out how to make simple and adorable clips. We'll have all the supplies, just show up to learn and be crafty. Contact Bonnie Weeks for any questions at 204-8539.

When: Thursday, March 26 at 8:30pm

Where: Orchard Park
Community Center

Kid's Birthday Celebration

Come and celebrate your birthday with everybody. We will have cupcakes to decorate and other activities to celebrate your birthday! Call Yalina Soto if you have suggestions, 756-3670.



When: Friday, March 27 at 7pm

Where: Orchard Park
Community Center

Baby Signs Playdate

I am trying to teach my son Tomas some baby signs. He is only nine months old but he seems to like it a lot, especially when we sing. We would like to have a playgroup where parents and babies could learn together. We will have songs, videos, and learn some of the most helpful signs. The Baby Signs® Program helps children develop both language and cognitive skills. Studies show that babies who sign actually develop speech sooner and have larger vocabularies when they do start talking. We hope to see you there. Call Yalina if you have questions at 756-3670.

When: Tuesday, March 31 at 1pm

Where: Orchard Park
Community Center

Monthly Maintenance Tips

By Orchard and Solano Park Maintenance

Bathroom Mold and Mildew Issues

- To help reduce incidence of mildew and mold, air exchange is the key. If possible, after you shower of bath, leave the bathroom door open and leave the bathroom fan running to exhaust as much steam and moisture as possible. Also leave the bathroom door open as much as possible, even if you chose not to run the fan.
- If you notice mold and/or mildew starting to form on shower walls (tile), Student Housing recommends cleaning products labeled specifically for mold and mildew removal. Make sure to follow the directions on the label.
- Also, a 1% to 2% solution of bleach and water will take care of most problems. Diluted bleach and over the counter products actually kill the bacteria causing the mold and mildew if you let them work for a few minutes after you apply them before you wipe them down.
- If you find that the mold and mildew have actually gotten in the paint to the point where it leaves a stain behind, let us know and we can evaluate the situation and offer additional remedies.

Holidays and Anniversaries

March 2—Victory of Adwa Day—Ethiopia

In 1896, the Adwa War ended, a war that reversed the scramble for power in Africa, and inspired freedom movements in the Americas, Africa, and the Caribbean.

March 4—Jeannette Rankin seated as first woman in the US House of Representatives—1917

Rankin later votes against the declaration of war which catapults United States in the World Wars I and II, and leads a women's march against the Vietnam War.

March 11—Holi, Festival of Color—Hindu

The festival of color heralds the advent of spring. Holi occurs the fifth lunar day of the Indian month Magha (a day or two after the full moon in early March) and symbolizes the spirit of the young at heart. During Holi, Indians sprinkle "gula" (colored powder) on one another.

March 15—Hanami, Cherry Blossom Viewing Festival—Japan

Hanami is primarily an event designed to allow people to enjoy eating and drinking while appreciating the beauty of delicate cherry blossoms. Because Japan spans a great distance from north to south, the blooming season, and therefore the festivals, are spread over several weeks. Generally, people enjoy flower viewing from the latter part of March through the first part of April. Hanami remains popular today, and sometimes young employees are assigned to hold viewing spots from early morning until evening for company banquets.

March 16—Black Press Day—USA 1827

Freedom's Journal, the first Black newspaper in the USA was founded on this date in New York City.

March 20—Vernal Equinox

During the equinoxes, both day and night are of equal length

throughout the world. Some celebrate rebirth and fertility on this date.

March 21—Noruz—Zoroastrian—Iran

Always the first day of spring, this celebration of the new year recognizes the rebirth of nature with rituals that have been practiced for more than 3000 years. The Noruz ceremonies begin two weeks before spring with the germination of seeds and the traditional cleaning and decorating of homes. Festivities conclude when the sprouted seeds are thrown into the water, representing the end of one year and the rebirth of another.

March 22—Emancipation Day, Abolition Day—Puerto Rico

Commemorates the abolition of slavery on the island in 1873.

March 27—Ugadi (Gudi Pava) - Hindu

Celebrates the beginning of the Hindu New Year.

Calendar of Events

March 2009

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	5	6	7 <u>Domes Tour</u> Meet at OP Office 10am
8	9 <u>Sewing Class</u> OPCC 8pm	10 <u>Seeds for Family Herb Garden</u> MFCC 4pm	11	12 <u>Story Time</u> MFCC 4pm	13 <u>Science Experiments</u> MFCC 4pm	14 <u>Book Exchange</u> MFCC 10am
15	16 <u>St Patrick's Day Shamrocks</u> MFCC 4pm <u>St Patrick's Day Necklaces</u> OPCC 4:30pm	17	18	19	20	21
22	23 <u>Craft Hour</u> MFCC 4pm	24	25	26 <u>How to Make Bows</u> OPCC 8:30pm	27 HOLIDAY Both Parks Offices Closed <u>Kid's Birthday</u> OPCC 7pm	28
29	30	31 <u>Baby Signs Playgroup</u> OPCC 1pm				



The Parks at UC Davis

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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?

- Apartments on University owned land are exempt from California State Property Tax. Therefore, students living in these facilities are not eligible for renter's credit.
- Need assistance while walking home at night? Call 752-1727 if you would like a safety escort while walking alone on campus at night. A Cal Aggie Host will meet you and escort you to your destination on campus.
- **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.

- Computer hubs (wired and wireless) are prohibited in all Student Housing facilities.
- Planning to vacate after finals? Remember a 42-day notice is required.