



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

THE PARK MESSENGER

July 2009

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Orchard Park Office Hours:

Monday ~ Friday:
8:00 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:

- Friday, July 3 is a University holiday. Both Parks Offices will be closed.
- **RENTAL 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.

Vermicomposting

Submitted by **Yalina Soto**

Vermicompost is the use of worms to digest organic matter. They eat food scraps and excrete worm castings, a dark crumbly substance we call Black Gold!

Vermicompost is a more concentrated and rich fertilizer than ordinary compost, and it greatly improves the health of soil and plants. By creating vermicompost systems, we can easily turn food scraps into valuable resources rather than sending them to a landfill.

Worms

Red worms, also called red wrigglers, are best suited for the job. This is because they eat large quantities of organic material and can digest up to their body weight every day. Unlike night crawlers and other common earthworms, they can thrive in the confined space and environment of a worm bin. The species *Eisenia foetida* and *Lumbricus rubellus* are most commonly used. Worms

have no eyes, and they move through the soil with the help of a feeling pad or prostomium. They don't have teeth either, so a little dirt in the gizzard helps grind up their food. Worms are hermaphroditic (having both ovaries and testes) and can reproduce at about 6 weeks of age. They join together via mucus secretions and both deposit sperm onto the other worm. A cocoon then forms over the clitellum, collecting both eggs and sperm as it slides off the worms body. After a two to three weeks, baby worms hatch from the cocoon!

Bins

There are many options, from a homemade wooden box to a plastic tub or commercial bin. The container should be wide and shallow, because red worms are surface feeders. It should have plenty of holes for ventilation, and possibly for drainage as well. The following are important

things to consider when setting up a bin:

Surface Area

How much material do you want to compost? The more surface area, the more food you can add. There should be about 1 square foot surface area for every pound of material per week. But this is just an estimate it's fine to experiment and have a bigger bin with plenty of space. The worms will adjust their population to whatever size bin you provide.

Sources of Red Worms:

- Project Compost (in the near future!) (530) 754-8227
- Easy Crawler Worm Farm in Dunnigan, Yolo County (530) 908-0744
- Sonoma County Worm Farm (800) 447-6996
- Yates Sporting Goods in Davis (worms sold as fishing bait)

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Vermicomposting

Continued from page 1

- ACE Garden Supply sells red worms in March/April only!
- You can find them in near-finished compost piles!
- For other suppliers, see www.ciwmb.ca.gov/organics/worms/wrmsupply.htm
- **What is Compost?**
Compost is decomposed organic matter in its various states. There are many ways to make compost, including backyard piles, worm bins, and industrial operations.
- **Why Compost**
30% of residential waste can be composted
- Composting diverts matter from landfills
- Composting cuts down gasoline use because less matter is transported to landfills
- Compost returns valuable nutrients to the soil when used as a fertilizer or mulch
- Composting saves money otherwise spent on trash bags and fertilizers
- Compost acts as a sponge, helping the soil to absorb more water
- Compost improves soil structure, loosening up heavy clay soils so that plant roots can grow better
- Compost has lots of beneficial microorganisms that help reduce plant disease
- Compost stays in the soil and releases plant nutrients slowly over time
- Finished compost has no risk of burning plants, as can happen with synthetic fertilizers
- Compost can help break down and minimize the effects of toxic chemicals remaining in the soil from past chemical applications

From <http://projectcompost.ucdavis.edu/>

Monthly Maintenance Tips

By Orchard and Solano Park Maintenance

- Do you have an annoying bathroom or bedroom door that won't stay open? We can remedy that. Fill out an online repair request.
- Are your closet doors often coming untracked? Take care of them by sliding them 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.
- Periodically cleaning the refrigerator door seal will make it easier to open and keep it from ripping. Take special care to clean the bottom edge with warm soapy water where sticky liquids accumulate.

Are You Available This Summer?

Submitted by Mary Ellen Rivera

- Studies are conducted on the USDA, ARS Western Human Nutrition Research Center on the UC Davis campus. Participation can be an interesting and an educational experience. WHNRC invites healthy adults who have flexibility in class, work or personal schedules to participate in study visits. Monetary compensation is paid for participation. During the summer, for more information, please visit our website for these current studies and future studies.
- Men & Women with High Cholesterol: Ages 20 – 65 and high cholesterol 200 – 300 mg/dl. For information, call (530) 752-5177 and press #1.
 - Breakfast Study for Women: Ages 25 -45. For information, call (530) 752- 5177 and press #4
 - Nutrition & Women's Health Study: Ages 42 – 52. For information, call (530) 752-5177 and press #8.

Healthy Snacks for Kids: Smoothies

Submitted by Jennefer Sisneros from <http://allrecipes.com>

Send a few simple ingredients for a wild ride in your blender and you'll have delicious, nutritious, kid-pleasing smoothies in mere seconds.

Smoothies pull double duty by quenching thirst and satisfying hunger at the same time. Quick and easy to prepare, smoothies can be an ideal between-meal snack.

What We Love About Smoothies

- They taste as bright and pretty as they look.
- They're a great way to sneak more fiber and antioxidants into your kids. (But all they'll care about is the taste.)

- They don't require a lot of fussy ingredients.
- They give new life to overripe fruit.
- They can be easily tailored to suit individual needs.
- Even kids with dairy allergies can enjoy fabulous fruit or vegetable smoothies.
- They're a great DIY snack for older kids; younger operators will require adult supervision.

Tips for Smoothie Success

- Some smoothie recipes call for ice cubes; try frozen fruit instead.
- Peel and cut up bananas into 1-inch pieces prior to freezing.

- To freeze fresh berries, spread a single layer on a jellyroll pan, freeze the fruit, and store in resealable freezer bags.
- Add yogurt, milk, flax seeds, silken tofu, wheat germ, or protein powder to the blender for an extra hit of nutrition.
- If a smoothie recipe calls for sugar, try it first without the added sweetener. You really might not need it, depending upon the natural sweetness of the fruit.

Take a second to rinse out the blender right after you use it, even if you're planning to wash it later; dried-on fruit makes for slow clean-up.

Pineapple Sunrise Smoothie

1 (14 ounce) can pineapple tidbits
1 small ripe banana, sliced

3/4 cup fresh or frozen raspberries
2 tablespoons sugar
2 ice cubes

Directions

Drain pineapple, reserving juice and 1 cup pineapple (refrigerate remaining pineapple for another use). In a blender, combine the pineapple juice, pineapple, banana, raspberries, sugar and ice; cover and process until smooth. Stir if necessary. Pour into chilled glasses; serve immediately.

Cucumber-Honeydew Smoothie

"This is the ultimate summer drink! It's light and refreshing, and a perfect end to a hot day!"

1 cucumber, peeled, seeded and chopped

2 cups cubed honeydew melon
2 cups passion fruit juice
8 sprigs fresh mint, or amount to taste
2 cups crushed ice

Directions

Combine cucumber, honeydew melon, passion fruit juice, and ice in a blender. Pull leaves from mint sprigs and add to blender. Blend mixture until smooth. Pour into tall glasses.

Strawberry-Banana-Peanut Butter Smoothie

"This creamy treat has protein and no added sugar for a yummy breakfast or dessert!"

1/2 cup nonfat plain yogurt

2 tablespoons peanut butter
1 banana
4 fresh strawberries, hulled
10 ice cubes

Directions

Place yogurt, peanut butter, banana, strawberries, and ice cubes into a blender. Puree until smooth.

Community Programs

Waterslide

Join us for some fun in the sun by taking a ride down the water slide. Don't forget your towels and sunscreen. ****Parents must sign a waiver in order for your child to participate.** If you have any questions, please call Jennefer at 792-1097.

When: Thursday, July 2 at 3:30pm

Where: Between 2200 and 2400

Waterslide

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 Waterslide. 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: Friday, July 3 from 1pm to 2pm

Saturday, July 18, from 2pm to 3pm

Where: By the Orchard Park Community Center

Craft Hour

Paper bag puppets are easy to make and fun to play with. Come! Let's make a cute teddy bear. Crafty toddlers are welcome too!!! For questions please call Shakeela at 297-7451.

When: Monday, July 6 at 4pm

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: Monday, July 6, from 4:30pm to 5:30pm

Where: Orchard Park Community Center

Waterslide

Cool off the summer heat in the water slide. Let's have fun with friends. Don't forget your sunscreen & towel. **A waiver signed by a parent is a must.** For questions please call Shakeela at 297-7451.

When: Wednesday, July 8 at 3:30pm

Wednesday, July 15 at 3:30pm

Where: At the grassy area between 2700 & 2800

Toddler Gym

Bring your little one to the community center for an hour of fun on the toddler gym. Snack will be provided. **All children have to come with an adult.** For questions, please call Jessica Loehrmann at 204-8967.

When: Thursday, July 9 at 10:30am

Where: In the Orchard Park Community Center

Nature Prints

Create your own nature print in the sun. We'll collect leaves to make our nature print in a special paper that changes color in the sunlight. For questions

please call Shakeela at 297-7451.

When: Thursday, July 9 at 4pm

Where: Melvin Fassler 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: Friday, July 10 at 4pm

Where: Melvin Fassler Community Center

Kids Water Balloon Fight

Here's a fun way to stay cool: come to the Bowl for a water balloon fight. All ages are welcome. If you have any questions, please call Yalina Soto at 756-3670.

When: Saturday, July 11 from 1pm to 2pm

Where: The Bowl at Orchard Park, in front of Building 7500

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 12 at 6pm

Where: Melvin Fassler Community Center

Handprint Sun

Come out of the afternoon heat and join us for summer craft time! We will make a sun out of your own handprints and a paper plate. If you have any questions, please call Jennefer at

Community Programs

792-1097.

When: Tuesday, July 14 at 3pm

Where: Melvin Fassler
Community Center

Board Books

For adults just as much for kids! Make a photo memory book of friends or family, or create your own children's board book!

Books, paints & markers provided. **All children have to come with an adult.** For questions, please call Jessica Loehrmann at 204-8967.

When: Wednesday, July 15 at 3:30pm

Where: By the Orchard Park
Community Center

Princess's Tea Party

Calling all the kids!!!!!! Get your costumes ready for a dress up party to enjoy a fun filled afternoon with princesses, super heroes, wizards & pirates. We'll have games & face painting. I'll bring a yummy treat. Bring your favorite party snack to share. For questions & Ideas please call Shakeela at 297-7451.

When: Friday, July 17 at 4pm

Where: Melvin Fassler
Community Center

Toilet Paper Roll Craft

Come and find out how to turn empty toilet paper rolls into crafts that are fun and inventive. If you have any questions, please contact Shawna Stevens at 757-7899.

When: Monday, July 20 at 4pm

Where: Melvin Fassler
Community Center

Puppet Craft and Show

Let's get creative and make some puppets. After making your puppet we can take turns putting on a puppet show with your creations. I'll bring some simple stories you can recreate or you can come up with your own! If you have any questions, please call Jennefer at 792-1097.

When: Tuesday, July 21 at 3pm

Where: Melvin Fassler
Community Center

Waterslide

Cool off in the afternoon heat!! Join in the fun and take a slide down the new waterslide. Parents don't forget the towels and sunscreen. **All children have to come with an adult.** For questions, please call Jessica Loehrmann at 204-8967. ***Waivers must be signed by a guardian to participate in this event.**

When: Wednesday, July 22 at 1pm

Wednesday, July 29 at 1pm

Where: By the Orchard Park
Community Center

Waterslide

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: Thursday, July 23 at 4pm

Where: In the grassy area
between buildings 2000
and 2200

Swap Meet

Bring gently used items (clothes, books, kitchen items, toys, etc., not junk please) to the Community Center to swap with other residents. If you have large items you'd like to swap, bring a picture of it or a piece of paper with item, your name and apt. # for others to see. Do not bring large furniture items. You are responsible for taking any of your unwanted items home. **All children have to come with an adult.** For questions, please call Jessica Loehrmann at 204-8967.

When: Thursday, July 23 at 7pm

Where: At the Orchard Park
Community Center

Silk Painting

Come out and learn a special technique for painting on silk. We will provide silk scarves to paint on and all the supplies – you bring your creativity. Please dress appropriately - the dyes used will stain your clothes. This process will take some time to dry so please be prepared to spend a couple of hours. **This program is not recommended for children under 6 yrs old and all children will require adult participation.** If you have any questions, please call Jennefer at 792-1097.

When: Saturday, July 25 at 1pm

Where: Melvin Fassler

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Fabric Painting

Time to decorate our clothes! Let's use fabric paint to dress up a plain T-shirt and then wear it all summer long! Please bring a plain colored T-shirt or shorts to paint on. Children 8 and younger will need a parent helper. If you have any questions, please contact Shawna Stevens at 757-7899.

When: Monday, July 27 at 4pm
Where: Melvin Fassler
Community Center

Fruit Bouquet

Come and join us for a healthy and cool treat made out of fruit! We will take summer fruits and arrange them to make a delicious and beautiful mini fruit bouquet. **All children must be accompanied by an adult for this program.** If you have any questions, please call Jennefer at 792-1097.

When: Thursday, July 30 at 3pm
Where: Melvin Fassler
Community Center

Ice Cream Social

Let's have Ice Cream together! Come down to the Orchard Park Community Center for a free cone and spend a nice evening with your neighbors. Please call Yalina Soto at 756-3670 if you have any question or suggestions.

When: Friday, July 31 at 7pm
Where: Orchard Park
Community Center

Holidays and Anniversaries

July 2—Civil Rights Acts passed (USA, 1964)

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

July 7—Tanabata, Star Festival (Japan)

Tanabata, according to legend, is the day that two stars, Orihime (vega, the Weaver) and her lover, Kengyui (altair), meet in the skies over Japan. Chinese legend has it that the two originally split apart by the two banks of the River Heaven (the Milky Way, Ama-no-gawa). The seventh day of the seventh month is the only day they are permitted to see each other, since they

once allowed their affection for each other to interfere with their heavenly tasks. Tanabata is especially appreciated in Sendai and Hiratsuka, where their festivals have become famous. Several days before July 7, people write their wishes or poems on strips of paper in various colors (tanzaku), and hang them on leafy bamboo branches which have been cut from the plant; then, on the night of the seventh, the branches are placed in the garden.

July 19—International Special Olympics (1968)

On this date, the first special Olympics, an athletic competition for children and adults with cognitive disabilities, opened at Soldiers Field in Chicago, USA. The

first Special Olympics had 1,000 participants from the United States and Canada; by 1995, the competition had expanded to include Winter Special Olympics (1977) and involved 7,000 participants from fifty states and 141 countries. The program of events has also grown dramatically, from four at the first Special Olympics to more than fifteen. The international competition is held in the year before the regular Olympic Games.

Calendar of Events

July 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 <u>Waterslide</u> 2200 & 2400 3:30pm	3 HOLIDAY Both Parks Offices Closed <u>Waterslide</u> OPCC 1pm	4
5	6 <u>Craft Hour</u> MFCC 4pm <u>Fuse Beads</u> OPCC 4:30pm	7	8 <u>Waterslide</u> 2700 & 2800 3:30pm	9 <u>Toddler Gym</u> OPCC 10:30am <u>Nature Prints</u> MFCC 4pm	10 <u>Finger Painting</u> MFCC 4pm	11 <u>Kid's Water Balloon Fight</u> By 7500 1pm
12 <u>Ice Cream Social</u> MFCC 6pm	13	14 <u>Handprint Sun</u> MFCC 3pm	15 <u>Waterslide</u> 2700 & 2800 3:30pm <u>Board Books</u> OPCC 3:30pm	16	17 <u>Princess's Tea Party</u> MFCC 4pm	18 <u>Waterslide</u> OPCC 2pm
19	20 <u>Toilet Paper Roll Craft</u> MFCC 4pm	21 <u>Puppet Craft and Show</u> MFCC 3pm	22 <u>Waterslide</u> OPCC 1pm	23 <u>Waterslide</u> 2000 & 2400 4pm <u>Swap Meet</u> OPCC 7pm	24	25 <u>Silk Painting</u> MFCC 1pm
26	27 <u>Fabric Painting</u> MFCC 4pm	28	29 <u>Waterslide</u> OPCC 1pm	30 <u>Fruit Bouquet</u> MFCC 3pm	31 <u>Ice Cream Social</u> OPCC 7pm	

