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Parks, UC Davis

THE PARK MESSENGER

August 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.—12:00p.m.
1:00 p.m.—4:30 p.m.

Special points of interest:

- Rent Increases begin August 1st
 - Solano Park 1 bedroom: \$643
 - Solano Park 2 bedroom: \$740
 - Orchard Park 2 bedroom: \$760
- Please make all rental payments to the Cashier's Office.

Eating Together: Mealtimes for Your Family

Submitted by Yalina Soto

Kids Eat Better. With the alarming rate of childhood obesity and lack of fitness, the experts in the field of children's health warn us to avoid a steady diet of fast food. Too often, when we are running to soccer games, dance recitals, or piano lessons, dinner is secured in the drive through lane and eaten in the car. Taking time to prepare and serve a nutritious meal at home can help kids eat better food-lower fat, lower sodium and higher nutritional values.

Parents Eat Better. If it is good for the kids, it is good for us. Try an experiment: commit to eating a prepared meal at home at least once a day for a week, and see if you don't feel better and if you have been able to keep your weight down. Eating at home instead of in the car on the way to or from an event will help you, too.

Doing Double Duty: Spending Time and Eating. One of the challenges parents often have (and especially fathers) is balancing the demands on their time. Eating a meal at home with the family is one of those high leverage activities-you can spend time with your family and eat a meal at the same time. These are both high priorities and you get to do them at the same time!

Daily Check-Ins. Among the many difficulties of moving into the teenage years is that our kids are more mobile and tend to spend less time at home. Having the family together for at least one mealtime each day (usually breakfast or dinner) gives parents and teens a chance to connect they might not otherwise have. No matter what the age of your children, mealtime is a good time to check in with each other.

Learning Good Manners. Anyone else noticed that good table manners are missing from some of our children today. This is probably a result of the more casual atmosphere of today's busy lifestyle, but good manners are essential to success. At the family table, you can practice setting a table properly; you can teach good manners and proper etiquette. You can also see how well your teaching is going. In order to attract and keep your kids at the family table, family mealtimes have to be attractive to them. Pizza every night might be one way, but there are better ways to make mealtimes a good experience.

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Eating Together: Mealtimes for Your Family

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Involve Children in the Preparation. Children love to be involved. Find age-appropriate ways for them to help with dinner. Breaking up lettuce for a green salad or putting napkins on the table might be good for a toddler. Older children can help with shopping, cooking and setting the table. Finding ways to involve them in the process can help children have ownership in the outcome.

Keep the Conversation Light. Family meal time is not the time to engage in serious debates about issues like discipline or money. If the

discussions are too heavy, children will rebel at coming and parents will come away with indigestion. Resolve to keep the tone light and conversational and save the heavy stuff for individual discussions or for a family council.

Turn Off The Television. This one was a hard adjustment for me when Julie and I were married. The TV was on all day every day at my home growing up, including mealtimes. But we have resolved from the early days of our marriage to turn off the television during mealtime (and most times). Television will distract some or all family

members from the benefits of family mealtime and will minimize the kind of conversation you hope to have. And dad: put away the newspaper, too.

Conclusion
Family mealtime can become a highlight of the day and a way to build some pleasant family memories. Remember to make it fun. Involve the children in planning and executing the meal. Keep conversations light and distractions to a minimum. And then enjoy spending time together and having this daily check in whenever possible.
By Wayne Parker, About.com

Welcome Salli Arreola

Submitted by April Berryman

You may have noticed a new face in Orchard Park recently. Salli Arreola is the Parks Lease Representative and was recently relocated to the Orchard Park Office as of July 1, 2009. She has been working for Student

Housing for over 6 1/2 years and was previously working out of the Student Housing Office. If you have any lease changes that need to be made such as transfers or lease name changes, please come to see Salli in

Orchard Park. Changes to your lease such as changes in roommates, additions of babies, or spouses/partners are still processed online using the Online Occupant Change Request link.

Free Services and Reminders

Submitted by Jessica Loehrmann

As a new RA, one learns the good, the quirky, and the interesting things about the place where one lives. Here are things that new and seasoned residents should remember:

FREE IS SO KEY:

Not only do The Parks provide over 20 free activities per

month, you can reserve/borrow SO many things from these housing areas! FOR FREE! Remember to go to the office from 8am to 4:30 pm to ask about these items:

- The Community Center
- Tables & Chair
- A ping pong table with accessories (in the OPCC)

- A huge grill by the community center, and a smaller one near an RA apartment
- A toddler gym (huge gymnastics type blocks to help kids practice gross motor skills)

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Free Services and Reminders

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- A large and/or small bouncy house (for free!!)
- Sports equipment
- Large moving carts located at the office and RA apartments-available on a check-out basis with the office or your RA. A GREAT use for moving, getting groceries to your door (instead of shopping carts), or clearing things off the balcony!
- Parking passes for visitors (a great way to save over \$40 for your friends!)

BALCONIES & PARKING

Yes, as the RA we check to see who might be taking up your parking spaces, and check balconies for fire-hazards. These are probably some of the most unpleasant surprises for residents- to find a note on their door or their car. The great thing about the notes is that as soon as the problem is fixed, the notes disappear, and usually no further action needs to be taken.

In the case of parking- if you get that visitor of yours a parking pass soon enough- TAPS won't even have been there yet to issue that ticket! I know that our friends and family have other more important uses for \$40.

The balconies and patios are a great way to relax after a long hot day. Walk around and see what kinds of amazing things some people have done with their space! Just as a reminder,

though, balcony checks happen on a continuing basis. If you've just moved in we realize that you are unpacking, and we want to help however we can. We do check, however, to be sure that items on balconies don't create a fire hazard or cause an attractive space for rodents to nest. Here are some items that are okay, and not okay. This list is not all-inclusive, so please contact the office with any questions. Please take a moment this week to check out your space and make it neat.

OKAY:

- Rubbermaid tubs (plastic tubs with tight fitting lids)
- Tires
- Luggage
- outdoor furniture (wooden, plastic, nylon or metal furniture)
- shelves as long as they're being used
- plastic & wooden toys
- hammocks (as long as they don't block any doors)

NOT OKAY:

- Car batteries
- Drawers or doors on cabinets
- Mirrors
- Upholstered things
- Desks
- Anything that blocks the balcony door OR the fire door
- Entrance to apartment blocked
- Potted plants or decorative items on or under the stairway/stairway landing
- Flammable liquid storage

- Mattresses or box springs
- Cardboard boxes for storage or otherwise
- Storage in paper/plastic bags
- Wood storage
- Food storage
- Charcoal bags (use plastic container w/lid)
- Garbage
- Open recycle bins for plastic/cans/glass or paper
- Electrical appliances with plugs - (ex: vacuums, treadmills, etc.)
- Caged pets
- Shopping carts

COMMUNITY SWAPPING:

This is Davis, so the urge to be environmentally friendly seems to be contagious. We understand that people don't want to "throw away" that amazing item that someone else 'just might' want. Sadly, the rats and the rain seem to get to them before many people do, and often creates an ugly mess by the dumpsters. Solution? Use Craigslist.com for huge things. You can try to get money for them or just list them for free. Put up signs with your phone number, or bring them to a local shelter. Luckily, there was just a swap meet at Orchard Park, and there will be opportunities for more in the future, but feel free to help organize your own! With over 90 kids under 7 years old in Orchard Park alone, there is plenty of growing going on, and swapping is a great way to save money and space.

Kid Games to Play on the Go

Submitted by Shakeela Kuthubdeen (from <http://www.parents.com>)

Whether you're at the doctor's office, the airport, or the post office, waiting is never pleasant. But when you're accompanied by your small child, it can be positively harrowing. As long as you're not afraid to be a little goofy, these simple games can help you head off disaster and have some fun too.

Games for Babies:

- **Paperwork** -Crumple a piece of plain white paper and give it to your baby. Let her crumple it more. This is apparently really, really fun. When she gets it too soggy (because it will go in her mouth), replace it with a new sheet of paper.
- **Where's the Baby?** This silly game is perfect for a dentist's waiting room and is sure to get a laugh from your baby, although you may also get some strange stares from other people. While your baby is in your arms, suddenly ask, "Where's the baby?" Look all over the room, especially in ludicrous places, like in your bag or your shoe. Finally, notice your baby and say, "Oh, there's the baby!" If she laughs, milk it for all it's worth. You'll get tired of it long before your baby will.
- **Who's This?** Laminate photos of grandparents, aunts, uncles, cousins, and their pets too. Put them on a key ring. Say the name of each person as your baby looks at the picture. When that gets boring, point to

the cat and asks, "Is that Grandma?" Then try to get your baby to shake her head "no."

Games for Toddlers:

- **Mirror Game** Let your child draw on a nonbreakable mirror with a dry-erase marker (don't forget to toss one into your bag) as he looks at his reflection. Whether he gives himself a mustache, glasses, or freckles, he's bound to give himself a giggle.
- **Get Talking.** Tell Secrets Whispering has a great effect in a loud, crowded place. Simply whisper a message in your kid's ear. The background noise will require him to focus intently on your message, and he will undoubtedly want to whisper a message in your ear next. Concentrating on hearing and delivering the whispered messages is calming for your child -- and for you too.
- **Talk to the Hand.** Use a plain brown paper bag as a puppet, and talk to your toddler with it. Give your toddler a bag too, and your hand will have someone who speaks the same language.
- **Edible Jewelry** - Before you leave the house, accessorize your kid with a Cheerios necklace. Kids love making them, but that's an activity to be done at home. The thing to do while waiting at the post office is to eat the cereal from the necklace.

This is a double-duty activity. It banishes the hunger pains, and it takes a lot longer than just eating the Cheerios from a baggie.

- **Let's pretend-** Beauty Parlor Get out that hairbrush and ask your kid to go to town on your hair. Your child will think you look like a movie star (you can put your hair back the way you want it when she's not looking).
- **Big Spender** - Give your older baby his own wallet, filled up with old store discount cards and business cards. Taking out his important cards and putting them back is way fun. An old handbag can serve the same function.

Games for Preschoolers:

- **Art Appreciation-** Quick. Look around you. Is there a painting on a wall? Ask your kid questions about the painting and, together, create a story. Who lives in the house? Why does the man look so happy?
- **Tricks** - If you'll be waiting someplace with a table -- like a restaurant -- take along a magnet (swipe one off your fridge) and a bunch of paper clips. Magnetize one paper clip by rubbing the magnet against it a bunch of times in the same direction. Have your kid see how many paper clips he can pick up in a chain

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Kid Games to Play on the Go

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without dropping any (or simply ask him to make a necklace for mommy by stringing them together.)

- **Phone Home** - If you've got a chatty preschooler and a cell-phone plan with lots of minutes, take advantage of the waiting time and let your kid catch Grandma up on all the latest news. If you have a chatty preschooler but don't have lots of cell-

phone minutes, there is a small window of time during which many preschoolers are perfectly content chatting on an old cell phone without a battery. Enjoy -- until they figure it out.

Things to Have On Hand

- Emergency lollipop. Even if your kids don't normally get to indulge.
- Favorite book. The one they always beg for. The one you're sort of sick

of reading.

- Fancy Bandages. For your child to play doctor and tend to your boo-boos, or just to decorate himself with.
- Notepad and crayons. Can't do without 'em.
- Audio story. Whether it's delivered by a CD or an MP3, a story is a lifesaver for a very long wait.
- Deck of cards. Have your kid make up a card trick or two.

Community Programs

Mobile Craft

Bring your kids out of the afternoon heat and join us for summer craft time! We will make hanging mobiles that you can use to decorate your room or patio. If you have any questions, please call Jennefer at 792-1097.

When: Monday, August 3 at 2pm

Where: Melvin Fassler Community Center

Cooking Class: Chipas

Chipá, **chipa** or chipita are some of the names by which is known a variety of breads made with manioc or corn flour, typical of Paraguay and some nearby regions of Argentina and Brazil. The most frequent variety is made with manioc starch, milk, cheese, eggs butter or oil, from which are formed little balls of 3 centimeters of

diameter. The lightness of the manioc starch, thinly milled, gives it a special texture and allows the melted cheese master the flavor. Occasionally, anise seeds are added. Soledad Villamil is going to teach us how to make this easy and delicious recipe. If you have any questions or comments please call Yalina Soto at 756-3670.

When: Monday, August 3 at 8pm

Where: Orchard Park Community Center

Jewelry Class

Spend the evening having fun with colors and your own imagination. Come; let's make creative beads with paper and string it to make a cute necklace. Kids under six must come with a parent helper. For questions please call Shakeela at 297-7451.

When: Tuesday, August 4 at 4:30pm

Where: Melvin Fassler Community Center

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 new Water Slide. Parents don't forget the towels and sunscreen. **All children have to come with an adult.** For questions, please call Yalina Soto at 756-3670. ***Waivers must be signed by a guardian to participate in this event.**

When: Wednesday, August 5 at 12pm
Wednesday, August 12 at 12pm

Where: By the Orchard Park Community Center

Community Programs

Water Games

The best way to spend a hot afternoon with your kids is to run through a water sprinkler. Let's play water games in the play ground. Toss water balloons and have fun. Wear something that you don't mind getting wet. For questions please call Shakeela at 297-7451.

When: Wednesday, August 5 at 4pm

Where: Green playground by the Melvin Fassler Community Center

Hula Hoops and Sidewalk Chalk

Head on over to the Playground by the Community Center on Thursday, August 6th, we will be practicing our hula hoop skills. We will also have bubbles and chalk to play with. If you have any questions or comments please call Yalina Soto at 756-3670.

When: Thursday, August 6 at 5pm

Where: In front of the small playground by the Orchard Park Community Center

Paper Airplanes

Think you can make a great paper airplane? If so, join us for an afternoon of making paper airplanes and then flying them. Plus I can show you how to make a parachute trooper out of some basic materials. If you have any questions, please contact Shawna Stevens at 757-7899.

When: Thursday, August 6 at 4pm

Where: Melvin Fassler Community Center

Friendly Badminton Game

Are you a badminton fan? This is for you. Join us to play a friendly badminton game. I'll bring the rackets for four. We'll take turns. Bring your own if you prefer. For questions please call Shakeela at 297-7451.

When: Friday, August 7 at 5pm

Where: Green play ground by the Melvin Fassler Community Center

Yoga class

Spend the Saturday morning relaxing. Resident Amanda Bumgardner will be teaching us few basic yoga steps. This is a class for adults. NO kids please!!!! For questions please call Shakeela at 297-7451.

When: Saturday, August 8 at 11am

Where: Melvin Fassler Community Center

Waterslide

Let's stay cool this summer 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 and guardians must be present during event.***

When: Sunday, August 9 at 4pm

Friday, August 28 at 4pm

Where: Grassy area between buildings 2000 & 2200

Painting

All skill levels invited. Paints, paper and brushes are provided. Kids can cut out a pattern of something to finger-paint, or use brushes to create a more traditional masterpiece! **All children have to come with an adult.** For questions, please call Jessica Loehrmann at 204-8967.

When: Thursday, August 11 at 5pm

Where: At the Orchard Park Community Center

Book Swap

Tired of reading the same set of bed time stories? Bring those story books and take some interesting ones home. You may bring novels too. For questions please call Shakeela at 297-7451.

When: Wednesday, August 12 at 4pm

Where: Melvin Fassler Community Center

Storytime

Let's get together and read some stories. We have several new books that will soon be added to the community center play room. Bring the family out and we will read a couple of stories together and take a look at the other fun new story books that will be available for your children to read and enjoy in the community center. If you have any questions, please call Jennefer at 792-1097.

When: Thursday, August 13 at 2pm

Where: Melvin Fassler Community Center

Magazine Art

Join us for a fun and easy art project! I'll show you some fun

Community Programs

and easy projects we can do with old magazine pages and pictures. We can make paper flowers, jewelry and some fun collages. All are welcome, but children 8 and under will need an adult helper. If you have any questions, please contact Shawna Stevens at 757-7899.

When: Friday, August 14 at 4pm

Where: Melvin Fassler Community Center

Port Hole Craft

Let's pretend we're looking out into the ocean through our very own port holes that we will make using paper plates, cereal and fish crackers. If you have any questions, please call Jennefer at 792-1097.

When: Monday, August 17 at 2pm

Where: Melvin Fassler Community Center

Waterslide

Cool off in the afternoon heat!! Join in the fun and take a slide down the new Water Slide. 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: Tuesday, August 18 at 12pm

Monday, August 24 at 12pm

Where: By the Orchard Park Community Center

SCHNITZEL NIGHT!

Had a stressful day? Come make one of our family's favorite foods: Schnitzel. Come help hammer out the meat and make noodles and a yummy sauce German style. Also, be ready to sign up for future cooking events! For questions, please call Jessica Loehrmann at 204-8967.

When: Tuesday, August 20 at 7pm

Where: At the Orchard Park Community Center

Homemade Chalk, Bubbles and Pops

I just found a recipe for homemade chalk, so let's try it out! We'll test our chalk outside, along with enjoying some bubbles and popsicles. If you have any questions, please contact Shawna Stevens at 757-7899.

When: Friday, August 21 at 4pm

Where: Melvin Fassler Community Center

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: Saturday, August 22 at 2 – 3pm

Where: Next to Building 2400

Game Night and Pizza

Come play games and eat

pizza! Board games inside the community center or outside on the picnic tables! Hang out with roommates, friends, and family.

When: Tuesday, August 125 at 6pm

Where: At the Orchard Park Community Center

Smoothies

Come and join us for a healthy and cool treat made with fresh summer fruit and vanilla yogurt! We will test out some of the fruit smoothie recipes seen in the July Park Messenger. All children must be accompanied by an adult for this program. If you have any questions, please call Jennefer at 792-1097.

When: Wednesday, August 26 at 2pm

Where: Melvin Fassler Community Center

Ping-Pong and Popsicles

Come to the Community Center to play ping-pong with friends and enjoy popsicles. This event is open to children. Please call Yalina Soto if you have any questions 530-756-3670.

When: Saturday, August 29 at 3pm

Where: Orchard Park Community Center

Monthly Maintenance Tips

By Orchard and Solano Park Maintenance

Drains, Drains, Drains

➤ To help avoid nasty drain back-ups, please make sure that your kitchen sink strainer is in place when rinsing vegetables and cooking so that vegetable matter does not slip down the drain. Also, never put grease or oils of any kind down the

drain. Doing so could result in significant problems and unfortunately, charges.

➤ In the bathroom, please make sure that the hair strainer is in the bottom of the tub; occasionally remove the hair from it. Also, please remember not to flush feminine

hygiene products or paper towels down the toilet.

➤ By following these simple suggestion, we can all help to hold down maintenance costs and personal inconvenience in the Parks. Thank you for your cooperation. Have a wonderful summer.

Holidays and Anniversaries

August 2—Friendship Day—USA, 1935

Celebrated the first Sunday in August.

August 3—Civic/Provincial Day—Canada

This day is celebrated all over Canada and is typically on the first Monday of August.

August 6—Hiroshima Day—1945

The US government dropped an atomic bomb on the city of Hiroshima, Japan. Peace Day, as it is sometimes called, recalls the insight of Mahatma Gandhi, who said that nuclear weapons would make peace a necessity. The bomb dropped on Hiroshima killed more than 100,000 people instantly. Three days later another 50,000 died when the second bomb was dropped on Nagasaki. Tens of thousands died more slowly from radiation poisoning. Survivors, their children and grandchildren continue to be affected in ways that are not yet understood. In 1955, a 13 year-old Japanese girl died of “atomic bomb disease,” radiation-

induced leukemia. She was one of many children to suffer the after-effects of the bomb. During her illness, Sadako Sasaki buoyed her spirits by folding paper cranes, Japanese legend says that cranes lives a thousand years, and that the person who folds a thousand paper cranes will be granted a wish. With each paper crane she made, Sadako wished for recovery from her fatal disease. Before her death, she folded 644 paper cranes. Classmates completed her task so that she was buried with a thousand cranes. Children around the world remember this young girl by folding cranes in her honor.

August 10—Lauro Cavazos is nominated US Secretary of Education—1988

Lauro was the first Hispanic to be nominated for a cabinet position.

August 17—Hari Proklamasi, Independence Day—Indonesia

Indonesians celebrate the proclamation of independence from 350 years of Dutch

colonial rule. Festivities abound in cities and villages alike, organized by the government, neighborhood community associations and other organizations.

August 17—Paryushanaa Athai—Jain

One of the two holiest times of the year, the origin of Paryushanaa is related to Jain monks staying in one place for the duration of the rainy season; the minimum duration is considered seventy days. Paryushanaa must be initiated by *Panchami* (the fifth day) of the shukla phase of the Bhadrpada month, because scriptures indicate that Lord Mahavira used to start Paryushanaa on this date; this is also considered the appropriate date for festivities. It is a time for townspeople to celebrate a renewal of the faith by listening to the statement of the Dharma, mediating, and exercising Vrata (self-control). Depending upon the sect, this observation may last eight to ten days.

Calendar of Events

August 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 <u>Mobile Craft</u> MFCC 2pm <u>Chipas</u> OPCC 8pm	4 <u>Jewelry</u> MFCC 4:30pm	5 <u>Waterslide</u> OPCC 2pm <u>Water Games</u> MFCC 4pm	6 <u>Hula Hoops</u> OPCC 5pm <u>Paper Airplanes</u> MFCC 4pm	7 <u>Badminton</u> MFCC 5pm	8 <u>Yoga</u> MFCC 11am
9 <u>Waterslide</u> 2000 & 2200 4pm	10	11 <u>Painting</u> OPCC 5pm	12 <u>Waterslide</u> OPCC 2pm <u>Book Swap</u> MFCC 4pm	13 <u>Storytime</u> MFCC 2pm	14 <u>Magazine Art</u> MFCC 4pm	15
16	17 <u>Port Hole Craft</u> MFCC 2pm	18 <u>Waterslide</u> OPCC 12pm	19	20 <u>Schnitzel Night</u> OPCC 7pm	21 <u>Homemade Chalk and Bubbles</u> MCC 4pm	22 <u>Waterslide</u> 2400 2pm
23	24 <u>Waterslide</u> OPCC 12pm	25 <u>Game Night and Pizza</u> OPCC 6pm	26 <u>Smoothies</u> MFCC 2pm	27	28 <u>Waterslide</u> 2000 & 2200 4pm	29 <u>Ping Pong</u> OPCC 3pm
30	31					

