



A Publication of  
Orchard and Solano  
Parks, UC Davis

# THE PARK MESSENGER

September 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:

- Monday, September 7, 2009 is a University holiday. All campus offices will be closed. Contact the on-call RA for immediate assistance.
- Renew your parking permit before October 1, 2009 at your respective Park Office during regular office hours.

## UC Davis Arboretum

Submitted by Jennefer Sisneros

The UC Davis Arboretum is a great place for walking, jogging or bike riding but did you know they offer tours and programs throughout the year? "The Arboretum's public education programs include guided tours, family nature programs, talks by artists, scholars, and scientists, and classes and workshops." You can also find information on the Arboretum website about local easy-to-grow and reliable plants as well as links to gardening web sites. The following are programs scheduled for September. Don't forget to take a few minutes to check out their web site for more information on the Arboretum and their public education programs.

<http://arboretum.ucdavis.edu>

Friday, September 4  
**Folk Music Jam Session**  
12 p.m., Wyatt Deck  
*Pull out your fiddles, guitars, banjos (you name it) for an acoustic jam session.*

*Campus and community folk musicians play together over the lunch hour. All skill levels welcome. Listeners welcome!*

Wednesday, September 9  
**Walk with Warren**  
8:30 a.m., Gazebo  
*Stroll through the collections with Superintendent Warren Roberts*

Saturday, September 12  
**Guided Tour: Simple Secrets for Great Container Gardens**  
10 a.m., Arboretum Terrace Garden  
*Learn how to plant in pots to create a lush oasis without a lot of water*

Friday, September 18  
**Folk Music Jam Session**  
12 p.m., Wyatt Deck  
*Pull out your fiddles, guitars, banjos (you name it) for an acoustic jam session. Campus and community folk musicians play together over the lunch hour. All skill levels welcome. Listeners welcome!*

Saturday, September 19  
**Guided Tour: Australian Plants for Central Valley Gardens**

10 a.m., Arboretum Terrace Garden  
*Many plants from Australia make striking additions to home gardens in California*

Thursday, September 24  
**Poetry in the Garden: Thomas Centolella**  
7 p.m., Wyatt Deck  
*Poet Thomas Centolella, recipient of the 1996 Poetry Medal from the Commonwealth Club of California, 1992 Lannan Literary Award for Poetry, and Stegner Fellowship at Stanford University reads from his work.*

Saturday, September 26  
**Guided Tour: Perennial Plants for the Central Valley**  
10 a.m., Gazebo  
*Perk up your fall landscape with easy-care perennial plants*

# Jelly Belly Free Factory Tours

By Shawna Stevens

While Davis is a great town, by the end of summer it can seem downright boring. At least that's how I was feeling recently. Plus I was craving some sweets. What did we do? We took a trip to nearby Fairfield and visited the Jelly Belly factory for some investigative reporting.

They offer free tours every day from 9am to 4pm. Tours leave every 15 minutes, but depending on crowd levels, you may have to wait up to 30 minutes. That's what happened to us, but even with a couple of 3 year olds and some newborns, it was doable. Your best bet is to arrive early at 9am and beat the school crowds.

Tours last about 40 minutes and include a family photo with Mr. Jelly Belly (which you can purchase later, but its not cheap!), a guided walk above the factory floor, views of some

amazing jelly bean art and some free jelly bean samples. The tours are both stroller and wheelchair accessible.

The obvious highlight of this tour are the views of the factory floor. Glassed walled walkways snake above the factory floor, providing great views of all the machinery and jelly bean production. Occasional stops along these walkways are made to view additional info on TV monitors, which are largely ignored by both adults and children alike. The kids in our group loved watching the machinery through windows located at floor level, although after 40 minutes, they were getting a bit bored. Luckily on our final stop, just as the kids were getting antsy, we were introduced to Mr. Jelly Belly riding a robotic arm as if it were a bull. The kids loved it, but loved their free jelly bean

sample bag even more.

After the tour you can head downstairs to their shop and purchase their jelly bean products. They have all the flavors available and many different assorted gift bags. Not sure what flavor sounds good? They even have a free sample bar where you can try any flavor you like. In addition to the store, there is also a full-service snack bar with jelly bean-shaped food and tons of seating inside and outside if you need to grab a bite to eat before you go.

All in all, it's a great activity for families and definitely won't break your budget. More information about the tours and the factory in Fairfield can be found on their website at [www.jellybelly.com](http://www.jellybelly.com).

# Thank You Orchard Park Community

Submitted by Yalina Soto

It has been a wonderful experience for me and my family to serve this exceptional community. Our family grew bigger here; we made a lot of friends from all around the world and I enjoyed getting to know so many of you during these two years as an RA.

Thank you to all the people who participated and helped at programs we had during all this time. It has also been a privilege to work with Bonnie Weeks, Jessica Loehrmann, and Sue Franck.

We still have a couple more months here, so I look forward to seeing many of you around the park and at future events at Orchard Park!

# New Baby

Submitted by Brian Neal

Our new baby boy Patrick Stephen Neal was born to Tiffany and Brian Neal on August 19, at 3:23 am, weighing in at 9 lbs 4 oz, and 22 inches long.

# RAMADAN

Submitted by Shakeela Kuthubdeen gathered from: [www.islamicity.com](http://www.islamicity.com)

Ramadan is the month of fasting for Muslims the world over. Muslims refrain from eating, drinking, and sexual intercourse from dawn to dusk for the duration of Ramadan. Fasting the month of Ramadan is one of the five pillars of Islam. These are the foundation upon which the entire structure of Islam is built. These consist of the declaration of faith, prayer, fasting Ramadan, paying of Zakah [the annual charity payment], and performing the pilgrimage to Makkah, known as hajj.

Fasting is not simply a time during which people deprive themselves from physical pleasures, but is an occasion to exercise moral restraint and experience spiritual growth. Ramadan is a time of remembrance of God and renewal of commitment to the high and noble values he revealed to mankind. It is, like other religious practices in Islam, is an occasion for pursuing moral excellence that can also be translated into excellence in social organization and interaction.

After the month of Ramadan is over, Muslims celebrate one of the two most important holidays in the Islamic year: EID-UL-FITR, or the Festival of the Fast Breaking. It is a day to thank God for the blessing and training that He provides us with throughout the month of Ramadan. EID-UL-FITR is marked by praying in a huge congregation at an Islamic

center or mosque, and by giving donation to the poor in the community. The adults give the donation on behalf of their children as well.

**"What is fasting?" "How does the fasting of Muslims in Ramadan differ from the fasting of other faiths?" "Why should one 'torture' one's body in the first place?" "What do you really gain from fasting in the end?" ...**

These are a few questions that are often raised regarding fasting.

- Fasting is an institution for the improvement of moral and spiritual character of human being. The purpose of the fast is to help develop self-restraint, self-purification, God-consciousness, compassion, the spirit of caring and sharing, the love of humanity and the love of God.
- Fasting indoctrinates in patience, unselfishness, and gratitude. Fasting gives the opportunity to feel the pains of deprivation and hunger, and learn how to endure it patiently. "It is the month to visit the poor, the sick, and the needy to share their sorrows. It is the month where the food, sustenance and the earnings of a believing Muslim, increases and they are blessed," said Prophet Muhammad (peace be upon him).
- Fasting in Ramadan enables to master the art of mature adaptability and Time-Management, by changing the entire course of their daily life. When they make the change, they naturally adapt themselves to a new system and schedule, and move along to satisfy the rules. This, in the long run, develops in them a wise sense of adaptability and self-created power to overcome the unpredictable hardships of life.
- It cultivates the principle of sincere Love, because when we observe Fasting, we do it out of deep love for God. And a person, who loves God, truly is a person who knows what love is and why everyone on this Earth should be loved and treated justly, for the sake of God.
- With the clarity of mind and absence of distractions, also comes a greater focus. In the month of Ramadan, many Muslims try to avoid some leisure activities, which spares them more time and energy to be spent on more productive activities such as academics, intense study of Islam, voluntary prayers, social and humanitarian causes, and a quality time with the family, to name a few.
- Fasting has numerous, scientifically proven, benefits for the physical and mental well-being. One of the medical benefits is a much-needed rest to the digestive system.

# RAMADAN

Continued from Page 5

In a nutshell, even though the real purpose of the dynamic institution of Fasting is to discipline soul and moral behavior, and to develop sympathy for the less fortunate, it is a multi-functional and a comprehensive tool of change in various spheres of our lives, including: social and economic, intellectual and humanitarian, spiritual and physical, private and public, personal and common, inner and outer-all in one!



## Community Programs

### Waterslide

Calling all Kids! Join in the fun and take a slide down the Waterslide. 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, September 2 at 2:30pm  
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: Friday, September 4 at 4pm  
Where: Between building 2000 and 2200

### 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, September 4 at 7pm

Where: Orchard Park Community Center

### Weekly Yoga Class



Spend the Saturday morning relaxing. Resident Amanda Bumgardner will be teaching us few basic yoga steps. We'll be having this class every Saturday morning. This is a class for adults. **NO Kids please!!!!** For questions please call Shakeela at 297-7451.

When: Saturdays, September 5, 12, 19 at 10am

Where: Melvin Fassler Community Center

## Community Programs

### Yard Sale

Earn money!! We all live in a really small space, so let's make room! Bring out things you no longer have space for, and SELL as we begin a new tradition of a September and March Orchard Park Yard Sale. Come down to the Orchard Park Community Center and spend a nice evening with your neighbors as you make a little money and meet new people. Markers and paper will be available to help you tag your items. Breakfast Donuts & juice provided. For questions, please call Jessica Loehrmann at 801-472-3981.

When: Saturday, September 5 at 9am

Where: In front of the Orchard Park Community Center

### Waterslide

Calling all kids! Join in the fun and take a slide down the Waterslide. Parents don't forget the towels and sunscreen. **All children have to come with an adult.** For questions, please call Jessica Loehrmann at 801-472-3981. **\*Waivers must be signed by a guardian to participate in this event.**

When: Wednesday, September 9 and 23 at 12pm

Where: In front of the Orchard Park Community Center

### Ramadan Ifthar (Break the Fast) Potluck

During Ramadan, Muslims fast during the day and eat after sundown. Let's celebrate with a potluck to break the fast. We will provide some food to represent the cultures of the Middle East. Bring a dish to share and any questions you may have about Ramadan. If you have any questions, please call Jennefer at 792-1097.

When: Thursday, September 10 at 7pm

Where: Melvin Fassler Community Center

### Ice Cream Social



Summer is winding down, but it doesn't mean we can't still enjoy some cold, tasty ice cream before it's over. Come join your neighbors for a cold treat. If you have any questions, please contact Shawna Stevens at 757-7899.

When: Friday, September 11 at 5pm

Where: Outside 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, September 12 at 2 pm

Where: Next to Building 2400

### Scrapbooking Pictures

Come join us at the community center for a night of scrappping! Get out those pictures and bring what you can. There will be some scrapbooking supplies available. The community center has a whole trunk full, and even a cutting machine! For questions, please call Jessica Loehrmann at 801-472-3981.

When: Saturday, September 12 at 3pm

Where: Orchard Park Community Center

### Afternoon Bike Ride to the Arboretum

Come join me, my kids and other families for a bike ride to the Arboretum. It is beautiful this time of the year and the kids have a chance to run and play. We can stay there until the kids get tired. Remember to bring a snack for your family. We will meet in front of the Orchard Park Office (Building 5000). Please contact Yalina

## Community Programs

Soto if you have any questions at 756-3670.

When: Saturday, September 12 at 3pm

Where: Meet in front of Building 5000

### **GOOP!**

Come over and we'll make some crazy, messy GOOP! I have an easy recipe and there's just nothing like slimy goop running between your fingers on a summer afternoon. It'll be messy fun! If you have any questions, please contact Shawna Stevens at 757-7899.

When: Monday, September 14 at 4pm

Where: Melvin Fassler Community Center

### **Craft Time**

Join us for an afternoon craft! We will be making cute owls out of paper plates and feathers. If you have any questions, please call Jennefer at 792-1097.

When: Wednesday, September 16 at 4 pm

Where: Melvin Fassler Community Center

### **Face Painting**

Join us for face painting fun under the trees in front of the Community Center. We will bring paints; you bring your kids. For more information, please contact Yalina Soto at 756-3670.

When: Wednesday, September 16 at 5pm

Where: In front of the Orchard Park Community Center

### **I Spy Bags**

Help your kids improve concentration time as well as fine motor skills with these cool take along toys. You will create a bean-bag-like search toy that will keep your kids busy for at least 20 minutes at a time! Great for in the car, longer meetings, waiting at the doctor's office, etc. I'll bring the supplies. You bring yourself! For questions, please call Jessica Loehrmann at 801-472-3981.

When: Thursday, September 24 at 7pm

Where: In the OP Community Center

### **Bagel Breakfast**



Let's kick off the new school year with a tasty bagel breakfast. This is a great way for new neighbors to meet other residents in Solano Park and become part of this great community. Bring your family and we'll spend the morning

hanging out and munching away!

When: Saturday, September 26 at 9:30am

Where: Melvin Fassler Community Center

### **Breakfast Social**

Let's get together and have breakfast. It's a good time to meet our new neighbors before the fall quarter starts. We will provide bagels, donuts and beverages. You are welcome to bring fruits. For questions, please call Yalina Soto at 756-3670.

When: Saturday, September 26 at 9am

Where: Orchard Park Community Center

### **Paper Mache Masks**

Paper Mache is a technique where strips of paper (usually newspaper) are dipped in a thin glue and layered to make a three dimensional art project. Over two separate programs we will build Paper Mache masks and return later in the week to paint our masks. Please dress appropriately – you may get messy! If you have any questions, please call Jennefer at 792-1097.

When: Saturday, September 26 at 2 pm (Mask Building)

Tuesday, September 29 at 4 pm (Mask Painting)

Where: Melvin Fassler Community Center

## Community Programs

### Fabric Sunprints

Let's put all these sunny days to work for us by creating a fabric sunprint. Using special fabric paints and stencils (some provided), we'll create a unique design on a t-shirt. These have the potential to look amazing. **You will need to bring your own plain t-shirt to paint and any paper stencils that you prefer.** Children 12 and under will need an adult helper. If you have any questions, please contact Shawna Stevens at 757-7899.

When: Sunday, September 27

at 10am

Where: Melvin Fassler  
Community Center

### Frisbee

Are you looking for something to do in the afternoon with the kids? Join us to play a friendly game of Frisbee with the kids. You can teach the kids while having fun playing the game. For questions please call Shakeela at 297-7451.

When: Wednesday,  
September 30 at 4pm

Where: Green playground by  
the Melvin Fassler  
Community Center



## I-House Children's Storytelling Program

Submitted by Ann Gunion

**Where:** Children's  
International Storytelling  
Program Community Room  
International House  
10 College Park  
Davis, CA 95616

**When:** Sunday, September 20,  
2009—2:00 - 3:00 p.m.  
(Doors open at 1:45 p.m.)

A new season of the Children's International Storytelling Program opens on September 20, 2009 with an exciting performance by Bay Area storyteller KIRK WALLER.

Kirk has been entertaining and mesmerizing audiences for over 20 years with his electrifying, musical and magical storytelling style. His stories are a dynamic blend of musicality, mime and

emotion. He tells folktales from around the world, African American stories, historical tales, personal stories as well as original tales.

Kirk is currently the Director of Storytelling Program at Stagebridge in Oakland, Ca. He is also a current board member of the Storytelling Association of California (SAC); a member of the National Storytelling Network, National Speakers Association, Storytelling Association of Alta California (SAAC), and Delta Word Weavers.

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

the I-House.

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

For further details, send an e-mail to [chips@internationalhousedavis.org](mailto:chips@internationalhousedavis.org). More information on the Storytelling Program is available at [www.internationalhousedavis.org/prog/children/st](http://www.internationalhousedavis.org/prog/children/st)

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

# Monthly Maintenance Tips

By Orchard and Solano Park Maintenance

FLOORS: Keep them nice and free from stains, scratches, and holes.

Some suggestions:

- Make sure all furniture has glides (the nylon or plastic pieces on the bottom of the legs that help keep the floor

from getting scratched). Chairs, tables, and bed posts are especially important.

- Don't drag heavy objects across the floor. Be sure to pick up heavy objects when moving them.
- Wipe up water and other spills right away.

- Be sure the underside of your washing machine doesn't have sharp exposed metal. Also, make sure that each load of laundry is balanced so that the washing machine doesn't "dance" when spinning.

## UCD Milk Study

Submitted by Lonna Hampton

Pregnant? Planning to Breastfeed?

Consider volunteering for the UCD Milk Study and you'll receive 4 visits from a Board Certified Lactation Consultant to help you get breastfeeding off to a good start. You can learn more about the study at <http://ucdavis-lactation-study.org/>

Scientists at UCD are studying how the components in human milk change as your baby grows, how certain properties of milk influence the infants' gut flora, how milk differs from mother to mother, and how a mothers' diet influences her milk. We are looking for new mothers who want to help with this research by donating small quantities of their milk at

specific intervals over the first 6 months of their babies' lives. Mothers who volunteer will receive financial compensation as well as breastfeeding support from a lactation consultant. Interested? Send an email to [ucdmilkstudy@gmail.com](mailto:ucdmilkstudy@gmail.com) or call (888)-217-5355.

## Holidays and Anniversaries

### September 8—International Literacy Day

The day was created by the United Nations. It is promoted by the UN's UNESCO. According to their website: "The aim is to highlight the importance of literacy to individuals, communities and societies."

### September 16—Mexican Independence Day

Mexican Independence Day celebrates Mexico's Independence from Spain. Like the U.S. Independence Day, this day is celebrated in Mexico with parades, fiestas, fireworks, and picnics. In 1810, Father Miguel Hidalgo of Dolores, Mexico was

planning a revolt to free the country from Spanish rule. On September 15, 1810 at 11:00 pm, Father Hidalgo rang his church bell to call his parishioners, and rally them to fight off Spanish rule. He then made a speech to his congregation, and the fight for freedom began.

Today, Mexican people mark this very special holiday, by repeating the ringing of the bells at 11:00 pm on the 15th. It is followed by a day of celebrations on the 16th.

### September 21—

### International Peace Day

International Peace Day seeks a global cessation of violence and war. Each year on this day, celebrations are held in hundreds of countries, all with the same goal in mind...to stop war and violence. Created and sponsored by the United Nations, this day seeks to end war, starting today. It was established by a United Nations resolution in 1981.



# Calendar of Events

## September 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
		<b>1</b>	<b>2</b> <u>Waterslide</u> OPCC 2:30pm	<b>3</b>	<b>4</b> <u>Waterslide</u> Between Bldg 2000 & 2200 4pm  <u>Ice Cream Social</u> OPCC 7pm	<b>5</b> <u>Yard Sale</u> OPCC 9am  <u>Yoga</u> MFCC 10am
<b>6</b>	<b>7</b> <b>HOLIDAY</b>  Both Parks Offices Closed	<b>8</b>	<b>9</b> <u>Waterslide</u> OPCC 12pm	<b>10</b> <u>Ramadan Potluck</u> MFCC 7pm	<b>11</b> <u>Ice Cream Social</u> MFCC 5pm	<b>12</b> <u>Yoga</u> MFCC 10am  <u>Waterslide</u> Bldg 2400 2pm  <u>Afternoon Bike Ride</u> Bldg 5000 3pm  <u>Scrapbooking</u> OPCC 3pm
<b>13</b>	<b>14</b> <u>GOOP!</u> MFCC 4pm	<b>15</b>	<b>16</b> <u>Craft Time</u> MFCC 7pm  <u>Face Painting</u> OPCC 5pm	<b>17</b>	<b>18</b>	<b>19</b> <u>Yoga</u> MFCC 10am
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b> <u>Waterslide</u> OPCC 12pm	<b>24</b> <u>I Spy Bags</u> OPCC 7pm	<b>25</b>	<b>26</b> <u>Breakfast Social</u> OPCC 9am  <u>Bagel Breakfast</u> MFCC 9:30am  <u>Paper Mache Masks</u> MFCC 2pm
<b>27</b> <u>Fabric Sunprints</u> MFCC 10am	<b>28</b>	<b>29</b> <u>Paper Mache Masks</u> MFCC 4pm	<b>30</b> <u>Frisbee</u> MFCC 4pm			



**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](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](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.

- Remember to renew your parking permit before October 1, 2009.
- Planning to vacate? Remember a 42-day notice is required.
- **Incoming 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.

- **Large Item Dumping ~** There has been a trend of leaving large items behind, in the hopes that they will be reused by members of the community. Unfortunately, usually this **is not the case**, and our dumpster areas are overflowing with unwanted items. Student Housing then has to pay for staff time, dump fees, and gas to remove these unwanted items. As a result, if any personal items are left at the dumpsters upon vacate, you will be billed for the full cost of removal/dumping.