



A Publication of
Orchard and Solano
Parks, UC Davis

THE PARK MESSENGER

February 2010

INSIDE THIS ISSUE:

Free or Cheap	2
International Storytelling	2
How to Raise a Reader	3
The Great Backyard Bird Count	5
Community Programs	6
Holidays and Anniversaries	8

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:

- February 15, 2010 is a University Holiday. All campus offices will be closed. Please contact the on-call RA for immediate assistance or if you are locked out.

Non-Smoking Policy Beginning August 1, 2010

by Joann Wilson

I am writing to inform you of a change to the Parks Lease Regulations for the 2010-2011 lease term and thereafter.

In order to provide a healthier and safer environment for our residents and guests, we will be implementing a smoke-free policy at Orchard and Solano Parks Apartments effective August 1, 2010. Smoking will not be allowed within any apartment, within 25 feet of any building, courtyard, exterior walkway, patio, or balcony. Smoking will also not be allowed near any playgrounds or outdoor seating areas that other residents may typically use. Smoking will only be permitted along the outside perimeter of the Orchard and Solano Park property line.

The University's policy on smoking specifically protects the rights of the non-smoker, and by

implementing this policy, we will reduce exposure to the lingering odor left from cigarette smoking and the harmful effects of secondhand smoke. We will also minimize the fire dangers caused by smoking indoors.

It is estimated that more than 440,000 people die annually in the United States of tobacco-related causes. The majority of these come from cancer and heart disease. In addition, secondhand smoke creates a serious health hazard. The 2006 Surgeon General's report, "The Health Consequences of Involuntary Exposure to Tobacco Smoke," states that there is no risk-free level of exposure to secondhand smoke. It is estimated that secondhand smoke is the third leading cause of preventable death in the United States, causing approximately 49,000 deaths each year. Only smoking and

alcohol and drug abuse cause more deaths.

Having a no-smoking policy will also lessen the risk of fire. Smoking is the leading cause of fire death in the United States. According to the National Fire Protection Association's report "The Smoking- Materials Fire Problem," one in four (25%) victims who die in residential smoking-related fires is not the smoker whose cigarette started the fire. Fires caused by smoking are costly, deadly, and leave many people with damaged property and no place to live. We want to help our residents protect themselves from these dangers.

This policy applies to all residents, guests, service persons, employees, and vendors.

*Continued on Page 2

Non-Smoking Policy

Continued from Page 1

The term "smoking" is defined as inhaling, exhaling, burning, or carrying any lighted cigarette, cigar, pipe, or other tobacco product in any manner or form. Student Housing will determine if something constitutes a

tobacco product or smoking. I am including the name of smoking cessation programs for residents that wish to discuss the health benefits and programs designed to quit smoking. UC Davis Student Health Center: [http://](http://healthcenter.ucdavis.edu/topics/nicotine.html)

healthcenter.ucdavis.edu/topics/nicotine.html

Please contact Student Housing if you have any questions or need additional information.

FREE OR CHEAP

Submitted by Jessica Loehrmann

FREE DISNEYLAND TICKETS!!

Their website says: We want to inspire one million people to volunteer a day of service to a participating organization in their communities. So we're celebrating these volunteers' good works by giving each of them a 1-day, 1-theme park ticket to the Disneyland® Resort or Walt Disney World® Resort, free. There's no better time to make a dream come true for others and let us make a few come true for you.

You must pre-register and sign up through their site to volunteer and complete your

service at an eligible volunteer opportunity in the fifty United States, District of Columbia, Puerto Rico or Canada to receive a ticket after verification of such service. Ticket quantities for this program are limited. You must be at least 18 to sign up. You may only sign up a maximum of 8 members of your household. Children must be at least 6 to participate in the program. One ticket per person, regardless of the number of times you volunteer. Program began January 1, 2010 and continues until tickets are distributed or until December 15, 2010, whichever occurs first. Your voucher for a free ticket must be redeemed by December 15, 2010,

and used on the same day of redemption. VISIT: <http://home.disney.go.com/parks/> to search out a service opportunity and get out there and play at Disneyland!

YARDSALE:

Over 200 people came through our yard sale 6 months ago in September!! Start gearing up for a yard Sale in Mid **March** over at the Orchard Park Community Center. It will start around 8:30 in the morning, so start going through your stuff to see what you could sell or get rid of. We provide donuts and juice, and put ads on Craigslist. You get to earn money!

International Storytelling

Submitted by Ann Gunion

International House Community Room
10 College Park, Davis
Sunday February 7, 2010,
2:00 – 3:00 p.m. (Doors open at 1:45 p.m.)

Members of the UCD MALAYSIAN STUDENTS ASSOCIATION (MASA) will showcase Malaysian arts and culture with a puppet performance called "Shadow Play" ("Wayang Kulit" in Malay).

This is a traditional art form that can be found in Malaysia, Indonesia and some parts of Thailand. MASA serves as an intermediary between Malaysian and Singaporean students who are pursuing further studies at UC Davis. One of its goals is to increase awareness of cultural diversity among UC Davis students and to promote the unique Malaysian culture and lifestyle to everyone who is interested in learning about the rich heritage of

Malaysia.

One Sunday afternoon per month, children of all ages 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).

How to Raise a Reader (By Kim Ratcliff, Parents.com)

Submitted By: Shakeela Kuthubdeen

Settling into a comfy chair with your child to read a story is one of the best things about being a parent. And if you haven't already made reading a daily habit, you need to start now, since books benefit kids in so many ways. Reading with your child is a wonderful bonding experience. Your kid gets to bask in your undivided attention, which makes story time truly magical. Reading every single day also helps your child learn to talk, expand her vocabulary, build her imagination, and get prepped for school.

Reading with Babies

You can't start the reading habit too early. At 3 to 6 months, your baby will be more interested in chewing her board books, but by the end of her first year, she'll probably pick out favorites.

What They Learn

When you turn pages with your baby in your arms, she'll associate books with snuggling. Reading to a young baby ultimately helps her learn to talk. She begins to connect pictures with words. At 9 months, she'll be able to home in on your tone of voice, cadence, and the length of sentences. Parents help a baby learn language by speaking to her often, with varied vocabulary and about topics she finds interesting

Make Reading Fun

- **Go for the right touch (and taste!).** Babies learn through their senses, so buy

cardboard or cloth books that they can put in their mouth.

- **Face it.** Infants love looking at pictures of faces, especially those of other babies.
- **Be silly. Act it out.**
- **Point out things in the real world.** When you're taking a walk, talk about stuff you've read about in books. "See the doggie?" This will help her begin to associate the word "dog" with her picture book and the live creature in front of her.

Reading with Toddlers

At this age, kids love simple picture books about a particular topic -- flowers, trucks, whatever. Books with movable parts are also irresistible, since lifting flaps and turning wheels make story time extra fun.

What They Learn

A child will begin to understand that words represent objects. Your toddler is also able to predict things and loves to test this new skill. Beginning in their second year, kids try to memorize the books -- what happens on the next page, what words are about to come. Toddlers go crazy for repetition -- they'll want to hear the same book over and over again, which helps them recognize words. Even if you're tired of the story, don't try skipping parts; your toddler will call you on it. Print familiarity also kicks in at this age: Kids see that the funny marks on the page represent the words Mommy and Daddy say when they read. When you see toddlers pretend to write by making squiggles, you know that they're

getting the idea.

Make Reading Fun

- **Tune in to your child.** A toddler's attention span is short, so limit story time to 10 minutes. If he's into it and wants to read more, that's fine; but if he seems bored, don't push it.
- **Personalize the story.** Make your child the star. Or substitute the kids or animals in the illustrations with family or friends' names.
- **Read books throughout the day.** Bedtime stories are great, but you should also read before a nap, at snack time, even when he first wakes up. Leaf through waterproof books in the tub too.
- **Make books part of your emergency kit.** Carry a few faves in your diaper bag. The next time the waitress takes forever, whip out a book and save the day.

Reading with Preschoolers

Reading becomes a fun game for kids as they become more active participants in story hour. Picture books are ideal for preschoolers, who get even more meaning out of illustrations.

What They Learn

Your child is learning new words and phrases at a feverish pace and beginning to construct longer sentences. Instead of just

*Continued on Page 4

How to Raise a Reader

Continued from Page 3

reading the text straight through, ask a lot of open-ended questions. This challenges your child to strengthen his comprehension skills; he has to contribute to the conversation, not simply give one-word answers or point to a picture in response. Preschoolers also start to develop phonological awareness -- the ability to listen to the sounds in words. Rhyming books are great because they playfully capitalize on this skill.

Make Reading Fun

- **Get your child a library card.** Going to the library is a fun adventure. Kids love dropping books into the return slot and making new selections.
- **Be a social butterfly.** Check out storytime at the bookstore or library. Your child will get a kick out of listening to a book with a group of kids.
- **Choose a character series.** Children this age become attached to certain characters, so don't pass up

the chance to get her interested in more books.

- **Accept his literary taste.** Don't be bummed if all he'll read is Bob the Builder books. What matters most is that kids are reading, and books based on their favorite TV shows are fine.

Reading with Kindergartners

It's important to keep up storytime at home as your child learns to read and write at school. Let him pick what he wants to read, but make sure you expose him to a wider variety of genres too -- folktales, fantasy, and nonfiction.

What They Learn

Your child will engage in lively conversations about books and might recognize most letters of the alphabet. He'll be able to write the letters of his name, if not more. (Encourage him to practice, since learning to write is an essential part of learning to read.) Picture books help kindergartners make important connections between characters and their own lives, so choose stories about starting school, becoming a big brother or sister, or visiting the doctor. And

you should read aloud to him regularly, since he'll learn just by listening to new language. The vocabulary that children understand through hearing is so much more sophisticated than what they can express verbally, and the more you read out loud to them, the more you are encouraging those synapses and that wonderful language acquisition.

Make Reading Fun

- **Chat them up.** Talk about what you've just read. Relate stories back to their own life.
- **Publish a book.** Staple a few sheets of paper together and ask your child to dictate a story and make some drawings.
- **Give your child's favorite books as birthday gifts.**
- **Use reading as a reward.** If your child shared nicely, treat him to an extra story or two and some special cuddle time.

Enjoy raising a reader !!!!!!!

Monthly Maintenance Tips

By Orchard and Solano Park Maintenance

Apartment Heating Issues:

- If you have problems with your heater after hours (after 4:30pm or on weekends or holidays), please contact an RA for

assistance. They will come to your apartment and re-light your heater or get you a portable heater to use until repairs can be made.

- Also, please make sure that

you have nothing stored on top of your heater as this is a fire hazard.

- Try to keep toys and other items from going under the heater.

The Great Backyard Bird Count

by Shawna Stevens source: <http://www.birdsource.org/gbbc>

What is the Great Backyard Bird Count?

The Great Backyard Bird Count (GBBC) is an annual four-day event that engages bird watchers of all ages in counting birds to create a real-time snapshot of where the birds are across the continent and in Hawaii. Anyone can participate, from beginning bird watchers to experts. It takes as little as 15 minutes on one day, or you can count for as long as you like each day of the event. It's free, fun, and easy- and it helps the birds. Participants count birds anywhere for as little or as long as they wish during the four-day period. They tally the highest number of birds of each species seen together at any one time. To report their counts, they fill out an online checklist at the GBBC website (see below).

As the count progresses, anyone with Internet access can explore what is being reported from their own towns or anywhere in the United States and Canada. They can also see how this year's numbers compare with those from

previous years. Participants may also send in photographs of the birds they see, which may be posted on the online photo gallery.

Why count birds?

Scientists and bird enthusiasts can learn a lot by knowing where the birds are. Bird populations are dynamic; they are constantly moving. No single scientist or team of scientists could document the complex movements of so many species in such a short time. This is why reports from community members are so important to help keep track of different bird species.

Your counts can help answer many questions, including:

1. How will the timing of birds' migrations compare with past years?
2. How are bird diseases, such as West Nile virus, affecting birds in different regions?
3. Are any birds undergoing worrisome declines that point to the need for conservation attention?

Scientists use the counts to give

us a large picture of our winter birds. Each year that these data are collected makes them more meaningful and allows scientists to investigate far-reaching questions.

Who Can Participate?

Anyone can participate, including beginner bird watchers. Just visit the GBBC website for pictures of common backyard birds in their online bird guide and start counting. It doesn't matter whether you report the 5 species hanging out on your patio or balcony, or the 75 species you see during a day's outing to a wildlife refuge. A nice walk in the arboretum would be an excellent way to do some bird counts and enjoy an afternoon.

This year's Great Backyard Bird Count is scheduled for February 12-15, 2010. Visit www.birdsource.org/gbbc.com for more information on how to participate. This is a great activity for young kids and can be done anytime during those four days.

Announcement

Submitted by Ashley Scarborough

You can now get updates about upcoming events for The Parks on **Facebook**. This is potentially a good way to keep in touch with your neighbors also.

Become a fan of:
UC Davis Student Family Housing 'The Parks'



Community Programs

Making Valentine's and Painting

Come paint and/or make Valentines for neighbors, friends, and family. Children can get an early start on making them for school!! Some candies to attach to Valentines will also be provided. If you have questions you can call Jessica at 801-472-3981.

When: Wednesday, February 3 at 4:30pm

Where: Orchard Park Community Center

Prenatal Yoga Class

Whether you're a yoga beginner, or a fan who wants to adapt familiar exercises to suit your pregnancy you are welcome to this class. Find out about the different relaxation techniques which will benefit your health and your growing baby. You'll learn postures that won't strain your body, and you'll meet other mums-to-be, too. We have tips on what to eat if you're going to classes, or doing exercises at home. For questions please call Shakeela at 297-7451.

When: Thursday, February 4 at 6pm

Where: Melvin Fassler Community Center

Lunar New Year Potluck

Come and celebrate the Lunar New Year with us - 2010 is the Year of the Tiger! This is a special time to get together with your friends and neighbors to celebrate the abundance of the past year and bring joy and prosperity to the new year. Bring a favorite dish to share

with your neighbors. If you



have any questions please contact Jennefer at 792-1097 or Shawna at 757-7899.

When: Friday, February 5 at 6pm

Where: Melvin Fassler Community Center

Playdough Mania (the sequel)

I can't get enough of indoor playtime in the winter, so I'm setting up another round of playdough mania. Get the kids out of the house while keeping cozy and close to home. Don't forget to bring a favorite toy from home and let the imaginary play begin. Some healthy snacks will be available.

When: Saturday, February 6 at 10am

Where: Orchard Park Community Center

Friendship Blossoms

Two classic Valentine's Day gifts — flowers and candy — combine to make one sweet treat. Come make these little paper blossoms to give to friends on Valentine's Day. If you have any questions, please contact Shawna Stevens at 757-7899.

When: Monday, February 8 at 4pm

Where: Melvin Fassler Community Center

Painting Chinese Characters onto Candle Holders

It's almost Chinese New Year!! Come paint Chinese characters onto glass containers to be used for holding candles that will light the way to the Chinese New Year Party on Friday. We will also decorate the Community Center! If you have questions call Jessica at 801-472-3981.

When: Tuesday, February 9 at 4pm

Where: Orchard Park Community Center

Valentine's Butterflies

For Valentines Day make your loved one a special valentine, a butterfly made out of hearts. Come join us for this fun and simple craft! If you have any questions please contact Jennefer at 792-1097.

When: Wednesday, February 10 at 3:30pm

Where: Melvin Fassler Community Center

Karaoke!



We really have a Karaoke machine and everyone is invited to come and sing their favorite song. I'll even go first, so don't

Community Programs

be shy. This will be a perfect break from all of our hard work.

When: Thursday, February 11 at 4pm

Where: Orchard Park Community Center

Birdseed Biscuit

To encourage birds to visit your yard, try hanging a homemade birdseed biscuit. This will help you keep an eye out for feathered friends during the 2010 Great Backyard Bird Count February 12-15. Anyone can participate! For more information, please read the article in this month's newsletter. If you have any questions please contact Shawna Stevens at 757-7899.

When: Thursday, February 11 at 4pm

Where: Melvin Fassler Community Center

Recycled Valentine's Day Cards

Come let's make Valentine's Day Cards using last year's cards and go green. Bring those piled up cards, I'll provide the rest to create your own cute card. For questions please call Shakeela at 297-7451.

When: Friday, February 12 at 4pm

Where: Melvin Fassler Community Center

Lunar New Year Potluck Dinner

Bring your favorite dish to share. Get ready to eat some yummy food & celebrate tradition. Drinks and some

additional food will be provided. For any questions call Jessica at 801-472-3981.

When: Friday, February 12 at 6pm

Where: Orchard Park Community Center

BINGO!

Game on. Test your luck with BINGO. I'll set up coffee, juice, and snacks. Everyone can play a few rounds and those with winning cards will have bragging rights (until next time). This will be fun for the whole family.

When: Saturday, February 13 at 10am

Where: Orchard Park Community Center

Yoga Class

Spend the Saturday morning relaxing. Resident Amanda Bumgardner will be teaching us few yoga steps. This is a class



for adults. NO Kids please!!!! For questions please call Shakeela at 297-7451.

When: Saturday, February 13 at 10:30am

Where: Melvin Fassler Community Center

Year of the Tiger Lanterns

The final day of Lunar New Year celebration is called the Lantern Festival. To celebrate the Lunar New Year we will make paper lanterns that we will decorate

with tigers for The Year of the Tiger. If you have any questions please contact Jennefer at 792-1097.

When: Wednesday, February 17 at 3:30pm

When: Where: Melvin Fassler Community Center

Dancing Dragons

Come out for an afternoon craft - join us in celebrating the Lunar New Year by making a fun dancing paper dragon. If you have any questions please contact Jennefer at 792-1097.

When: Wednesday, February 24 at 3:30pm

When: Where: Melvin Fassler Community Center

Holidays and Anniversaries

February—Black History Month—USA

February was chosen to recognize Black history, because both Abraham Lincoln (US president who freed slaves after the Civil War) and Frederick Douglass (an African American who worked to end slavery) have birthdays in February. (1926)

February 2—Imbolc, Brigit's Day [Wiccan, Pagan]

Comes from an archaic Gaelic expression, "in the belly," which signaled the first stirring of life within the womb of mother earth. Corn dolls are burned as offerings to the sun, to hasten his return. The halfway point between the winter solstice and the vernal equinox, this is a time of individuation, when one dares to become one's own person.

February 4—President Johnson Denounces Literacy Test—USA

On February 4, President Lyndon B. Johnson at a press conference had read a prepared statement in reaction to Selma: "I should like to say that all Americans should be indignant when one American is denied the right to vote. The loss of that right to a single citizen undermines the freedom of every citizen. That is why all of us should be concerned with the efforts of our fellow Americans to register to vote in Alabama. . . . I intend to see that the right [to vote] is secured for all our citizens." Two days later, Johnson instructed his press

secretary to tell reporters that he soon planned to make "a strong recommendation" that Congress pass a voting rights bill that year. The Voting Rights Act was later passed on Aug. 5, 1965. (1965)

February 8 – Kitchen God Celebration – China

This observation is a traditional farewell ceremony for T'sao Zang, Prince of the Oven. Many Chinese homes have a picture of the Kitchen God hanging above the stove; throughout the year, the Kitchen God watches over the household from his altar in the kitchen and observes the family activities. The twenty-third day of the twelfth lunar month is when the Kitchen God is sent back to heaven, where the following day, he will report on the behavior of each family member to the Jade Emperor. The sending off ceremony is very important; sweet foods like sugar, preserved winter melon, and malt sugar candy are offered by family members to "bribe" T'sao Zang so that he may present a sweetened version of their deeds or misdeeds — dried grass and water are also offered to the horse that serves as the Kitchen God's transport. T'sao Zang is sent to heaven by burning his image; the smoke rising to the heavens represents his journey to the Jade Emperor. A new picture of him is then placed above the stove for the coming year.

February 23 – Birth of William Edward Burkhardt DuBois - USA

Black American writer and civil rights activist. Scholar, writer and editor, WEB DuBois was the most important leader of the effort to secure basic civil and human rights for African Americans in the first half of the twentieth century. Trained in sociology, history, and philosophy, he wrote a number of scholarly works about the social conditions of Blacks in America. The most famous of these, *The Souls of Black Folk*, was especially influential; it attacked Booker T. Washington's strategy of accommodation and urged a more activist approach to improving the conditions of Black Americans. DuBois founded the Niagara Movement, an organization of Black intellectuals working for civil rights, in 1905, and in 1909 helped to found the National Association for the Advancement of Colored People [NAACP]. He edited the NAACP magazine, *Crisis*, until 1934, when he resigned to devote his time to teaching and writing. (1868-1963)

Calendar of Events

February 2010

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>Making Valentine's and Painting</u> OPCC 4:30pm	4 <u>Prenatal Yoga</u> MFCC 6pm	5 <u>Lunar New Year Potluck</u> MFCC 6pm	6 <u>Playdough</u> OPCC 10am
7	8 <u>Friendship Blossoms</u> MFCC 4pm	9 <u>Painting Chinese Characters on Candle Holders</u> OPCC 4pm	10 <u>Valentine's Butterflies</u> MFCC 3:30pm	11 <u>Karaoke</u> OPCC 4pm <u>Birdseed Biscuit</u> MFCC 4pm	12 <u>Recycled Valentine</u> MFCC 4pm <u>Lunar New Year</u> OPCC 6pm	13 <u>Bingo</u> OPCC 10am <u>Yoga</u> MFCC 10:30am
14	15 HOLIDAY PARKS OFFICES CLOSED	16	17 <u>Year of the Tiger Lanterns</u> MFCC 3:30pm	18	19	20
21	22	23	24 <u>Dancing Dragons</u> MFCC 3:30pm	25	26	27
28						



The Parks at UC Davis

Phone: (Orchard Park) 530-752-3959
Phone: (Solano Park) 530-752-3958
Fax: 530-752-4345
E-mail: studenthousing@ucdavis.edu

A Publication of Orchard and Solano Parks, UC Davis

Your doorway to campus life & academic achievement

We're on the Web!

http://www.housing.ucdavis.edu/housing/apartments_orchard_solano.htm

The **Park Messenger** is published by Student Housing, at the University of California, Davis. Our goal is to communicate with Park residents, campus departments and the community of Davis. We encourage reader suggestions, criticisms and articles. Let us hear from you.

Editor:

Sue Franck

Assistant & Desktop Publishing:

April Berryman

Contributors:

Ann Gunion

Ashley Scarborough

Jennefer Sisneros

Jessica Loehrmann

Peter Menard-Warwick/Jeff Wilson

Shakeela Kuthubdeen

Shawna Stevens

Sue Franck

The Park Messenger online:

http://www.housing.ucdavis.edu/current/park_messenger.asp

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.

- Planning to vacate? Remember a 42-day notice is required.
- If you lose your laundry card, you need to purchase a new card at the ADD VALUE STATION within the laundry facility. If a machine is not working properly, please call the 1-800 number

within the laundry room for service.

- **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.
- When PG & E turns off your gas or electricity for non-payment of your utility account, you need to contact them directly at 1-800-743-5000 to reset your service.