



A Publication of  
Orchard and Solano  
Parks, UC Davis

# THE PARK MESSENGER

October 2010

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## The Orchard and Solano Parks Halloween Party

Submitted by **Jessica Loehrmann**

Come to the biggest party of the year!

**SATURDAY,  
OCTOBER 30 at 10am  
at the Orchard Park  
Community Center.**

There are carnival games for kids and adults and plenty of fun. Prizes at

games range from simple, to money coins, to gift certificates from local businesses for kids and adults. Donut eating contest, hula hoop and jump rope contests, face painting, and yummy food. Look for the ice cube

hands floating in the drink cauldrons! Everyone is encouraged to wear costumes. The Aggie Band-Uh will be there to kick off the party right at the beginning, so don't be late!!!! You SO do not want to miss this!

## Toy & Resource Library

Submitted by **Casey Fawcett** Source: [cityofdavis.org/cs/childcare/library.cfm](http://cityofdavis.org/cs/childcare/library.cfm)

This is a great place; it is a wonderful way to introduce your children to new toys without having to buy them. Renting toys also reduces clutter around the house because you are able to return the toys when you child loses interest. I know my family has had a very positive experience at the toy library and I have heard the same from other residents.

An annual fee of \$20 (prorated to \$10 after January 1st) entitles participants to check out up to three toys and three books/videos at a time.

Toys and books may be checked out for a three week period. The Toy and Resource Library is located at 600 A Street, in Davis. Library hours are Tuesday, Wednesday, and Thursday from 9:00 a.m. to 3:00 p.m.

➤ **Resource Library:** The Resource Library contains an extensive collection of books, audio tapes, CD's and video tapes on parenting issues, child development (birth through teens), activities to do with children, choosing child care, special

needs, and much more!

➤ **Toy Library:** The Toy Library contains a variety of durable toys for young children such as: sand toys, blocks, infant & toddler toys, dolls and doll houses, puzzles, musical instruments, play food and dishes, animal figurines, toys for children with special needs and more! Come and check it out!

For more information, please call (530) 757-5695

### 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:

- Parking permits expired as of September 30, 2010. All leaseholders with vehicles should have renewed their parking permits for the new academic year or risk being cited for having an expired permit.

# Get Creative at the Craft Center!

By Shawna Stevens source: [campusrecreation.ucdavis.edu/](http://campusrecreation.ucdavis.edu/)

While academic studies are important, sometimes it's nice to learn a new skill or craft just for the fun of it. The Craft Center on campus is the perfect place to develop your creative skills. They house ten different, fully-equipped studios where you can pursue your craft of interest. The studios include all of the major equipment you will need and additional tools are available for check out. The studios include ceramics, woodworking, screen printing, glass, flame working, jewelry, welding, photography, textiles (sewing, weaving, and dyeing), and arts & crafts. They offer more than 90 classes each quarter, ranging from one-day workshops to seven-week

courses. The classes are small so you get an abundance of one-on-one attention.

Most multi-week classes include a pass to use the studio while craft classes are not in session. If you are already skilled in your craft and do not need to take a class, you can buy a Day Use or Quarter Use Pass to use the studios when classes are not in session. These passes require an orientation for the studio, while the woodworking and welding studios require an additional safety review or certification class. You may register for woodworking and welding certification classes as you would for any other craft class.

If you really want to nurture your creative side, you can also

volunteer at the Craft Center. As a Craft Center volunteer, you will be part of a creative community, gain work experience, and learn new craft skills. Volunteers work five hours per week each quarter and in exchange, receive free use of the facility and half price on one class for that quarter. Not to mention, these guys always look like they're having a great time.

Go online to view classes for fall quarter at [www.campusrecreation.ucdavis.edu](http://www.campusrecreation.ucdavis.edu) or call the Craft Center at 752-1475. Have a creative quarter!

# City Invites Residents to Sign Up for City Information on [www.nixle.com](http://www.nixle.com)

Submitted by Sue Franck

The city of Davis will begin using [www.nixle.com](http://www.nixle.com) to share emergency and other important city related information, such as road closures, with the public. Nixle is a free service, designed specifically for public agencies to share information with subscribers.

Individuals register at [www.nixle.com](http://www.nixle.com) and can choose how messages are to be communicated—via emails and/or text messages. In addition, subscribers can specify multiple locations, such as a home address, a business address and a child's school address. The city

can then tailor messages to certain areas of town, if necessary. The Nixle site is secure – subscribers will only receive messages from the city of Davis and other communities of the subscriber's choice.

Since Nixle launched its "Municipal Wire" site in 2009, over 3000 public safety agencies and communities have started to use the service. Nixle's Municipal Wire is the first standardized, secure and certified communication platform for cities to communicate important, neighborhood level information to residents, employees and students.

The service uses the same model as social applications, such as Twitter or Facebook while adding levels of security to ensure messages are received from the city of Davis.

Residents, employees who work in Davis, students, or any interested members of the public are invited to sign up for Davis notices at [www.nixle.com](http://www.nixle.com).

For more information, see [www.cityofdavis.org](http://www.cityofdavis.org) or call 530-757-5602.

# Kale, Kale, & more Kale

By Shakeela Kuthubdeen

Kale is considered to be a highly nutritious vegetable with powerful antioxidant & anti-inflammatory compounds. It is very high in beta carotene, vitamins K & C and reasonably rich in calcium. Kale, as with broccoli and other brassicas, contains sulforaphane (particularly when chopped or

minced), a chemical believed to have potent anti-cancer properties. Boiling reduces the level of the anti-cancer compounds, however, steaming, microwaving, and stir frying does not result in significant loss.

I found these awesome recipes from <http://allrecipes.com>.

These are surprisingly delicious and a healthier alternative to regular chips. If you have an abundance of kale in your garden this is the time to try these quick snacks & an easy way to sneak greens in to your picky eater's plate too.

## Kale Krisps

This is an awesome snack for anytime, great before dinner. Use grated Cheddar or Monterey Jack cheese; if you like lots of cheese, you can use more.

Ingredients

- 2 bunches kale, washed and dried
- 2 cups shredded Cheddar cheese

## **Directions**

Preheat oven to 425 F. Spray 2 baking sheets with cooking spray. Remove the stems and ribs from the kale, and shred the kale very thinly. Spread the shredded kale onto the baking sheets, and sprinkle evenly with Cheddar cheese. Bake the kale for 10 minutes, watching carefully to prevent burning, until the kale is crisp and the cheese is browned.

## Kale Chips

Ingredients

- 1 bunch kale
- 1 tablespoon extra-virgin olive oil, divided
- 1 tablespoon sherry vinegar
- 1 pinch sea salt, to taste

## **Directions**

Preheat an oven to 300 F. Cut away inner ribs from each kale leaf and discard; tear the leaves into pieces of uniform size. Wash the pieces and spin dry or dry with paper towels. Put the kale pieces into a large resealable bag. Add about half the olive oil; seal and squeeze the bag so the oil gets distributed evenly on the kale pieces. Add the remaining oil and squeeze the bag more, until all kale pieces are evenly coated with oil and slightly 'massaged.' Sprinkle the vinegar over the kale leaves, reseal the bag, and shake to spread the vinegar evenly over the leaves. Spread the leaves evenly onto a baking sheet. Roast in the preheated oven until mostly crisp, about 15-20 minutes. Season with salt and serve immediately.



# Community Programs

## **Domes Tour**

A Domes resident will tell us a little about the DOMES philosophy of community living, about their grounds, and let us take a walk through some of their living spaces. Definitely an activity you don't want to miss! Questions? Call Jessica Loehrmann at 681-0883. If raining, this activity will be postponed.

When: Saturday, October 2 at 11am

Where: Meet at Orchard Park **10 minutes before** to walk over to the Domes

## **Fruit Loop Necklaces**

Bring your little ones and make some colorful and edible jewelry! You can experiment with patterns and counting. If you have any questions, please contact Casey Fawcett at 707-953-5279.

When: Wednesday, October 6 at 4pm

Where: Melvin Fassler Community Center

## **Fire Department Day on the Quad**

Join the Fire Department for Fire Department Day on the Quad. Learn how to use a fire extinguisher, knock down a cone with a fire hose, and get information on how to be fire safe. Come check out the medical helicopter too. This sure will be a fun event for the whole family. For questions please call Shakeela at 297-7451.

When: Tuesday, October 5 at 11am

Where: Meet in front of the Solano Park office or UC Davis West Quad

## **Build Your Own Scarecrow**

Let's build a family of scarecrows. This is an opportunity to personalize fall decorations and display them at the Halloween Carnival. Children are encouraged to make scarecrows to reflect their own personalities or their wildest imagination. Basic materials will be provided. Bring personal items like used clothes or costumes to make your scarecrow unique!!!

When: Wednesday, October 6 at 3pm

Where: Orchard Park Community Center

## **Life Books**

Paper, cut outs, etc. all provided. Come make a creative backdrop for your cherished photos and/or memories. Or just use the materials to create something to decorate your home. Questions? Call Jessica Loehrmann at 681-0883.

When: Wednesday, October 6 at 6:30pm

Where: Orchard Park Community Center

## **Fingerpaints**

Come have a fun afternoon with friends. Nothing is more fun and relaxing than coating your fingers in paint and creating! This activity is great for all ages. If you have any questions, please contact Shawna Stevens at 757-7899.

When: Thursday, October 7 at 4pm

Where: Melvin Fassler Community Center

## **Craft Hour**

Let's get ready for Halloween. Learn how to make ghosts using craft glue. Decorate it with pom poms & wiggly eyes to make it look extra special. Use it as a Halloween window decoration. All ages welcome to have fun. For questions please call Shakeela at 297-7451.

When: Friday, October 8 at 4pm

Where: Melvin Fassler Community Center

## **Fall Dessert Potluck**

As the weather begins to turn cold, I begin to crave sweets. If you're like me, let's get together for an afternoon of dessert! Everyone brings their favorite dessert to share and I'll supply both warm and cold beverages. It'll be a great way to spend a Saturday fall afternoon with your neighbors. If you have any questions, please call Shawna Stevens at 757-7899.

When: Saturday, October 9 at 3pm

Where: Melvin Fassler Community Center

## **Halloween Decorations**

Come try out some of the fun things shown in the magazines. Harvest time and Halloween decorations. Questions? Call Jessica Loehrmann at 681-0883.

When: Tuesday, October 12 at 6:30pm

Where: Orchard Park Community Center

## **Jump Rope Contest**

Practice your jump rope skills 'cos we are going to have a 'jump rope contest'. All ages welcome to have fun. Everyone gets a prize. This

## Community Programs

event will be cancelled if it rains. For questions please call Shakeela at 297-7451.

When: Friday, October 15 at 4pm  
Where: Green playground by Melvin Fassler Community Center

### October Birthday Celebration

Come celebrate you or your neighbors October birthdays together. We will be decorating cupcakes together. Get ready to have some fun, this event is for everyone. If you have any questions, please contact Casey Fawcett at 707-953-5279.

When: Friday, October 15 at 7pm  
Where: Melvin Fassler Community Center

### Begin Paper Mache Jack O' Lanterns

Get crafty and make your own Jack O'Lanterns from paper mache. We'll set up the first stage putting the paper mache on balloons to make our "pumpkins". Please dress in clothing okay for getting messy. Once we've put on the paper we'll leave our "pumpkins" to dry.

When: Monday, October 18 from 4pm-5pm  
Where: Orchard Park Community Center

### Spooky Cupcakes

Come enjoy decorating spooky cupcakes. We'll be making yummy spiders & friendly ghost cupcakes. Bring your spooky decorating ideas to share with others. All kids must come with an adult. For questions please call Shakeela at

297-7451.

When: Tuesday, October 19 at 4pm  
Where: Melvin Fassler Community Center

### Neighborhood Watch Meeting with Pizza

Although Solano Park, on the most part, is a safe and pleasant place to live occasionally theft and other crimes occur here. In Solano Park we have a resident led organization and email list to share information and raise awareness about crime and suspicious activity when it occurs. Come and enjoy some free pizza and learn how to respond if you see a crime! If you have any questions, please contact Casey Fawcett at 707-953-5279.

When: Wednesday, October 20 at 6pm  
Where: Melvin Fassler Community Center

### Finish Paper Mache Jack O'Lanterns

Now the "pumpkins" are ready to be decorated. Bring your inner artist and creative ideas. The best thing about these pumpkins is they won't rot!!!

When: Wednesday, October 20 from 4pm-5pm  
Where: Orchard Park Community Center

### Caramel Apples

Fall is apple season, so let's indulge with a homemade apple treat. Come and learn how easy it is to make caramel apples. It will be a fun fall afternoon with friends and a tasty treat! If you

have any questions, please call Shawna Stevens at 757-7899.

When: Thursday, October 21 at 4pm  
Where: Melvin Fassler Community Center

### Garden Work Day

Not much time left for this year's garden. Let's spend some time prepping the garden for winter. Thanks for making the first children's garden a success Orchard Park.

When: Thursday, October 21 at 4pm  
Where: OP Children's Garden

### Treat Bag Decorating

Let's get ready for Halloween and design our own treat bags! You come with some great ideas and I'll provide the supplies! If you have any questions, please contact Shawna Stevens at 757-7899.

When: Tuesday, October 26 at 4pm  
Where: Melvin Fassler Community Center

### Pumpkin Decorations—Must Sign Up!

Carve, Paint, or decorate these pumpkins with crafty stuff. Then put them out on your porch to celebrate on Halloween night! Questions? Call Jessica Loehrmann at 681-0883.

When: Tuesday, October 26 at 4pm  
Where: Orchard Park Community Center

## Community Programs

### Painting Pumpkins!

Come join us! We will be decorating small pumpkins. Bring your creativity and I will bring the pumpkins and the paint. Please wear clothes you don't mind getting messy. If you have any questions, please contact Casey Fawcett at 707-953-5279.

When: Wednesday, October 27 at 4pm

Where: Melvin Fassler Community Center

### Orchard and Solano Park Halloween Party

All of the Parks residents should come! There will be prizes from



local businesses for kids and adults at some games. Money and prizes to be won at others. Yummy food, and the Aggie Band -Uh will be there to kick off the party! Don't be late!! Everyone is encouraged to wear costumes. Questions? Call Jessica Loehrmann at 681-0883.

When: Saturday, October 30 at 10am

Where: Orchard Park Community Center

## Holidays and Anniversaries

### **October 2—Birth of Mahatma Gandhi [1869]**

Born Mohandas Gandhi in India, this man grew to become one of India's greatest modern day spiritual and political leaders. He led a campaign of peaceful civil disobedience that eventually won India's independence from Great Britain. Renamed Mahatma, or "Great Soul," by his followers, Gandhi was assassinated by Hindu fanatics on 30 January 1948. (1869)

### **October 3—First female US senator takes office [U.S.A.]**

Rebecca Latimer Felton (1835-1930) was appointed by the governor of Georgia to a democratic senate seat, filling a vacancy left by the death of Thomas E. Watson; Felton served just two days (21-22 November) before a successor

was elected. In addition to being the first woman senator, she was the oldest person (87 years old) appointed to the senate and served the shortest term. (1922)

### **October 6—Birth of Fannie Lou Hamer [1917-1977]**

The daughter of sharecroppers in the Mississippi Delta, Fannie Lou Hamer became one of the most courageous and inspiring leaders of the US civil rights movement. She spent her early life in conditions shaped by desperate poverty and the harshest forms of racial discrimination. In 1962, she became involved in the civil rights movement as one of the first Blacks to register to vote and then as an organizer. Frequently arrested and beaten, she continued her work and

inspired followers with her courage, faith, and persistence. She was a major force in the successful effort to integrate the Democratic Party in Mississippi. She also helped to establish agricultural cooperatives, build low-income housing, and bring industry to poor rural areas.

### **October 10-24—Cirio de Nazare [Brazil]**

Greatest festival of northern Brazil, the Feast of Cirio starts on the second Sunday of October in the city of Belem [Saint Mary of Bethlehem], capital of the state of Para. The festival lasts two weeks

# Calendar of Events

## October 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
					<b>1</b>	<b>2</b> <u>Domes Tour</u> OP Office 11am
<b>3</b>	<b>4</b> <u>Fruit Loop Necklaces</u> MFCC 4pm	<b>5</b> <u>Fire Dept Day on the Quad</u> SP Office 10am	<b>6</b> <u>Build your Own Scarecrow</u> OPCC 3pm <u>Life Books</u> OPCC 6:30pm	<b>7</b> <u>Fingerpaints</u> MFCC 4pm	<b>8</b> <u>Craft Hour</u> MFCC 4pm	<b>9</b> <u>Fall Dessert Potluck</u> MFCC 3pm
<b>10</b>	<b>11</b>	<b>12</b> <u>Halloween Decorations</u> OPCC 6:30pm	<b>13</b>	<b>14</b>	<b>15</b> <u>Jump Rope Contest</u> MFCC 4pm <u>October Birthday Celebration</u> MFCC 7pm	<b>16</b>
<b>17</b>	<b>18</b> <u>Begin Paper Mache Jack O Lantern</u> OPCC 4pm	<b>19</b> <u>Spooky Cupcakes</u> MFCC 4pm	<b>20</b> <u>Finish Paper Mache Jack O Lantern</u> OPCC 4pm <u>Neighborhood Watch Meeting with Pizza</u> MFCC 6pm	<b>21</b> <u>Caramel Apples</u> MFCC 4pm <u>Garden Work Day</u> OP Garden 4pm	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b>	<b>26</b> <u>Treat Bag Decorating</u> MFCC 4pm <u>Pumpkin Decorations</u> OPCC 4pm	<b>27</b> <u>Painting Pumpkins</u> MFCC 4pm	<b>28</b>	<b>29</b>	<b>30</b> <u>Orchard and Solano Park Halloween Party</u> OPCC 10am
<b>31</b>						

