



A Publication of
Orchard and Solano
Parks, UC Davis

THE PARK MESSENGER

January 2011

INSIDE THIS ISSUE:

Interested in Knitting?	2
Great Swap Sites	2
Cold Weather Tips	3
Locked in the Bathroom?	3
Monthly Maintenance	3
Community Programs	4
Holidays and Anniversaries	6

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:

- Monday, January 17, 2011 is a University Holiday. All campus offices will be closed.
- Please contact the on-call RA for immediate housing assistance during the holiday listed above.

Working on your New Year's Resolution?

Submitted by Shakeela Kuthubdeen

Did you made a list of things for your New Year's resolution or still working on it? Here's some food for thought. Hope you'll add a few extra things for your list too.

Do not stick with 'Giving is an expensive holiday tradition'. Rather make it a year round habit. Wonder how it can be done in this tough economy? Here are some wonderful, simple ideas that might help you make a difference.

Make 'Giving' a family tradition. Teach your children by setting examples and involving them in your efforts. Giving experiences you can share, rather than material goods teaches them "an act of friendship is more valuable than a wrapped gift".

The key to giving is to know the wants and needs of the person to whom you are giving.

Equally important – don't underestimate your own special skills and talents. One valuable aspect of giving a gift of you is that it is the perfect solution for those who "have everything."

Giving a Gift of Yourself or Your Time - An easy way

- Make homemade bread, Cake or your own special dish as a gift.
- Offer baby-sitting time.
- Offer a monthly lunch date with an elderly relative or a friend.
- Offer free lessons in a sport in which you excel.
- Offer your talents, such as photography, crafting or hairstyling.
- Put together a photo album or make a video as a birthday gift.
- Send a post card or snail mail to a relative or a friend that you

didn't talk to in years. A phone call or just a text message saying "Hi" can do wonders.

- Volunteer in a food bank.
- Offer your time to give an experience for young family members (a day kayaking, hiking, visit to the zoo or the aquarium).
- Donate a plant, a tree or some packs of seed to an environment society.

Give gift giving a new meaning without spending a fortune in the mall. Give a gift that isn't a thing but more valuable to a loved one.

- Give tickets—to concerts, sporting events, trips etc.
- Give a museum pass or membership to a library.

*Continued on Page 2

Working on your New Year's Resolution?

Continued From Page 1

- Provide a gift certificate for a lesson (tennis, swimming, drums etc)
- Provide a gift certificate for a dinner for two
- Give a gift certificate to a

used book store- with a note to encourage re-use

Make it a habit to consume less. Don't forget 'less is more'. Share whatever the bounties that you have with those who need them

more than you. Have a clear idea of your wants and needs, this may change the attitude of consumerism and open new doors for acts of generosity. **Happy new year 2011 !!!**

Interested in a Knitting Class?

Submitted by Casey Fawcett

Hello Residents,
I have recently taken up knitting and have found that it is a fun and productive hobby. It is a wonderful way to relax and express your inner artist, while keeping warm during these cold winter months. Knitting is a skill that keeps idle hands busy and also is a hobby that provides wonderful gifts for those closest to you.

I thought it would be a wonderful escape from the day to day stresses to provide a program to adults to learn how to knit, work on current knitting

projects, or ask questions about problems you are having with your knitting. I already have some wonderful informational sources to help overcome those inevitable knitting questions. We already have the knitting equipment ready to be used we just need interested residents.

I know there are quite a few of you out there who are experienced knitters. I am a beginner knitter and feel that I could teach the basics; single cast-on, knitting-on, basic knit stitch, basic purl stitch. However, I am hoping to reach out to you

experienced residents in the hopes that you would be willing to share your knowledge and help to advance one the oldest textile crafts.

If you are interested in attending a knitting class or are interested in sharing your knowledge please contact me. You can stop me in passing, call me at 707-953-5279, or email me at caseyfawcett@gmail.com.

I look forward to hearing from you soon!

Thanks,
Casey Fawcett

Great Swap Sites

By Shawna Stevens Source: Parents magazine, Oct 2010

After spending all your money for the holidays, it's nice to start saving again. These websites should help you get started!

Zwaggle.com When you donate gently used children's items, you'll receive Zoints you can redeem for gear you need for your family

Swapace.com You can exchange good (like used strollers) for services (like tutoring) and vice versa. There's also a section for buying, selling, and giveaways.

Freecycle.org It's the perfect place to give what you don't need or receive what you don't have, from trikes to toys to furniture

Neighborrow.com This site allows you to borrow an item, such as a power drill, and then return it when you done or pass it forward

Tips To Avoiding Problems That Can Be Caused By Cold Weather

Submitted by April Berryman

On some occasions it can get quite cold in Davis during the winter season. In fact, just before the end of Fall quarter, we had several days of cold temperatures below freezing. There are numerous problems that can develop in apartments due to the cold. Among them are:

1. Doors swelling and warping.
2. Floor tiles coming loose.
3. Paint peeling.
4. Frozen water pipes bursting,

causing flooding.

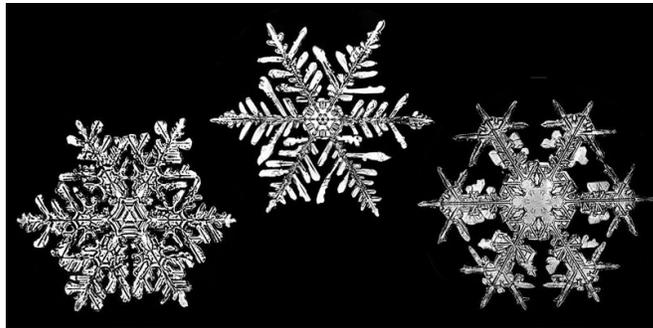
5. House plants dying that cannot tolerate the cold.
6. Sensitive electronic equipment developing problems.

Therefore, if you are planning on leaving for **more than one day** during this winter season, we ask that you take the following steps to avoid any problems that the cold might create:

1. **Close and lock** all windows and the glass patio door and

2. **close** all window coverings.
2. Leave all doors **inside** your apartment **open** allowing heat to migrate throughout your apartment.
3. Leave your water heater **on** at a **low** temperature setting.
4. Leave your wall furnace on at the **lowest** possible temperature setting.

Thank you for following these recommendations.



Locked in the Bathroom?

Submitted by Jessica Loehrmann

If a child or other person gets locked in the bathroom, here's a tip: Use a flat-blade screwdriver to open it. Insert and turn. This

happened recently in Orchard Park and it caused a few minutes of panic for parents. If nothing works, you can always call University

Police, and they'll come quickly to the rescue.

Monthly Maintenance Tips

By Orchard and Solano Park Maintenance

Special concerns for the cold, dark days of January:

- Let us know if you see exterior lights out. We will re-lamp them for you to keep that early darkness illuminated.
- Watch for wet and icy pathways; they can be

slippery afoot or on your bicycle.

- Be sure the frost and water vapor is off all your car's windows. You need to see when you are leaving your parking space and driving the city streets.
- Rain and cold weather

drives insects such as ants indoors to seek shelter. If you find that this is the case, please let your Park Office know either by phone or in person. We can inspect and treat for ants and other insects.

Community Programs

Bird Binoculars

January 5 is Bird Day, so let's make some binoculars to help us focus our sight on all the birds around Solano Park. We'll use cardboard tubes from toilet paper rolls to make this craft. If you have any questions please contact Shawna Stevens at 757-7899.

When: Tuesday, January 4 at 4pm

Where: Solano Park Community Center

Finger Puppets

The winter months are great for staying indoors and light up the crafty minds. Learn how to make finger puppets using felt. Kids under 8 will need an adult helper. For questions please call Shakeela at 297-7451.



When: Friday, January 7 at 5pm

Where: Solano Park Community Center

Playdough Mania

Hey folks, need an indoor event to cure your winter cabin fever? Bring the kids down to the community center to work it out with homemade playdough.

Each kid can take home a bag of playdough!

When: Saturday, January 8 at 10am

Where: Orchard Park Community Center

Pizza Night

Come!!! Catch up with friends & neighbors. Dinner's on us. This event WILL NOT BE CANCELLED if it rains. For questions please call Shakeela at 297-7451.

When: Saturday, January 8 at 6pm

Where: Solano Park Community Center

Help Me Winterize the Garden, Please.

I want to finish pulling out the plants and cover the soil with straw. This is a dirty and cold job and I would greatly appreciate help. The date below is tentative, because if it's raining we will re-schedule. Call Ashley at 510-926-7554.

When: Sunday, January 9 at 1pm

Where: Orchard Park Community Children's Garden

Jewelry Class for Adults

Our last adult jewelry class was a huge success, so let's do it again! Come and join us for some jewelry making. I'll have supplies on hand to make either bracelets or earrings. Beginners are welcome. **This will be a kid-free event to give the adults some free time!** If

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

When: Monday, January 10 at 7:30pm

Where: Solano Park Community Center

January Birthday Celebration

Come celebrate you or your neighbors January 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, RA for Solano Park at 707-953-5279.

When: Wednesday, January 12 at 4pm

Where: Solano Park Community Center

T-Shirt Painting for Grown-ups

What better way to spend the Friday evening than relaxing in a kid free zone. Bring your favorite Tee to give it a new look. I'll provide all the necessary material & some easy painting techniques. For questions please call Shakeela at 297-7451

When: Friday, January 14 at 7pm

Where: Solano Park Community Center

Martin Luther King's Birthday Cupcakes

Let's get together and memorialize this great man's work. We will make cupcakes, and we will also read stories

Community Programs

about the civil rights movement.

When: Monday, January 17 at 2pm

Where: Orchard Park Community Center

Toddler Play Hour

Meet up with other toddlers and parents to play in the community center on the mats, tunnel and other gymnastic styrofoam blocks available. Also toddler instruments to play to some music and snack to share. FREE and all are welcome.

Questions? Call Jessica Loehrmann at 681-0883 after 4:30pm.

When: Tuesday, January 18 at 10am

Where: Orchard Park Community Center

Kids Jewelry Craft

Let's spend a winter afternoon making some fun beaded jewelry for yourself or your friends.

Children under 7 will need an adult helper. If you have any questions, please call Shawna Stevens at 757-7899.



When: Tuesday, January 18 at 4pm

Where: Solano Park Community Center

Story Time with Cocoa

Get out of the house and stay warm during these cold winter days. Come share some your favorite story books and I will bring some of ours. I will be providing hot cocoa. If you have any questions, please contact Casey Fawcett, RA for Solano Park at 707-953-5279.

When: Saturday, January 20 at 3:30pm

Where: Solano Park Community Center

Paint it up!

Come paint on huge sheets of butcher paper at the community center. Think of a fun shape you'd like to finger paint to hang in a child's room or use brushes to create something worth hanging onto. Small canvases are available upon request BEFORE activity for serious brush-painters. Questions? Call Jessica Loehrmann at 681-0883 after 4:30pm.

When: Tuesday, January 20 at 4pm

Where: Orchard Park Community Center



Fun Glasses

Come join us and learn how to brighten any cloudy day with Fun Glasses. We will be decorating handmade glasses with different colored lenses and your own creativity. If you have any questions, please contact Casey Fawcett, RA for Solano Park at 707-953-5279.

When: Thursday, January 6 at 4pm

Where: Solano Park Community Center

Game Night

Bring your favorite board-game or card game to play. **Snacks provided. Grad students especially welcome.**

ADULTS ONLY! 8-10pm.

Questions? Call Jessica Loehrmann at 681-0883 after 4:30pm.

When: Friday, January 28 at 8pm

Where: Orchard Park Community Center

Holidays and Anniversaries

January 1 – Abraham Lincoln signs the Emancipation Proclamation [U.S.A.]

This document declared freedom for all slaves within territories rebelling against the federal government. (1863)

January 5 – George Washington Carver Recognition Day

George Washington Carver was a Black American botanist and chemist who brought economic prosperity to a large area of the struggling Southern United States. He was born a slave on a Missouri farm in 1861, was orphaned as an infant and freed at the end of the Civil War. He is most remembered as an American educator and horticulturist who developed useful by-products from peanuts, sweet potatoes, and soybeans. Carver became head of Tuskegee Institute's agricultural school where he received recognition for his experimental work, plus teaching crop diversity and methods for soil improvement to southern farmers. (died 1943)

January 6 – Epiphany [Christian, Greek Orthodox]

Celebrated on Sunday, January 2. In Western churches, it remembers the coming of the wise men bringing gifts to visit the Christ child, who by so doing "reveal" Jesus to the world as Lord and King. In some Central and South American countries influenced by Catholic tradition, Three Kings' Day, or the night before, is the time for opening Christmas presents. In some eastern churches,

Epiphany or the Theophany commemorates Jesus' baptism, with the visit of the Magi linked to Christmas. In some churches the day is celebrated as Christmas, with Epiphany/Theophany occurring on January 19th.

January 10 – Seijin-no-hi [Japan]

(Also known as Coming of Age Day) This national holiday celebrates the coming-of-age of Japan's youth who turn twenty years old this year. Celebrants wear traditional clothes and visit shrines where the family announces their adulthood to the spirits.

January 14 – Birthday of Guru Gobind Singh [Sikh]

He was the last of the ten Gurus and founded the "Khalsa" brotherhood where he initiated adopted the five "Ks": Kangha (wooden comb), Kara (steel bracelets), Kirpan (sword), Kaccha (pair of shorts), and Kesh (long hair).

January 16 – Religious Freedom Day [U.S.A.]

The legislature of Virginia adopted a religious freedom statute that protected Virginians against requirements to attend or support any church and against discrimination. This statute, which had been drafted by Thomas Jefferson and introduced by James Madison, later was the model for the First Amendment to the US Constitution. (1786)

January 19 – Tu B'Shevat [Jewish]

The New Year for Trees, falls on the 15th of Shvat. Jewish tradition marks the 15th of

Shvat as the date when the sap in the trees begins to rise, signaling the earth's awakening from its winter slumber, and heralding the beginning of Spring.

January 20 – Barack Obama inaugurated as the first African-American President [U.S.A.]

Barack Hussein Obama II was inaugurated on January 20th, 2009 as the 44th United States President. He was the first African-American elected to the office.

January 23 – Chinese New Year [China]

Year of the Rabbit. A festive holiday celebrated for about two weeks. Each year is symbolized by a different animal. The New Year is the most colorful, joyous and important festival for the Chinese. Popular customs include writing spring couplets (two lines of poetry) on red paper and posting them in doorways, displaying peach blossoms, offering trays of candies and preserved fruits, displaying tangerines, eating rice dumplings, giving children good luck money in red envelopes, and greeting friends with special New Year's sayings. Every home is cleaned and decorated with five lucky signs of happiness, new clothes are worn and even the poorest buy new shoes, for it is bad luck to step down on the ground into old shoes.

January 25-27 – Tet Festival [Vietnam]

Celebration of the Vietnamese New Year.

Calendar of Events

January 2011

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	4 <u>Bird Binoculars</u> SPCC 4pm	5	6	7 <u>Finger Puppets</u> SPCC 5pm	8 <u>Playdough Mania</u> OPCC 10am <u>Pizza Night</u> SPCC 6pm
9 <u>Winterize Garden</u> OPCC 1pm	10 <u>Jewelry Class for Adults</u> SPCC 7:30pm	11	12 <u>Birthday Celebration</u> SPCC 4pm	13	14 <u>T-Shirt Painting for Grownups</u> SPCC 7pm	15
16	17 HOLIDAY PARKS OFFICES CLOSED MLK Birthday OPCC 2pm	18 <u>Toddler Play Hour</u> OPCC 10am <u>Kid's Jewelry Craft</u> SPCC 4pm	19	20 <u>Story Time with Cocoa</u> SPCC 3:30pm <u>Paint it up</u> OPCC 4pm	21	22
23	24	25	26 <u>Fun Glasses</u> SPCC 4pm	27	28 <u>Game Night</u> OPCC 8pm	29
30	31					

