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Parks, UC Davis

THE PARK MESSENGER

June 2011

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Orchard Park Office Hours:

Monday ~ Friday:
8:00 a.m.—12:00 p.m.
1:00 p.m.—4:30 p.m.

Solano Park Office Hours:

Monday ~ Friday:
8:00 a.m.—12:00p.m.
1:00 p.m.—4:30 p.m.

Special points of interest:

- If you are not renewing your lease for 2011-2012, submit your vacate notice by June 20, 2011 at your Park Office.

Time for Goodbye

By Shawna Stevens

After four years of being a Solano Park RA, it is finally time for me to say good-bye. Like many of us here, we've spent the last five years filling our heads with knowledge and filling our apartment with children, and now both are at capacity so we need to move on. When we first arrived in Solano Park, I was a bit apprehensive about moving into student

housing with a three month old, but we quickly found a wonderful place to live and a thriving community. With its large green spaces, great playgrounds, and most importantly, wonderful people from all over the world in the same situation as us, we quickly felt right at home. Working as an RA enabled me to meet even more people and help

contribute to the community that I loved so much. I will miss all of the friends I have made here, and all of the wonderful staff I have worked with, especially my two fellow RAs. Who knew cleaning up the community center at 10pm could be so much fun with those two around? Thank you Solano Park for a fun and memorable four years!

How to Make Family Meals Happen

Submitted by: Casey Fawcett Sources:

<http://www.familieswithpurpose.com/family-meal-planning.html>,
http://www.sparkpeople.com/resource/nutrition_articles.asp?id=439,
<http://www.time.com/time/magazine/article/0,9171,1200760,00.html>

We all know in the Parks that life can be hectic and busy. After balancing college classwork, work, your child's school and recreational schedule, and making sure that the housework is done, there is very little time left to enjoy home cooked meals together. However, research is beginning to show that eating as a family has great benefits for your children and

teenagers. Here are reasons why you should try to sit down together 5-6 times a week, whether for breakfast, lunch or dinner and way to make it happen.

Reason #1:

Communication and Bonding

Conversations during the meal provide opportunities for the family to bond, plan,

connect, and learn from one another. It's a chance to share information and news of the day, as well as give extra attention to your children and teens. Family meals foster warmth, security and love, as well as feelings of belonging. It can be a unifying experience for all.

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How to Make Family Meals Happen

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Reason #2: Model Manners (and more)

Family mealtime is the perfect opportunity to display appropriate table manners, meal etiquette, and social skills. Keep the mood light, relaxed, and loving. Try not to instruct or criticize—lead by example.

Reason # 3: Expand Their World...One Food at a Time

Encourage your children to try new foods, without forcing, coercing, or bribing. Introduce a new food along with some of the stand-by favorites.

Remember that it can take 8-10 exposures to a new food before it is accepted, so be patient.

Trying a new food is like starting a new hobby. It expands your child's knowledge, experience, and skill.

Include foods from other cultures and countries.

Select a new vegetable from a local farmer's market.

Have your child select a new recipe from a cookbook, web site, newspaper, or magazine.

Reason #4: Nourish

Meals prepared and eaten at home are usually more nutritious and healthy. They contain more fruits, vegetables, and dairy products along with additional nutrients such as fiber, calcium, vitamins A and C, and folate.

Reason #5: Become Self-Sufficient

Children today are missing out on the importance of knowing how to plan and prepare meals.

Basic cooking, baking, and food preparation are necessities for being self-sufficient. Involve your family in menu planning, grocery shopping, and food preparation. Preschoolers can tear lettuce, cut bananas, and set the table. Older children can pour milk, peel vegetables, and mix batter.

Teenagers can dice, chop, bake, and grill. Working as a team puts the meal on the table faster, as well as makes everyone more responsible and accepting of the outcome. Improved eating habits come with "ownership" of a meal.

Reason #6: Prevent Destructive Behaviors

Research shows that frequent family dinners (five or more a week), are associated with lower rates of smoking, drinking, and illegal drug use in pre-teens and teenagers when compared to families that eat together two or fewer times per week. Even as older children's schedules get more complicated, it is important to make an effort to eat meals together. Scheduling is a must.

Reason #7: Improve Grades

Children do better in school when they eat more meals with their parents and family. Teenagers who eat dinner four or more times per week with their families have higher academic performance compared with teenagers who eat with their families two or fewer times per week.

Reason # 8: Save Money

Meals purchased away from home cost two to four times more than meals prepared at home. At

present time the restaurant industry's share of the total food dollar is more than 46%. Due to scheduling, commitments, and activities, families eat out several times each week.

Ways to make it Easier

- Planning family meals can be one of the most stressful times in any parent's day. Use these tips and ideas to help make the planning easier, so that your family can have healthy family meals without the stress.
- Set aside time every week to plan your family meals and make a grocery list. Add the time you need for meal planning to your daily routines so that it becomes a regular habit and a priority. Products to help with this: Meal Planning Calendar, What to Eat Notepad, Menu Planning Pad, Fridge List. I set aside 30 minutes on Mondays to pick out the weeks meals and put together my grocery list.
- Begin by planning family dinners rather than trying to plan every meal so that you don't become overwhelmed. Once you have a good system down for planning family dinners, you can work on planning breakfast, lunch, and snacks.

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How to Make Family Meals Happen

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- As I am sure some of you have heard I use a cooking magazine to help me pick out my weekly menus but I also find resources like www.allrecipes.com or Google to find quick simple and delicious meal ideas.
- Save your meal plans so that you can easily rotate them and don't have to spend a lot of time recreating them. I save all successful recipes tossing them into sheet protectors in a binder and it makes it easy when you don't feel like being creative.
 - Avoid complaints and fussiness from the kids by including them in the family meal discussion. By giving them a voice in what meals are on the menu, they are more likely to eat what is prepared.
 - If you have picky eaters, let them help you prepare the meals. Kids are much more likely to eat their dinner if they can see what goes into making the meal.
 - Keep the recipes quick and simple and that allows you to save on groceries and your food preparation time during the week.
 - If time is tight during the evenings, try doing some prep work either in the mornings or on the weekends. Some things that can be done in advanced include cleaning and washing vegetables, marinating meats, and mixing sauces.
 - Make clean up easier by teaching kids to rinse and load their own dishes in the dishwasher.
 - Give chores to your kids to help with meal preparation. Good chores for kids include setting the table, clearing the table, filling or unloading the dishwasher, cleaning vegetables, or setting out condiments. Products that can help with this: Kids' Chore Charts
 - Keep your grocery lists easily accessible so that items can be easily added.
 - Teach your family to add items to the grocery list. Schedule your grocery shopping days on your calendar or in your planner.
 - It is time to bring the "family" back to the dinner table. Sharing dinner together gives everyone a sense of identity. It can help ease day-to-day conflicts, as well as establish traditions and memories that can last a lifetime.



Community Programs

Pops and Chalk

Spend some time outside creating a sidewalk masterpiece while cooling down with a popsicle. What could be better on a warm summer afternoon? If you have any questions, please contact Shawna Stevens at 757-7899.

When: Thursday, June 2 at 4pm

Where: Solano Park Community Center

Waterslide

Ready, set, slide. Kids, join your friends and have fun. Enjoy summer and sunshine. Get wet in the water slide. Don't forget your sunscreen & towel. ***a waiver signed by a parent is a must***. For questions please call Shakeela at 297-7451.

When: Friday, June 3 at 3pm

Where: At the grassy area between buildings 2700 & 2800

Farewell Potluck for Shawna the RA

It's time to say goodbye, since Shawna Stevens will be leaving the RA position this month. Bring your favorite dish to share and join us for a potluck to wish her good luck for her next big adventure. Thank You Shawna for your time (nearly 4 yrs) and contribution to Solano Park community. For questions please call Shakeela at 297-7451.

When: Saturday, June at 6pm

Where: Solano Park Community Center

Snow Cones

Come join us for a cool treat! I will be serving up snow cones with natural flavors. Come cool off and hang out with neighbors. If you have any questions please contact Casey Fawcett, RA for Solano Park at 707-953-5279.

When: Monday, June 6 at 6:30 pm

Where: Solano Park Community Center

Horseshoes

Let's enjoy the summer afternoon playing horse shoes in the play ground. All ages are welcome to have fun. For questions please call Shakeela at 297-7451.

When: Tuesday, June 7 at 5pm

Where: Green Playground by Solano Park Community Center

Toddler Playgroup

Ready to get wet? It's fun time for the toddlers!!! We can have a chat while kids enjoy the sunny morning with friends, bubbles and water sprinkler. Wear something you won't mind getting wet. For questions please call Shakeela at 297-7451.

When: Friday, June 10 at 11am

Where: Green Play Ground by Solano Park Community Center

Waterslide

Yeah, Waterslide! Summer is here, everyone. Get ready to jump on our slide and have some cool time. Don't forget to bring towels and sun block with you. Let's cheer for the sunshine! All children must come with an adult.

When: Friday, June 10 at 3:30pm and

Friday, June 17 at 3:30pm

Where: Outside of Orchard Park Community Center

June Birthday Celebration

It is time to celebrate you or your neighbors June 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: Monday, June 13 at 7pm

Where: Solano Park Community Center

Animal Magnets

Come put together some animal magnets for your fridge at home. They will definitely hold your attention and your notes! If you have any questions, please contact Shawna Stevens at 757-7899.

When: Tuesday, June 14 at 4pm

Where: Solano Park Community Center

Community Programs

Animal Magnets

Come put together some animal magnets for your fridge at home. They will definitely hold your attention and your notes! If you have any questions, please contact Shawna Stevens at 757-7899.

When: Tuesday, June 14 at 4pm
Where: Solano Park Community Center

Kid's Club!

Summer time is here and we are starting a kid's club for those bigger kids living around the park. This is our first meeting and we will be getting together to put down some ideas for the club and to get acquainted with each other. I will be providing some snacks! Children 9 and above only please. If you have any questions, please contact Casey Fawcett, RA for Solano Park at 707-953-5279.

When: Wednesday, June 15 at 3pm
Where: Solano Park Community Center

Father's Day Cards Making

It is the time for you to say "Happy Father's Day!" to your

dearest and hard-working dad. We have some cool machines here to help you make really nice Father's Day cards. Come and join us to make some cards to show your appreciation to your dad!

When: Wednesday, June 15 at 3:30 pm
Where: Orchard Park Community Center

Waterslide

Things are warming and it is time to cool off! Join us and have some fun and be prepared to get wet. Please bring towels and sunscreen. All children have to come with an adult. Waivers must be signed by a guardian to participate in this event. If you have any questions, please contact Casey Fawcett, RA for Solano Park at 707-953-5279.

When: Monday, June 20 at 3pm
Where: Between Buildings 3500-3700

Kid's Club!

Okay all you kid's club members, after multiple requests we are organizing a water games. Bring some sturdy hands because this will entail a water balloon toss. Children 9 and above only please.

If you have any questions, please contact Casey Fawcett, RA for Solano Park at 707-953-5279.

When: Thursday, June 23 at 4pm
Where: Solano Park Community Center

Snow Cone Social

Hey everyone, let's gather together and have snow cones! It's going to be fun having snow cones and meeting new friends from our neighborhood. Please come and join us to have some free snow cones and make new friends.

When: Friday, June 24 at 7:30pm
Where: Outside of Orchard Park Community Center

Let's Cook: Pastelitos de Guayaba

Would you like to learn how to make a yummy Cuban dessert at home? I have an easy recipe to make this delicious Cuban cream cheese and guava flavor pastry. Why don't you join us and try some tropical tastes!

When: Thursday, June 30 at 7:30pm
Where: Orchard Park Community Center



Monthly Maintenance Tips

By Orchard and Solano Park Maintenance

Bathroom Mold and Mildew Issues

Mold and Mildew Basics:

- Mold and mildew are part of the natural environment.
 - Mold and mildew consist of tiny spores, most invisible to the naked eye.
 - It is virtually impossible to create a mold and mildew free environment.
 - There are many, many types of mold and mildew.
 - Mold and mildew can be green, black, pink, or purple in color.
 - Mold and mildew need moisture and a natural "food source" like cellulose or cotton to grow.
 - Mold growing on any fabric is called "mildew."
- To help reduce the incidence of mildew and molds, air exchange is the keys. If possible, after you shower or bathe, leave the bathroom door open and leave the bathroom fan running to exhaust as much steam and moisture as possible. Also, leave the bathroom door open as much as possible, especially if you choose not to run the fan.
 - Use a dehumidifier to keep indoor humidity low.
 - Keep surfaces dry.
 - If you notice mold and/or mildew starting to form on the shower walls (tile), Student Housing recommends cleaning products labeled specifically for mold and mildew removal. Make sure to follow directions on the label.
 - Also, a 1% to 2% solution of

bleach and water will take care of most problems. Diluted bleach and over the counter products will actually kill bacteria causing mold and mildew if you let them work for a few minutes after you apply them before you wipe them down.

- Use gloves when using a bleach solution, even when diluted.

If you find that mold and mildew have actually gotten into the paint to the point where it leaves a stain behind, let us know and we can evaluate the situation and offer additional remedies. Finally, please submit repair requests or call the area office if you suspect any leaky pipes or other plumbing problems. These can contribute to mold and mildew. Our maintenance staff will respond to correct the problem(s).

Prevention and Response

Holidays and Anniversaries

June 4 - Tiananmen Square Massacre [China]

After seven weeks of student demonstrations beginning 17 April 1989 in Beijing's Tiananmen Square, the Chinese government ordered The People's Army to open fire on the unarmed protesters. Thousands of patriotic students were protesting imperialist aggression in China.

June 6 - Memorial Day [Korea]

Commemorates those Koreans who died in the Korean War from 1950-53. In the war, an

estimated 1.5-2 million Chinese and North Koreans were killed. Total casualties for the United Nations were 459,360, including 300,000 South Koreans. Another million civilian casualties were incurred.

June 11 - Birth of Jeannette Rankin [U.S.A.]

Jeannette Rankin was the first woman elected to the US Congress in 1917. A reformer and feminist pacifist, she was born in Missoula, Montana. She was the only member of Congress to vote against a declaration of war against Japan

in December 1941. She also voted against US entry into World War I and was active in peace demonstrations until her death. (1880)

June 19 - Father's Day [USA]

Sonora Louise Smart Dowd founded Father's Day on 19 June 1910 in honor of her father, who reared the family alone after the death of his wife. The idea was publicly supported by President Calvin Coolidge in 1924, and presidentially proclaimed in 1966. Observed on the third Sunday in June.

Calendar of Events

June 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 <u>Pops and Chalk</u> SPCC 4pm	3 <u>Waterslide</u> Between Bldgs. 2700-2800 3pm	4
5 <u>Farewell Potluck</u> SPCC 6pm	6 <u>Snow Cones</u> SPCC 6:30pm	7 <u>Horseshoes</u> SPCC 5pm	8	9	10 <u>Toddler Playgroup</u> SPCC 11am <u>Waterslide</u> OPCC 3:30pm	11
12	13 <u>Birthday Celebration</u> SPCC 7pm	14 <u>Animal Magnets</u> SPCC 4pm	15 <u>Kid's Club</u> SPCC 3pm <u>Father's Day Cards</u> OPCC 3:30pm	16	17 <u>Waterslide</u> OPCC 3:30pm <u>Father's Day Crafts</u> SPCC 4pm	18
19	20 <u>Waterslide</u> Between Bldgs. 3500-3700 3pm	21	22	23 <u>Kid's Club</u> SPCC 4pm	24 <u>Snow Cone Social</u> OPCC 7pm	25
26	27	28	29	30 <u>Let's Cook</u> OPCC 7:30pm		

