

# TRICK OR TREAT

Each year on **Halloween, October 31**, many children at Solano and Orchard Parks go trick-or-treating. For those who are not familiar with this tradition, children dress in costumes and go door-to-door collecting treats.

They knock on the door, and when the person answers they say, "Trick or Treat." The person responds by giving them a piece of candy or small toy/prize.

**We want a way for you to indicate that you welcome trick-or-treaters. So, please hang this flyer (PICTURE SHOWING) on your door if you would like to have children knock on your door. This way the children will know they are welcome at your apartment.**

**Please remind your children to knock only on the doors with this flyer displayed.**



## Halloween Harvest Party

Sunday, October 30

4pm to 6pm

Orchard Park Community Center

Are you ready for some fall harvest and Halloween fun? Come celebrate with our biggest event of the year! Costumes are encouraged (but not necessary) to add to the festive atmosphere. Please join us even if you do not have children! This is an awesome opportunity to feel like a kid again!

Some highlights include:

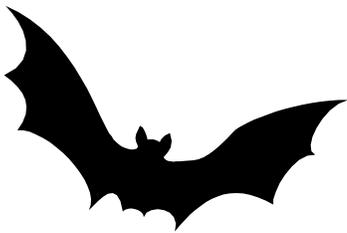
- The UC-Davis Band-Uh will lead a costume parade at 5pm
- **Fall portrait set up. Don't forget your camera!**
- Creepy crawly live creatures
- Carnival games like Ring the Pumpkin and Gourd Bowling
- Creative craft tables like mask-making and pine-cone owls
- Yummy treats
- Fall art displays
- Wagon rides for the little ones
- Hula hoop, pogo stick and guessing jar contests
- Lots of prizes
- Group games for the whole family
- Bounce house and leaf pile
- Face painting
- We will attempt a large group picture (of everyone!) with the band.

**\*\* OVER \*\***

# Happy Halloween

Display this side if you would like trick-or-treaters to come to your door.

Trick



Treat



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# THE PARK MESSENGER

November 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.—12:00 p.m.  
1:00 p.m.—4:30 p.m.

### Special points of interest:

- November 11, 24, and 25 are University Holidays. All campus offices will be closed.

## Make a Gratitude Adjustment

Submitted by: **Linnea Hall** Source: **Lauren Aaronson**

Chris Peterson, a psychology professor at the University of Michigan, asked his students to write a "gratitude letter," a belated thank-you to someone in their lives. Studies show letters provide long-lasting mood boosts to the writers. Indeed, after the exercise, Peterson says his students feel happier "100 percent of the time." But what Peterson didn't admit, was he couldn't bring himself to write his own letters. "I just thought it would be corny." When he finally forced himself to put pen to paper, Peterson avoided embarrassing sentiments, "cloaking it in humor." His thank you wound up feeling insincere and didn't cheer him up. When he tried again he says, "I spoke from the heart."

**The Snowball Effect.** Gratitude is a sentiment

that can help create more joy in life. Feeling thankful and expressing thanks makes you happier—not hokier. The biggest bonuses come from experiencing gratitude habitually. Simple exercises give mood boosts. "Once you get started, you find more and more things to be grateful for," says Robert Emmons, a leading gratitude researcher at the University of California at Davis.

**Gratitude letters** like those penned by Peterson and his students, detail the kindnesses of someone they hadn't properly thanked. Happiness levels go up, while boredom and negative feelings go down. In fact, gratitude is more effective than any other exercise in positive psychology.

**Your Happiness List.** Gratitude needn't be limited to people. Gratitude "doesn't depend on circumstances," Emmons says. Jot down things you're thankful for, the generosity of friends, food on your table, or the right to vote. Those who follow this routine "feel better, have more energy and feel more alert," Emmons says. Feeling thankful even brings physical changes. They sleep better, exercise more and gain a contentment which reduces stress and contributes to overall health. Gratitude exercises call for a certain amount of openness. You feel the fruits of gratitude, Emmons says, when you put thought /care into the task.

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# Make a Gratitude Adjustment

Continued from Page 1

Exercises "can be done with skepticism, but not with cynicism," Peterson notes. What is more, gratitude turns your attention to what you have instead of what you don't.

**Get Noticed.** Thankful Individuals are noticed by others," Emmons says. "People who know them say they're more helpful." Thankfulness is a happy cycle in which rich friendships bring joy, which gives you more to be grateful for, which

fortifies your friendship. Says Emmons: "Your self-esteem is bolstered when you say, 'Hey, people have done things for me.'"! How nice! So Thank you.

# Let's Play Poker: Texas Hold'em!

Submitted by: Tzu-Chi Kuo; Sources: <http://en.wikipedia.org>, <http://blog.sina.com.tw>

Texas Hold 'em, also known as hold 'em or holdem, is a very popular poker game right now, however little is known about its origin. Since it is called Texas Hold 'em, it will be not too hard to relate it with Texas. The Texas State Legislature officially recognizes Robstown, Texas, United States as the game's birthplace, dating the game to the early 1900s. In 1967, Texas Hold 'em was introduced to the casinos in Las Vegas and began to spread out

since. Now, it is a very popular poker game and sport in all the states.

The rules of Texas Hold'em is actually quite simple. Its rules are similar with most of poker games. You will have five cards in each hand, and then you can either choose "call," "check," or "fold" to play with other players. The person, who gets the best combination out of the five cards at the end will win this game. It doesn't sound too hard, right? You just

need to work your brain to trick other players and win it!

Do you already feel like playing some Texas Hold'em? This month we are going to have a Texas Hold'em night in Orchard Park Community Center. Please come join us and have some fun together. Please check the Community Programs pages for more details.

# Pass the Plate

By Shakeela Kuthubdeen

Connect with your community, share your traditional plate. We are planning on taking a culinary trip around the world. Where would that be possible if not in Solano or Orchard Park, where we have a large number of international student families?

Represent your country. Teach us how to make your family favorite or grandma's secret recipe. It doesn't have to be complex, any simple and easy dish would be fine.

We welcome your ideas. If you are interested let us hear from you.

You can contact me at 530-297-7451. We will provide the ingredients. You provide the inspiration!!!

\* Join us on a trip to Paraguay this month ... See the event calendar for more details.

# How to Stay Healthy This Cold and Flu Season

Submitted by: Casey Fawcett Sources: <http://summertomato.com>  
<http://www.medicinenet.com>, <http://www.lifescrript.com>

I've noticed recently that there seem to be people who are able to miraculously avoid illness even when they are living in close proximity to the current cold/flu circulating the community. I have set a goal to try and remain germ free this season. I want to share with you some of the advice that I have come across in the hopes that you will have a healthy cold and flu season as well.

## Basic Prevention Strategies

Prevention begins with basic hygiene:

- Approach hand washing as a survival skill, which it is.
- Never touch your mouth, nose, or eyes without washing your hands.
- Teach your kids not to share, as in guzzling milk from the carton or double dipping chips.
- Family members should cover their mouths with a tissue when they cough or sneeze, and dispose of the tissue themselves.
- You should also avoid sharing personal items like toiletries, towels, and pillows.

In the event that somebody in your household comes down with a contagious illness here are supplies and strategies you can use to keep the rest of the household healthy.

Your arsenal should include:

- A thermometer for each child
- Extra toothbrushes and personal tubes of toothpaste
- Plenty of tissues, toilet paper, and paper towels
- Throat lozenges and anything else that makes the sick

person comfortable

As soon as someone in your house shows symptoms, keep your distance from their coughs, sneezes, and objects they touch.

- Use paper towels instead of community towels in the bathroom and kitchen.
- If your spouse is ill, sleep on the couch (We all know it can be hard to put create distance in our homes, but do the best you can).
- If a sick child crawls in bed with you, sleep behind them to avoid their coughs or sneezes.
- Avoid contact with counters, utensils, phones, and other objects the sick person has touched.

## Hand Washing, Hand Washing, Hand Washing

Frequent hand washing is the single most effective way to prevent catching a communicable disease.

Guidelines from the CDC recommend washing:

- Before and after you prepare food
- Before you eat
- After you use the bathroom
- After handling animals or animal waste
- After coughing or sneezing
- When your hands are dirty
- More frequently if someone in your home is sick
- To wash properly:
  - Wet your hands and apply liquid or clean bar soap.
  - Place bar soap on a soap dish that allows it to drain.
  - Rub your hands together vigorously, scrubbing all surfaces for 15 to 20 seconds. That's about how long it takes

to hum "Happy Birthday" twice.

- Rinse well and dry your hands. In a public restroom, use the air dryer or paper towels.
- In the absence of soap and water, use alcohol-based disposable hand wipes or gel sanitizers.

Here are some places that tend to accumulate germs so be ready!

## 1. Grocery store

**Germiest items:** Shopping cart handles and seat buckets

- **Germ-free fix:** Use disinfecting wipes on handlebars and seats - many stores now offer these at the entrance. And be sure to wash veggies and fruits before eating them.

## 2. Children's playgrounds

**Germiest items:** The swings, jungle gym and other equipment

- **Germ-free fix:** Wash hands thoroughly or use hand sanitizer after returning from playground, using the bathroom and changing diapers.

## 3. Restaurants

**Germiest items:** Table surface, high chairs

- **Germ-free fix:** Carry sanitary wipes to swipe the tabletop and high chair when you're seated.

## 4. Libraries

**Germiest items:** Countertops and surfaces

- **Germ-free fix:** Use hand sanitizer or wash your hands after thumbing through books or touching countertops.

I hope this helps spread health and well-being this cold and flu season!

## Community Programs

### Mitten Making

Shave a sweater that shrunk in the laundry room dryer? Save it. I'll show you how to convert the felted wool into mittens. Templates for both adult and kids mitten sizes. Please contact Linnea Hall, RA for Solano Park at 530-219-9477.

When: Wednesday,  
November 2 at  
7:15pm

Where: Solano Park  
Community Center

### Cooking Class

Come! No passport needed for an hour long culinary trip to Paraguay. Learn how to make 'Sopa Paraguaya', a Paraguayan side dish, with resident Liz Campuzano. For questions please call Shakeela at 297-7451.

When: Friday, November 4 at  
5pm

Where: Solano Park  
Community Center

### Thanksgiving Card Making

Thanksgiving is coming! Let's make some fabulous cards to share this season's greeting with our dear family and friends. Come join us in the Community Center, there will be some awesome equipment to help you make a lot of amazing cards for Thanksgiving!

When: Monday, November 7  
at 5:15pm

Where: Orchard Park  
Community Center

### Thank You Card Night

November is a time to be thankful. Join us to make homemade thank you cards. If you have any questions, please contact Linnea Hall, RA for Solano Park at 530-219-9477.

When: Tuesday, November 8  
at 7:15pm

Where: Solano Park  
Community Center

### Baby Play Time

Baby play time is here again! Do you worry that rain season is coming? Don't worry. Orchard Park Community Center is always open for you and your cute little babies to play. Come join us and meet some new friends for you and your babies!

**Welcome all 0~24 month babies and toddlers.**

When: Wednesday,  
November 9 at  
4:30pm

Where: Orchard Park  
Community Center

### Survival Techniques

Want to learn some survival tricks? Come learn a few quick life-saving techniques and share some of your best wilderness stories. I will be providing snacks and beverages. Adults only please. If you have any questions, please contact Casey Fawcett, RA for Solano Park at 707-953-5279.

When: Wednesday,  
November 9 at  
7:30pm

Where: Solano Park  
Community Center

### Corn Cob Prints

We'll create an interesting effect, using corn cobs as print rollers. Children can enjoy 'paint play' and learn a new technique. It is fun and easy, because the rolling motion is easier than brushstrokes. Children can attend with an adult helper. Also bring clothes you don't mind getting messy! If you have questions, please contact Linnea Hall, RA for Solano Park at 530-219-9477.

When: Thursday, November  
10 at 4pm

Where: Solano Park  
Community Center

### Pizza Night

Come enjoy a pizza filled evening and catch up with your neighbors. I will be providing the food and drinks; you are needed to provide the conversation. If you have any questions, please contact Casey Fawcett, RA for Solano Park at 707-953-5279.

When: Friday, November 11  
at 6:30pm

Where: Solano Park  
Community Center

### Ping Pong Night

Show off your ping-ponging skills at our Ping Pong Night! We'll have all the equipment for this adult-only night of fun, including lots of snacks!

When: Friday, November 11  
at 7 pm

Where: Orchard Park  
Community Center

## Community Programs

### Lego Day

Bring your Legos and show off your Lego creations at our Lego day! We'll even have a building contest and eat fresh-baked cookies! **Ages 5 and up, please.**

When: Saturday, November 12 at 1pm

Where: Orchard Park Community Center

### Family Portrait Day

Want to send out family portraits for the holidays, but don't want to spend a lot of money? Want to take your own family pictures but you'd like to be in the shots for once? Bring your digital camera to practice on one your fellow OP families, and get pictures of your whole family at the same time! Starting at 9am, learn a few tricks for taking family portraits from OP RA Kyana who used to be a professional photographer. Then have the rest of your family come in their portrait attire at 9:30am Alternate taking pictures of other families, and have others take your family's portraits, then send the images to Kyana and she will distribute them to each family! *Make sure to bring a fully charged battery (and an extra, if you have one!) and as much memory as possible. We'll be doing a lot of shooting!*

When: Sunday, November 13 at 9am

(If it's raining, let's reschedule for the following Sunday at 9am)

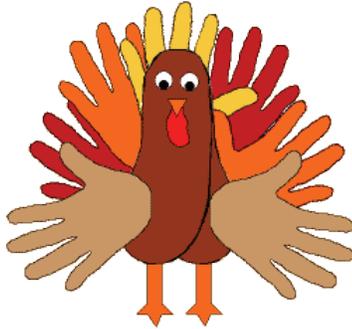
Where: Orchard Park Community Center

### Turkey Craft

This is one turkey that won't get eaten this Thanksgiving. Learn how to make a turkey using pine cones. Your kids can make a flock to decorate the dinner table -- or for all children guests to take home as a thank you gift. For questions please call Shakeela at 297-7451.

When: Tuesday, November 15 at 4:30 pm

Where: Solano Park Community Center



### Chocolate Dessert Bonanza

Calling all the chocoholics for a yummy experience! Bring your favorite chocolatey dessert to share with others. I'll bring a triple chocolate mousse cake and hot cocoa to start with. Let your guard down just once to feast in the treats. For questions please call Shakeela at 297-7451.

When: Thursday, November 17 at 4:30 pm

Where: Solano Park Community Center

### Texas Hold'em Night

Hey everyone, let's play some poker together! Are you a big fan of Texas Hold'em? This

month, Orchard Park is going to have a Texas Hold'em tournament in our community center. Please come join us to have some fun with us! **If interested please email me to save a seat. Email: kuo.tzuchi@gmail.com**

When: Tuesday November 22 at 7pm

Where: Orchard Park Community Center



### Kid's Club!

Calling all Kid's Club members, it is time for us to have some fun! Let's enjoy the fall weather and get together for some games. Children 7 and above only please. If you have any questions, please contact Casey Fawcett, RA for Solano Park at 707-953-5279.

When: Tuesday, November 29 at 4:30pm

Where: Solano Park Community Center

# Monthly Maintenance Tips

By Orchard and Solano Park Maintenance

- A combination of cold air and hot water create steam and condensation. Condensation builds up the most in your bathroom. Keep the bathroom fan running a little longer to pull the moisture from the air.
- Portable electric furnaces or heaters use lots of energy. Put a small oscillating fan by your gas wall furnace to help pull the warm air to those back bedrooms.
- We only get to clean our building's rain gutters once a year. Usually this happens in December when we can anticipate that the trees have lost most, if not all of their leaves.
- Please take note of the following materials which

- may stain your floor:
  - Asphalt
  - Wet cardboard
  - Dyes on magazines and other paper or cardboard
  - Rubber backed carpets or rubber mats
  - Rubber furniture rests
  - Black rubber wheels (carts, toys, etc)
  - Ink
  - Oil
  - Some black shoe soles
  - Cleaner containing pine oil
  - Poster paints and powder paints

➤ **When submitting repair requests, please only**

**submit one repair per request. If you have multiple items to be repaired, please submit a separate request for each repair.**

- **ORCHARD PARK RESIDENTS:** Be sure to clean the grease that builds up on your kitchen range hood. Grease can clog the exhaust area and cause the fan to not work properly. If you need a new range hood filter, please come to the Orchard Park office for a replacement.
- If your pilot light goes out on your heater, please call your RA (if it is in the evening or a weekend) or the Park Office to have maintenance re-light it.

## Holidays and Anniversaries

### November 9 - Kristalnacht, Crystal Night [Germany]

During the evening of November 9th and into the morning of November 10th, mobs in Germany destroyed thousands of shops and homes carrying out a pogrom against Jews. Synagogues were burned or demolished; there were bonfires in every Jewish neighborhood, fueled by Jewish prayer books, Torah scrolls and volumes of philosophy, history, and poetry. More than 30,000 Jews were arrested and many were killed. The night got its name from the smashing of glass store windows. (1938)

### November 15 - Shichi-Go-San Festival [Japan]

Translating to 7-5-3 Festival, this is a day for girls aged seven,

boys aged five, and children aged three to receive gifts and visit shrines with their parents to pray for health and happiness. Because odd numbers are considered auspicious in Japan, these odd numbered ages of this important period of a child's growth are celebrated. Children are dressed up and taken to a Shinto shrine where they will visit a deity. Children also receive chitose ame (thousand-year candy) on this date; this is a long, thin, red and white candy in bags with crane and turtle illustrations, representing long life.

### November 24 - Thanksgiving Day [USA]

President George Washington proclaimed this date in 1789 to be Thanksgiving Day. There is

controversy about the details of the first Thanksgiving. One point of view claims this harvest feast was a celebration of a battle which killed 700 Native Americans. The popular belief about the holiday is that it celebrated the cooperation between Native Americans and the Pilgrims. From this view, the first Thanksgiving was for the Pilgrims' first successful harvest that the Native Americans helped bring to fruition.

### November 17 - Midwinter Horn Blowing [Christian - Netherlands]

In Twente and several other areas of the Netherlands, this folk custom of announcing the birth of Christ begins with Advent and continues until Epiphany of the following year.

# Calendar of Events

## November 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
		<b>1</b>	<b>2</b> <u>Mitten Making</u> SPCC 7:15pm	<b>3</b>	<b>4</b> <u>Cooking Class</u> SPCC 5pm	<b>5</b>
<b>6</b>	<b>7</b> <u>Thanks-giving Card Making</u> OPCC 5:15pm	<b>8</b> <u>Thank You Card Night</u> SPCC 7:15pm	<b>9</b> <u>Baby Play Time</u> OPCC 4:30pm  <u>Survival Techniques</u> SPCC 7:30pm	<b>10</b> <u>Corn Cob Prints</u> SPCC 4pm	<b>11</b> HOLIDAY PARKS OFFICES CLOSED  <u>Pizza Night</u> SPCC 6:30pm  <u>Ping Pong Night</u> OPCC 7pm	<b>12</b> <u>Lego Day</u> OPCC 1pm
<b>13</b> <u>Family Portrait Day</u> OPCC 9am	<b>14</b>	<b>15</b> <u>Turkey Craft</u> SPCC 4:30pm	<b>16</b>	<b>17</b> <u>Chocolate Dessert Bonanza</u> SPCC 4:30pm	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b> <u>Poker Night</u> OPCC 7pm	<b>23</b>	<b>24</b> HOLIDAY  PARKS OFFICES CLOSED	<b>25</b> HOLIDAY  PARKS OFFICES CLOSED	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b> <u>Kids' Club</u> SPCC 4:30pm	<b>30</b>			

