



A Publication of  
Orchard and Solano  
Parks, UC Davis

# THE PARK MESSENGER

December 2011

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Orchard Park Office Hours:  
Tuesday and Thursday  
8:00 a.m.—12:00 p.m.  
1:00 p.m.—4:30 p.m.

Solano Park Office Hours:  
Monday, Wednesday, Friday  
8:00 a.m.—12:00p.m.  
1:00 p.m.—4:30 p.m.

## New Parks Office Hours - December 5, 2011

Submitted by April Berryman

In an effort to increase organizational efficiencies, the Parks Offices will have new hours effective Monday, December 5, 2011.

### Solano Park Office Hours:

Mondays, Wednesdays, and Fridays only  
8:00a.m. – 12:00p.m. and  
1:00p.m. – 4:30p.m.

If you need immediate assistance on Tuesdays or Thursdays, please call 530-752-3959 and a staff member will assist you.

### Orchard Park Office

### Hours:

Tuesdays and Thursdays only  
8:00a.m. – 12:00p.m. and  
1:00p.m. – 4:30p.m.

If you need immediate assistance on Mondays, Wednesdays, or Fridays, please call 530-752-3958 and a staff member will assist you.

We are closed all weekends, holidays, and from 12:00p.m. to 1:00p.m. for lunch.

In the event that you cannot reach a staff

member at either Park Office, you may visit the Student Housing Office in person or call 530-752-2033 for assistance.

As always, if you need immediate assistance between 4:30p.m. and 8:00a.m., please contact the on-call Resident Assistant in your area.

These changes have been made for budgetary reasons.

## Special points of interest:

- December 26, 27, 30, and January 2 are a University Holidays. All campus offices will be closed.
- Parks Offices will be closed December 24, 2011—January 2, 2012. Contact the on-call Resident Assistant during this time for immediate assistance.

## Thank You Volunteers!

By Shakeela Kuthubdeen

Here is a big THANK YOU to the volunteers who helped us on Halloween party and made it a memorable event for The Parks families.

A special thanks to the RAs, volunteers from the resident halls, student service groups, student leadership councils, GIVE, and UC Davis Greek life volunteers; Alpha Phi Omega, Lambda Omicron Xi, Alpha Phi Sigma, Phi

Alpha Delta

We couldn't have done it without you, THANK YOU!!!

# Focusing on the Holiday Spirit

Submitted by Casey Fawcett

Source: [kidshealth.org/parent/positive/talk/holidays\\_materialistic.html#](http://kidshealth.org/parent/positive/talk/holidays_materialistic.html#)

"The gimmes" are all around us during the holiday season. It can be hard for kids — and parents — to look beyond all of the product-driven hoopla and remember what the holidays are really about.

It's not the gifts but what's behind them that's important — the spirit of giving. Help your kids learn the fun of giving, and how rewarding it can be to look for, make, and wrap something special — or *do* something special — for people they care about and others who are in need.

## Focus on Family Traditions

Traditions that focus on family or friends can be a great way to put meaning back into the holidays. Here are a couple of ideas:

- **Talk about which family traditions your family loves the most.** Then figure out how you can put more emphasis on them. If you love the tradition of lighting the menorah, get together as a group to make your own candles. If you enjoy the family trip to pick out a tree, make it an all-day event and head to a tree farm to choose your own.
- **Find out what the holidays mean to others.** Have your kids talk to a grandparent, parent, uncle, or aunt about how they spent the holidays growing up. Some holiday traditions that used to be strong — such as neighborhood caroling — are all but lost

today. Maybe you'd like to revive some of these as a way to share some holiday spirit with your family, friends, or community.

- **Build some new traditions.** If you don't have any family traditions, it's never too late to start. Get together around activities that you all enjoy, such as cooking or ice-skating. Ask your kids what they would enjoy doing every year and make an effort to do it. If you can't all decide on one thing, make traditions out of several, so that everyone feels like part of the festivities.

## Teach Kids to Give of Themselves

Volunteerism, especially around the holidays, offers an ideal opportunity for families to have fun and feel closer to each other at the same time. Community service helps to drive home the message that giving is much more than laying down cash for the hot gift of the season or scrambling around to buy mounds of presents.

Volunteerism can show kids that giving your time, effort, and kindness is more rewarding than just expecting to receive lots of presents. Also, if volunteering begins at an early age, it can become part of your kids' lives — something they just want to do. It can teach them:

- **that one person can make a difference.** A wonderful, empowering message for kids is that they are important enough to have an impact on someone or something else.

- **the benefit of sacrifice.** By giving up a toy to a less fortunate child, a child learns that sometimes it's good to sacrifice. Cutting back on recreation time to help others reinforces that there are important things other than ourselves and our immediate needs.
- **tolerance.** Working in community service can bring kids and teens in touch with people of different backgrounds, abilities, ethnicities, ages, and education and income levels. They'll likely find that even the most diverse individuals can be united by common values.
- **to be even more appreciative of what they have.** By helping others who aren't as fortunate, kids can better see all the remarkable things to be grateful for in their own lives.

Choose to help an organization or group that fits with your family's values and the things you believe in. Just a few ways you can help out in your community and beyond:

- **Sponsor another family in need or purchase some presents for less fortunate children** through a toy donation program. Let your kids pick out and wrap the gifts themselves.
- **If your kids love animals, talk to your local animal**

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## Focusing on the Holiday Spirit

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**shelter.** Many distribute staples like pet food to low-income pet owners over the holidays and need volunteers to help.

- **Give back to the elderly in your area.** Help out at a nursing home; visit with older people who could use a little extra joy and company around the holidays; bring gifts or meals to those who are homebound; or lend a hand to elderly neighbors with decorating, cooking, or wrapping presents.
- **Volunteer your family's time** by helping out at a children's hospital or homeless shelter or building or refurbishing housing for people in need.

Community service can teach kids that giving comes in many forms, not just as presents. Emphasize that giving of their time, effort, and caring can mean so much more — and last longer — than any gift that money can buy.

### Give Gifts With Meaning

Of course, gift giving will always be a large part of the holiday season. And with good reason — it can teach kids to really consider what might make others happy and what's important to people they care about. Watching loved ones' faces as they open presents that your children put a lot of heart and thought into can make the holidays more worthwhile for your kids.

But presents don't always have to be purchased in a store. Teach your kids how to put some real meaning and feelings into their gifts this year and beyond. Making their own presents can help show just how much kids care and can make the experience of giving more rewarding for both kids and their gift recipients.

Here are some ideas to get your family started:

#### ➤ **Make homemade gifts together.**

- Create photo albums, especially small "brag books" that family members can carry around with them. Not only does this capture precious memories and show just how much they mean, making photo album gifts also shows loved ones that a lot of thought and time was put into their presents.
- Print out and frame favorite digital photos of friends and loved ones.
- Create customized stationery for people on your family's list using your home computer and printer.
- Have your kids create their own customized artwork — collages, paintings, drawings, etc. — and put them in fun frames. They can even decorate the frames.

- Create a customized family tree for family members (something grandparents would especially appreciate).
- Make your own batches of presents, like potpourri or ornaments, or wrapping paper and customized home decorations like wreaths.
- Create personalized family videos for long-distance friends and loved ones.

- **Give philanthropic gifts.** Many communities hold fairs where you can buy gifts by making a donation to causes your family and friends care about. Others offer actual gifts made by people with special needs. Check out charity organizations' websites for information on donating money on behalf of others and about gifts whose proceeds go to the charity itself.
- **Instead of giving gifts of things, teach kids to consider giving gifts of time.** For example, their grandmother may welcome their help in learning how to use a computer. Or their little sister may want to learn how to knit. Have family members create

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# Focusing on the Holiday Spirit

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special gift certificates (e.g., "two free car washes," "five free specially prepared meals," "10 free loads of laundry," etc.). These days, when everyone's so stretched, a gift of time can be more meaningful than one that costs big bucks.

## Be a Good Holiday Role Model

Show your kids that the holidays can be joyous and fulfilling, not just a stress-ridden time that revolves around marathon shopping trips. Emphasize early on that it's not about tons of presents but giving and receiving a few heartfelt gifts. By starting early with traditions that emphasize the true meaning of the holidays and the caring thoughts behind gift giving, you can

help to mold your kids' perspectives on the holiday season and what it means to both give and receive all year long.

Reviewed by: Steven Dowshen, MD

Date reviewed: September 2010

# 12 Tips to Enjoying the Colder Weather

Submitted by: Linnea Hall

- Dress in layers. This is a strategy of wearing multiple pieces of clothing. They can be added or removed. If the weather gets colder during the day, rain begins unexpectedly, or a heater is on very hot wherever you go, layers can help you adjust to the changing temperatures.
- Focus your senses. Watch the rain as it creates puddles. Listen to different tones of rain. The white noise of distant rain is peaceful. Breathe deep, and take in the fresh air. Go for a very relaxing walk, breathe in the damp air, notice how different everything looks after rain, notice the vibrant colors, notice how fresh everything smells, and listen to the rhythmic sounds of raindrops.
- Rain play. Children can put on rubber boots, raincoats, and splash around in the puddles. Rubber ducks and bath toys can take on new playtime meaning in the rain. Children can also investigate the animals. They can try to spot where the animals might hide from the rain.
- Warm Cooking. Bake your favorite meal that you associate with rainy days. It'll bring back memories and cheer you up. Warm dishes, not only warm your home, but also your insides.
- Do all the things you said you'd save until a rainy day. Get out the old puzzles, games, photo albums, the old sewing project, or the book you've always wanted to finish! Dance with a loved one across the living room floor.
- Have friends over. Host a board game, puzzle, and TV/movie marathon. Misery loves company, having friends over, can pass the time and help you have fun!
- Enjoy it while it lasts. Check the weather report; take a good look at the sky. Even if it's gray right now, it might clear up later in the day, or the next day.
- Drink warm drinks: grab the laptop, ipad, or a good book, and go to the nearest coffee shop. Some offer special winter flavors. Caramel apple cider, spiced pumpkin, peppermint etc. Drink warm liquids. A mug of warm liquids can feel good in the hands and tummy. Drink hot tea and enjoy each sip with the ones near and dear to you. Also fixing a cup of your favorite warm drink or soup is the perfect way to warm up from the cold outside.
- Clean! Sure there's spring cleaning, but we all have junk drawers and closets we can fall clean.
- For girls, pamper yourselves. Style your hair new way, get a foot massage, do your nails, practice a facial. Being stuck indoors is a good time for some TLC.
- For guys, catch up on video game time, or play that instrument stored in the closet. Go on an indoor hike, or host an indoor picnic.
- My personal favorite, Nap! Crack the window during a warm rain during the day. It's a natural sound machine. Layer heavy blankets to set the scene for a perfect nap. Open the window in rainy weather. Lie down and let the sound of the rain soothe you. If its bedtime, the sound of the rain will help you fall asleep.

## Community Programs

### Easy Advent

Count down the days in December with an easy Advent calendar. For questions, please contact Linnea, at 530-219-9477.

When: Friday, December 2 at 4pm

Where: Solano Park Community Center

### Pizza Night

There is nothing like a day off from the kitchen on a Friday night. Come enjoy pizza for dinner and hang out with your neighbors. For questions, please contact Shakeela at 297-7451.



When: Friday, December 2 at 6 pm

Where: Solano Park Community Center

### Holiday Dessert: Brie En Croute

Christmas is coming! Do you want to make some delicious dessert for your family on the holiday? Let's try to make this easy and yummy dessert together to warm up your sweet holiday! For questions, please contact Tzu-Chi at 530-304-3070.

When: Saturday, December 3 at 2:30pm

Where: Orchard Park Community Center

### Journals

Kids, come decorate journals! These are a great way to record your adventure plans and all of your secrets, and perhaps your resolutions for the new year. I will be providing the journals you just need to bring your creativity. For questions, please contact Casey at 707-953-5279.

When: Monday, December 5 at 4pm

Where: Solano Park Community Center

### Christmas Baby Play Time

Here is our baby play time again! Don't worry that its rainy season. Orchard Park Community Center is always open for you and your cute babies to play. Come join us and meet some new friends for you and your babies! **Welcome all 0~36 month babies and toddlers.** For questions, please contact Tzu-Chi at 530-304-3070.

When: Monday, December 5 at 4:30pm

Where: Orchard Park Community Center

### Cooking Class

Come! No passport needed for an hour of culinary trip to Ghana. Learn how to make 'ANGWA MU' Oil Rice & 'NUABA FROYE' a spicy Vegetable Stew with resident Ivy Klevor. For questions, please contact Shakeela at 530-297-7451.

When: Tuesday, December 6 at 5 pm

Where: Solano Park Community Center

### Pizza Night and Funny Internet Videos

Take a break from finals and have some pizza for dinner tonight at the community center! We'll have a laptop hooked up to the TV so we can watch funny (and family appropriate) YouTube videos, so bring your favorites or send the link in advance to Kyana at [KyanaLily@gmail.com](mailto:KyanaLily@gmail.com). Everybody is welcome. *Please try to bring your own plates and cups to save on waste.* Meet your neighbors, de-stress and delight in the delicious taste of free! For questions, please contact Kyana at 530-554-9880.

When: Tuesday, December 6 at 6pm

Where: Orchard Park Community Center

### Holiday Decoration Party

Join us for warm treats while we decorate our community center for the holidays! This is a great way to get to know your neighbors and have a blast. Bring the whole family or just come by yourself. If you have any questions, please contact Casey Fawcett, at 707-953-5279.

When: Friday, December 9 at 4:30pm

Where: Solano Park Community Center



# Community Programs

## Christmas Potluck Dinner Party

"You better watch out, you better not cry, better not pout, I'm telling you why, Santa Claus is coming to town!" Everyone, Orchard Park Annual Christmas Potluck Party will be held in this month! We are going to have Santa Claus coming to our community to hang out candy and take pictures with kids! Let us celebrate this wonderful holiday together! **Santa will be stopping by at 6:30pm to greet the kids. Don't forget your camera. And bring your favorite dish to share with neighbors.** For questions, please contact Tzu-Chi at 530-304-3070.

When: Wednesday,  
December 7 at  
5:45pm  
Where: Orchard Park  
Community Center

## Adult Felt Ornament

December is a festive time for celebrating and decorating. Join us to make a Felt Ornament that you can hang in your apartment. For questions, please contact Linnea at 530-219-9477.



When: Wednesday,  
December 7 at  
7:30pm  
Where: Solano Park  
Community Center

## Cross Stitch for Adults

December days are ideal to start a new project. If you love needle point this is for you. We've got this fantastic kit even a beginner can do it as easy as 1-2-3. This is a class for grownups. **NO KIDS** please! For questions, please contact Shakeela at 530-297-7451.

When: Friday, December 9 at  
7pm  
Where: Solano Park  
Community Center

## Annual Solano Park Multi Cultural Christmas Potluck

Join us for the annual Solano Park Multi Cultural Christmas Potluck. Bring your favorite dish to share with your neighbors. Santa will be stopping by to greet the kids at around 6:30pm. Don't forget to bring the cameras! For questions, please contact Casey at 707-953-5279.

When: Wednesday,  
December 7 at  
5:45pm  
Where: Solano Park  
Community Center

## Don't Shop...Swap!

Bring your lightly used household and clothing items to this event and **swap 'til you drop!** Trade those quality clothes your kids have outgrown or clean out your closets to make some room. Donuts will be available for

participants. For questions, please contact Kyana at 530-554-9880.

When: Saturday, December  
10 at 10am  
Where: Orchard Park  
Community Center

## Traditions Discussion

All invited to share their favorite holiday traditions. Bring an example of a craft, food, song, etc. that reminds you of your family's holiday traditions. Even if you don't have a sample, come anyway. Those who attend are sure to walk away with new traditions they can do in their families! Refreshments provided. For questions, please contact Linnea at 530-219-9477.



When: Tuesday, December  
13 at 7:30pm  
Where: Solano Park  
Community Center

## Clay Animals

Elephants, alligators, and pigs oh my! Make your favorite animals out of clay to give as gifts or to keep for yourself. Bring your creativity and ideas! **Kids under 6 must be accompanied by an adult helper.** For questions, please contact Kyana at 530-554-9880.

When: Wednesday,  
December 14 at  
2:30pm  
Where: Orchard Park  
Community Center

## Monthly Maintenance Tips

By Orchard and Solano Park Maintenance

- If you live in an upstairs apartment, please be aware that the water from your bathtub can drip into the downstairs apartment if water escapes the bathtub. To prevent this from happening, be sure to close your shower curtain when showering and prevent water from escaping the bathtub.
- Now that winter is fast approaching us, remember to keep a clear space around your wall heater and keep everything off of the top of it.
- Also, to help reduce the potential of mold and mildew, try to run the bathroom fan after showering or bathing for a while to exhaust as much steam or moisture out of the bathroom. Also, leave the bathroom door open as much as possible. Remember, air exchange is the key.
- On some occasions, it can get quite cold in Davis during the break between fall and winter quarters. Coincidentally, this is also the time that many of you will leave for the holidays. There are numerous problems that can develop in a vacant apartment due to the cold. Among them are:
  - Doors swelling and warping.
  - Floor tiles coming loose.
  - Paint peeling.
  - Frozen water pipes bursting, causing flooding.
  - House plants that cannot tolerate the cold dying.
  - Sensitive electronic equipment developing problems.
- Therefore, if you are planning to leave more than one day during the winter holiday break period, we ask that you take the following steps to avoid any problems that the cold might create:
  - Close and lock all windows and the glass patio door and close all window coverings.
  - Leave all doors inside your apartment open allowing heat to migrate throughout your apartment.
  - Leave your water heater on at a low temperature setting (For Orchard Park Only).
  - Leave your wall furnace on at the lowest possible temperature setting.

## Holidays and Anniversaries

### December 1—World HIV/AIDS Day [UN]

The World Health Organization of the United Nations declared this day as World AIDS Day, an international day of awareness and education about AIDS.

### December 5—Death of Phillis Wheatley [1784] [U.S.A.]

Born in Africa about 1759, she was brought to the USA in 1762 and purchased as a slave. She was allotted unusual privileges for a slave, including being allowed to learn to read and write. She wrote her first poetry at age fourteen, and her first work was published in 1770.

### December 8—Death/Parinirvana of Buddha; Bodhi Day (Rohatsu) [India, Buddhist]

Born Siddhartha Gautama, Buddha (The Enlightened One) was born into a royal family in India around 563 BCE. His teachings are the basis for Buddhism, a major world religion & philosophy. His father, King Suddhodana, of the warrior caste, raised him in great luxury, but at the age of 29 Siddhartha renounced the world to become a wandering ascetic and search for a solution to the problems of death and human suffering. After six years of spiritual discipline, he

achieved supreme enlightenment and spent the rest of his life teaching his doctrines and establishing a community of monks, the sangha, to continue his work. He “died” (attained parinirvana) at 80. The Buddha is not worshipped as a god, but held up as an example of a compassionate way of being that all people can achieve through study and the practice of meditation. Note: The actual dates of Buddha’s life are questionable, and the date of this observance may vary between cultures, countries, and sects.

# Calendar of Events December 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 <u>Easy Advent</u> SPCC 4pm  <u>Pizza Night</u> SPCC 6pm	3 <u>Holiday Dessert</u> OPCC 2:30pm
4	5 <u>Journals</u> SPCC 4pm  <u>Christmas Baby Play Time</u> OPCC 4:30pm	6 <u>Cooking Class</u> SPCC 5pm  <u>Pizza Night</u> OPCC 6pm	7 <u>Holiday Decoration Party</u> SPCC 4:30pm  <u>Christmas Dinner Potluck</u> OPCC 5:45pm  <u>Adult Felt Ornament</u> SPCC 7:30pm	8 <u>Christmas Potluck</u> SPCC 5:45pm	9 <u>Cross Stitch for Adults</u> SPCC 7pm	10 <u>Don't Shop, Swap!</u> OPCC 10am
11	12	13 <u>Traditions Discussion</u> SPCC 7:30pm	14 <u>Clay Animals</u> OPCC 2:30pm	15	16	17
18	19	20	21	22	23	24
26	26 HOLIDAY  PARKS OFFICES CLOSED	27 HOLIDAY  PARKS OFFICES CLOSED	28  STUDENT HOUSING CLOSED	29  STUDENT HOUSING CLOSED	30 HOLIDAY  PARKS OFFICES CLOSED	31



**The Parks at UC Davis**

Phone: (Orchard Park) 530-752-3959  
Fax: 530-752-3130  
Phone: (Solano Park) 530-752-3958  
Fax: 530-752-0484  
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](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.

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**The Park Messenger online:**

[http://www.housing.ucdavis.edu/current/park\\_messenger.asp](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.

- If you plan to travel during the holiday period, please leave a travel form with your Park Office.
- Planning to vacate after finals? Remember a 42-day notice is required.
- **Movies ~** The Residence Halls are closed from December 10, 2011—

January 2, 2012 during which time movies on the Student Housing Television Channels will not be shown. Park residents do not pay for this service, therefore, the movies are not contracted during this time. Movies will resume January 3, 2012.

- **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.

# **Holiday Office Hours**

Both Park Offices will be closed December 24, 2011 – January 2, 2012

We will re-open on Tuesday, January 3, 2012.

**AVOID BEING LOCKED OUT...BE SURE TO TAKE YOUR APARTMENT KEY WITH YOU!**

## **Orchard Park:**

December 24—30	Kyana Taillon	OP 5621	530-554-9880
December 30—January 2	Tzu-Chi Kuo	OP 7322	530-304-3070

If there is no response and you have a housing emergency:

Call RA Cell Phone Number at **530-681-0883**.

## **Solano Park:**

December 24—30	Linnea Hall	SP-1413	530-219-9477
December 30—January 2	Casey Fawcett	SP-3511	707-953-5279

If there is no response and you have a housing emergency:

Call RA Cell Phone Number at **530-681-0884**.

**If you have a medical/personal safety EMERGENCY, contact Police or Fire at 911.**