



**A Publication of
Orchard and Solano
Parks, UC Davis**

THE PARK MESSENGER

October 2012

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Orchard Park Office Hours:
Tuesday and Thursday
8:00am—12:00pm
1:00pm—4:30pm

Solano Park Office Hours:
Monday, Wednesday, Friday
8:00am—12:00pm
1:00pm—4:30pm

Special points of interest:

- Parking permits expired as of September 30, 2012. All leaseholders with vehicles should have renewed their parking permits for the new academic year or risk being cited for having an expired permit.

Annual Fall Harvest Party

Submitted by **Celida Johnson**

It's time for the biggest party of the year! Come celebrate the fall harvest and Halloween at Orchard Park on Sunday, October 28 from 2pm to 4:30pm. It will be for children and adults alike with light refreshments

provided. Enjoy some old fashioned games like sack races and hula hoop contests plus other favorites like the donut eating contest, or try your hand at some of the fun crafts, but whatever you do, don't miss the fabulous

entertainment by the UC Davis Band-uh and costume parade. Costumes encouraged, but not mandatory, so come on out for an afternoon of fun and excitement.

Meet Orchard Park's Newest Resident Advisor

Submitted by **Sara Inshaw**

Hello friends and neighbors, my name is Sara Inshaw and I am Orchard Park's newest RA. I have been living in Orchard Park for about 10 months now, and I feel lucky to call such a wonderful place home. I live with my husband, who is studying engineering here at UCD and our 16-month-old son. I am a student as well; however, I attend Sac State, and will be graduating this December with a BA in psychology. I am certainly looking forward to my upcoming graduation, but I am currently

contemplating a master's program in school counseling, so I may still have a long road ahead.

I am very excited to be given the opportunity to be an RA at Orchard Park, and I look forward to getting to know the spectacularly diverse group of students and families we have residing here in The Parks. I hope to provide many interesting, fun-filled, community inspiring activities that the whole family can enjoy. I personally love games, cooking, music, and crafts,

which will be reflected in my programs; however, I hope to include activities that reflect a variety of interests. So, please feel free to share your interests and program desires with me, and I will incorporate them as best as I can into Orchard Park's calendar. To contact me, you can email me at sarainshaw@yahoo.com, or call or text me at 916-996-0751. I look forward to getting to know you!

THE GREAT PUMPKIN LEGEND

Submitted by Sue Franck

Here's a great way to limit the amount of candy your children eat on or after Halloween. Read the following story to your children and encourage them to leave their Halloween candy outside the front door or on your patio/balcony in exchange for a gift, such as a book or something equally special, from the Great Pumpkin. *In my house our 7 year old twins get to eat a few pieces of candy on Halloween night and then save seven (their age) for another day.

The legend:

In a time, not long ago, a place not far from here, there lived a great pumpkin on an old abandoned farm. This pumpkin stood as tall as an elephant and as wide as a hot air balloon.

Many people wondered how this pumpkin had gotten to be so large. "That's the biggest pumpkin I ever did see!" people would exclaim. Many people would ask, "How did that pumpkin get to be so big?" Locals would tell an old legend about how the pumpkin had an appetite for children, especially ones who ate lots of candy! So on one night a year, the hungry giant pumpkin would rise from the ground looking for little ones to eat. He would roll from house to house and with one of his long roots, reach right into the rooms of little boys and girls, pull them out through the windows, and gobble them up. One year, a brave little boy named Jack had the courage to stand up to the great pumpkin. He believed that if he could feed the pumpkin enough candy it would be too full to eat

little children. Jack saved all the pieces of candy he had received for an entire year and piled them outside the great pumpkin's patch. When the pumpkin arose, he immediately began to eat the candy and, by the time he was finished, he was so full that he rolled right into his patch and fell asleep. When he woke up the next year, he found the children had saved all their candy and piled it outside their doors. Now, every year on October 31st, children go door to door and ask for candy. When they get home, they put all their candy into a hollow pumpkin and leave it near the front door. In return, the great pumpkin would leave them a gift for their Halloween candy instead of gobbling them up.

Halloween Fire Safety Tips

Submitted by Shakeela Kuthubdeen

Halloween is a fun, and spooky, time of year for kids. Make trick-or-treating safe for your little monsters with a few easy fire safety tips.

- Did you know decorations are the first thing to ignite in more than 1,000 reported home fires each year? Use flashlights as alternatives to candles or torch lights when decorating walkways and yards. They are much safer for trick-or-treaters, whose costumes may brush against the lighting.
- If your children are going to Halloween parties at others' homes, have them look for ways out of the home and plan how they would get out in an emergency.
- When choosing a costume, stay away from billowing or long trailing fabric. If your child is wearing a mask, make sure the eye holes are large enough so they can see out.
- Dried flowers, cornstalks, and crepe paper are highly flammable. Keep these and other decorations well away from all open flames and heat sources, including light bulbs and heaters.
- It is safest to use a flashlight or battery-operated candle in a jack-o-lantern. Remember Candles are NOT allowed in the parks. (If you use a real candle elsewhere, use extreme caution. Make sure children are watched at all times when candles are lit. When lighting candles inside jack-o-lanterns, use long, fireplace style matches or a utility lighter. Be sure to place lit pumpkins well away from anything that can burn and far enough out of way of trick-or-treaters, doorsteps, walkways and yards.)
- Tell children to stay away from open flames. Be sure they know how to stop, drop and roll if their clothing catches fire. (Have them practice, stopping immediately, dropping to the ground, covering their face with hands, and rolling over and over to put the flames out.)

Have a safe Halloween!

Neighborly Tips

Submitted by Celida Johnson and Jessica Loehrmann

In a community such as ours, where we share play space and outdoor common areas, it is also important to remember that we also share walls and more with our neighbors. Whether within our apartments or in common areas, having consideration of others goes a long way in keeping a courteous and friendly relationship with our fellow community members.

Here are some easy tips for being a good neighbor:

- Be considerate of quiet hours as your neighbors may be studying or sleeping.
- Pick up and throw away debris from walkway or breezeway areas around your apartment. No one enjoys coming home to someone else's discarded items, i.e. broken down toys, strollers, bikes, etc.

Also, sweeping these areas reduces the temptation for black widow spiders and other undesirable bugs from taking up residence around your home.

- Be sure to park in your designated parking spot and show your guests the appropriate 0-2/S-2 and visitor parking areas so that neighbors are not displaced from their own parking spots. Also, make sure guests display a visitor permit while visiting you.
- Practice laundry room etiquette by making sure to move your laundered items from the washer to the dryer and home in a timely fashion. It can be easy to forget to move items sometimes, especially when studying. A timer at home can be very useful to remind you of washer or dryer times. Moving clothes

out of the dryer and folding them promptly after they are finished drying can save time, too, as less ironing is needed when clothes are not left in a heap getting wrinkled. Be aware that if clothes are left too long in the machines, others may move the clothes out so that they can also launder their belongings.

For fun ideas to get to know your neighbors, try one of these:

- Attend an event at the community center
- Suggest to your RA event ideas you might have
- Invite a neighbor over for a cup of tea or coffee
- Visit the Community Gardens to enjoy some fresh air

Nutrition Research Studies - Fall 2012

Submitted by Mary Ellen Rivera

Most studies are conducted by the USDA, ARS Western Human Nutrition Research Center on the UC Davis campus. Participation can be an interesting and educational experience. WHNRC invites healthy adults who have flexibility in class, work or personal schedules to participate in study visits. Monetary compensation is paid for participation

WOMEN - ARE YOU AVAILABLE?

Weight Loss Study for Overweight Women:

Ages 19 – 45 and about 16 - 60 lbs. overweight (BMI: 27 to 32). For more information, call (530) 754-7781 and Press #1.

Vitamin D in Pregnancy Study:

Ages – 18 years and older, and less than 20 weeks pregnant. For more information, call (530) 754-7781 and Press #2.

“Women Who Skip Breakfast” Study:

Ages 20 – 45 and premenopausal. For more information, call (530) 752-5177 and Press #4.

MEN and WOMEN – ARE YOU AVAILABLE?

Fiber Study for Overweight Men and Women:

Ages 20 – 60. For more information, call (530) 752-5177 and Press #5.

Vitamin D and Health

Disparities Study:

African American & Other Men &

Women with habitually low sun exposure; Ages 20 – 49 (men) or 20 – 45 (women). For more information, call (530) 752-5177 and Press #1.

Blueberry Powder Study for Men and Women:

Ages 18 – 60; BMI 18 - 24.9. For more information, call (530)752-5177 and Press #2.

Men and Women— Participate in a Study Evaluating Grain Products:

Ages 20 - 45. For more information, call (530) 752-5177 and Press #3.

Also, visit our website:

<http://www.ars.usda.gov/Mai/docs.htm?docid=11240>

Community Programs

Kids' Creature Boxes

All kids are invited to decorate boxes they can capture creepy crawlies in. For questions, please contact Linnea at 530-219-9477.

When: Wednesday, October 3 at 4:30pm
Where: Solano Park Community Center

Costume Swap and Idea Night

Let's get together to help each other prepare for Halloween. Bring old costumes to trade or lend to a friend, or just come to share your ideas or hear some easy-to-create Halloween costume ideas. For questions, please call or text Sara at 916-996-0751.



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

Bike Repair Workshop

It's the start of a new school year, and many of our bikes are in need of a tune up. My next door neighbor, Vincenzo (The Bike Man), will be assisting me. So join us on Saturday, October 6 as we assist you on tuning up your bike for the school year.

We will be in front of the community center, tools ready in hand, ready to help and assist you on getting your bike ready for the long school year. Hope to see you there! For questions, please contact Cesar at 408-504-6727.



When: Saturday, October 6 at 11am
Where: Solano Park Community Center

Fire Department Day on the Quad

Join the UCD Fire Department for Safety 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 safe. Come check out the fire trucks and medical helicopter. This will surely be a fun event for the whole family. For questions, please call Shakeela at 530-297-7451.

When: Tuesday, October 9 at 12pm
Where: UC Davis West Quad

Monster Cookie Lab

This was a big hit last year, so we will do our 2nd annual Monster Cookie Lab. All kids are invited to become their own mini-doctor Frankenstein and decorate their own cookie creations. For questions, please contact Linnea at 530-219-9477.

When: Wednesday, October 10 at 4:30pm
Where: Solano Park Community Center

Halloween Crafts – Treat Bag Design

Let's get ready for Halloween and design our own treat bags! Bring a paper bag from home and we'll decorate it in time for Halloween trick or treating. For questions, please contact Cesar at 408-504-6727.

When: Friday, October 12 at 3pm
Where: Solano Park Community Center

Cross Stitch for Adults

Start a new fall 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 call Shakeela 530-297-7451.



When: Tuesday, October 16 at 7pm
Where: Solano Park Community Center

Toddler Play Group – Music Time

Bring your toddler to meet his/her friends. Let them wag and wiggle, bang on things, and make music with friends while you have a chat with other moms and dads. For questions, please call Shakeela 530-297-7451.

When: Thursday, October 18 at 10am
Where: Solano Park Community Center

Community Programs

Caramel Apples

Want delicious caramel apples? Then join us as we make and enjoy this favorite fall treat. Hope to see you there! For questions, please contact Cesar at 408-504-6727.



When: Thursday, October 18 at 4pm
Where: Solano Park Community Center

Game and Pizza "Meet Your Neighbors" Night

Come celebrate our community by getting together for a friendly night of games and pizza. Bring the entire family to meet your neighbors and have a great time. For questions, please call or text Sara at 916-996-0751.

When: Friday, October 19 at 5pm
Where: Orchard Park Community Center

Garden Work Day

Let's enjoy the brisk fall morning weather and get some exercise as we clean up and get some winter chores done at the Orchard Park Community

Gardens. Gardening is a great way to enjoy the morning hours, clear your thoughts, meet neighbors and burn some calories. Grab your coffee mug or a water bottle and your gloves and meet us out at the Orchard Park Gardens. For questions, please contact Celida at 707-540-4663.

When: Saturday, October 20 at 8am
Where: Orchard Park Community Gardens

Kids' Art Workshop

As the bright colors of autumn inspire our creativity, let's get together to celebrate Pablo Picasso's birthday with an art project. For questions, please contact Celida at 707-540-4663.

When: Thursday, October 25 at 4pm
Where: Orchard Park Community Center

Halloween Cupcake Decorating Party



Let's have a cupcake decorating party! Come learn easy ways to

create scary, Halloween-themed cupcakes, while helping Orchard Park prepare for the Harvest Festival. Have fun creating cupcake masterpieces to be shared at the Harvest Festival, and, of course, take one home to enjoy for yourself. For questions, please call or text Sara at 916-996-0751.

When: Friday, October 26 at 3:30pm
Where: Orchard Park Community Center

Fall Harvest Festival

Come one, come all to the biggest event of the year! Time for the Fall Harvest Festival! There will be games, booths, prizes, food, a costume parade, and more! You do not want to miss this event which will be buzzing with excitement from the Band-uh and lots of Halloween cheer. For questions, please contact Celida at 707-540-4663.

When: Sunday, October 28 at 2pm
Where: Orchard Park Community Center



Holidays and Anniversaries

October 2—Sukkot Begins

The joyous festival of Sukkot celebrates the forty years the Jewish people wandered through the desert after leaving Egypt. During this time, they lived in temporary shelters, called "Sukkahs".

The holiday lasts seven days, beginning five days after Yom Kippur. During the first two days, no work is permitted. A major symbol of this festive holiday is the "Sukkah", the temporary dwelling in which the Jewish people lived while wandering through the desert. Traditional Jewish tradition requires that the Sukkah be built, decorated and lived in during the week of Sukkot. It is used to eat and sleep in.

October 5—World Teacher's Day

World Teachers' Day was initiated by the Director-General of UNESCO, Federico Mayor, at the International Conference on Education in Geneva in 1993. On October 5, 1966, a UNESCO and the International Labor Organization conference adopted a special recommendation for Teachers. The date of this event was selected as the date to annually honor and recognize teachers around the world.

October 9—Leif Erickson Day

Leif Erikson Day gives recognition to the first European to set foot on North American soil. There is no dispute of this event in any of the history books. Historians have been able to put this together based upon records at the time. However, Leif Erikson made no maps of his journey.

And, physical evidence of his travels are lacking.

October 12—Dia de la Raza [Mexico, Ecuador, Costa Rica, Argentina, Chile, Paraguay, Uruguay, Venezuela]

Observed as the "Day of the Race," a fiesta time to commemorate the common interests and cultural heritage of the Spanish and Native American peoples and the Hispanic nations.

October 20—First installation of Guru Granth Sahib in the Golden Temple [Sikh]

The Guru Granth Sahib (also known as the Adi Granth) is truly unique among the world's great scriptures. The scripture, rather than any living person, is considered the Supreme Spiritual Authority and Head of the Sikh religion. It is also the only scripture of its kind which not only contains the works of its own religious founders but also writings of people from other faiths. The living Guru of the Sikhs, the book is held in great reverence by Sikhs and treated with the utmost respect. Sikhism rejects idol worship, so the Guru Granth Sahib is not worshipped as an idol, but rather emphasis is placed on respect of the book for its writings. Guru Granth Sahib is a collection of devotional hymns and poetry which proclaims God, stresses meditation on the True Guru (God), and lays down moral and ethical rules.

October 24—United Nations Day

This day recognized the United Nation organization and all who serve and participate in this world organization. The United Nations is dedicated to world peace and to the betterment of humanity through a wide range of program from world hunger to environment and health issues. Almost all of the more than 100 countries in the world are members of this organization.

October 31—Hallowe'en [U.S.A.]

This observance is a combination of the Druid Autumn Festival and Christian customs. Originally dubbed All Hallows Eve, this holiday preceded the Christian observance of All Soul's Day. To celebrate, parishioners would dress as saints. Because this was a time to honor the dead, many believed souls and ghosts would roam about, thus making it a time favored by witches and sorcerers. Many Hallowe'en traditions were brought to America by Irish immigrants in the mid-1800s; these go 2,000 years back to the Celtic people who celebrated their New Year in late autumn and honored Samhain, Lord of the Dead. They put candles on windows and lit bonfires to scare spirits off, wore disguises so as not to be recognized, and always carried a lantern. The Irish used pumpkins for lanterns, thereby associating the color orange with Halloween.

Calendar of Events

October 2012

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 <u>Kids' Creature Boxes</u> SPCC 4:30pm	4 <u>Costume Swap</u> OPCC 4pm	5	6 <u>Bike Repair Workshop</u> SPCC 11am
7	8	9 <u>Safety Day on the Quad</u> UCD West Quad 12pm	10 <u>Monster Cookie Lab</u> SPCC 4:30pm	11	12 <u>Halloween Craft</u> SPCC 3pm	13
14	15	16 <u>Cross Stitch for Adults</u> SPCC 7pm	17	18 <u>Toddler Playgroup</u> SPCC 10am <u>Carmel Apples</u> SPCC 4pm	19 <u>Game and Pizza Night</u> OPCC 5pm	20 <u>Garden Work Day</u> OP Gardens 8am
21	22	23	24	25 <u>Kids' Art Workshop</u> OPCC 4pm	26 <u>Halloween Cupcake Decorating</u> OPCC 3:30pm	27
28 <u>Fall Harvest Festival</u> OPCC 2pm	29	30	31			

