



A Publication of
Orchard and Solano
Parks, UC Davis

THE PARK MESSENGER

January 2013

INSIDE THIS ISSUE:

| | |
|----------------------------|---|
| Personal Goal Setting | 2 |
| Community Programs | 4 |
| Monthly Maintenance | 5 |
| Holidays and Anniversaries | 5 |
| Calendar of Events | 6 |
| Online Link | 7 |
| Did You Know? | 7 |

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:

- The Parks Offices will be closed from December 24-January 1. We will resume regular hours at 8am on January 2.

Research Study Participants Wanted

Submitted by **Melissa Zerofsky**

Vitamin D in Pregnancy Study at UCD

Pregnant women are needed for a nutrition study. USDA-Western Human Nutrition Research Center invites pregnant women (greater than 18 years of age and less than 20 weeks gestation) to participate in a research study. This study will investigate if the current level of vitamin D

supplementation during pregnancy is adequate to maintain maternal health and immune function. Women with low vitamin D intake and low sun exposure are eligible. Visits are at the USDA-Western Human Nutrition Research Center on the UC Davis campus or the UC Davis Ob/Gyn clinics in Sacramento. Blood is collected for study

purposes at three times during pregnancy (16-20 weeks, 24-28 weeks, 36 weeks gestation). Participants will be given prenatal multi-vitamins and monetary compensation of \$100. For more information, email: vitaminDpregnancy@gmail.com; or call: (530) 754-7781 and press 2.

Pass the Plate

By **Shakeela Kuthubdeen**

We are planning on taking a culinary trip around the world again. The “**Cooking Class**” resumes again next month. Last time we did the class, it was a huge hit. We are fortunate in the Parks to have a large number of international students and families to keep our cooking classes interesting

and delicious! Connect with your community, and share your traditional plate. 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. Contact me at 530-297-7451 or send an email to shakee_k@yahoo.com

We will provide the ingredients. You provide the inspiration!!!

Personal Goal Setting

Submitted by Linnea Hall; Source www.mindtools.com

Planning to Live Your Life Your Way

Many people feel as if they're adrift in the world. They work hard, but they don't seem to get anywhere. A key reason is not taking time to set for themselves formal goals. Goal setting is a powerful process for thinking about your ideal future, and for motivating yourself to turn future into reality.

Why Set Goals?

Goal setting is used by top-level achievers in all fields. Setting goals gives you long-term vision. It focuses you to organize your time and your resources so that you can make the very most of your life.

Starting to Set Personal Goals

You set your goals on a number of levels: First create the "big picture" of what you want to do (the next 10 years), and identify the large-scale goals. Then, break these down into smaller targets to hit. Finally, once you have your plan, you start working on it to achieve these goals.

This is why we start the process of goal setting by looking at your lifetime goals. Then, we work down to the things that you can do in, say, the next five years, then next year, next month, next week, and today.

Step 1: Setting Lifetime Goals

To give a broad, balanced coverage of all important areas in your life, try to set goals in

some of the following categories (or in other categories of your own, where these are important to you):

- **Career** - What level do you want to reach in your career, or what do you want to achieve?
- **Education** - Is there any knowledge you want to acquire in particular? What information and skills will you need to have in order to achieve other goals?
- **Family** - Do you want to be a parent? If so, how are you going to be a good parent? How do you want to be seen by a partner or by members of your extended family?
- **Attitude** - Is any part of your mindset holding you back? Is there any part of the way that you behave that upsets you? (If so, set a goal to improve your behavior or find a solution to the problem.)
- **Physical** - Are there any athletic goals that you want to achieve, or do you want good health deep into old age? What steps are you going to take to achieve this?
- **Pleasure** - How do you want to enjoy yourself? (You should ensure that some of your life is for you!)
- **Public Service** - Do you want to make the world a better place? If so, how?

Staying on Course

Once you've decided on your first set of goals, keep the process going by reviewing and updating your To-Do List on a daily basis.

Periodically review the longer term

plans, and modify them to reflect your changing priorities and experience.

SMART Goals

A useful way of making goals more powerful is to use the SMART mnemonic. SMART usually stands for:

- S** - Specific (or Significant).
- M** - Measurable (or Meaningful).
- A** - Attainable (or Action-Oriented).
- R** - Relevant (or Rewarding).
- T** - Time-bound (or Trackable).

Further Goal Setting Tips

The following broad guidelines will help you to set effective, achievable goals:

- **State each goal as a positive statement** - Express your goals positively – "Execute this technique well" is a much better goal than "Don't make this stupid mistake."
- **Be precise:** Set precise goals, putting in dates, times and amounts so that you can measure achievement. If you do this, you'll know exactly when you have achieved the goal, and can take complete satisfaction from having achieved it.
- **Set priorities** - When you have several goals, give each a priority. This helps you to avoid feeling overwhelmed by having too many goals, and helps to direct your attention to the most important ones.

*Continued on Page 3

Personal Goal Setting

Continued from Page 2

- **Write goals down** - This crystallizes them and gives them more force.
- **Keep operational goals small** - Keep the low-level goals that you're working towards small and achievable. If a goal is too large, then it can seem that you are not making progress towards it. Keeping goals small and incremental gives more opportunities for reward.
- **Set performance goals, not outcome goals** - You should take care to set goals over which you have as much control as possible. It can be quite dispiriting to fail to achieve a personal goal for reasons beyond your control!
- In business, these reasons could be bad business environments or unexpected effects of government policy. In sport,

they could include poor judging, bad weather, injury, or just plain bad luck.

- If you base your goals on personal performance, then you can keep control over the achievement of your goals, and draw satisfaction from them.
- **Set realistic goals** - It's important to set goals that you can achieve. All sorts of people (for example, employers, parents, media, or society) can set unrealistic goals for you. They will often do this in ignorance of your own desires and ambitions.
- It's also possible to set goals that are too difficult because you might not appreciate either the obstacles in the way, or understand quite how much skill you need to develop to achieve a particular level of performance.

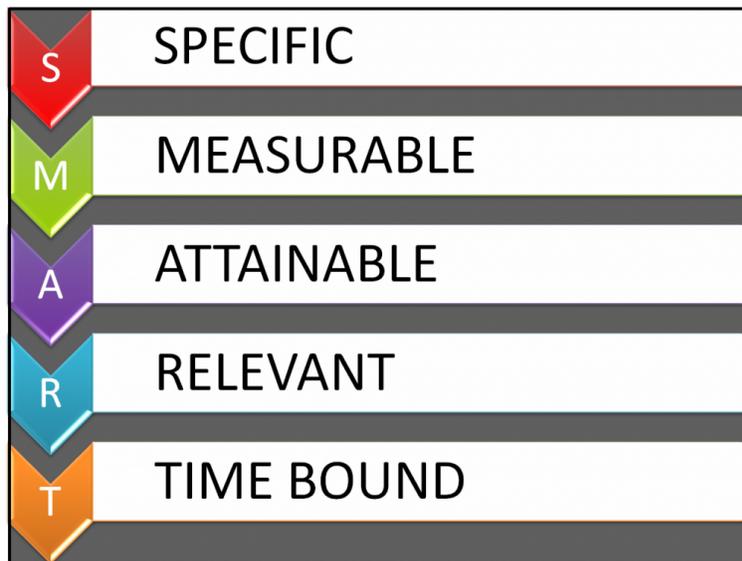
Achieving Goals

When you've achieved a goal, take

the time to enjoy the satisfaction of having done so. Enjoy the sense of accomplishment. With the experience of having achieved this goal, review the rest of your goal plans:

- If you achieved the goal too easily, make your next goal harder.
- If the goal took a dispiriting length of time to achieve, make the next goal a little easier.
- If you learned something that would lead you to change other goals, do so.
- If you noticed a deficit in your skills despite achieving the goal, decide whether to set goals to fix this.

Keep the process going daily. As it becomes a well-oiled tool in your daily life, you'll see life flourishing and goals being reached regularly. Good Luck in the New Year.



Community Programs

Game Night

As winter break comes to an end; let's enjoy a night of fun and games. Join us on Friday night to play some Ping-Pong, Wii sports, and board games. For questions, please contact Cesar at 408-504-6727. Hope to see you there.

When: Friday, January 4 at 6:30pm

Where: Solano Park Community Center

Adult Knitting

Enjoy socializing and learning tips from fellow knitters and neighbors at Solano Park. Some yarn and needles are provided. Feel free to bring any projects you're working on as well. For questions, please contact Linnea at 530-219-9477.

When: Monday, January 7 at 7pm

Where: Solano Park Community Center

Truffle Night!

Come learn to make homemade truffles! There is an easy refrigerator recipe. All are invited. For questions, please contact Linnea at 530-219-9477.

When: Tuesday, January 8 at 4:30pm

Where: Solano Park Community Center



Craft Hour

It's time to get crafty! Join us for an easy winter family craft. For questions, please contact Shakeela at 530-297-7451.

When: Wednesday, January 9 at 4pm

Where: Solano Park Community Center

Adult Painting

Paints, brushes, and canvases are provided. Come enjoy a relaxing night of painting. There will be hot tea, cider, and cocoa. For questions, please contact Linnea at 530-219-9477.

When: Thursday, January 10 at 7pm

Where: Solano Park Community Center



Banana Pops

Do you enjoy making fun treats? If so, join us as we make frozen banana treats. This will be a fun and tasty snack. For questions, please contact Cesar at 408-504-6727. Hope to see you there.

When: Monday, January 14 at 5pm

Where: Solano Park Community Center

T-Shirt Painting for Adults

Spend the Friday evening relaxing in a kid free zone. **Bring your favorite T-shirt** and give it a new look. I'll provide all the necessary material and some easy painting techniques. For questions, please contact Shakeela at 530-297-7451.

When: Friday, January 18 at 7pm

Where: Solano Park Community Center

Rice Krispy Treats

Join us as we enjoy some rice krispy treats and socialize with our neighbors. For questions, please contact Cesar at 408-504-6727. Hope to see you there.

When: Saturday, January 19 at 6pm

Where: Solano Park Community Center

Pizza Night

Come!!! Catch up with friends and neighbors. Dinner is on us. (This event WILL NOT BE CANCELLED if it rains). For questions, please contact Shakeela at 530-297-7451.

When: Friday, January 25 at 5:30pm

Where: Solano Park Community Center



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 call 530-752-8200 and we can inspect and treat for ants and other insects.

Holidays and Anniversaries

January 4 - Birth of Louis Braille [France]

A Frenchman who invented the Braille system of printing and writing for the visually impaired, Braille was blinded at three by an accident and from that time on he relied on his memory in school to learn from teachers' lectures. He studied in Paris at the National Institute for Blind Youth where cumbersome textbooks were used with regular large raised writing. Other methods of code were used and demonstrated at the school, but were too complex and inconvenient to use. Braille was only fifteen years old when he improved on one method and worked at teaching it throughout his life. Louis Braille died on 6 January 1852. (1809)

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 14 - Pongol [Hindu]

Celebrated when the sun enters Makara, or Capricorn. The exuberant four-day festival in South India is a celebration of the harvest and a thanksgiving. Flavored rice is offered to the sun god Surya, and the sound of conch shells and joyous cries of "Pongol, Pongol!" fill the air. Also celebrated with a cultural evening of song and dance.

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 20 - World Religion Day [Baha'i]

Established by the National Spiritual Assembly of the Baha'i faith, but also increasingly observed by non-Baha'i individuals and organizations, this day celebrates unity among a diversity of faiths. Always on the third Sunday of January.

January 30 - Greek Day of Education [Greece]

Also known as Three Hierarchs Day. It is the anniversary for Saint John Chrysostom, Saint Basil and Saint Gregory the Great, who are honored for their ancient knowledge combined with Christian beliefs.

Calendar of Events

January 2013

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 HOLIDAY PARKS OFFICES CLOSED | 2 | 3 | 4 <u>Game Night</u> SPCC 6:30pm | 5 |
| 6 | 7 <u>Adult Knitting</u> SPCC 7pm | 8 <u>Truffle Night!</u> SPCC 4:30pm | 9 <u>Craft Hour</u> SPCC 4pm | 10 <u>Adult Painting</u> SPCC 7pm | 11 | 12 |
| 13 | 14 <u>Banana Pops</u> SPCC 5pm | 15 | 16 | 17 | 18 <u>T-Shirt Painting for Adults</u> SPCC 7pm | 19 <u>Rice Krispy Treats</u> SPCC 6pm |
| 20 | 21 HOLIDAY PARKS OFFICES CLOSED | 22 | 23 | 24 | 25 <u>Pizza Night</u> SPCC 5:30pm | 26 |
| 27 | 28 | 29 | 30 | 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.asp

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.

Editor:
 Sue Franck

Assistant & Desktop Publishing:
 April Berryman

Contributors:
 Cesar Casillas
 Linnea Hall
 Melissa Zerofsky
 Peter Menard-Warwick/Jeff Wilson
 Shakeela Kuthubdeen

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 530-752-2033 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.
- **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.