



A Publication of
Orchard and Solano
Parks, UC Davis

THE PARK MESSENGER

November 2013

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

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

Special points of interest:

- The office hours have changed and will now be closed for the day at 4pm
- November 11, 28, and 29 are University Holidays. All campus offices will be closed.
- *NOTE: THE SOLANO PARK OFFICE WILL ONLY BE OPEN FROM 10AM—12PM ON NOVEMBER 27.*

Process for Requesting a Transfer

Submitted by April Berryman

Due to the impending closure of Orchard Park in July 2014, we implemented a new policy as of April 2012 that allows residents to transfer any time of the year. Those residents wishing to transfer from Orchard Park to Solano Park will have priority over all other waitlists.

Leaseholders may go to the Student Housing

website (housing.ucdavis.edu) under the Publications section and download and complete a transfer application. There is no fee to apply to be placed on the transfer waitlist. Residents may turn in the completed transfer application to the Orchard or Solano Parks Office or the Student Housing Office. Transfers will be

based on the date the application is received and space available which meets the criteria that the leaseholder chooses.

TIP: If the leaseholder has a specific building or apartment they would like to transfer to, this information should be included in the transfer application

Child Care Funding Improvements for Student Parents

Submitted by Sandy Batchelor

In response to the Chancellor's commitment to improve support and services for UC Davis student parents, Student Parent Child Care funding has been expanded and simplified. To streamline administration and provide a seamless student experience in accessing the various types of assistance, all

child care funding is now administered through HR WorkLife. This collaboration between Human Resources WorkLife, Graduate Studies, Financial Aid and Student Aid Accounting increases aid to students incurring child care costs and delivers that aid in a simplified manner.

There are three programs available; the Graduate Student Child Care Grant (GSCCR), The Community Based Care Grant, and the Campus Affiliated Care Subsidy.

The Graduate Student Child Care Grant provides up to a flat \$600.00 quarterly or \$900.00 per semester

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Child Care Funding Improvements for Student Parents

Submitted by Sandy Batchelor
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grant awarded to graduate and professional students incurring child care costs. This grant is not based upon financial need, only the need for child care.

The Community Based Care Grant provides need-based grant funding to all eligible students (Undergraduate, Graduate and

Professional). Award amounts are up to \$900.00 per quarter/per child receiving documented care.

The Campus Affiliated Care Subsidy awards 50% of child care tuition at one of the four on-campus child development centers. This program is funded through a Department of Education grant and is based upon financial

need, established need for care, and enrollment at one of the approved centers.

Information about the Child Care Funding Program for UC Davis Student Parents is available at <http://www.hr.ucdavis.edu/worklife-wellness/uc-davis-child-care-subsidy>

It's the Most Wonderful Time of the Year!

Submitted by Della Andrade

For me, the words of the famous 1960's song ring true. I absolutely adore fall! For whatever reason, it seems to be a time of year when most cultures have made an unspoken agreement to celebrate... something! It is a time of carrying on traditions and creating new ones. For students and student families, tending to traditions can be especially valuable. Student lives consist of so many time demands or other stressors, but our traditions force us to stop for a moment so we can tend to our loved ones and ourselves. Traditions not only give you the warm fuzzies, they really are good for mental health. Check it out: <https://www.apa.org/news/press/releases/2002/12/rituals.aspx>

Though we did not grow up with many traditions, my husband and I have made sure to start several for our growing family. Every year we take our kids to Apple Hill (<http://www.applehill.com/>). Our kids pick apples from their orchards and I make them each an apple pie out of the apples they worked so hard to pick. We also let them pick out a pumpkin for carving from the acres of pumpkin patches. Traditions don't have to cost you money though and they can be just for you. I have certain movies that I reserve for watching only at this time of year such as *It's a Wonderful Life* or *It's the Great Pumpkin, Charlie Brown*.

During the holidays it is so easy to get carried away spending money on gifts or other things. Beyond gift giving and food, what are your traditions?



One of my most beloved traditions is crocheting a scarf. Every year during this time I try to start a scarf to have done by Christmas as a personalized gift. I am an amateur, but the recipient is always grateful of the time I have taken to think of them. I would like to share this tradition with my Orchard Park Community and I hope many of you will join me at my crocheting event this month. It is my hope that you will come and share family traditions that are near and dear to your hearts as well.

Beat the Winter Blahs!

Submitted by Katherine Tehelen

In winter, viruses and bacteria abound like snowflakes. Work and school environments test our immune systems. And exercise likely takes a backseat when icicles are in view. But don't despair. You and your family can hang onto good health in spite of the challenges. Here's how:

Wash Up

Preempt viruses and bacteria by frequently washing your hands—and teach your kids to do the same. Simply do this: "Work up a lather and wash for at least 30 seconds before eating and after you go to the bathroom.". Wash under your fingernails too. That's where germs lurk.

Change Your Toothbrush

"Use a new toothbrush after you've had a cold, the flu, a mouth infection, or sore throat.". "Germs can hide in the toothbrush and lead to reinfection." The smartest Motherboard Moms we know stock up on toothbrushes so there's always a spare handy.

Don't Forget Your Feet

Winter's heavy shoes, boots, and socks can take their toll on tootsies, large and small. The best defense: Moisturize your feet daily to keep fungi from entering cracked winter skin, and wear socks with synthetic fibers to wick away moisture faster."

Go Toward the Light

Six out of every 100 Americans

may suffer from seasonal affective disorder (SAD), a malady of mood swings that occurs when light diminishes in winter, according to the Academy of Family Physicians. To counter SAD, Jeffrey Sumber, M.A., CPC, a psychotherapist practicing in Chicago, recommends vitamin D, exercise, and light therapy. About 10 to 15 minutes of play in the sun is a good mood-lifter (and source of D).

Wet Your Whistle

You may not feel as thirsty in cold weather, according to a University of New Hampshire study. But that can up your risk for dehydration. "Allowing your body to become dehydrated can leave you more vulnerable to getting sick. Without enough water, you start dragging. Dr. Wells recommends drinking half your weight in ounces every day.

Fill Up on Fiber

A 2010 study at the University of Illinois found that the fiber in foods like oats, apples, and nuts helps reduce inflammation and strengthens the immune system by increasing anti-inflammatory proteins. The suggested daily fiber intake for an adult woman and children ages 4 to 8 is 25 grams a day. An apple has 3.5 grams of fiber.

Eat More Mushrooms

"Include lots of mushrooms, especially shiitakes, in your cooking," says dietitian Jill Nussinow, M.S., R.D., author of *The Veggie Queen*. A 2009 study at Tufts University found that after a 10-

week diet of powdered white button mushrooms—the most common kind—certain immune cells in mice became more active, boosting protection against colds and viruses.

Chill

"Stress can cause illness for two main reasons," says Elizabeth R. Lombardo, Ph.D., M.S., P.T., author of *A Happy You* and mother of two: "Our immune system does not function well when we are stressed. And we are more likely to engage in unhealthy habits such as 'Ben and Jerry's' therapy." Chill out by heading to the movies, building a snowman, or just breathing deeply for a few minutes.

Keep Moving

Got cabin fever? Get your workout by shoveling snow, suggests wellness expert Dasha Libin, M.S., creator of Draco Fitness, a health, sports, and wellness program in New York City: "It burns calories and activates your lower- and upper-body muscles." An hour of shoveling burns a whopping 400 calories. Or, with the kids, give FitDeck exercise playing cards a try. Warm up, draw a card, do the exercise the card describes for one minute, and move on to the next card. You—and your kids—won't be bored, Libin says.

Source:

<http://www.parents.com/>

Community Programs

Bike Ride

Join us for a nice Saturday bike ride around Davis. We will meet at the Solano Park Community Center and bike the Davis Bike Loop. It is about 12 miles long and is a nice little ride. It will be a kid friendly ride, and don't worry if you or your kids can't make the whole loop. We will have bagels for breakfast after the ride. Please RSVP to joewilliams@ucdavis.edu to determine the number of bagels to order.

When: Saturday, November 2 at 9am

Where: Meet at Solano Park Community Center



Learn How to Change a Car Tire

Never had to change your car tire? Now is the time to learn. If you have a car, drive it over to the UC Davis parking lot west of Solano Park. If you don't have a car, that shouldn't stop you from learning. Come and join us as my husband teaches us all how to change a tire. For questions, please contact Jacque at jschacht@ucdavis.edu

When: Sunday, November 3 at 4:30pm

Where: The large parking lot west of Solano Park

Game Night

Join us for a family game night. We have several board games that are fun for all ages. We will try and have a kid's game and a game going for the adults. For questions, please contact Joe at joewilliams@ucdavis.edu.

When: Friday, November 8 at 6:30pm

Where: Solano Park Community Center

Apron Decorating

With all the business of the holidays ahead, children love to feel a part of the action. Sometimes just letting them stir flour while wearing an apron can make them feel like they are genuinely helping. We will be decorating aprons in anticipation of all the crafts and cooking in the months ahead. Popcorn and lemonade will be provided. For questions, please feel free to email Della at

daandrade@ucdavis.edu

When: Saturday, November 9 at 11:30am

Where: Orchard Park Community Center

Pinecone Turkey Craft

Kids, come and make a Thanksgiving decoration for your house. We will make turkeys out of pine cones. For questions, please contact Jacque at jschacht@ucdavis.edu

When: Tuesday, November 12 at 4:30pm

Where: Solano Park Community Center

Baby Playgroup

We are going to have a baby play group for babies 0 to 18 months old. It will be a great opportunity to meet other parents in the neighborhood and make some little friends for your babies! This program is for babies 0 to 18 months old.

When: Tuesday, November 12 at 4:30pm

Where: Orchard Park Community Center

Homemade Hummus

Come on out and learn how to make hummus at home. We will provide the ingredients and the equipment. Please bring your own small container if you'd like to take some home at the end. For questions, please contact Joe at joewilliams@ucdavis.edu

When: Thursday, November 14 at 6:30pm

Where: Solano Park Community Center

Crochet a Scarf

Come learn to crochet a basic scarf just in time for gifts this holiday season. Warm drinks and desserts will be served. We will be sending e-vites to ensure there are enough supplies, so please respond. For questions or if I do not have your email information, please feel free to email Della at

daandrade@ucdavis.edu.

When: Friday, November 15 at 7pm

Where: Orchard Park Community Center

Community Programs

Safety Series (Kids) - Police Officer Visit to Solano Park!

This is the second in a series of fun and educational safety events for our community. Bring the kids to meet police officers from the UC Davis Police Department! They are planning to bring a police car and a motorcycle and will have some hands on for the kids! **Please bring an adult if you are under 8 years old.** If you have any questions, please contact RA Nancy Ruiz at 530-312-5412

When: Tuesday, November 19 at 4pm
Where: Solano Park Community Center

Police Officer Thank You Card

Please join me in the community center to help make a thank you card collage to thank the police department for their visit. After we finish, everyone can have a cookie! If you have any questions, please contact Nancy Ruiz at 530-312-5412

When: Wednesday, November 20 at 4pm
Where: Solano Park Community Center

Classic Pumpkin Pie Class

As we near Thanksgiving, come learn how to make a classic turkey dinner dessert, pumpkin pie. I will be teaching how to make a homemade crust, pumpkin pie filling, and whipped cream. This is my great

grandma's recipe and is a tried and true classic recipe. For questions, please contact Jacque at jcschacht@ucdavis.edu

When: Wednesday, November 20 at 7:30pm
Where: Solano Park Community Center



Pizza Night

Come enjoy a pizza filled evening and catch up with your neighbors. I will be providing food and drinks; you are needed to provide the conversation.

When: Friday, November 22 at 5:30pm
Where: Orchard Park Community Center

Thankful Wreath of Leaves Craft and Turkey Treats

Please join us outside of Solano Park Community Center to take a nature walk around Solano Park to collect colorful fall leaves then return to create a thankful wreath of leaves craft. After we make our craft we will decorate turkey cookies. If you have any questions, please contact Nancy Ruiz at 530-312-5412

When: Sunday, November 24 at 4pm
Where: Solano Park Community Center

Thanksgiving Day Potluck

Save on gas and time! Give yourself the chance to really relax this holiday. Come partake in a Thanksgiving Day meal with some of your neighbors. We will supply turkey, mashed potatoes, and corn while you bring a side dish or dessert to share. For questions, please feel free to email Della at daandrade@ucdavis.edu

When: Thursday, November 28 at 3pm
Where: Orchard Park Community Center



Women Time Out

Come enjoy a pizza filled evening and catch up with your neighbors. I will be providing food and drinks; you are needed to provide the conversation.

When: Thursday, November 28 at 6pm
Where: Orchard 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 4, 2013— Discovery of King Tut's Tomb [Egypt]

The discovery of the tomb of Egypt's child-king was one of the most important archaeological discoveries in Egypt. The tomb of Tutankhamen, who became pharaoh at nine, was found more than 3,000 years after his death, and yielded priceless relics which can now be found at the National Museum in Cairo, Egypt. (1922)

November 5, 2013—Al-Hijra (Islamic New Year) [Islam]

First day of the month of Muharram. Marks the Hijra in 622 CE when the prophet Muhammad moved from Mecca to Medina to establish the first Islamic state.

November 7, 2013—Bhai

Duj [Hindu]

On this day sisters apply sacred tika on their brother's forehead and pray for their long life. Brothers bless their sisters and promise to protect them from all hardships in life. Occurs on the last day of the five-day-long Diwali festival.

November 20, 2013— University Children's Day [UN]

The first observance was in 1953. It is a time to honor children with special ceremonies and festivals and to make children's needs known to governments. Observed in more than 120 nations.

November 24, 2013— Totensonntag [Protestant Germany, Switzerland]

The Protestant population's day for remembrance of the dead,

this Sunday is also known as the "Mourning Sunday". It is celebrated on the last Sunday of the church year, the Sunday before Advent.

November 28— 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.

Calendar of Events

November 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	2 <u>Bike Ride</u> SPCC 9am
3 <u>Learn How to Change a Car Tire</u> Parking lot west of Solano Park 4:30pm	4	5	6	7	8 <u>Game Night</u> SPCC 6:30pm	9 <u>Apron Decorating</u> OPCC 11:30am
10	11 HOLIDAY PARKS OFFICES CLOSED	12 <u>Pinecone Turkey Craft</u> SPCC 4:30pm <u>Baby Playgroup</u> OPCC 4:30pm	13	14 <u>Homemade Hummus</u> SPCC 6:30pm	15 <u>Crochet a Scarf</u> OPCC 7pm	16
17	18	19 <u>Safety Series (Kids): Police Officer Visit to Solano Park!</u> SPCC 4pm	20 <u>Police Officer Thank You Card</u> SPCC 4pm <u>Classic Pumpkin Pie Class</u> SPCC 7:30pm	21	22 <u>Pizza Night</u> OPCC 5:30pm	23
24 <u>Thankful Wreath of Leaves Craft and Turkey Treats</u> SPCC 4pm	25	26	27	28 <u>Thanksgiving Day Potluck</u> OPCC 3pm <u>Women Time Out</u> OPCC 6pm HOLIDAY PARKS OFFICES CLOSED	29 HOLIDAY PARKS OFFICES CLOSED	30



The Parks at UC Davis

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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.

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The Park Messenger online:

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.
➤ **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.
➤ Smoking is not allowed within any apartment, or within 25 feet of any building, courtyard, or exterior walkway, patio, or balcony. Smoking is also not allowed near any playgrounds or outdoor seating areas that other residents may typically use. Smoking will only be permitted along the outside perimeter of the Orchard and Solano Park property line. Please be aware that anyone violating this policy is subject to a lease violation.