



A Publication of
Orchard and Solano
Parks, UC Davis

THE PARK MESSENGER

September 2014

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Solano Park Office Hours:
Effective Monday, September 8, 2014
Monday—Friday
10:00am—12:00pm
1:00pm—4:00pm

Special points of interest:

- Parking permit renewals continue until September 30, 2014. Renew your parking permit(s) for the new year. If not renewed, you may be ticketed for displaying an invalid permit.
- September 1, 2014 is a University Holiday. All campus offices will be closed.

“What’s all that noise?” - Healthy Smoothies

Submitted by **Lindsey Cunningham**

What’s not to like about smoothies? They’re sweet, refreshing and healthy. Well, mostly healthy. One of the problem with a lot of smoothies is that they are packed with sugar, and when sugar calories are not

used they are stored as fat. So instead of talking about what to avoid in smoothies, lets talk about what to put in them. When I was trying to lose weight I used smoothies as a meal replacement, now I use

them as a post workout snack. Since my neighbors probably hear my blender going 5-6 days a week I thought they deserved to know what the noise was all about.

Continued on Pg 2

A Falconry Experience

Submitted by **Merissa Fuentes**

Located about an hour away on the 70N is a unique experience with birds of prey. West Coast Falconry in Marysville has all kinds of ways to visit up close and personal with falcons, owl and hawks.

You can take a basic falconry class, go on a hawk walk, or even become a junior falconer at day camp. Each of their 8 programs aims to show what it is like to train, hunt with, interact with and see birds of prey in the wild.

The basic Hawk Walk takes you on a small hunting excursion through nature,

giving you the opportunity to learn how these birds were used to catch game and see how they move through a natural environment rather than an enclosed space.

For those who don't want to participate in hunting there is a Photographic Hawk Walk, offering the same natural experience and close-up view with less capturing of prey. For those who love owls, you can book an Owl Experience where a trainer shows you how owls move and respond to calls and even let you pose with the owl at the end so you have a

picture to add to the memories.

Places like West Coast Falconry allow us to learn more about how these amazing birds contribute to the food chain, appreciate their usefulness to humans and enjoy them purely for the graceful animals they are. Next time you are thinking of having an interesting day trip, consider visiting West Coast Falconry.

<http://westcoast-falconry.com>

West Coast Falconry
10308 Spring Valley Rd
Marysville, CA 95901

I'm Listening ...

Yolanda Franklin

Let me begin by saying "Thank you" to all of the residents who have graciously given me their input and ideas for program events. I truly appreciate them and want to encourage you to keep them coming because I'm interested in what you want to see offered in our RA program events for the Solano Park Community. Because they are meant to be a resource and benefit to you, your satisfaction matters a great deal to us.

Considering the population of single adults, couples, families, and children of various ages living in Solano Park, I am attempting to orchestrate events that would appeal to each and all potentially interested groups. Having been a member of each group at some point in my lifetime, I can relate to and appreciate all feedback. I want you to know that your

voice is important to me even if I can't facilitate your suggestion/request due to administrative restrictions and policy regulations. But this doesn't mean that you yourselves can't collectively promote an activity that is of interest to you. In fact, the power of community is why you CAN do whatever you would like to do, for and with each other.

Here is a perfect example: Parents Supporting Parents. For those of us who have kids, you know how hard it is to find time to do housework, exercise, take a power nap, go shopping, go on a date with your significant other to the movies, or perform any adult activity! What if on every 3rd Tuesday of the month, parents of Solano Park made an effort to partner with another parent to provide that gift of afternoon or evening free time? Not to mention, Tuesdays are discount

movie day at all Davis Regal theaters with a free membership card. This potential monthly event would not only benefit the parents getting the break but it would also foster familiarization with neighbors and fellow families of Solano Park helping to network parents together who may not be fully acquainted with the community. I see parents assisting parents all the time at the playgrounds and water slide events and on a day-to-day friendly basis. So, beginning a friendship in which you alternate babysitting could easily develop by getting to know your neighbor through visits, invitations for shared meals, shared coffee, and good old-fashioned conversations while sitting at the playscape watching the kids play. Solano Park has an inherent sense of community that I feel can only be made stronger with events such as these.

Healthy Smoothies Continued

1. Fruit - a smoothie is a good opportunity to get in some fruit. Also, if you have fruit you know you won't be able to eat before it goes bad you can store it in the freezer to be used in a smoothie on a later date. Just make sure the fruit is clean, cut into small pieces, and stored in an airtight container. In a smoothie add 1/2 to 1 serving of fruit. Too much fruit=too much sugar.

2. Liquid - this is another opportunity to cut down on sugar. Avoid juices in smoothies; instead use skim milk, soymilk or almond milk.

3. Protein - especially if you intend on using a smoothie as a

meal replacement you need to add in some type of protein. If you don't you will get hungry again quickly. I like to add in a scoop of protein powder, but nonfat, unsweetened greek yogurt works well too.

4. Greens - throw in a handful of raw spinach! Trust me, you can't taste it at all. And voila! You successfully snuck in an extra serving of greens. I wouldn't recommend any other green to use other than spinach. The others I tried did not blend well and I could still taste them.

5. Fats - fats are an important part of our diet. Using 1/2 a serving of nut butter in a smoothie is a good way to get some healthy fats in your diet.

Lindsey's favorite smoothie:

- 3/4 c. unsweetened almond milk
- 1/2 frozen banana
- 1 scoop protein powder (my favorites include: About Time: Vanilla, Shakeology: Vanilla and Garden of Life: Raw Meal)
- 1 1/2 tsp. almond butter
- handful of clean, uncooked spinach

Add in ingredients in the order listed, blend until smooth. If ingredients aren't blending well add in a little more almond milk or water. If you would like your smoothie a little thicker add in a piece of ice or two. Calories: 250-300

Monthly Maintenance Tips

By Orchard and Solano Park Maintenance

FLOORS: Keep them nice and free from stains, scratches, and holes.

Some suggestions:

- Make sure all furniture has glides (the nylon or plastic pieces on the bottom of the legs that help keep the floor from getting scratched).

Chairs, tables, and bed posts are especially important.

- Don't drag heavy objects across the floor. Be sure to pick up heavy objects when moving them.
- Wipe up water and other spills right way.

- Be sure the underside of your washing machine doesn't have sharp exposed metal. Also, make sure that each load of laundry is balanced so that the washing machine doesn't "dance" when spinning.

Holidays and Anniversaries

Sept. 1-30—National Honey Month

It is an annual event founded by The National Honey Board in the USA to celebrate and promote the beekeeping industry and the use of honey as a natural and beneficial sweetener. It takes place in September because it signals the end of the honey collecting season for most beekeepers.

Sept. 1—Birth of Cheng

Celebrated seventeenth century Ming loyalist who devoted his life to overthrowing the Ch'ing government in China. He fled to Taiwan to establish a base for his struggle and during his short life made significant contributions to the island's development. In 1661, he and his troops arrived at Chin Kan City and liberated Taiwan from the Dutch. (1624)

Sept. 8—Mid-autumn festival

It is an annual celebration that is held on the 15th day of the 8th month in Chinese and Vietnamese calendars. It is also known as the Mooncake festival, or Lantern festival. It originated as a celebration for the gods after the annual harvest. During

this time, people celebrate by burning incense, dragon and lion dancing, hanging up decorative lanterns, and consuming traditional mooncakes with relatives.

Sept. 17—Constitution and Citizenship Day

Constitution Day and Citizenship Day commemorate the formation and signing on September 17, 1787, of the Constitution and recognize all who, by coming of age or by naturalization, have become citizens.

Sept. 21—International Piece Day

In 1981, the UN General Assembly declared that the third Tuesday of September, "be officially dedicated and observed as the International Day of Peace and shall be devoted to commemorating and strengthening the ideals of peace both within and among all nations

Sept. 24—Trung-Thu

Children in Vietnam carry lanterns in a procession which also features a lion dance symbolizing happiness and prosperity.

Sept. 28—National Good Neighbor Day

This day seeks to build a nation that cares by increasing appreciation and understanding of others, beginning with our neighbors. Observed the fourth Sunday in September.

Sept. 28—Teacher's Day, Birth of Confucius

The birthday of Kung Fu Zi (Confucius, 551-479 BCE) is celebrated with a dawn ceremony, parts of which date back nearly 3,000 years, at temples around the island. The ceremony includes a ritual dance, costumes, music, and other rites. The teachings of Kung Fu Zi are not a religion, but a guide to appropriate personal behavior and good government, stressing the virtues of self-discipline and generosity. Confucius held the radical view that all who possessed the depth and desire to learn, not just the aristocracy, deserved the opportunity of formal education; for this reason, his birthday, a national holiday, is celebrated as Teacher's Day costumes, music, and other rites.

Community Programs

Fitness Group

All are welcome to join the September Fitness group featuring P90X3 yoga and pilates 30 minute workouts.

Modifications will be demonstrated so that everyone can join! Make sure to bring a towel, water and yoga mat.

Contact Lindsey for more details at liacunningham@ucdavis.edu; 805-345-0351.

When: Every Wednesday, 5:30—6 pm

Where: Solano Park Community Center

Make Icees

We'll be learning how to make healthy, all-natural icees in the Community Center on September 2.

Super easy, super refreshing and super tasty.

For questions, please contact Merissa at 530-548- 5900.

When: Tuesday, September 2, 2 pm

Where: Solano Park Community Center

Face Painting

Face Painting will be held on September 6 at noon so children come with your parents, or parents come by yourselves, to have a fun image painted on your face. Please contact Merissa with any questions at 530-548-5900.

When: Saturday, September 6, 12 pm

Where: Solano Park Community Center

Toddler Texture Taste Test

Bring your bouncing baby girls and boys to this fun introduction to interesting foods. We will sample some crunchy celery, creamy avocado, savory apple butter and frozen bananas to see if our toddlers give them a “thumbs up or a thumbs down”!

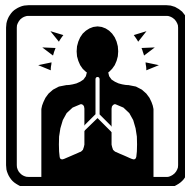
Contact Yolanda at 530-487-5872 for more details.

When: Monday, September 8, 1:30 pm

Where: Solano Park Community Center

Kids Science Night

Young scientists are all welcome to join for “A Journey Into the Human Body!” We will be exploring major organ and skeletal systems to find out how they work. All children ages 5-12 are welcome to join!



Contact Lindsey for more details at liacunningham@ucdavis.edu; 805-345-0351.

When: Thursday, September 11, 7 pm

Where: Solano Park Community Center

Waterslide Play before the Summer goes Away

Kids can cool off and have refreshing fun under the summer sun on the inflatable water slide! *Parents, apply waterproof sunscreen protection to exposed skin to help reduce the risk of sunburn.*

(Children under 5 years old

must be accompanied by an adult guardian.)
Contact Yolanda at 530-487-5872 for more details.

When: Saturday, September 13, 3 pm

Where: Solano Park Community Center

Friendship Bracelets

“Friendship knows no boundaries-it covers the world and comes in all languages.” Kids and adults are welcome to enjoy a relaxing activity of making friendship bracelets and hopefully make a new friend in the process.

Contact Lindsey for more details at liacunningham@ucdavis.edu; 805-345-0351.

When: Sunday, September 14, 3 pm

Where: Solano Park Community Center

Hula Hoop Marathon

Who can last the longest? Let's find out! All skill levels welcome. Since hula hooping is a wonderful stress reliever and fitness aid, anyone and everyone can benefit and have fun! Contact Solano Park RA Yolanda Franklin at 530-487-5872 for more details.

When: Tuesday, September 16, 3 pm

Where: Solano Park Community Center

Community Programs

Smoothies

All are welcome to come and enjoy a tasty, healthy snack. We will talk about the components of a healthy smoothie and how to use smoothies as part of a healthy lifestyle for building muscle, weight loss, or a post workout snack.

Contact Lindsey for more details at liacunningham@ucdavis.edu; 805-345-0351.

When: Thursday,
September 18, 6 pm
Where: Solano Park
Community Center

Talk like a Pirate

We'll be playing dress-up, feeding crackers to imaginary parrots, shivering timbers and walking the plank in honor of International Talk Like a Pirate Day. Please contact Merissa with any questions at 530-548-5900.

When: Friday,
September 19, 2 pm
Where: Solano Park
Community Center



Gifts from the Heart

Before the holidays begin and the onslaught of commercial advertisements pressure our pocketbook spending, why not

make those loved ones in your life a hand-crafted "one of a kind" original that says how much they mean to you? Both young and old can participate in this creative workshop.

Contact Yolanda at 530-487-5872 for more details.

When: Friday,
September 19, 6 pm
Where: Solano Park
Community Center

Discover your Inner Vegan

Did you know that there are vegan versions to many popular main dishes and desserts? I would like to challenge you to sample all that's vegan and see whether your taste buds can tell the difference...

Contact Yolanda at 530-487-5872 for more details.

When: Saturday,
September 20, 12 pm
Where: Solano Park
Community Center

Making Necklaces

Make yourself or a friend a simple stone necklace on September 23. They look beautiful, can showcase whatever beads you like and are incredibly easy and simple to make. Please contact Merissa with any questions at 530-548-5900.

When: Tuesday,
September 23, 7 pm
Where: Solano Park
Community Center

Root Beer Float Event

Come cool off with this sweet treat. Ice cream and root beer together for a tasty afternoon on September 28, the last weekend before school. Contact Merissa with any questions at 530-548-5900.

When: Sunday,
September 28, 3 pm
Where: Solano Park
Community Center

CPR

The Basic Life Support (BLS) for Healthcare Providers Classroom Course is designed to provide a wide variety of healthcare professionals the ability to recognize several life-threatening emergencies, provide CPR, use an AED, and relieve choking in a safe, timely and effective manner. This course is intended, but not limited to, those preparing to enter the health care field or currently working as a healthcare professional. Course cost is \$45 and includes a manual, but will include dinner for those attending. All who are interested must give prior notification by September 23rd. Contact Lindsey for more details at liacunningham@ucdavis.edu; 805-345-0351.

When: Tuesday,
September 30, 6-10 pm
Where: Solano Park
Community Center

Calendar of Events

September 2014

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 Make Icees SPCC @ 2pm	3 Fitness Group SPCC @ 5:30pm	4	5	6 Face Painting SPCC @ 12pm
7	8 Texture Taste Test SPCC @ 1:30pm	9	10 Fitness Group SPCC @ 5:30pm	11 Kids Science Night SPCC @ 7pm	12	13 Toddler Waterslide Play SPCC @ 3pm
14 Friendship Bracelets SPCC @ 3pm	15	16 Hoola Hoop Marathon SPCC @ 3pm	17 Fitness Group SPCC @ 5:30pm	18 Smoothies SPCC @ 6pm	19 Talk like a Pirate SPCC @ 2pm Gifts from the Heart SPCC @ 6pm	20 Discover your Inner Vegan SPCC @ 12 pm
21	22	23 Making Necklaces SPCC @ 7pm	24 Fitness Group SPCC @ 5:30pm	25	26	27
28 Root Beer Float Event SPCC @ 3pm	29	30 CPR SPCC @ 6pm				

