



A Publication of
Solano Park, UC
Davis

THE PARK MESSENGER

March 2015

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Solano Park Office Hours:
Monday—Friday
10:00am—12:00pm
1:00pm—4:00pm

Special points of interest:

- March 27 is a University Holiday. All campus offices will be closed.

Solano Park New Key Process

Submitted by Faye Perata

As of February 11, 2015, we implemented a new security process for key access when you are locked out of your apartment. Previously we asked for photo identification before issuing you a lock out key, however, we have found that not everyone has photo identification with them when they are locked out. To make sure you are now able to get into your unit, we will require the leaseholder to provide a security question and answer that will be used to provide you with a lock out key when you do not have photo ID.

We are requesting you provide a security question and answer for your unit by the end of the quarter.

You have two options:

1) Email studenthousing@ucdavis.edu from your UC Davis email account (or respond to the email) with the following information:

- Full name as it appears on your lease
- Apartment Number
- Security Question
- Security Answer

2) Or, stop by the Solano Park Office during normal business hours M-F 10am-12pm and 1pm-4pm to fill out the information in person.

It will be your responsibility to make sure that additional adults listed on your lease agreement are aware of the security answer in the event they are locked out of the apartment without photo ID.

Washer Hook-up Unavailable for Transfers

Submitted by April Berryman

Washing/dishwasher drain line blockages are occurring with more frequency at Solano Park due to the age of the plumbing in these buildings. The use of portable washer or dishwasher hook ups is resulting in water damage to several units and for this reason Student Housing has decided to close these hook ups once a unit is vacated.

a hook up and are not moving, you will not be affected. This will only affect new tenants, or those that transfer to another unit.

Please contact Student Housing at 530-752-2033 or studenthousing@ucdavis.edu if you have any questions.

Note that if you currently are using

Wiggle at the Wiggle Room

Submitted by Merissa Fuentes

The first and third Sundays of every month now have a fun morning activity in the Ecstatic Dance group being held at the Della Davidson Performance Studio in Nelson Hall just 5 minutes away from Solano Park.

The Wiggle Room is a nice event from 10:30am to noon on the first and third Sundays of every month. It's completely free and provides a relaxed, carefree space to dance your heart out to dj-ed music. It's a great way to loosen up and relax before the week starts. The rules of

Ecstatic Dance is that there are no rules. You feel like moving to the music in a certain way, go for it! The idea is to dance, barefoot and carefree with no judgment for yourself and others. All ages are welcome.



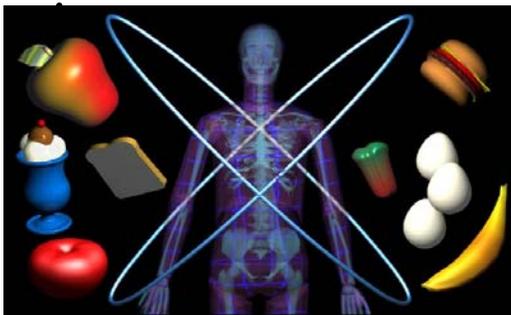
For more information and updates check out the groups Facebook Page at Wiggle Room Davis; <https://www.facebook.com/groups/1568080130093505/>

And maybe think about spending one of your Sunday mornings relaxing and dancing.

Participate in a Nutrition Study

Submitted by Megan Witbracht, Ph.D.,
Postdoctoral Researcher at University of California, Davis

USDA, ARS, Western Human Nutrition Research Center is seeking overweight women to participate in a research study examining the metabolic and physiological signatures of people consuming different diets.



The study will be conducted over a 12-week period and will include several trips to the UC Davis campus.

Eligibility:

- Women, Age 20 – 50 years old and 10-85lbs overweight
- Not taking meds for blood sugar, cholesterol, blood pressure, weight loss or other conditions
- Not pregnant or planning to become pregnant
- Tobacco-Free

Participation includes:

- Approximately 25 study visits
- Consuming a controlled diet

for a period of 8 weeks

Participants will receive:

- Receive prepared meals at no cost during study
- Monetary compensation up to \$1000

For more information, call (530) 752-5177 and press 2. Visit our website: www.ars.usda.gov/pwa/davis/whnrc

More Fun at the Arboretum

Submitted by Lindsey Cunningham

We are very fortunate to live so close to the Arboretum! Not only do we have the opportunity to enjoy the gift of nature, but there are also several free events held there throughout the month! Here are a few you may enjoy!

Sunday, March 1

Storytime Through the Seasons: Climbing up the Ginkgo Tree

1pm – 3pm Wyatt Deck

(Rain location: 146

Environmental Horticulture)

Celebrate the Chinese New

Year in the Arboretum as we explore the cultural and natural world of Asia.

Experience Asian culture in a

whole new light with stories, activities, and experiences in our East Asian Collection. All

ages welcome. Sponsored by the Arboretum Ambassadors.

The event is free; free

parking is available across the street from the Arboretum Headquarters.



Wednesday, March 11

Wednesday Walks with Warren Noon, Arboretum Headquarters (Valley Oak Cottage)

Join Warren Roberts, the Superintendent Emeritus of the Arboretum and famous

storyteller and punster for an

always-engaging noontime

exploration of winter in the UC

Davis Arboretum's Warren G.

Roberts Redbud Collection.

Explore and learn more about

our redbuds that burst with color

in their transition from winter

into spring.

Friday, March 13

Folk Music Jam Session

12pm – 1pm Wyatt Deck

Folk musicians are invited to

bring their acoustic instruments

and play together informally over

the lunch hour. All skill levels are

welcome, and listeners are

invited.

Saturday, March 14

Delights from Down Under

11am Arboretum GATEway

Garden behind Davis Commons

Shopping Center (meet at the

Shovel Gateway Sculpture)

Plants from “down under” show

off their flowers during the rainy

season. Tour the Australian and

New Zealand collections and

have a blooming good time

learning about plants from far-

away lands. The event is free; free

parking is available in the Davis

Commons Shopping Center.



Sunday, March 15

Yoga in the Arboretum

1pm – 2:30pm Environmental

Horticulture Courtyard

Join us for 90 minutes of yoga

appropriate for all skill levels

led by certified instructor

Loshan Ostrava. Dress

comfortably. Please bring a

towel and/or yoga mat and

water bottle. Sponsored by

the Arboretum Ambassadors.

The event is free; free

parking is available in nearby

Visitor Parking Lot 5.

Saturday, March 28

Spring Surprises in the Storer Garden

11am UC Davis Arboretum

Gazebo, UC Davis Campus

Our valley-wise

demonstration garden, the

Ruth Risdon Storer Garden,

is beautiful year round, but

especially in spring. Just in

time for our first public plant

sale of the spring season on

April 11, you can come get

great ideas for your own

water-garden.

Community Survey & Workshop

Submitted by Marilyn Derby

The Student Family Housing Redevelopment Committee has received lots of input regarding students' and family members' needs and has explored many options to address them. Although affordability is clearly the primary issue, other issues such as safety and security are important as well. To help us better understand residents' priorities, we are asking you to complete the survey at:

bit.ly/familyhousing_survey

Please complete the survey by 8:00am Thursday, March 5.



Committee members will compile the results and present them at the:

Community Workshop

11:30 a.m. – 1:30 p.m.

Saturday, March 7, in the Solano Park Community Center

Lunch Provided! Bouncy House for kids!

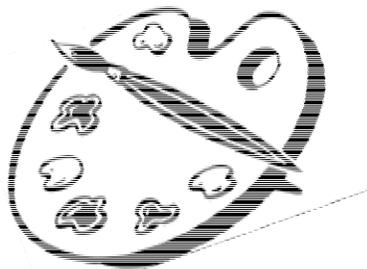
At the Community Workshop we will discuss the various options we've identified to address residents' needs and to keep the rates as affordable as possible. Our discussions will focus on three areas: facilities (broad goals for building and landscape design), quality of life issues, and affordability. We hope you are able to join us!

For additional information on the Student Family Housing Redevelopment Committee, including committee membership, contact information, meeting minutes, and information about upcoming events, please visit our website (gradstudies.ucdavis.edu/orchard).

Community Programs

Painting and Craft Hour

For all ages! Come hang out with other community members and take advantage of the art and craft supplies



Solano Park has to offer. We'll be taking out the paints, scissors and interesting glue able items to play around at creating

whatever we'd like. Contact RA Merissa with any questions at 530-548-5900.

When: Saturday, March 14 at 12pm

Where: Solano Park Community Center

Shamrock Shakes

For all ages! It's not really traditional, but it's a tasty way to celebrate St. Patrick's Day. Come and make sweet, refreshing and minty Shamrock Shakes instead of buying one at your local fast food place. Contact RA Merissa with any questions at 530-548-5900.



When: Tuesday, March 17 at 7pm

Where: Solano Park Community Center

Toothfairy Presentation

I am excited to share my dental knowledge with the children of Solano Park in a

Community Programs

fun, interactive way. This is a great way to reinforce those healthy dental habits! Contact Lindsey for more details
liacunningham@ucdavis.edu; 805-345-0351.

When: Friday, March 20 at 6:30pm
Where: Solano Park Community Center



End of the Quarter Breakfast

Let's celebrate the end of Winter Quarter together.



Come and enjoy a light breakfast with your neighbors. Contact Lindsey for more details
liacunningham@ucdavis.edu; 805-345-0351.

When: Saturday, March 21 at 9am
Where: Solano Park Community Center



Cornbread

For adults! Cornbread is a great treat for holiday dinners or just for fun as the weather starts to warm up. We'll make some easy, tasty cornbread with enough left over for taking home. Contact RA Merissa with any questions at 530-548-5900.

When: Thursday, March 26 at 7pm
Where: Solano Park Community Center

Insanity Max 30 Workout

Come and try the new Shaun T's Insanity Max work out! "It's about using your body to get results. Just like the original INSANITY. No weights. No equipment, but the equipment in your mind and body. Shaun T's come up with 150 brand-new moves. And every one includes a low-impact modifier, to make sure you stay in the game until it's your time to "MAX OUT". Contact Lindsey for more details at
liacunningham@ucdavis.edu; 805-345-0351.



When: Monday, March 30 at 6pm
Where: Solano Park Community Center



Monthly Maintenance Tips

By Solano Park Maintenance

Bathroom Mold and Mildew Issues:

- To help reduce incidence of mildew and mold, air exchange is the key. If possible, after you shower or bath, leave the bathroom door open and leave the bathroom fan running to exhaust as much steam and moisture as possible. Also leave the bathroom door open as much as possible, even if you chose not to run the fan.
- If you notice mold and/or mildew starting to form on the shower walls (tile), Student Housing recommends cleaning products labeled specifically for mold and mildew removal. Make sure to follow the directions on the label.
- Also, a 1% to 2% solution of bleach and water will take care of most mold problems. Diluted bleach and over the counter products actually kill the bacteria causing the mold and mildew if you let them work for a few minutes after you apply them and before you wipe them down.
- If you find that mold and mildew have gotten into the paint to the point where it leaves a stain behind, let us know and we can evaluate the situation and offer additional remedies.

Holidays and Anniversaries

March 1—Saint David’s Day [Christian, Wales]

Saint David, the patron saint of Wales, died on this date; the Welsh celebrate with stories, songs, banquets and by wearing daffodils as emblems of their homeland.

March 2—Victory of Adway Day [Ethiopia]

In 1896, the Adwa War ended, a war that reversed the scramble for power in Africa, and inspired freedom movements in the Americas, Africa, and the Caribbean.

March 3—Hina-matsuri, Girls’ Festival, Doll’s Festival [Japan]

Hinamatsuri is a seasonal festival (called sekku) considered as a day for girls;

most families with girls celebrate it by praying for their health and happiness. People display Hina-ningyou (special dolls displayed only for this festival), offer hishi-mochi (red, white, and green lozenge-shaped rice cakes) and peach blossoms, and celebrate the festival by drinking shiro-zake (sweet white sake).

March 8—International Women’s Day

A day to honor working women is widely celebrated throughout the world—especially in UN member countries as the counterpart to Mother’s Day. In the United States, the day commemorates a march of women garment and textile workers in New York City in 1857. International

Women’s Day is a national holiday in Russia, People’s Republic of China, Afghanistan, Cape Verde Islands, Guinea-Bissau, Mauritania, and Nepal, where women are given special recognition.

March 10—Harriet Tubman Day [USA]

An American abolitionist born into slavery, Harriet Tubman escaped from slavery to the North in 1844 and helped lead other slaves out of slavery through the underground railroad. In all, she is credited with helping more than 300 slaves win freedom. Between trips, Harriet Tubman worked as a cook, spoke in Boston at antislavery meetings, and supplied material to the National Anti-Slavery Standard

Holidays and Anniversaries

in New York.

March 15—Hanami, Cherry Blossom Viewing Festival [Japan]

Hanami is a primarily an event designed to allow people to enjoy eating and drinking while appreciating the beauty of delicate cherry blossoms. Because Japan spans a great distance from north to south, the blooming season, and therefore the festivals, are spread over several weeks. Generally, people enjoy flower

viewing from the latter part of March through the first part of April. Hanami remains popular today, and sometimes young employees are assigned to hold viewing spots from early morning until evening for company banquets.

March 17—Saint Patrick's Day [Christian]

A Roman slave brought to Ireland on a slave ship at sixteen during the Fifth Century, Saint Patrick brought Christianity to many pagans in

Ireland.

March 21—World Day of Poetry and Childhood

This annual event has been observed since 1977 in countries on every continent. Its purpose is to promote international peace and friendship among children and to foster and recognize their creativity.

It's Never Too Early to Start Planning for Summer

Submitted by Andy Davis, Assistant Director, Communications & Marketing
Campus Recreations & Unions & the UC Davis Stores

Finding fun, affordable, and enriching summer activities for your kids has never been easier, thanks to Youth Programs convenient registration, wide variety of offerings, and comprehensive online catalog of camps and classes.

You can view activity listings on our website as well as information on each program's unique curriculum and structure. Youth Programs offers many schedules to fit your family's needs, and activities are available all summer long. Learn more about dozens of camps and classes, including:

- **Cooking Camps** (held at the Robert Mondavi Institute Teaching Kitchen)

- **Green Craft** (upcycle/ recycle craft camp)
- **Inner Tube Water Polo**
- **Junior Lifeguarding**
- **Adventures in Enrichment** (presented by the UC Davis School of Education)

We also offer extended hours with Early Check-In and Afternoon Adventures:

- Early Check-In (for all ages): 7:30–8:30 a.m.
- Afternoon Adventures (for all ages): 3–6 p.m.

Visit our website today to start planning an exciting and enriching summer for your child.



SUMMER CAMP REGISTRATION BEGINS MARCH 16

Register your kids for summer activities from the comfort of home. Online registration for all Youth Programs summer camps begins Monday, March 16 at noon, but you can get a head start by updating your information, adding family members and filling out forms online beforehand. Save time on registration day by creating a profile online today.

Calendar of Events

March 2015

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	4	5	6	7
8	9	10	11	12	13	14 Painting and Craft Hour SPCC @ 12pm
15	16	17 Shamrock Shakes SPCC @ 7pm	18	19	20 Toothfairy Presentation SPCC @ 6:30pm	21 End of the Quarter Bagel Breakfast SPCC @ 9am
22	23	24	25	26 Cornbread SPCC @ 7pm	27 SOLANO PARK OFFICE CLOSED HOLIDAY	28
29	30 Insanity Max 30 Work-Out SPCC @ 6pm	31				

