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THE PARK MESSENGER

March 2016

INSIDE THIS ISSUE:

Take Part In Your Community	2
Student Parent Circle	2
Arboretum Garden	3
Traditional Irish Dish History & Recipe	4-5
Holidays and Anniversaries	6
Monthly Maintenance	6
Community Programs	7-8
Calendar of Events	9
Did You Know?	10

Solano Park Office Hours:

Monday—Friday
9:00am—12:00pm
1:00pm—4:00pm

Special points of interest:

- Friday, March 25th is a University Holiday. All campus offices will be closed.

New Garden Committee Pizza Party Submitted by Mary Kindig

Hello SP Gardeners!

Do you love gardening right next to your home? Love trading your fresh veggies with your neighbors? Looking for a low-commitment community leadership opportunity to boost your CV? Then it sounds like you need the Garden Committee and....**the Garden Committee needs YOU!!**

The Garden Committee has dissolved in recent years and in order to keep the garden running, a new Committee needs to take the reins. The responsibilities are small, but without someone to take them over, **THERE WILL NOT BE A GARDEN!!** A small team of 3-5 people can easily handle the few but important tasks including: Signing people up for plots, Organizing the Garden Day, and Responding to garden issues like water problems and buying new tools.

In the past, a small group typically carried out the duties listed above. But last year, there was little interest in the formal Committee and my husband Aaron and I were able to handle it ourselves. Now Aaron is nearly finished with his PhD and Eli, our 7-month-old overlord, lays claim to the rest of our time. We no longer have a garden plot and cannot continue managing the garden. But there's good news! We will be able to pass the torch in style with a New Garden Committee Pizza Party and logistical help with the Garden Day (held in early April). At the Pizza Party, we will provide info on the Committee, discuss Garden Day, and answer any questions you might have. And of course, eat delicious pizza!

So express your support for the Solano Park Garden by coming out to the **New Garden Committee Pizza Party on Wednesday, March 9, 2016 at 4:30pm in the Solano Park Community Center.**

Without you, there will be no garden!!!!!!
Hope to see you there,

Mary & Aaron
solanoparkgardens@gmail.com



Take Part In Your Community

Submitted by Corey Coates, RA

Dear Residents,

Administrative Advisory Committees are currently accepting applications for members of the UC Davis community to have a meaningful impact in the way our campus is governed. Only faculty, staff and students are given this chance to participate in the governance of UC Davis. The committees address topics such as the arts, child and family care, diversity, student services, research, and transportation and parking services.

Participation is welcome and applications encouraged to ensure broadly representative perspectives in campus decision-making. Most of you should have received an email about this opportunity, but if not you can follow this link <http://aac.ucdavis.edu/> for more information. I am strongly encouraging people to join these committees because these issues directly relate to your time here at UC Davis. These committees give you a voice and a chance to participate in the change you want to see on campus.

I will be applying for the Child and Family Care Committee and the Student Fees Committee. As the RA and as a father I would love to see the University provide greater assistance with child and family care. Students with families are a vital part to the University and should be shown greater importance with regards to future plans for this campus. As a former student at UC Davis I was shocked with some of the “fees” I had to pay. I want to see better transparency on why fees are being charged and ensuring that time period limits are set for all fees. These are but a few important issues that I would like addressed and are the reasons I will be applying for these committees. Make your voice known!

Sincerely,
RA Corey Coates

STUDENT PARENT CIRCLE

Solano Park Circle Community Center
Friday, March 4 | 3:00–5:30 pm | RSVP Encouraged

Opportunity to connect with others, share experiences, and receive guidance for your issues and concerns from experienced parents in academia. We will have a case manager from Yolo Family Resource Center who will provide information on local family resources and services.

Partners and children are welcome! Snacks and light refreshments will be provided. A limited number of Visitor Parking Permits will be provided on a first come, first serve basis.

For more information, contact: wrrc@ucdavis.edu
All events are ADA accessible and scent free.



Arboretum Garden

Submitted by Nina Zamuruyev, RA



The Arboretum garden is another reason that makes Solano Park an exceptional place to live. Solano Park has a number of reasons that make it one of the best places to live in Davis but its location next to the Arboretum advances it over any competitive places. As the weather getting warmer and we want to spend more time outside, we should use this unique opportunity to enjoy spring in the Arboretum. The Arboretum gardens are open 24 hours a day, every day, and there is no charge for admission and there is something for everyone:

- 100 acres of beautiful gardens for active recreation or peaceful contemplation
- Documented plant collections for teaching and research
- Exhibits and demonstration plantings where visitors can learn about sustainable gardening for the Central Valley
- Guided tours and family programs led by UC Davis experts
- Plant sales with great plants for Central Valley gardens
- Volunteer and internship opportunities
- Thousands of opportunities for photo shooting, plants and views can be excellent background for your family photos

Not only do we have the opportunity to enjoy the gift of nature, but there are always some fun events in the beautiful Arboretum gardens. Here are a few that are coming up in March that you may enjoy!

FOLK MUSIC JAM SESSION

Friday, March 11

12-1 p.m., Wyatt Deck

Folk musicians are invited to play together informally during this acoustic jam session at the Wyatt Deck, located on Arboretum Drive (formerly Old Davis Road) next to the redwood grove in the UC Davis Arboretum. Pull out your fiddles, guitars, mandolins, penny whistles, pipes, flutes, squeezeboxes (you name it) and join your fellow musicians for a little bluegrass, old-time, blues, Celtic, klezmer, and world music over the lunch hour. All skill levels welcome. Listeners welcome! Parking is available for \$9 in Visitor Lot 5, at Old Davis Road and Arboretum Drive

MEMBER APPRECIATION PLANT SALE

to Support the Friends of the UC Davis Arboretum and Public Garden

Saturday, March 12

9 a.m. - 1 p.m., UC Davis Arboretum Teaching Nursery

(Garrod Drive near La Rue Road, across from Vet Med)

The first spring sale is for MEMBERS ONLY. Not a member? Call ahead or join at the door! All members receive 10% off their purchases and at this sale members receive a \$10 off member appreciation gift; new members receive an additional \$10 off as a thank you for joining. The benefits of membership far outweigh your cost! For more information on the benefits of membership visit:

http://arboretum.ucdavis.edu/join_the_friends.aspx. Parking is free and available in nearby Visitor Parking Lot 55 or Visitor Parking Lot PCL.

The original article posted at <http://arboretum.ucdavis.edu/default.aspx>

History Behind the Irish-American Dish Corned Beef and Cabbage

Submitted by Danielle Seibel, RA

In every Irish establishment, and many others, around St. Patrick's Day, corned beef and cabbage will make its way onto the menu, marking a 'tip of the cap' to the Irish around St. Patrick's Day. Another annual occurrence is Irish people complaining that this is not, in fact, an Irish dish at all, but is this true? Beef was not readily available in Ireland and was considered a luxury. That's why the traditional Irish meal centered around ham, the bacon.

But when these Irish got off the boats in America it was quite the opposite. Corned beef was the meat that they could easily and more cheaply get their hands on and, so, this became the meal of choice for generations of Irish Americans to come.

In New England, a tradition formed of having a boiled dinner. For this dish the corned beef, cabbage, and root vegetables such as carrots, turnips, and potatoes were boiled.

Many maintain that the dish is simply not Irish at all. The close proximity of the Irish and Jewish communities at the time is said to be largely responsible for the popularity of corned beef among the Irish immigrants. According to thekitchenproject.com, when the Irish arrived in America, they couldn't find a bacon joint like they had in Ireland so they gravitated toward the Jewish corned beef, which was very similar in texture.

Francis Lam on Salon.com reports that, years ago, the bars of early 20th century New York would offer a free dinner of corned beef and cabbage to the Irish workers who would crowd in after working all day on the building sites.

The Irish builders would still have to buy a few drinks in order to get their supposedly free dinner, but the main reason that the corned beef and cabbage dinner is thought to be of Irish origin is not because they were enticed by a traditional meal so much as a cheap meal. Which-ever you'll be treating yourself to this St. Patrick's Day, whether it's the corned beef and cabbage or the bacon and cabbage, enjoy!

The original article posted at <http://www.irishcentral.com/culture/food-drink/why-do-irish-americans-eat-corned-beef-and-cabbage-instead-of-bacon-for-st-patricks-day-196470851-237570541.html>

AN EXPLORATION OF CORNED BEEF & CABBAGE
THE HISTORY, ANATOMY AND MARKET OF A ST. PATRICK'S DAY FAVORITE

1700s
Cattle are brought to Ireland by British Landowners. Ireland becomes known for its export of corned (salted) Beef to England, France & the colonies. Most of the Irish can't afford beef, so they eat corned pork instead.

1800s
Over 1 million Irish emigrate to the U.S. In New York, they find salted beef brisket being sold very cheaply. Considering beef is luxury, they use it in place of pork with cabbage & potatoes. Growing Irish populations in cities across the U.S. turn St. Patrick's Day into a celebration of Irish pride & nationality. New traditions, like parades & eating corned beef & cabbage, replace the old.

CORNED BEEF
BRISKET, POINT/DUCKLE, FLAT. Per 3 oz serving: 213 calories, 15 grams of protein, 16 grams of fat. A good source of zinc, vitamin b12 & selenium.

GREEN CABBAGE
Per 1/2 cup serving: 17 calories, 4 grams carbohydrate, 0 grams of fat. A very good source of Fiber, Vitamin C, Vitamin K, Vitamin B6, Calcium, Potassium and Manganese. Cabbage is related to broccoli, cauliflower, brussels sprouts & other crops belonging to the mustard family.

PRODUCTION
In 2012, the U.S. produced 2.13 billion pounds of cabbage valued at \$390 million. That same year the U.S. produced just under 24 billion pounds of beef, including brisket.

PROMOTION
St. Patrick's Day is the biggest holiday for brisket & green cabbage. In 2012, 90% of store holiday promotions for corned beef featured flat & point cuts. Holiday prices were also 21% lower for cuts of brisket & 47% lower for green cabbage than the rest of the year.

USDA
United States Department of Agriculture
Data sources: USDA Market News, National Agricultural Statistics Service, Economic Research Service, U.S. Census Bureau, National Nutrient Database. Data compiled by AFIS Agricultural Analysis Division in 2013. Illustrations by Shreea Devi Banerjee.

(Continued from page 4)

Here's a quick slow-cooker recipe from <http://www.tasteofhome.com/recipes/guinness-corned-beef-and-cabbage>

Ingredients

- 2 pounds red potatoes, quartered
- 1 pound carrots, cut into 3-inch pieces
- 2 celery ribs, cut into 3-inch pieces
- 1 small onion, quartered
- 1 corned beef brisket with spice packet (3 to 3-1/2 pounds)
- 8 whole cloves
- 6 whole peppercorns
- 1 bay leaf
- 1 bottle (12 ounces) Guinness stout or reduced-sodium beef broth
- 1/2 small head cabbage, thinly sliced
- Prepared horseradish

Directions

1. In a 6-qt. slow cooker, combine potatoes, carrots, celery and onion. Add corned beef (discard spice packet or save for another use).
2. Place cloves, peppercorns and bay leaf on a double thickness of cheesecloth. Gather corners of cloth to enclose seasonings; tie securely with string. Place in slow cooker. Pour stout over top.
3. Cook, covered, on low 8-10 hours or until meat and vegetables are tender, adding cabbage during the last hour of cooking. Discard spice bag.
4. Cut beef diagonally across the grain into thin slices. Serve beef with vegetables and horseradish

Yield: 9 servings

Nutritional Facts

1 serving (calculated without horseradish) equals 374 calories, 20 g fat (7 g saturated fat), 104 mg cholesterol, 1,256 mg sodium, 25 g carbs, 4 g fiber, 22 g protein.



Holidays and Anniversaries

March 1—Chalanda Marz, Calends of March [Switzerland]

An ancient ceremony marking the end of winter; Calends is the day of a new moon sighting, while the Calends phase begins the day after a full moon, continues through its last quarter and waning period, then past the dark new moon until another lunar crescent is sighted.

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-ningyō (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 in New York.

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— International Day for the Elimination of Racial Discrimination [UN]

Initiated by the UN General Assembly in 1966 to be observed annually on 21 March, the anniversary of the killing of 69 African demonstrators in Sharpeville, South Africa, in 1960. This is a day to remember “the victims of Sharpeville and those countless others in different parts of the world who have fallen victim to racial injustice.

Monthly Maintenance Tips By Solano Park Maintenance

Bathroom Mold & Mildew

➤ 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. 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.

Community Programs

TODDLER TUESDAY

Every Tuesday come and play with other toddlers at the Community Center! We are changing the time in an attempt to include more children who go to school in the morning. We have a variety of toys, but you are welcome to bring your child's favorite toy with you. We have had a great showing of people so far and we hope you will join us. All children must be accompanied by a caregiver. For more information contact Corey Coates, RA for Solano Park, by email at cncoates@ucdavis.edu.



When: Tuesday, March 1, 8, 15, 22, 29 at 3pm
Where: Solano Park Community Center

BOOK CLUB

Come join us the first Monday of every month for our book club meeting. I will be getting the books from the public library, so no one has to buy the book. We will be discussing our first book Devil's Highway and passing out the new book for the month. All residents are welcome



to join. For more information contact Corey Coates, RA for Solano Park, by email at cncoates@ucdavis.edu.

When: Monday, March 7 at 8pm
Where: Solano Park Community Center

PAINTING FOR ALL AGES

Come to hang out with other community members and take advantage of the art supplies that Solano Park has to offer. The art projects may vary or be a combination of spray paint and shapes cut from paper with cricut machine. If the weather is nice and warm, we plan to bring our art supplies outside in front of the community center. This event can be good opportunity to save good memories of Solano Park Student Community with paint and paper. For more details, please contact Nina Zamuruyev, RA at Solano Park by phone 916-508-7481, or e-mail nzamuruyev@ucdavis.edu.



When: Tuesday, March 8 at 4:30 pm
Where: Solano Park Community Center

POPSICLES AND SIDE-WALK CHALK

As the afternoons are becoming more pleasant, let's take advantage of warm sun days and enjoy some popsicles and sidewalk chalking. We can brighten up the concrete floor in front of the Solano Park Community Center with colorful chalk drawings.

For more information, please contact Nina Zamuruyev, RA for Solano Park by phone 916-508-7481, or e-mail nzamuruyev@ucdavis.edu.



When: Thursday, March 10 at 4:30pm
Where: Solano Park Community Center

EASTER EGG ORNAMENTS

Easter comes early spring this year bringing bright colors to our homes. Let's get together with our



Community Programs

can be use as decorations for inside or outside our homes. For more details, please contact Nina Zamuruyev, RA at Solano Park by phone 916-508-7481, or e-mail nzamuruyev@ucdavis.edu.

When: Tuesday, March 15 at 4:30 pm
Where: Solano Park Community Center

KIDS 2 KIDS BUY SELL TRADE FREE

Come to the community center on a lovely Saturday afternoon to buy sell trade or give for free any baby or kids items. Items must be clean and in good working condition and cannot be left unattended. All ages are welcome and kids items only please and left-over items must be taken back home. For more Information Please email Danielle Seibel RA at dseibel@ucdavis.edu.



When: Saturday, March 19 at 11am
Where: Solano Park Community Center

SCRAPBOOKING HOUR

Bring your photos to the community center and create a memory you can treasure forever! Card Stock, pens, and stickers provided but you are welcome to bring your own supplies. All ages welcome, 5 and under need adult supervision. For more information please contact Danielle Seibel RA by email at dseibel@ucdavis.edu.



When: Monday, March 21 at 4pm
Where: Solano Park Community Center

DECORATE EASTER EGGS!



Join us at the community Center to decorate Easter eggs. Markers,

stickers and glitter will be provided, please bring your own hard boiled eggs to decorate. For more Information please contact Danielle Seibel RA by email at dseibel@ucdavis.edu.

When: Friday, March 25 at 5pm
Where: Solano Park Community Center

EASTER EGG HUNT

At 9am come enjoy an egg and light breakfast. For more information contact Corey Coates, RA for Solano Park, by email at cncoates@ucdavis.edu.



When: Saturday, March 26 at 9am
Where: Solano Park Community Center



Calendar of Events

March 2016

All residents are welcome to attend all programs. All events held in the Community Center unless otherwise noted.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <u>Toddler Tuesday</u> SPCC @ 3pm	2	3	4 <u>Student Parent Circle</u> SPCC @ 3pm	5
6	7 <u>Book Club</u> SPCC @ 8pm	8 <u>Toddler Tuesday</u> SPCC @ 3pm <u>Painting For All Ages</u> SPCC @ 4:30pm	9 <u>Garden Committee Pizza Party</u> SPCC @ 4:30pm	10 <u>Popsicles and Sidewalk Chalk</u> SPCC @ 4:30pm	11	12
13	14	15 <u>Toddler Tuesday</u> SPCC @ 3pm <u>Easter Egg Ornaments</u> SPCC @ 4:30pm	16	17	18	19 <u>Kids 2 Kids Buy Sell Trade Free</u> SPCC @ 11am
20	21 <u>Scrapbooking Hour</u> SPCC @ 4pm	22 <u>Toddler Tuesday</u> SPCC @ 3pm	23	24	25 <u>Decorate Easter Eggs</u> SPCC @ 5pm SOLANO PARK OFFICE CLOSED	26 <u>Easter Egg Hunt</u> SPCC @ 9am
27	28	29 <u>Toddler Tuesday</u> SPCC @ 3pm	30	31		



The Park at UC Davis

Phone: 555-555-5555
Fax: 555-555-5555
Email: someone@example.com

**A Publication of Solano
Park, 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?

- Apartments on University owned land are exempt from California State Property Tax. Therefore, students living in these facilities are not eligible for renter's credit.
- Need assistance while walking home at night? Call 752-1727 if you would like a safety escort while walking alone on campus at night. A Cal Aggie Host will meet you and escort you to your destination on campus.
- Eligibility Requirements: Student Housing requires all students to meet our eligibility requirements to

continue living in Solano Park 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 a 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 the Solano Park Office at 530-752-3958 if you have any questions.
- Planning to vacate after finals? Remember to turn in your Notice to Vacate at the Solano Park Office at least 42-days prior to when you want to move out.

