



A Publication of
Solano Park, UC
Davis

THE PARK MESSENGER

May 2017

INSIDE THIS ISSUE:

Ramadan—The Holy Month of Islam	2-3
Market Match	3
Children's International Story	4
RA Programs	5-6
Monthly Maintenance	6
Holidays and Anniversaries	7
Calendar of Events	8
Did You Know?	9

Solano Park Office Hours:

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

Special points of interest:

- May 29 is a University holiday, all campus offices will be closed.

Whole Earth Festival 2017

Submitted by Audrey Bergmann, RA

May 12-14, UC Davis Quad

Whole Earth Festival began in 1969 as a small art class project (“Art Happening”) on the UC Davis Quad. The students used art to teach visitors about the realms of activism, wellness, and environmental sustainability in an interactive and creative way. Following the United Nations’ recognition of Earth Day in 1970, the event was renamed to “Whole Earth Festival” and has since evolved into an enormous student-run event, attracting over 30,000 visitors annually on Mother’s Day weekend.

The Whole Earth Festival is a family-friendly event, and the Regents of the University of California, owners of the UC Davis campus, do not allow drug use on any of its UC campuses. Thank you for keeping our event drug-free. This includes but is not limited to alcohol, tobacco (in both smoke and vapor forms), stimulants, cannabis, hallucinogens, depressants, narcotics, and inhalants.

The Whole Earth Festival seeks to be a zero-waste event. We have volunteers actively sorting recyclables and compost from the bins. Please do your part to help out and dispose of your “waste” in appropriate bins.

Hours:

Friday: 10AM – 10PM

Saturday: 10AM – 10PM

Sunday: 10AM – 6PM

<https://wef.ucdavis.edu/#info>



48th
WHOLE
EARTH
FESTIVAL

MAY 12, 13, & 14
UC DAVIS QUAD

wef.ucdavis.edu

ALCOHOL FREE + ZERO WASTE EVENT

Ramadan—The Holy Month of Islam

Submitted by David Gomes, RA

The end of May will start the month of Ramadan (month of the muslim lunar calendar). It can be a good opportunity for many of us to learn more about our neighbor's culture.

First a look in Wikipedia:

"Ramadan is the ninth month of the Islamic calendar, and is observed by Muslims worldwide as a month of fasting (Sawm) to commemorate the first revelation of the Quran to Muhammad according to Islamic belief. This annual observance is regarded as one of the Five Pillars of Islam. The month lasts 29–30 days based on the visual sightings of the crescent moon, according to numerous biographical accounts compiled in the hadiths." (<https://en.wikipedia.org/wiki/Ramadan>)

Here are answers to the frequently asked questions about Ramadan:

"Why do Muslims fast?"

The fast is intended to bring the faithful closer to God and to remind them of the suffering of those less fortunate. Muslims often donate to charities during the month and feed the hungry.

Fasting is an exercise in self-restraint. It's seen as a way to physically and spiritually detoxify by kicking impulses like morning coffee, smoking and midday snacking.

Ramadan is a time to detach from worldly pleasures and focus on one's prayers. Many Muslims dress more conservatively during Ramadan and spend more time at the mosque than at any other time of the year.

Fasting during Ramadan is one of the five pillars of Islam, along with the Muslim declaration of faith, daily prayer, charity, and performing the hajj pilgrimage in Mecca.

How do Muslims fast?

Observant Muslims abstain from eating and drinking from dawn to dusk for the entire month of Ramadan, with a single sip of water or a puff of a cigarette considered enough to invalidate the fast. Muslim scholars say it's not enough to just avoid food and drinks during the day, though. Spouses must abstain from sexual intercourse during the day, and Muslims should not engage in road rage, cursing, fighting or gossiping.

Muslims are also encouraged to observe the five daily prayers on time and to use their downtime just before breaking their fast at sunset to recite Quran and intensify remembrance of God.

To prepare for the fast, Muslims eat what is commonly called "suhour," a pre-dawn meal of power foods to get them through the day.

How do Muslims break their fast?

Muslims traditionally break their fast like the Prophet Muhammad did some 1,400 years ago, with a sip of water and some dates at sunset. That first sip of water is by far the most anticipated moment of the day. After a sunset prayer, a large feast known as "iftar" is shared with family and friends. Iftar is a social event as much as it is a gastronomical adventure.

(continued from page 2)

Across the Arab world, juices made from apricots are a staple at Ramadan iftars. In South Asia and Turkey, yogurt-based drinks are popular. Across the Muslim world, mosques and aid organizations set up tents and tables for the public to eat free iftar meals every night of Ramadan.

Can Muslims be exempted from fasting?

Yes. There are exceptions for children, the elderly, the sick, women who are pregnant or menstruating and people traveling, which could include athletes during tournaments.

Many Muslims, particularly those who live in the U.S. and Europe, are accepting and welcoming of others around them who are not observing Ramadan. They also are not expecting shorter work hours, as is the case in the public sector across much of the Arab world during Ramadan.

How do Muslims mark the end of Ramadan?

The end of Ramadan is marked by intense worship as Muslims seek to have their prayers answered during “Laylat al-Qadr” or “the Night of Destiny.” It is on this night, which falls during the last 10 nights of Ramadan, that Muslims believe that God sent the Angel Gabriel to the Prophet Muhammad and revealed the first versus of the Quran.

The end of Ramadan is celebrated by a three-day holiday called Eid al-Fitr. Children often receive new clothes, gifts and cash. Muslims attend early morning Eid prayers the day after Ramadan. Families usually spend the day at parks and eating — now during the day.”

(<http://indianexpress.com/article/lifestyle/life-style/what-is-ramadan-and-why-do-muslims-fast-all-day>)

Market Match

Submitted by Corey Coates, RA

Market Match is a program through the farmers market association that allows people who receive EBT to get more cash for fresh fruits and veggies. Market Match makes it easy put more fresh fruits and vegetables on your family’s table. You can double your budget for fresh fruits and vegetables, up to an additional \$10 per farmer's' market visit, when you make a purchase with your CalFresh/EBT (food stamp) card at your PCFMA farmers’ market. HOW MARKET MATCH WORKS: Visit your PCFMA farmers' market Info Booth. Buy tokens with your Golden State Advantage EBT card. For every \$1 token you purchase you will receive a free token worth \$1 in fresh fruits and vegetables, up to \$10 in free tokens per farmer's' market visit. Shop for fresh fruits and vegetables, spending the tokens with farmers as you would spend cash.

We reimburse the farmers for the tokens at the end of the day. For more information you can visit their website at <http://www.pcfma.org/market-match>



Children's International Storytelling Program

Submitted by Ann Gunion

International House Davis
10 College Park, Davis
Sunday, May 7, 2017, 2pm – 3pm
(doors open at 1:45pm)

Travel to India at the I-House Children's Storytelling Program where students from Vanar Sena Pathshala (VSP) will enchant you with Indian folktales, songs and dances.

VSP provides children of Indian descent with the tools for a better understanding of their rich and diverse heritage. The program was started in February 2005 by a few mothers who decided to get together weekly and teach their children various cultural, historical and geographical details related to their Indian heritage. The students range in age from 5 to 14 years old.

The storytelling program is designed for children in the 4 – 9 year range.

Admission is free for I-House members. Non-members are asked to pay \$2 per person or \$5 per family. For more information, call I-House at 530-753-5007 weekdays between 9am and 4pm.



Community Programs

POKER TOURNAMENT

Rise to the challenge for our monthly tournament and win the price! We will gather at 9pm and will start playing at 9:15pm.



Let's meet to socialize and enjoy a good rush of adrenaline! Please contact David if you have any questions at 530-979-4092 or dgomes@ucdavis.edu.

When: Wednesday, May 3 at 9pm
Where: Solano Park Community Center

MAY THE FOURTH BE WITH YOU MOVIE NIGHT

May 4th is Star Wars Day! We will be celebrating with some star wars treats and watching the Star Wars: Force Awakens! If residents have the new Rogue One movie we can decide between the two. For more information, contact Corey Coates, RA for Solano Park, by email at cncoates@ucdavis.edu.

When: Thursday, May 4 at 7pm
Where: Solano Park Community Center



MOTHERS DAY SUGAR SCRUB

Mother's day is coming up, which means it's time to pamper an important woman in your life. Join us

at the community center to make some spa-quality scented



sugar scrub. The sugar scrub is made from all natural ingredients, including olive oil, sugar, baking soda, and essential oils. We will package our gifts in mason jars and decorate them. I will also have materials out for you to make Mother's Day cards. If you have any questions, please contact aabergmann@ucdavis.edu.

When: Saturday, May 6 at 2pm
Where: Solano Park Community Center

STRAWBERRY SHORTCAKE



It's strawberry season, so let us celebrate with some strawberry shortcake! This dessert consists of a sponge cake, whipped cream, and of course, strawberries. Come socialize for a few minutes and enjoy a sweet study break. If you have any questions, please contact aabergmann@ucdavis.edu.

When: Tuesday, May 9 at 7pm
Where: Solano Park Community Center

TIE DYE SHIRTS

Bring a white shirt and prepare to get colorful! We will be tie dyeing the shirts in preparation for the Whole Earth Festival.



All tie dye materials will be provided, except the shirt. For more information, contact Corey Coates, RA for Solano Park, by email at cncoates@ucdavis.edu.

When: Thursday, May 11 at 4:30pm
Where: Solano Park Community Center

SHORT STORY CLUB

Have you ever wanted to join a book group, but couldn't find a time to complete the book? Short



story club can give you an excuse to read fiction once in a while, without the stress of completing the whole novel. Find this month's story at <http://www.newyorker.com/magazine/2015/08/10/little-man>. Read on your own time, and we will meet and discuss with light snacks. If we can gather interest, we will make this a recurring event. You're welcome to bring kids, but this is more geared towards adults. If you have any questions, please contact aabergmann@ucdavis.edu.

When: Tuesday, May 16 at 8pm
Where: Solano Park Community Center

FAMILY BOARD GAME NIGHT

Bring your favorite board game and enjoy a night filled of classic family fun! We will have lots of games for all types of board game enthusiasts. Hope to see you there! For more information, contact Corey Coates, RA for Solano Park, by email at cncoates@ucdavis.edu.



When: Sunday, May 21 at 7pm
Where: Solano Park Community Center

PICNIC AT THE BEE GARDEN

On May 28th, let's meet at the Community Center at 9am for a bike ride along the Putah Creek, through the university airport, to the Haagen Dasz Bee Garden, and



back by the Arboretum, where we will share a potluck lunch on the shady tables. We will take our time to ride so feel free to let your children ride their own bike - if they are comfortable enough to keep riding for more than one hour - and let me know if you need gear as trailer or baby seats, I may have solutions. I will bring some wrapped sandwiches to share and few drinks. Please contact David if you have any questions at dgomes@ucdavis.edu or 530 979-4092.

When: Sunday, May 28 meeting at 9am (expect to be back in Solano at 1pm)
Where: Meeting point at the Community Center then bike ride around Davis

WATER GAME SEASON OPENING

How is the water slide after this winter? How high can I drop a water balloon? Can I shoot my water gun while I am running? Let's explore those ques-



tions for the last Monday of May by taking everything out of the shelf! Please contact David if you have any questions at 530-979-4092 or dgomes@ucdavis.edu.

When: Monday, May 29 at 4pm
Where: Solano Park Community Center

ACTIVITY HOUR

We will bring out all of our outdoor activities for the kids to enjoy! We will have the bouncy house, bubbles, balls, games, hula hoops, and ping pong tables. Bring your kids so they can get some energy out! For more information contact Corey Coates, RA for Solano Park, by email at cncoates@ucdavis.edu.



When: Wednesday, May 31 at 4:30pm
Where: Solano Park Community Center

Monthly Maintenance Tips

Submitted by Solano Park Maintenance

Window Screens

- If you want to remove and then replace for cleaning purposes: The window frame can only be removed and installed from the outside—thus to install second story screens, reach the screen out through the window and place it into the frame.
- Attempting to force the screens into the proper position can cause the screen to bend. If you need help, submit a repair request on My UC Davis to get assistance from Maintenance.



Holidays and Anniversaries

May 1st—May Day

Meeting in Paris in 1889, a congress of world socialist parties voted to support the US labor movement's demands for an eight-hour work day and chose 1 May 1890 as a day to demonstrate in favor of the proposal. In the former Soviet Union, May Day is a national holiday marked by giant banners, patriotic speeches and military parades. In the US, this is a day celebrated with hangings of May baskets and dancing around May poles. (1889)

May 5th—Cinco de Mayo, Battle of Puebla Day [Mexico]

Commemorates the defeat of French colonial forces at the historic city of Puebla. Prior to this battle, Mexico fought and gained her independence from Spain in 1821 after eleven years of war. Until the Battle of Puebla, the government changed leaders several times and the territory itself was under the threat of being seized by European nations. General Ignacio Zaragoza Seguin's victory over the French was the beginning of a stable future for Mexico, free from threats of takeover. (1862)

May 10th—Inauguration of Nelson Mandela

On this date, Nelson Mandela became the first Black president of

South Africa after years of white minority rule under an apartheid government. (1994)

May 17th – Brown v. The Board of Education Ruling

In 1892, the Plessy v. Ferguson decision by the United States Supreme Court set a precedent of "separate but equal" which said "separate" facilities for blacks and whites were constitutional as long as they were "equal." Not until the Brown v. Board of Education decision, would the "separate but equal" doctrine be struck down. In the fall of 1950, members of the Topeka Chapter of the NAACP (National Association for the Advancement of Colored People) agreed to again challenge the "separate but equal" doctrine governing public education in a class action suit filed against the Board of Education of Topeka Public Schools. When the Topeka case made its way to the Supreme Court, it was combined with the other NAACP cases from Delaware, Virginia, South Carolina and Washington, DC; the combined cases became known as *Oliver L. Brown et al. v. The Board of Education of Topeka*. The unanimous Supreme Court decision struck down the earlier precedent of "separate but equal" in regard to education on

the grounds that it violated the Fourteenth Amendment. This ground breaking decision led to the integration of schools throughout the country. (1954)

May 20th—Amelia Earhart crossed the Atlantic

Leaving harbor in Grace, Newfoundland at 7pm on 19 May 1932, Amelia Earhart landed near Londonderry, Ireland on 20 May. The 2,026-mile flight took thirteen hours and thirty minutes. She is the first woman to fly solo across the Atlantic. (1932)

May 25th—Hands Across America

Nearly 5.5 million people join hands to form a human chain across the US on this date. The event was designed to raise funds for the poor and homeless. (1986)

May 30th—Memorial Day

Memorial Day was first observed in the United States in 1868 to honor the war dead of the Civil War, both North and South. In time it came to include the commemoration of all lives lost in wars. Last Monday in May.



Calendar of Events

May 2017

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	2	3 <u>Poker Tournament</u> SPCC @ 9pm	4 <u>May the Fourth Be With You Movie Night</u> SPCC @ 7pm	5	6 <u>Mother's Day Sugar Scrub</u> SPCC @ 2pm
7	8	9 <u>Strawberry Shortcake Night</u> SPCC @ 7pm	10	11 <u>Tie Dye Shirts</u> SPCC @ 4:30pm	12	13
14	15	16 <u>Short Story Club</u> SPCC @ 8pm	17	18	19	20
21 <u>Family Board Game Night</u> SPCC @ 7pm	22	23	24	25	26	27
28 <u>Picnic at the Bee Garden</u> SPCC @ 9am	29 Holiday Solano Park Office Closed <u>Water Game Season Opening</u> SPCC @ 4pm	30	31 <u>Activity Hour</u> SPCC @ 4:30pm			

