



Neighborhoodly News



Family Housing Council— <http://www.odfhc.org>

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Weekly Reminders

FHC Monthly Public Meeting

The next FHC meeting will be Friday, January 30, at 5:45pm in the CC. Join us for pizza and refreshments. All residents are welcome.

Saturday, January 31

Sewing Room 10am at LRC
Saturday Fitness 5pm at CC

Sunday, February 1

Movie & Snack 2pm at CC

Monday, February 2

Winter Safety 6pm at FGH

Tuesday, February 3

International Friendship Group 1pm at FRC
Springfield Trip Registration 6pm at FGH

Wednesday, February 4

Parent-Child Playgroup 9am at FRC
All Kids Insurance Registration 5:30pm at MCHC
Book Club 6:30pm at FGH

Friday, February 6

Cooking Club 2pm at CC

Pest Control:

During the month of January, Orchard Place buildings 1801 through 1838 will be treated. During February, Orchard Downs buildings 1902-1977 will be treated. Twenty-four hour advance notice will be provided prior to treatment. Please move large items away from the walls and remove items on or around windows. To request treatment, visit the website below.

Submit Maintenance Requests to:

<http://iservice.housing.uiuc.edu>

Study Room

Apartment 2102-104

AsiaLENS Film Screening: “Please Vote for Me”

AEMS and the Spurlock Museum are pleased to announce the first AsiaLENS film screening and discussion of the semester, “Please Vote for Me” by Weijun Chen (2007, 55 minutes). The film screening will be held on **Tuesday, February 3 at 7 p.m.** in the Spurlock Museum’s **Knight Auditorium**. Discussions will be led by Gale Summerfield, director of the Women and Gender in Global Perspectives Program at the U of I.

In this film, Chinese director Weijun Chen explores the question of democracy in China through this account of an experiment in electoral politics in a third-grade classroom in Wuhan, a major city in central China. For the first time, the students elect their own class monitor, who would normally be appointed by the teacher. Chen’s film follows the dramatic two-week campaign, from the introduction of the candidates to the final vote. “Please Vote for Me” is a thought-provoking look at how these Chinese children, parents, and teachers understand democracy, authority, and power. Earning a Sterling Feature Award at the Silverdocs Documentary Festival in 2007, “Please Vote for Me” continues to receive enthusiastic accolades outside of China, while within the country the topic is too sensitive for the Chinese government to allow the film to be officially seen.

For more information and the full Spring 2009 AsiaLENS schedule, visit <http://www.aems.uiuc.edu/events/asialens.htm>.

Orchard Downs Message Board Back Online

The Orchard Downs message board was offline for the week of January 12 due to a hacking attempt. The board has been repaired and upgraded.

All of the messages and accounts have been recovered. However, the webmaster recommends that any users change their passwords as a precaution.

Residents can reach the message board at <http://bb.odfhc.org/>. The board is ideal for anyone who is looking for roommates, wishes to address concerns to the Family Housing Council, or wants to buy or sell items.

Cosmopolitan Club Coffee Hours

Are you interested in meeting people from different cultures? The Cosmopolitan Club holds international coffee hours throughout the fall and spring semester. At these events, coffee, tea, and homemade ethnic desserts are served. International and American students, both club members and non-members, are all welcome. The club is located at 307 East John Street in Champaign. You can learn more about Cosmopolitan Club and check out the spring coffee hour schedule at www.prairienet.org/cosmo. The next events will be Lebanese coffee hours, held on **Thursday, February 5**, and Ukrainian coffee hours, held on **Thursday, February 12**. Both events will be held from **7:30 to 9:30 p.m.**



Community Programs

Please note that we often take photographs during community events, and these photographs may be used in a gallery online. If you do not wish to have your photograph taken, please inform the staff member at the event or contact the Family & Graduate Housing Office at famhous@uiuc.edu or 333-5656.

Sewing Room Hours

The Sewing Room is open every **Saturday** from **10 a.m. to noon** in the **Learning Resource Center**. Sewing machines and other equipment, including scissors, pins, measuring tapes, and thread, are available for the use of all residents. No appointment necessary—just drop on by! Contact Sewing Room Monitor Feifei Zhan (sewinguiuc@gmail.com) if you have any questions.

Welcome to the World

At Family & Graduate Housing, we consider babies to be a joy! For this reason, we would like to welcome your newborn into the Orchard Downs community with a small complimentary gift package. This is our way of saying, “Welcome to the World!” If you have recently welcomed a new baby into your family, please contact Lauren Karr at 333-5656 or LKarr1@illinois.edu.

Cooking Club

Come join in the fun! At Cooking Club, you can meet new friends, taste new food, and learn new recipes! Please join us weekly on **Fridays** from **2 to 3 p.m.** in the **Orchard Downs Community Center**. Children are welcome but no child care assistance is available. Parents are responsible for the supervision and safety of their children. If you have any questions, please contact Lauren Karr at 333-5656 or LKarr1@illinois.edu.

Parent-Child Playgroup

This weekly playgroup meets every **Wednesday** at **9 a.m.** at the **Family Resource Center (1834-A Orchard St.)**. These playgroups provide an opportunity to learn new activities to do with your children that enhance their growth and development. Playgroups also are a great way to meet other parents, share activities and conversations, and make new friends (for yourself and your children)! Children should be 5 years old or younger. If you have any questions, please contact our Family Relations Graduate Assistant Lauren Karr at 333-5656 or LKarr1@illinois.edu.

Winter Safety

Is this your first winter in Champaign-Urbana? Would you like to learn more about how to be safe with the cold and snow? Come to the Winter Safety program on **Monday, February 2** at **6 p.m.** in the **FGH office**. We will discuss safety tips for adults, children, driving, and other activities. Questions are encouraged. If you have any questions or concerns prior to the program, email Bryan at kelly31@illinois.edu.

International Friendship Group

Are you interested in getting to know others in the community? Do you like to learn more about other cultures? If so, please join us at our International Friendship Groups, held every **Tuesday** at **1 p.m.** at the **Family Resource Center (1834-A Orchard St.)**. Each month, we will learn about a different country and culture! We will spend time learning about arts and crafts, food, clothing, religions, ceremonies, holidays, and more! During the month of February, we will be learning about the United States of America. Children are welcome, but no child care assistance is available. Parents are responsible for the supervision and safety of their children. If you have any questions, please contact our Family Relations Graduate Assistant, Lauren Karr, at 333-5656 or LKarr1@illinois.edu.

Urbana Free Library Trip

Would you like to sign up for a library card at the Urbana Free Library? Learning Initiatives programming is taking a trip to the Urbana Free Library on **Friday, February 6**. We will meet at the **FGH office** at **12:30 p.m.** and we will take the bus to the library. Bus tokens will be provided for those who do not have an i-card. Registration is required. If you would like to attend this trip, please email Bryan at kelly31@illinois.edu. Registration emails must be received by Wednesday, February 4.

Movie & a Snack

The Movie and a Snack program will be held on **Sunday, February 1** at **1 p.m.** at the **Orchard Downs Community Center**. We will be viewing “The Pursuit of Happyness,” rated PG-13, starring Will Smith. Snacks will be served, including smiley face cookies. Come join us for an afternoon of relaxation and fun! Any questions can be sent to Bryan Kelly at kelly31@illinois.edu.

Saturday Fitness on January 31

Due to the Chinese New Year Celebration on **Saturday, January 31**, from noon to 3 p.m., Saturday Fitness will be moved to **5-7 p.m.** that same day at the **Orchard Downs Community Center**. If you have any questions, please email Paul Morgan at pamorgan1@gmail.com.



Champaign-Urbana Public Health District: Free Screening Clinic for Men

No appointments are needed at the free screening clinic for men, and all services are confidential. Service is on a first come, first served basis. The clinic is open on **Mondays from 4 to 6 p.m.** Services include, but are not limited to, sexually transmitted disease screenings, prostate cancer, blood pressure, and glucose and cholesterol screening. The clinic is located at 201 W. Kenyon Rd., Champaign. For more information, call 217-239-0126 or email jtrotter@cuphd.org.

SHARE Food of Central Illinois-Champaign County

SHARE Food is a program designed to help lower family food costs. Anyone can participate—there are no income restrictions, no donated foods, and no government funding.

To participate, call the main office and set up an appointment to drop by your local site between **7:30 a.m. and 4 p.m.** Pay approximately \$15 or less a month and donate at least two hours of service—including volunteer work you are already doing—in exchange for \$30 worth of food.

SAMPLE FOOD OFFERINGS:

Classic Unit= 3 frozen meats, 6 produce items, and 1 bonus item- \$15

Fruit and Veggie Unit= 9 fresh produce items

Deluxe Unit= 5 frozen meats, 9 produce items, and 1 bonus item- \$22

Other units and individual items are priced separately and at very low cost.

SITES IN CHAMPAIGN-URBANA:

St. Matthew Catholic Church, Champaign, 359-4224

Wesley SHARE at Wesley United Methodist Church, Urbana, 344-1120

Assembly of God, Urbana, 344-5455

Salem Baptist Church, Champaign, 356-8176 or 352-0861

Westminster SHARE, Westminster Presbyterian Church, Champaign, 359-7805.

For more information, visit www.sharefood-peoria.org or email info@sharefood-peoria.org.

Are you a new or returning student to the U of I? Do you need an inexpensive car to get around Champaign-Urbana? Well, Worden Martin Nissan has the car for you! We offer new and used, imports and domestic cars. We have the car that fits your needs! All U of I students receive special Worden Martin employee discounts and rebates. Contact Jonathan Patterson at 217-352-8910 or at jpatterson@wordenmartin.com for more information and to receive the special pricing. (This is a paid advertisement.)



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What is the FHC?

The Orchard Downs FHC is an organization created to safeguard the interest of the residents of Orchard Downs Family & Graduate Housing.

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MultiCultural Health Center

2040-A Orchard Street

The MCHC works to deliver culturally sensitive illness prevention and health promotion services to the families of the Family & Graduate Housing community. The Center provides health information, education, insurance information, and referrals to residents. MultiCultural Health Center office hours will be held on **Wednesdays** from 10:30 a.m. to 1:30 p.m.

CCCHC Thursday Clinic/HeRMES Thursday Clinic

The Champaign County Christian Health Center (CCCHC) offers clinic services the **2nd and 4th Thursday of the month from 6 to 8 p.m.** for walk-in appointments at the MCHC. The clinic will be staffed with a physician and/or a nurse practitioner. Services will include, but not be limited to: general health concerns, physical exams, nutrition education, referrals to community services, skin problems, exercise and weight management, colds or other respiratory infections, medical screenings, and more.

The HeRMES Thursday Evening Clinic (**1st and 3rd Thursdays 6 to 8 p.m. at the MCHC**) provides primary physician care. Treatment is offered for many health concerns, including, but not limited to, general health issues, nutrition education, preventive health care, seasonal colds and the flu, other respiratory infections, aches and pains, and much more.

Please take advantage of these free services. For more information, please contact CCCHC at 398-2914, visit www.ccchc2003.org, or contact MCHC graduate assistant Paul Morgan at pamorgan1@gmail.com.

Women, Infants and Children (WIC) Services

This program is offered **every other Friday from 1 to 4 p.m.** at the **MultiCultural Health Center**. These services are provided for women, infants, and children, and are offered by the Champaign Urbana Public Health District. Established clients have access to case managers and coupons. Coupon distribution and arrangement must be made in advance with Cathy Ito, R.N., M.S. You can reach Cathy by email at Services for WIC participants include supplemental nutritious foods, nutrition education and counseling at WIC clinics, and screenings and referrals for other health services, welfare, and social services. Additional medical screenings can be made at CUPHD (www.cuphd.org). For more information, contact Cathy Ito (cito@cuphd.org, 531-4311) or MCHC graduate assistant Paul Morgan at pamorgan1@gmail.com.

The MCHC also offers a weigh-in program for infants. Bring your baby to the MultiCultural Health Center **every other Friday from 1 to 4 p.m.** to have your baby's weight checked. We will also be distributing cards that will enable you to keep track of your baby's weight. If you have any questions about this program, please email Paul Morgan at pamorgan1@gmail.com.

NEIGHBORLY NEWS

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