



Neighborly News

Family Housing Council

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Weekly Reminders

Saturday, February 9

Sewing Room 10am at LRC
Chinese New Year Celebration Noon at CC

Tuesday, February 12

Parent/Child Playgroup 10am at FRC
Cooking Club 2pm at CC
Valentine's Party 6:30pm at CC

Wednesday, February 13

Mindfulness for Stress Reduction 10am at FRC
REGISTRATION REQUIRED
Close-Knit Workshop 2pm at FRC
REGISTRATION REQUIRED
Meijer Trip 5:45pm at FGH
Urbana Library Trip 7pm at FGH

Thursday, February 14

Valentine's Day

Friday, February 15

Yoga 11:30am at FGH
REGISTRATION REQUIRED

Pest Control:

On Monday, February 11, apartments 2112: 101-104; and 2202:101-104, 201-204, and 301-304 will be treated. On Friday, February 15, apartments 2114: 101-104, 201-204, and 301-304; and 2116: 301-304 will be treated. To request treatment, visit the website below.

Submit Maintenance Requests to:

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

FHC Monthly Public Meeting

The next FHC meeting will be held on Friday, February 29 at 5:45pm at the CC. Join us for snacks and drinks. All residents are welcome.

Orchard Downs Redevelopment Delayed

A recent article in the News-Gazette indicated that the proposed redevelopment of Orchard Downs is delayed (http://www.news-gazette.com/news/2007/12/21/orchard_downs_project_delayed). The Orchard Downs Input Team (ODIT) is still meeting monthly with Dr. Romano and Dr. Coleman to develop a survey that will be undertaken this semester. Any resident wishing to be on the ODIT should contact ODIT4u@gmail.com. All ODIT minutes and information may be found at <http://www.odfhc.org/odit.php>.

Valentine's Party

It's almost Valentine's Day and we want you and your family to join us at the **Community Center** on **February 12, 2008 at 6:30pm** to celebrate the holiday. We will provide supplies to make your own Valentine cards to give to your loved ones. Refreshments will also be provided. If you have any questions please contact Carie at cbiresc2@uiuc.edu or Samantha at kunze@uiuc.edu.

Urbana Library: Spanish Storytime

Enjoy stories, music, and crafts in Spanish and English for children and their families. This free activity will take place in the **Children's Department at the Urbana Free Library** on **Saturday, February 9 at 2pm**. The Urbana Library is located at 210 West Green Street in Urbana. For more information, visit <http://urbanafreelibrary.org>.

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. Coffee hours are good opportunities to meet people from around the world and to learn about other cultures.

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 event will be Valentine's Day Trivia Night (hosted by ISSS) on Thursday, February 14, and Iranian Coffee Hours on Thursday, February 21. Both events will be held from **7:30 to 9:30pm**.



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.

Cooking Club

Do you like to try new recipes and eat good food? Then Cooking Club is for you! Cooking Club is held on **Tuesdays** at the **Community Center** from **2-3pm**. Children are always welcome; however, no child care assistance is available. Parents are responsible for the supervision and safety of their children. Please contact Amanda at 333-5656 or amandaj@uiuc.edu if you have questions.

Close “Knit” Community Workshop

If you want to knit, this is a great workshop for you. We are going to make a baby sweater over the course of 4-7 weeks. But first, we’re going to learn to knit and practice by knitting for our community! There will be several things you can choose to knit and contribute. If you are interested, please email Sonia at sillybluefrog@yahoo.com.

Welcome to the World

At Family & Graduate Housing, we consider babies to be a joy. It is for this reason that we would like to welcome your newborn into the Orchard Downs community with a 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 Amanda Johnson by phone at 333-5665 or by email at amandaj@uiuc.edu.

Urbana Free Library Trip

Join us on **Wednesday, February 6** from **6 to 9pm** as we travel to the Urbana Free Library. There is no charge for this event and transportation will be provided. Just meet at the **FGH office** at 6pm and plan to return by 9pm. If you’d like to learn more about the Urbana Free Library, visit www.urbanafreelibrary.org. If you have any questions, email Samantha at kunze@uiuc.edu.

Yoga at Krannert Art Museum

Please join us as we travel to the Krannert Art Museum on **Friday, February 15** at **noon**. This hour-long class introduces the fundamentals of hatha yoga: seated and standing asanas (poses), breath awareness, and relaxation techniques. Participants should bring their own yoga mats and wear comfortable clothing. Other supplies are provided. Classes are limited to 20 participants, on a first come, first served basis. Due to limited space, we will leave from FGH at 11:30am sharp. If you would like to register for this event, please contact Carie at cbiresc2@uiuc.edu or Amanda at amandaj@uiuc.edu.

Parent/Child Playgroup

Parent/Child Playgroups provide an opportunity to learn new activities to do with your children that enhance their growth and development. Children should be 5 years old or younger. Playgroup is held on **Tuesdays** from **10-11:30am**. Please contact Amanda with any questions at amandaj@uiuc.edu or 333-5665.

The History of Valentine’s Day

Every February, across the country, candy, flowers, and gifts are exchanged between loved ones, all in the name of St. Valentine. But who is this mysterious saint and why do we celebrate this holiday? The history of Valentine’s Day, and its patron saint, is shrouded in mystery. But we do know that February has long been a month of romance. St. Valentine’s Day, as we know it today, contains vestiges of both Christian and ancient Roman tradition. So, who was Saint Valentine and how did he become associated with this ancient rite?

One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men –his crop of potential soldiers.

Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine’s actions were discovered, Claudius ordered that he be put to death.

Other stories suggest that Valentine may have been killed for attempting to help Christians escape harsh Roman prisons where they were often beaten and tortured. According to one legend, Valentine actually sent the first “valentine” greeting himself. While in prison, it is believed that Valentine fell in love with a young girl, who may have been his jailor’s daughter, who visited him during his confinement. Before his death, it is alleged that he wrote her a letter, which he signed “From your Valentine,” an expression that is still in use today. Although the truth behind the Valentine legends is murky, the stories certainly emphasize his appeal as a sympathetic, heroic, and, most importantly, romantic figure.

Information taken from www.historychannel.com/exhibits/valentine



FHC Public Meeting Minutes

Friday, January 25, 2008

The meeting started at 5:45 pm with the presence of the FHC Board, the Community Aides, and some residents.

President Elham Fini opened the session by welcoming the attendees and encouraging everybody to enjoy the pizza and drinks.

1. Eli announced that Qinping, our treasurer, has talked to the person in charge of SORF funding and has obtained the promise that the costs for the Neighborly News during the spring semester will be covered through SORF funding.
2. Eli asked the employees if they needed any equipment in order to do their work or if the attendants had any ideas for equipment that the Family Housing Council could buy for the Community Center and for the entire community to enjoy. The following items were suggested: a pool table, a soccer table, a Nintendo Wii (approximate cost \$540 + tax), a baby changing table, two fitness machines, supplies for the Sewing Room (needles, etc.), and a large measuring tape for the gardener. The Sewing Room monitor did not think that any sewing machines needed to be replaced.
3. Eli asked the attendants if there were any events they would like the Council to organize this semester. Alyssa suggested a sewing event that has proved very popular in the past. Maheshi suggested a trip to Chicago or two additional buses to go along with the trip that the Family & Graduate Housing Office organizes. Organizing a ski trip or making a contribution that would make such a trip more affordable was also suggested.
4. Alex asked the seventeen candidates for the Neighborly News distributor position to introduce themselves.

The meeting ended at 6:30pm.

Hot Topics

Ideas for Kids Playing Indoors

Winter weather is here, and so are short and gray days. Now is the time to take advantage of indoor activities and have fun enjoying this special season. Below you will find ideas about what to do. Cold days are with us, but we can still be creative!

- Learn some magic tricks
- Learn to play a musical instrument
- Make a scrapbook of summer activities
- Clean under your bed
- Sort out your toy box
- Bake cookies (with your parents' help)
- Make glitter snowflakes
- Play board games
- Learn where countries are on the globe or map
- Start making holiday ornaments, cards, and gifts
- Play dress-up
- Memorize a poem
- Write letters to your family and friends in your home city, state, or country
- Invite friends to play at home
- Do a puzzle
- Make collages
- Make a treasure hunt
- Start a collection, such as coins or postcards from different countries



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WWW.ODFHC.ORG

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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.

Planned Parenthood

This service provides sexual and reproductive health care **every second Wednesday of the month** from 6 to 8pm.

Mobile Clinic by CUPHD

Mobile programs and services are a wide variety of affordable programs offered by Champaign-Urbana Public Health District (CUPHD) to meet residents' health care needs. This mobile program will be offered **once every month on a Thursday** from 2-4pm on the **South Laundry parking lot closest to the MCHC**. Please refer to Orchard Downs calendar for the clinic service schedule. Some of the services that will be offered include Illinois Diabetes Control Program, Illinois Breast and Cervical Cancer Programs, HIV and STD screening, smoking cessation information, disease management education, blood pressure checks, referrals into other programs, and Immunizations. For details, please email mchc@uiuc.edu.

Women, Infants and Children (WIC)

This program will be offered **every other Friday afternoon** from 1 to 4pm at the **MultiCultural Health Center**. These services are provided for women, infants and children, and are offered by the Champaign Urbana Public Health District. Some of the services provided to WIC participants include supplemental nutritious foods, nutrition education and counseling, screening and referrals for other health services, welfare, and social services. For more information, email mchc@uiuc.edu.

Thursday Clinic Services

The Champaign County Christian Health Center (CCCHC) offers clinic services on the **second and fourth Thursday evenings of the month** from 6 to 9pm. The clinic will be staffed with a physician and/or a nurse practitioner. For more information, please email mchc@uiuc.edu.

NEIGHBORLY NEWS

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