



Neighborly 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, February 27, at 5:45pm in the CC. Join us for pizza and refreshments. All residents are welcome.

Saturday, February 14

Springfield Trip 7am at FGH
REGISTRATION REQUIRED
Sewing Room 10am at LRC
Saturday Fitness 10am at CC

Monday, February 16

Valentine Cookie Baking 6pm at CC
Volunteer Club 6pm at FGH

Tuesday, February 17

International Friendship Group 1pm at FRC

Wednesday, February 18

Parent-Child Playgroup 9am at FRC
Valentine Bingo 6pm at CC
Book Club 6:30pm at FGH

Friday, February 20

Cooking Club 2pm at CC
University Library Tour 12:30 p.m. at FGH
REGISTRATION REQUIRED

Pest Control:

During the month of 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

Essay on International Education

The University of Illinois is celebrating international education during the week of **March 9-15, 2009**. Family & Graduate Housing (FGH) is a world in one community. Residents of FGH, including children, are encouraged to submit an essay on the topic of "International Education" with a minimum of 100 words to a maximum of 1,000 words. There is no age limit for participation. With your approval, best essays will be posted in the International Education Week webpage at www.ilint.uiuc.edu/iew and also published in the apartment newsletter. Completed essays with your name, email address, and apartment number must be submitted to Cecilia Lau at ceciliaclau@gmail.com by Friday, February 20 and handwritten essays can be submitted to the Family & Graduate Housing office. All children who participate will receive a small gift. The top three essays written by adults will receive a prize and certificate from Family & Graduate Housing.

Global Partners Spring 2009

Global Partners is an opportunity to converse in English with University of Illinois students from the United States and around the world. This is a free program with the goal of improving conversational English skills and comprehension as well as cultural understanding. Meetings are held **every Tuesday or Thursday at 6 pm** in the **Illini Union Basement** by the Chick-fil-A restaurant. Students, Researchers and their Spouses and Families are encouraged to attend, though all are welcome. For more information and weekly updates, please email Josh at uiucglobal@gmail.com.

International Education Week Photo Contest

Submit your best photo for the 2009 International Education Week Photo Contest. Use your photography to illustrate the IEW theme, "Connecting You to a World of Opportunities!" Submissions will be judged on quality and the way in which they illustrate how UI students are engaging internationally. Winning submissions will be recognized at the IEW keynote address on **Friday, March 13**, and will be on display throughout the month of March. Winners will receive gift certificates for local merchants. For more about International Education Week, March 9-13, visit us <http://www.ilint.uiuc.edu/iew/about.php>. To submit, send your digital photo (only one per student) and up to 300 words explaining how your photo illustrates the theme "Connecting You to a World of Opportunities!" to intstudies@illinois.edu by 5 p.m. on Friday, February 27.



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.

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.

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.

Valentine Cookie Decorating

Come decorate cookies at the community center on **Monday, February 16** at the **Community Center** from **6 to 7 p.m.** The cookies and Valentine-themed decorations will be provided. The cookies you decorate can be taken home with you!

Rules of the Road Workshop

Are you interested in becoming a better driver and getting your driver's license? The Learning Initiatives-Illinois Rules of the Road program can help you build and polish your driving skills. We will meet on **Monday, February 23** from **6 to 7 p.m.** at the **Family & Graduate Housing office**. Participants will have the opportunity to ask questions and explore the concepts and laws for driving in Illinois. Any questions prior to the meeting can be sent to Bryan Kelly at kelly31@uiuc.edu.

University Library Tour

Learning Initiatives will be offering a University Library tour for new residents. The University of Illinois has a big campus and learning about its resources can be helpful. The tour will include the Main Library and the Undergraduate Library. We will meet at the **FGH office** at **12:30 p.m.** on **Friday, February 20**. The tour will last about an hour on campus. We will be taking the MTD bus, so bring your i-card to ride for free. If you do not have an i-card, we will provide tokens for the ride. Please register with Bryan Kelly by Tuesday, February 17. To register, send an email to kelly31@illinois.edu.

Volunteer Club

Are you interested in volunteering around the community? Learning Initiatives is starting the Volunteer Club and we will have our first meeting on **Monday, February 16** at **6 p.m.** in the **FGH office**. We will discuss the types of activities that members would like to do and set up times when everyone can participate. Come with ideas and suggestions! Any questions can be sent to Bryan at kelly31@illinois.edu.

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.

Valentine Bingo

Come out for a twist on the regular bingo! We will have Valentine prizes and snacks! It will be held at the **Community Center** from **6 to 7 p.m.** on **Wednesday, February 18**.

Community Programs (cont'd)



How to Ride the MTD Bus Workshop

Champaign-Urbana has a great public transportation system! Do you have questions about how to take advantage of this resource? Come to the MTD Workshop on Saturday, February 21 at 10 a.m. at the FGH office. We will discuss transfers, bus routes, and the advantages of public transportation. Any questions can be emailed to Bryan at kelly31@illinois.edu.

Guitar Hero Tournament

We will be having a Guitar Hero Tournament at the Community Center on Saturday, February 21 from 3 to 5 p.m. Guitar Hero is a popular video game where players participate playing on guitar controllers. Snacks will be provided. To register to participate in the tournament, please email Becca at rthinn2@illinois.edu.

Hot Topics

International Students Support Group

Feeling lost in a new culture? Missing family and friends? Striving for academic success? Struggling to adjust to U.S. culture? Wanting to make new friends? There's a group for international students that meets weekly to connect with others who share your concerns and to discuss ways to improve your experience at Urbana-Champaign. The support group meets on **Thursdays from 3:30 to 4:50 p.m.** in the ISSS (4th floor of Student Services Building). Newcomers are welcome throughout the semester. The group leaders are Kusha Gujrati, Psy.D., and Kenneth Wang, Ph.D. If you are interested, please call (217) 333-3704, email Kusha (kgujrati@illinois.edu), or just come over to join us.

Counseling Center: Free Programs

Here is a list of free, fun, and interesting programs designed and facilitated through the Counseling Center from the Turner Student Services Building. All programs are held on **Tuesdays at 7 p.m.** in Multipurpose Room # 3 at the Athletics and Recreation Center (201 E. Peabody Drive, Champaign).

Upcoming Programs:

February 17- "Making Time for Success—Developing Time-Management Skills"

February 24- "How to Love the Skin You're In—Winning the Battle Against Negative Body Image"

I-Programs: Certificates in Leadership

Any University of Illinois student can participate in I-Programs for free thanks to generous sponsors and donors! Faculty, staff, administrators, alumni, and professionals in I-Programs are here to teach, moderate discussion, and conduct all sorts of activities designed to build leadership. If you are interested in building your leadership skills, visit <http://www.illinoisleadership.uiuc.edu/getinvolved/register.asp> to register and to view available workshops and their dates and times. Workshops are offered throughout the semester.

Kids@Krannert

Held at the Krannert Art Museum and Kinkead Pavilion, Kids@Krannert is a free fun-filled event for the entire family with demonstrations, hands-on art projects, dance, music, and storytelling. The next event will take place on **Saturday, February 28 from 10 a.m. to 12 noon**. For more information, call (217) 333-1861 or email kam@illinois.edu.

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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Family & Graduate Housing
Family Housing Council
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