



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 21

Sewing Room 10am at LRC
Saturday Fitness 10am at CC
MTD Workshop 1pm at FGH
Guitar Hero Tournament 3pm at FGH

Sunday, February 22

Kids Afternoon Out 2pm at FGH

Monday, February 23

Puppet Making 6pm at CC
Rules of the Road 6pm at FGH

Tuesday, February 24

International Friendship Group 1pm at FRC

Wednesday, February 25

Parent-Child Playgroup 9am at FRC
Current Events 6pm at FGH

Friday, February 27

Cooking Club 2pm at CC

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

International Dinner Event at YMCA

The Cosmopolitan Club's 26th annual International Dinner and Entertainment event at the University YMCA will take place on **Sunday, March 15 at 6 p.m.** Tickets are available for \$8 each at the front desk of the YMCA on Wright Street. **Cooks are needed for the event**—anyone interested in participating and representing their country should contact Andrea at cosmo307@gmail.com. Cooks will be reimbursed for their expenses. For more information, visit <http://www.prairienet.org/cosmo>.

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.

Kids' Afternoon Out

Parents, would you like an afternoon to yourselves? This is your chance! Learning Initiatives will be hosting a Kids' Afternoon Out at the **Orchard Downs Community Center** on **Sunday, February 22 from 2 to 4 p.m.** Activities will include games, art, and a movie! We ask that participating youth be of potty-trained age. Any questions can be sent to Bryan Kelly at kelly31@illinois.edu.

Vehicle Security

Campus Police informed Family and Graduate housing of several vehicle break-ins reported in the area. Please make sure to lock your car and remove valuable items. The surest way to deter a break-in is to remove items from plain sight and secure your vehicle. Please report any suspicious activity to campus police by calling 217-333-1216.



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.

Puppet Making

On **Monday, February 23** we will be making puppets! This event will be held at the **Orchard Downs Community Center** from **6 to 7 p.m.** Paper sacks and other art supplies will be provided. Come to see what we kinds of puppets we can make!

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.

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.

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.

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.

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.)**. 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.

Current Events

Come participate in discussions about events happening all over the world. Current Events will meet on **Wednesday, February 25** at **6 p.m.** at the **FGH office**. Newspapers and alternative media will be provided. Any questions can be sent to Bryan at kelly31@illinois.edu.



Ping Pong Competition

A ping pong competition for Orchard Downs residents will be held on **Saturday, February 21** from **noon to 2:30 p.m.** at the **Community Center**. All Orchard Downs residents are cordially invited to participate and watch the game. Exciting prizes, including gift cards and other items, will be awarded.

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.

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.

Counseling Center: Free Programs

The Counseling Center offers free, fun, and interesting programs throughout the school year. 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 24- "How to Love the Skin You're In—Winning the Battle Against Negative Body Image"

March 3- "Beyond Counting Sheep—Dealing with Sleep Difficulty"

Online Roommate Wanted Forum

Are you looking for a roommate in time for your apartment lease renewal? Then a good place to find a roommate is the "Roommate Wanted Forum" on the Orchard Downs message board. The web address for the board is <http://bb.odfhc.org/>. The message board is also ideal for anyone wishing to comment about various issues (such as interacting with roommates), to raise concerns with the Family Housing Council, or to buy and sell items.

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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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. 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
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