



Neighborly News

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

Vol. 36 Iss. 10 • March 6, 2009

Weekly Reminders

FHC Monthly Public Meeting

The next FHC meeting will be Friday, March 27, at 5:45pm in the CC. Join us for pizza and refreshments. All residents are welcome.

Saturday, March 7

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

Sunday, March 8

Movie & Snack Noon at CC

Monday, March 9

Current Events 6pm at FGH

Tuesday, March 10

International Friendship Group 1pm at FRC

Wednesday, March 11

Parent-Child Playgroup 9am at FRC
Healthy Living 6pm at FGH

Friday, March 13

Mid-Term Stress Management Noon at LRC
Cooking Club 2pm at CC

Pest Control:

During the month of March, Orchard Downs buildings 2001 - 2039 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 Education Week Keynote Address

Don't miss this year's International Education Week Keynote Address. On **Friday, March 13 at 4 p.m.**, Professor Rudy Mattai (SUNY-College at Buffalo) will present his address, "Unlocking the Artificial Borders in Global Relations: A Discourse on Building Cross-Cultural Relationships through Understanding." A reception will follow. This event takes place at the **Levis Faculty Center, 3rd Floor.**

Reduce, Reuse, Recycle

Housing Recycling accepts plastic, paper, cardboard and aluminum (please take a moment to visit www.housing.uiuc.edu/living/recycle/guidelines.htm and become familiar with your recycling options). Glass is not accepted in University Housing; however, the City of Champaign has a free 24-hour recycling drop-off site open seven days a week. The site is located at 1701 Hagan Drive, Champaign, just east of Home Depot (off of Bloomington Road). The site is a two-sort program, which means that materials are separated into fibrous (paper) items and containers. They accept glass at this drop-off site.

According to an expert source, "The energy we save when we recycle one glass bottle is enough to light a light bulb for four hours! It also causes 20 percent less air pollution and 50 percent less water pollution than when a new bottle is made from raw materials." (Source: San Diego County Office of Education 1991. RAYS — "Recycle and You Save")

Daylight Savings Time

Daylight Savings Time will begin on **Sunday, March 9, 2009** at exactly **2 a.m.** Be sure to set your clocks ahead by one hour on Saturday night.

Daylight Savings Time allows us to enjoy more hours of sunlight during summer evenings and saves energy! The system was first proposed in the U.S. by Benjamin Franklin but not made into law until 1918. It is estimated that we save about 1 percent of our total energy each day during DST. That doesn't sound like much, but it adds up to 600,000 barrels of oil each year!

An easy way to know whether to set your clocks ahead or backward is to remember the line: "Spring forward, Fall back."



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.

Current Events

Would you like to discuss what is going on in the world? Come participate in discussions about events happening all over the world. Current Events will meet on **Monday, March 9 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.

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.

International Friendship Group Update

Are you interested in getting to know others in the community? Do you like to learn more about others 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.)**. Children are welcome, but no childcare 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.

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.

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.

Hot Topics

Free Pre-Natal Vitamins at Meijer

Five leading brands of pre-natal vitamins are available in all Meijer pharmacies now. These vitamins are specifically for women who have become pregnant or those anticipating future conception. This free offer includes a one-month free prescription with unlimited refills.

Provena Quick Clinic

Provena Quick Clinic is a convenient care clinic for both students and area residents. Provena medical group offers care on weekends at the Provena Quick Clinic to serve families of the community who need care when their primary care physician's office is closed. If it's not life-threatening, skip the ER and come to the Provena Quick Care Clinic! If you have any questions, please email Paul Morgan at pamorgan1@gmail.com.



Family Housing Council

Public Meeting Minutes: February 27, 2009

The public meeting started at 6 p.m. in the presence of FHC board members, complex director, community aides, and some residents. FHC President Bhupinder Singh welcomed the attendees and the meeting session started with pizza and drinks.

The Executive Secretary Jun Wan thanked the volunteers who helped in the ping-pong tournament which was held last week, and he announced the winners and distributed the gifts.

An Orchard Downs resident, Arezoo Khodayari, asked for votes to select her in the upcoming student senate election, to be held on March 3 and 4, 2009. Various things she assured are: helping to create one-on-one graduate student mentoring program, support college affordability plans, do her best to increase the graduate assistantship stipend, try to increase insurance benefits, try to make graduate students eligible for the retirement system, promote campus energy efficiency, campus beautification, and low-fat nutrition system in dorms.

The FHC President Bhupinder Singh presented the idea of having a garage sale in Orchard Downs. The feedback from the residents was to have it on a date after the spring break.

This was followed by the February 2009 financial report by Treasurer Achenyo Omale.

When the FHC Vice President Alexandra Secelanu brought out some residents' questions as how the Orchard Downs community is being helped, Orchard Downs Complex Director Indira Rajagopalan responded. She said that we are trying to help the community by organizing events such as ping pong tournament, bus trips, etc.

When Indira, the complex director asked about next FHC election, Bhupinder responded it will be at the end of April.

In addition to other thoughts, FHC members initiated to discuss further on the next FHC election, and the possibility of renting garden plots in Orchard Downs.

Finally, President Bhupinder Singh ended the meeting by thanking the speakers and attendees.

Guidelines for Laundry Room Use

1. Please stay with your laundry at all times
2. Please remove your clothing from the washer or dryer as soon as the cycle is complete.
3. If another person's clothing remains in a washer or dryer, and no other washer or dryer is available, feel free to remove the clothing. Please put the clothing on a folding table or on a counter in the laundry room. Please do not put the clothes on top of other machines or on the floor.
4. Washers and dryers may not be reserved.
5. Children must be supervised by an adult at all times when in the laundry room.
6. Take all of your belongings with you when you leave the building. Please remember that you are responsible for your belongings.
7. Before using the washers, be sure to read the instructions located on the lid.
8. Please remember that the University of Illinois is not responsible for lost, stolen, or damaged items.
9. If there is a problem with a washer or dryer, residents should call JETZ, which is the company that leases the machines to Family & Graduate Housing. The phone number for JETZ is 317-710-0817. Please do not call Maintenance.

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.)



OFFICERS & STAFF 2008-2009

FAMILY HOUSING COUNCIL
WWW.ODFHC.ORG

President

Bhupinder Singh Farmaha
farmaha2@uiuc.edu

Vice President

Alexandra Seceleanu
asecele2@uiuc.edu

Treasurer

Achenyo Omale
omale1@illinois.edu

Executive Secretary

Jun Wan
junwan1@illinois.edu

Recording Secretary

Adaikkalam Thamilmani
thamil_006@yahoo.com

NN Assembler

Syeda Um-e-Laila Zaidi
sumelailazaidi@yahoo.com

NN Distributors

Margaret Njeru, Xiaowen Wu, Dandan
Zhang, Xiao Chen, Genet Fisseha

Sewing Room Monitor

Feifei Zhan
sewinguiuc@gmail.com

Garden Plot Manager

Hang Lei
hanglei2@illinois.edu

Webmaster

Craig Merrett
merrett2@uiuc.edu

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.

Space Managers

Abdu Zouhir
azouhir@gmail.com
Kashif Muhammad
kashif12pk@gmail.com
Esther Lisanza
emukewa2@illinois.edu
Saijun Zhang
szhang11@uiuc.edu

NN Layout

Justin Parker, jparker@uiuc.edu

NN Editor

Erin Lukehart Ciciora, elukehar@illinois.edu

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

University of Illinois at Urbana-Champaign
Family & Graduate Housing
Family Housing Council
1841 S. Orchard Place
Urbana, IL 61801
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