



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

Saturday, March 21

Sewing Room 10am at LRC
Saturday Fitness 10am at CC
Kids Movie 1 pm at CC
REGISTRATION REQUIRED

Monday, March 23

Kids Gardening 6pm at CC
Current Events 6pm at FGH

Tuesday, March 24

International Friendship Group 1pm at FRC

Wednesday, March 25

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

Friday, March 27

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

Special Populations Health Fair

“Jazz Up Your Health!” is the theme for the 16th annual Special Populations Health Fair, sponsored by McKinley Health Center. The fair will be held on **Tuesday, April 21** from **10 a.m. to 3 p.m.** in **Illini Union Rooms A, B, and C**. This event presents a one-stop shop in a carnival-like atmosphere where a number of screenings including cholesterol, blood pressure, spinal checks, and massage/manicure services will be available for free. There will also be dance performances, exhibitions, and interactive educational games, including information booths on nutrition, sexual health, stress management, fitness, and drugs and alcohol. You also have the opportunity to make a donation to the community organization Crisis Nursery, which is dedicated to the prevention of child abuse and neglect through the provision of emergency intervention, respite care, and support to families in crisis. The Crisis Nursery is in need of food and cleaning items, such as: Easy Mac, Gerber Graduate Meals and Finger Foods, Pasta Pickups, canned kid meals, fruit cups, SpaghettiOs, Cheese-its, graham crackers, Goldfish crackers, pretzels, microwave popcorn, hand soap refills, Ziploc bags, Windex, Comet, and Lysol spray. In return for a donation, you will be entered in drawings to win gift cards and other prizes.

FHC Garage Sale

Are you moving out of Orchard Downs and need to get rid of some things? Or have you just moved in and need to buy some new household items? Are you looking for cheaper goods and articles for you and your family? Join us at our Family Housing Council (FHC) community-wide yard sale where there's sure to be something for everyone. The FHC Garage sale will be held on **Sunday, March 29** outside the **Community Center** from **8 to 11 a.m.** If the weather will not permit, we will have the garage sale inside the CC. If you would like to reserve a table to sell items, contact Jun Wan at bu.junwan@gmail.com. Those who do not register will not be allowed to sell items. All are welcome to attend the sale.

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.



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.

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.

International Friendship Group

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.

Kids Movie

Come to the **Community Center** on **Saturday, March 21** at **1 p.m.** for a showing of a kids movie. We will have snacks and watch a favorite kids movie!

Kids Gardening

Come to the **Community Center** on **Monday, March 23** for Kids Gardening. We will be planting flowers in small pots that children can take home with them! We will also learn how to care for your new flower. It will be at the Community Center from **1 to 3 p.m.** Hope to see you there!

Resident Appreciation Raffle

To kick off Appreciation Week we will be having a Resident Appreciation Raffle! The raffle will be held at the **Orchard Downs Community Center** on **Monday, March 30** at **6 p.m.** We will provide snacks and will hold a drawing for the residents that attend. Prizes include a microwave, camera, and a DVD player! We will also have passes for bowling and food around town.

News Today: Current Events

There is so much going on in the world today. Are you interested in learning more about what is happening or talking about it with others? Learning Initiatives is offering a Current Events discussion group on **Monday, March 23** at **6 p.m.** in the **FGH office**. We will discuss what is happening in the United States as well as across the globe. Ideas and topics are encouraged for the discussion. If you have any questions, please email Bryan at kelly31@illinois.edu.

Kids' Afternoon Out

It is almost the end of the semester! Would you like an afternoon to yourself? Is there something you have really wanted to do and just cannot find the time? This is your chance. Learning Initiatives will be hosting a Kids' Afternoon Out at the **Orchard Downs Community Center** on **Sunday, March 29** from **4 p.m. to 6 p.m.** Activities for the youth will include games, art projects, and a movie. Participating children must be between 3 and 13 years of age. To participate, a parent must sign their child in and pick them up. Any questions can be sent to Bryan at kelly31@illinois.edu.

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.



Orchard Downs Garden Opening

It is with pleasure that we announce that this year's Orchard Downs Garden program will open on Sunday, March 22, 2009. Residents are invited to register for their plots from 9:30 to 11:30 a.m. on Sunday, March 22 at the Community Center. Registration for non-residents starts at noon and lasts until 1 p.m. Please line up for registration in the Community Center. Remember to bring proof of your current resident status (for example: copy of your lease, a bill with your name and address), a photo ID, and a personal check(s). Either add the rental and deposit money in one check or bring two separate checks. The fees for registration are as follows:

For full plots (10 yards x 10 yards):

	Resident	Non-resident
Rental	\$40/plot x No. of plots	\$65/plot x No. of plots
Deposit	\$30/plot x No. of plots	\$30/plot x No. of plots

For half-size plots (10 yards x 5 yards):

	Resident	Non-resident
Rental	\$25/plot	\$35/plot
Deposit	\$30/plot	\$30/plot

(*One yard is roughly equal to one meter)

Note:

1. The garden season will begin on 03/22/2009 and end on 11/07/2009.
2. Deposits will be returned on 11/14/2009 only to those gardeners who managed to keep the assigned garden plot(s) clean and have no violation of garden plots rules and regulations.
3. We can only accept checks made payable to the University of Illinois.
4. If you are without proof of resident status, follow non-resident time schedule.
5. Only two plots permitted for each round of registration, one of which must be off the walkway.
6. A resident is not allowed to sublease a resident-subsidized plot. If it is determined that a plot was subleased the deposit will not be returned, and the registered plot(s) will be suspended.
7. Plots A, B, C, D, E, F, are designated for organic gardening.
8. All gardeners must follow the attached garden plots rules and regulations.
9. If you can't make it to the registration day and still need a plot, you can contact the garden manager, Hang Lei, on Wednesday, March 25 from 6 to 8 p.m. Kindly make an appointment by email first.

If you have questions, please contact Garden Manager Hang Lei at hanglei2@illinois.edu. Growing our own produce in such fertile soil is wonderful opportunity, and the Family Housing Council is delighted to be able to offer this service. We encourage you to take advantage of this opportunity.

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
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