



Neighborly News

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

Vol. 36 Iss. 14 • April 3, 2009

Weekly Reminders

FHC Monthly Public Meeting

The next FHC meeting will be Friday, April 24 at 5:45pm in the CC. Join us for pizza and refreshments. All residents are welcome.

Saturday, April 4

Sewing Room 10am at LRC
Saturday Fitness 10am at CC
Movie & a Snack: Lion King 1pm at CC

Sunday, April 5

Children's Art Competition 2pm at CC
Movie & a Snack 6:30pm at CC

Monday, April 6

Bowling at the Illini Union 7pm at FGH
REGISTRATION REQUIRED

Tuesday, April 7

International Friendship Group 1pm at FRC
Kids Story & Craft 7pm at CC

Wednesday, April 8

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

Friday, April 10

Cooking Club 2pm at CC

Pest Control:

During the month of April, Orchard Downs buildings 2040-2087 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

A Note for Orchard Downs Gardeners

You may have wondered why this year's garden plot rental prices have increased compared to last year. The Family Housing Council wants to let you know the reasons that led to this. The water bill for last year (2008) was \$4,660.90 and revenues from the garden were \$2,900. So the garden produced a loss of about \$1,760.90. This year the Family Housing Council has established a price that can help defray water costs better. Even with the new rental prices, the best that the Council can expect is to break even.

The Family Housing Council wants to take this opportunity to thank all the residents who decided to rent plots with us this year. We thank you for your understanding and we make an appeal to every gardener to help us keep the water costs down by using water sparingly and carefully monitoring the water sources to prevent waste.

Park District Referendum

On April 7, 2009, there will be a ballot requesting a property tax increase to continue support of local park, natural areas, and recreation systems. For more information, please visit www.urbanaparks.org/referendum.

Children's Art Competition at Orchard Downs

We will explore and encourage the creativity of children on **Sunday, April 5** from 2 to 4:30 p.m. at the **Orchard Downs Community Center**. Young artists will have two hours to create their poster on the theme of "peace." Then they will have the opportunity to exhibit their art to be judged by Professor Robin Douglas of the University of Illinois School of Art and Design. We will provide poster paper, water colors, crayons, and brushes, but we encourage the young artists to bring their own material. We invite all adults to come and see the paintings. Paintings will be judged in the following age classes: 4-7, 8-11, and 12-16 years. Prizes will be awarded to winners of each age class. It is our hope that this will instill in rising young artists the hope and dream of creative expression. Please join us to celebrate their creations! Contact Community Aide Maheshi at dassanay@illinois.edu for additional details.

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, and information booths on a variety of health topics.



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

On **Saturday, April 4**, we will be showing the Lion King! We will have snacks and enjoy the movie! It will be held at the **Orchard Downs Community Center** at **1 p.m.**

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 **Wednesday, April 8** at **6 p.m.** in the **FGH Office**. We will discuss topics occurring within the United States as well as across the globe. Ideas and topics are encouraged for the discussion. Any questions can be sent to Bryan Kelly at kelly31@illinois.edu.

Movie & a Snack

Come join us for Movie and a Snack on **Sunday, April 5** at **6:30 p.m.** in the **Orchard Downs Community Center**. We will be showing "A Beautiful Mind," starring Russell Crowe, which is rated PG-13. Along with the film, a snack will be served. Questions can be sent to Bryan Kelly at kelly31@illinois.edu.

Bowling at the Union

Are you looking for a fun night out? Come out for a night of Bowling at the Union! We will meet at the **FGH Office** at **6:30 p.m.** on **Monday, April 6** and we will take the MTD Bus to the Union. Registration is required. Please send your name and the number of people attending to Becca at rthinn2@illinois.edu.

Kids Story Time and Craft Activity

On **Tuesday, April 7** at **6 p.m.** we will be having Kids Story Time and a Craft Activity. We will first read a children's book, and then all work on a craft activity related to the book! It will be held at the **Community Center**. Please note that this is the rescheduled time for the March 18 event. Please email Becca at rthinn2@illinois.edu 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.



Open House at UI Veterinary College

Visit the U of I College of Veterinary Medicine open house with your family and friends. More than 50 fun and educational exhibits and demonstrations will be displayed. The focus is on the art and science of veterinary medicine and animal-related areas, including demonstrations of dogs on the rehab program's underwater treadmill; obedience and police dog demonstrations; the Wildlife Medical Clinic birds of prey; and exhibits from area breed rescue clubs. For a list of exhibits and directions, see <http://vetmed.illinois.edu/openhouse>.

The open house is free and open to the public on **Saturday, April 4**, from **9 a.m. to 4 p.m.** The College of Veterinary Medicine is located just opposite Orchard Downs at 2001 S. Lincoln Ave., Urbana. Free parking is provided, but residents are encouraged to walk there. You will know what happens behind-the-scenes at the state's only veterinary college. There will be hands-on-exhibits and learning for all ages.

While most people associate veterinary medicine with routine health care for dogs and cats, the profession offers a whole world of career options, all with one focus: improving life for people. Activities of the veterinary medical profession benefit every person in the state, either directly—by providing care to companion animals and livestock—or indirectly, through work in medical research, public health, food safety, disease surveillance, environmental health promotion, and many other areas. If you have any questions, please contact Community Aide Christine at kcng2@illinois.edu.

Family Housing Council Public Meeting Minutes

March 27, 2009

The public meeting started at 6 p.m. in the presence of the vice president, treasurer, recording secretary, the complex director, community aides, and some residents. FHC vice president Alexandra Seceleanu welcomed the attendees, and the meeting session started with pizza and drinks.

The complex director, Indira Rajagoplan, mentioned the forthcoming Appreciation Week, and she appreciated the FHC members for their active involvement and their contribution to the community. She quoted programs such as Garden Plot Rental, Ping Pong Tournament, and sports day conducted by the FHC as useful and entertaining. She also presented gifts to the members of FHC. She informed us of a program called "Gardens for Prosperity—Grow Vitamins at Your Kitchen Door" which is about growing vegetables. This program is scheduled to be held on Friday, April 3, 2009 at LRC. In addition, she also mentioned about the upcoming programs Edible Book Festival, Egg Hunting, St. Louis Bus Trip, Children's Art Competition, etc.

The vice president, Alexandra Seceleanu, announced the garage sale which was held already on March 29, 2009 in CC.

The garden manager, Hang Lei, spoke about the garden plot renting status. He said that 19 people rented the full plots, 27 people rented the half plots, and 14 people rented the plots from outside Orchard Downs. He also added that the rental rates have been increased 60 percent more than last year.

Alexandra Seceleanu, the vice president, provided an explanation for the increase in rental rates. She said that the water bill for last year was \$4660.90; however, the revenue from the garden was only \$2,900, which resulted in a loss of \$1760.90 last year. In a response to a resident's question as to why this increase in water bill, Alexandra replied that it could have been due to improper utilization of water and/or overdue payment. She also suggested that the water meters be checked.

On behalf of the FHC, Alexandra announced the election for the new council board to be coming soon. She encouraged residents for a good candidate and also suggested CAs to encourage good candidates to apply. Applications will be available in two weeks either in the FGH office or online.

This month we didn't have a treasurer's report.

Finally, the vice president ended the meeting by thanking the speakers and attendees.



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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