



ILLINOIS

UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Neighborly News

Family Housing Council

Vol. 35 Iss. 15 • April 11, 2008

Weekly Reminders

Saturday, April 12

Sewing Room 10am at LRC
Circuit Training 10am at CC
Japan House: Open House 12:30pm at FGH
REGISTRATION REQUIRED

Sunday, April 13

Safety Brunch 11am at CC

Tuesday, April 15

Parent/Child Playgroup 10am at FRC
Cooking Club 2pm at CC
Meijer Trip 5:45pm at FGH

Wednesday, April 16

Asian Film Series 6:30pm at FGH
REGISTRATION REQUIRED
Chicago Trip 6:30pm at FGH
REGISTRATION REQUIRED

Thursday, April 17

Money Smart 6:30pm at CC

Friday, April 18

Yoga 11:30am at FGH
REGISTRATION REQUIRED

Pest Control:

On Monday, April 14, apartments 2040: A-D; 2042: A-D; 2044: A-D; 2060: A-D; and 2050 (South Laundry) will be treated.
On Friday, April 18, apartments 2062: A-D; 2064: A-D; 2070: A-D; and 2072: A-D will be treated. To request treatment, visit the website below.

Submit Maintenance Requests to:

<http://iservice.housing.uiuc.edu>

FHC Monthly Public Meeting

The next FHC meeting will be held on Friday, April 25 at 5:45pm at the CC. Join us for snacks and drinks. All residents are welcome.

FHC 2008-2009 Elections are coming

Nominations for the potential candidates for the positions of President, Vice President, Executive Secretary, Treasurer, and Recording Secretary are open. The elected officials will have a rent deduction for \$100 and \$75 for the position of President, and the others respectively. The number of nominations for each office is not limited. A nomination sheet will be placed at the Family Housing Office from **April 14th to April 24th, 2008**. More information about the duties of each elected officer, the Election Rules and Eligibility and the Application Form can be found at "The Council" at www.odfhc.org.

All the applicants are required to complete an application form before the DUE day (April 24th, 2008). On Friday, April 25th, the candidates will have an opportunity to introduce themselves on the public meeting. During the period from April 28th to May 2nd, the new council board members will be elected by online voting. It is the time for all of us to get out and actively participate in this important event. The FHC which is composed of five Orchard Downs residents is basically a student organization which represents the Orchard Downs Family Housing to the University. The new executive committee which is elected in May will take office as of June following the election. Their duties cover a wide range from safeguarding the interest of the residents to organizing activities or programs.

We can participate in this events in two ways: first by nominating qualified people for the FHC, and secondly by casting our vote during the election time. But what do we mean by a "qualified" person? what are some of his/her characteristics?.

Though there are some fringe benefits for the FHC officers, these positions are basically voluntary services. The material benefit that an officer receives is meant to be only an incentive and not a salary. Therefore, a FHC candidate must be bestowed with some special characteristics such as:

1. **Dedication:** He/She must be a dedicated person, who loves to get involved in an international community, enjoy serving his/her neighbors and is interested in the community welfare.
2. **Familiarity with Orchard Downs life:** Orchard Downs is a unique community with international families representing a diversity of cultures with different backgrounds and different value systems.
3. **Time Availability:** To fully accomplish his/her duties, an officer must have enough free time to dedicate it to the FHC, to attend all the meetings and actively participate in organizing activities or programs.
4. **Organization and Efficiency:** To be successful in serving the community he/she must be organized and take the position as serious as a paid job, because it is a lot to do during one term plus he/she has to work in a team.
5. **Objectivity:** A FHC officer must be able to transcend the national and cultural boundaries in order to better serve the community.

This year we are determined to actively take part in the Orchard Downs Family Housing Council Election. Look for qualified people among your friends and your neighbors, nominate them and cast your vote from April 28th on May 4th electronically.

More information about the duties of each elected officer and the election rules and eligibility can be found at www.odfhc.org in the FHC Constitution form.

Ying Deng
FHC Executive Secretary
Family Housing Council Election Committee



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

Parent/Child Playgroups provide an opportunity to learn new activities to do with your children that enhance their growth and development. Children should be 5 years old or younger. Playgroup is held on **Tuesdays** from **10-11:30am**. Please contact Amanda with any questions at amandaj@uiuc.edu or 333-5665.

Safety Brunch

Join us on **Sunday, April 13** from **11am-1pm** for the Safety Brunch the **Community Center**. This event will give you a chance to visit with experts from the community and learn more about keeping you and your children safe. Information will be provided about bike and pedestrian safety, self-defense, what to do if you find yourself in an unsafe situation, domestic violence, and other general safety topics. You will even have a chance to learn how to use a fire extinguisher and practice on a real fire! A delicious brunch of pancakes, pastries, fruit, egg casserole, coffee, tea and juice will also be served and prizes will be given away. Questions? Contact Carie at cbiresc2@uiuc.edu. Hope to see you there!

Family Housing Council Public Meeting Minutes

Friday, March 28th, 2008

Meeting started at 6pm with the presence of the FHC Board and staff members, Community Aides, and other residents.

1. President, Elham Fini, opened the session by welcoming the attendees, and appreciated all the residents for their supporting to the Council. The council bought the Wii game console to all the residents as an appreciation gift. Some residents tried to play it for a while. Eli also announced the game night will come soon for all residents to enjoy it.
2. Community aids gave out the appreciation gift to the officer Indira.
3. ODIT team will conduct a survey at the last three week of April, from April 9th to April 30th. The survey is online based and there will be two raffles (2-\$50 rent credit) for all the attendants in the survey.
4. FHC announced the Election for the new Council board would come soon. Eli encouraged all the attendants to nominate actively.
5. Some residents raised concern about the rent increasing for the next leasing year. Indira told residents there was an article in the last week Neighborly News explained the reason for that clearly.
6. MTD bus changed its route at the Orchard South due to the road working at the front of the Community Center.
7. Some residents complained there were some chewing gums in the dryers in the Laundry Room. Indira asked the residents to put a clearly notice with big tape on the dryers which should be cleaned.
8. A resident raised a concern that someone put the cloths on the power line behind the building of 192x, which is very dangerous.
9. FHC appreciated Indira for her hard work in our society. Indira also give the appreciation gifts to the board members.
10. FHC appreciated all employees for their work in our community.
11. Eli thanked everyone for their attendance and officially closed the meeting.

The meeting ended at 7:00 pm.

Papa John's Pizza kindly sponsors the FHC's monthly public meeting. Please show our appreciation directly to (217)384-7272 and ask for "Orchardowns Specialties" program when you order!

Saturday Fitness Training at Community Center

Our new fitness training program will be conducted on Saturdays, beginning **Saturday, April 12** from **10am to noon** at the **Community Center** (unless otherwise notified). You will be engaging in circuit training exercises with Paul, who is a trained professional. Circuit training is a great way to encourage group motivation and commitment to building a healthy mind and body. For questions and registration, contact Paul at pamorgan1@gmail.com.



Orchard Downs Redevelopment Survey & Prizes

The Orchard Downs Input Team (ODIT) which comprises of Orchard Downs residents, members of the Family Housing Council & Community Aides has launched a survey to get all residents' input with regard to the Orchard Downs redevelopment project.

Starting **Wednesday April 9, 2008**, each leaseholder in Orchard Downs will receive an

email survey concerning the redevelopment. We encourage residents to take the survey before the last date of **Wednesday April 30th, 2008**. The results of the survey will help members of the university gain more insight into specific details that concerns us as residents of Orchard Downs. It will help to understand our needs for programming & services and general concerns surrounding the redevelopment of Orchard Downs. Hence your participation in this survey is very important. Please take the survey to help shape the future of Orchard Downs the way you want it.

All participants in the survey will be automatically entered into a raffle drawing.

The prizes are two 27 inch televisions and two \$50 rent credits (limit one prize per apartment).

Participation in this survey is voluntary and will not affect your relationship with the University of Illinois. All responses will be kept confidential. For more information about the survey, please visit www.orcharddownsonline.org.

Free Luncheon for Orchard Downs Community

Sigma Pi Fraternity and Alpha Omicron Pi Sorority are organizing a luncheon for Orchard Downs residents as part of the Altruistic Campus Experience on **Sunday, April 20** from **10-1pm** at the **Community Center (510 George Huff Drive)**. There will be plenty of food and games that all age groups will enjoy. If you have any questions, please contact Benjamin Angel at bangel2@uiuc.edu.

Marriage Seminar and Brunch for Married International Students & Scholars

Take a break and join us for a delicious meal and hear some advice and encouragement on how to balance academic pressure with marriage and family responsibilities. There is no cost but pre-registration is needed by **Friday, April 18**. Babysitting will also be provided for those who pre-register. The brunch will be held at **Twin City Bible Church**, on the corner of **Lincoln Avenue and Michigan**, on **Saturday, April 19** from **11am to 1pm**. To register or to find out more information, please contact Ruth at ruthkk7@sbcglobal.net or 384-3085.

Exciting, Free Health-Related Events

On **Tuesday, April 22**, the McKinley Health Center's Special Populations Student Health Concerns Committee (SPSHCC) will be hosting its 15th Annual Health Fair. SPSHCC committee is a registered student organization and has been active in the campus for several years. The health fair will be at **Illini Union, rooms A, B and C** from **10am to 3pm**. The health fair is very comprehensive and is designed to provide a variety of free learning experiences to students in health/allied health careers.

It is also designed to promote illness prevention and general wellness. Some of the key services already planned include: blood pressure screenings, cholesterol screenings, and massages. There will be exhibitions and demonstrations that range from fitness to karate and judo. Information booths on nutrition, stress management, fitness, sexual health, cosmetology, and general wellness will also be available.

Participating agencies include McKinley Health Center, Christie Clinic, Provena Covenant Medical Center, the Champaign-Urbana Public Health District, Planned Parenthood Center, and some private health services (chiropractors, exhibitors, health career agencies, and several other campus and local social agencies).

All services are free!

On **Sunday, April 20**, at **4pm** at **Foellinger Auditorium** the McKinley Sexual Health Peers will co-sponsor the stage play "What You Don't Know Can Kill You." It is free and attendees will be given a chance to win a laptop computer.



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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.

Thursday Clinic Services

The Champaign County Christian Health Center (CCCHC) offers clinic services every Thursday of the month from 6 to 9pm 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, the following: 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. For more information, please contact CCCHC at 398-2914, visit www.ccchc2003.org, or contact the MCHC graduate assistant Paul Morgan at pamorgan1@gmail.com.

Women, Infants and Children (WIC)

This program is offered every other Friday afternoon from 1 to 4pm 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 cito@cupdh.org or over the phone at 531-4311.

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 or MCHC graduate assistant Paul Morgan at pamorgan1@gmail.com.

Women's Health Clinic/Planned Parenthood

This program is offered on the second Wednesday evening of every month from 6 to 8pm. Services are provided by Planned Parenthood of east central Illinois with fees based on income level for the following services (include but not limited to): Annual gynecological exams, fertility and contraceptive counseling, sexually transmitted infection treatment and many other services related to women's health. For more information, contact Planned Parenthood at 359-8022 or visit their website, www.ppeci.org.

NEIGHBORLY NEWS

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Family & Graduate Housing
Family Housing Council
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