



Neighborly News

Family Housing Council

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Weekly Reminders

Saturday, April 26

Sewing Room 10am at LRC
Circuit Training 10am at CC
St. Louis Trip 6:30am at FGH
REGISTRATION REQUIRED

Sunday, April 27

Kids Afternoon Out 1pm at CC
REGISTRATION REQUIRED

Monday, April 28

Family Reading Night: Champaign
Library 5:45pm at FGH
REGISTRATION REQUIRED

Tuesday, April 29

Parent/Child Playgroup 10am at FRC
Cooking Club 2pm at CC
Cookout 6:30pm at CC

Saturday, May 3

Ice Cream Social 1pm at CC

Pest Control:

On Monday, April 28, apartments 2055: A-D; 2053: A-D; 2051: A-D; and 2037: A-D will be treated. On Friday, May 2, apartments 1972: A-D; 1974: A-D; and 1976: 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.

Orchard Downs Redevelopment Survey

The survey is here! Your participation in this survey is important to help shape the future of Orchard Downs the way you want it. By now every leaseholder in Orchard Downs should have received instructions on how to fill out an email survey regarding the future of Orchard Downs. The survey was launched on April 9, 2008 and will close on Wednesday, April 30, 2008. Be sure to complete the survey in order to be 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.

Extended Deadline for Council Elections

In an attempt to get more interested residents involved with the Family Housing Council this year, the deadline for applications for council officers has been now extended to **Thursday, May 29**. Please pick up an application at the **Family & Graduate Housing Office**. The candidates will introduce themselves to the residents in the Council's public meeting on Friday, May 30. We will keep you up to date with details on the voting process as the ballot time gets near.

Family Housing Council (FHC)

Web-Master Position Opening

The Family Housing Council (FHC) is looking for a webmaster to maintain their website starting May 1.

The duties of the webmaster are:

- (1) Development, maintenance, and management of the FHC's web site, <http://www.odfhc.org>;
- (2) Update and maintain current information on all pages of the site;
- (3) Maintain the security of the site;
- (4) Post an electronic version of the Neighborly News on the web site weekly;
- (5) Promote the use of the FHC website: at minimum, publish an article in Neighborly News about a new link added to website weekly;
- (6) Respond to resident concerns regarding the website;
- (7) Advertise FGH and FHC events on the web site and update it weekly by Saturday night;
- (8) Be in contact with Family Housing Council through Vice President for following their guidelines and reporting any complaints regarding the website;
- (9) Attend the Family Housing Council meetings held on the last Friday of each month from 5:45-7pm and submitting any necessary reports
- (10) The honorarium fee for this position is \$65 per month.

To apply for this position, please email FHC Vice President Alexandra Seceleanu at asecele2@uiuc.edu with your name, complete address, telephone number, expected length of stay in Orchard Downs, and listing the qualifications that make you a suitable candidate for this position. The successful applicant is expected to have provable experience in computer science or related areas. The application deadline is **5pm on Thursday, May 1**. Applicants will be interviewed on Friday, May 2.



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.

Cooking Club

Do you like to try new recipes and eat good food? Then Cooking Club is for you! Cooking Club is held on **Tuesdays** at the **Community Center** from **2-3pm**. This week, Community Aide Laila Zaidi is granting our requests and will be teaching a special lesson on how to make samosas! Please join us on Tuesday, April 29 at 2pm. Children are always welcome; however, no child care assistance is available. Parents are responsible for the supervision and safety of their children. If you have questions, please contact Amanda at 333-5656 or amandaj@uiuc.edu.

Kid's Afternoon Playtime

The next Kid's Afternoon Playtime will take place on **Sunday, April 27** from **1–3pm** at the **Community Center**. This is an opportunity for kids to get together for supervised, structured play while giving parents a break on the weekend. Please register for this event by contacting either Carie at cbiresc2@uiuc.edu or Samantha at kunze@uiuc.edu. Hope to see you there!

Family Reading Night at Champaign Public Library

On **Monday, April 28** we will be travelling to the Douglass Branch of the Champaign Public Library for Family Reading Night. At this family-friendly event you can bring a book to share or choose one at the library. Refreshments will be served along with a book giveaway! Registration is required for this event by contacting Carie at cbiresc2@uiuc.edu. We will leave from the **FGH Office** at **5:45pm** and will return to Orchard Downs around 7:30pm. Please contact Carie with any questions you may have, or visit the Champaign Public Library website (www.champaign.org) for more information on this and other events.

Ice Cream Sundae Social

Come and create ice cream sundaes with your friends and neighbors! We will be having an ice cream social on **Saturday, May 3** at **1pm** in the **Community Center**. We will be providing ice cream and many different toppings for your creations. If you have any questions, email Samantha at kunze@uiuc.edu. See you there!

Hot Dog Cookout

Come out with your friends and neighbors for a cookout! We will be having a hot dog cookout at the **Community Center** on **Tuesday, April 29** at **6:30pm**. If you have any questions, please email Samantha at kunze@uiuc.edu. See you there!

Community Updates

Mark Your Calendars for Final Fling

On **Saturday, May 10** the Final Fling picnic will be held at the **Orchard Downs Community Center**. All are invited to come and enjoy this annual outdoor party with music, carnival games, a bounce house, relays, free picnic lunch, cotton candy and more! The fun begins at noon, and winds up at 3pm. It's a big celebration that is sure to be a magical experience for everyone. We hope to see you there! In case of bad weather, the rain date is Monday, May 12. Email Samantha at kunze@uiuc.edu for more information.

Spanish Cable Channel Change

The following changes have been made to the Spanish Cable channel for our residents. Please email famhous@uiuc.edu if you have any concerns.

Current Channel 379: Canal 52MX offers a wide variety of Spanish-language programming, including a growing library of original productions. Its format combines comedy, action and drama series; music blocks and special events; sporting programs; Mexican films; and extended news coverage.

New Channel 379: mun2 is a multiplatform youth entertainment network offering authentic content that reflects the lifestyle of this fast-growing segment of the population with original, relevant, and cutting-edge programs in proven genres including music, movies, sports, fashion, and social activism.

Fitness Video Series

If you're looking for new workouts or intense exercises to learn then look no further! The Family & Graduate Housing Office will be offering free rentals of fitness DVDs. These DVDs provide exercise routines, interactive fitness education, and sweat-producing workouts! Drop by the office (**1841 Orchard Place**) and request to check out one of the exercise DVDs. They work great with group fitness programs for organizations and neighbors or can fulfill at-home exercise needs on an individual basis.



Dental Hygiene Clinic at Parkland College

For \$10 you can receive dental examinations, oral hygiene instruction, medical history reviews, cleaning, fluoride treatments, and X-rays. Each appointment is approximately one to one-half hours long and must be made in advance by calling 217-351-2221. Please arrive at the clinic 5 to 10 minutes prior to your appointment. Be aware that babysitting is not available. There is no charge to children under 12, adults over 62, Medicaid recipients, or Public Aid recipients. Children under the age of four cannot be treated. The dental hygiene clinic is open **Monday through Friday** from **8am to 5pm**. The clinic is closed on Saturdays and Sundays. The clinic is located at 2400 West Bradley Ave, Champaign, IL 61821. Please visit the link for more detailed information <http://www.parkland.edu/hp/dental/clinic.html>.

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.

Circuit training is a type of interval training in which strength exercises are combined with endurance/aerobic exercises, combining the benefits of both a cardiovascular and strength training workout. 'Circuit' means a group of activities and refers to a number of selected "stations" positioned around the facility that are to be visited in rapid succession. The range of stations includes those comprising resistance equipment (e.g. hydraulic equipment or free weights), as well as allocated spaces to do squat thrusts, push-ups, jumping jacks, sit-ups, and other exercises. Each person will complete the activity in one station before they proceed to the next station. Then they will continue until they have passed through all stations once or twice as required, or until a certain time requirement has been met.

This is fast-paced weight training where you move from exercise to exercise —sometimes running from one to another—without taking a break. Many exercises focus primarily on strengthening or cardiovascular activity, but circuit training combines both. You get to build up your muscles and your heart! Anyone over 16 years of age is welcome to participate. There will be no child care available during the program. For questions and registration, contact Paul at pamorgan1@gmail.com.

Orchard Downs Garden Opening

This year's Orchard Downs Garden program will open on Sunday, April 27, 2008. Residents are invited to register for their plots from **8:00am-10:30am** on **April 27** at the **Community Center**. Registration for non-residents starts at 11:00am and lasts until noon. Remember to bring proof of your current resident status (for example, a copy of your lease, a bill with your name and address), a photo ID, and personal check(s). The fees for registration are as follows:

Fees: For full plots (10 yard x 10 yard):

	<u>Resident</u>	<u>Non-resident</u>
Rental:	\$25/plot x No. of plots	\$40/plot x No. of plots
Deposit:	\$30/plot x No. of plots	\$30/plot x No. of plots

For half-size plots (10 yard x 5 yard)

	<u>Resident</u>	<u>Non-resident</u>
Rental:	\$15/plot	\$25/plot
Deposit:	\$30/plot	\$30/plot

(one yard is roughly equal to one meter)

Note:

1. The garden season will begin on 04/27/2008 and end on 11/09/2008.
2. Deposits will be returned after one month of garden closing date to those gardeners who clean their assigned plot(s) 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 garden plots rules and regulations.

On registration day your receipts will be used for raffling and three winners will be given \$10 gift cards. The winners will be announced in the next Family Housing Council meeting. If you have any questions, please contact the garden manager, Kashif Muhammad, via email at kmuhamm2@uiuc.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.



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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@cuphd.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 (including 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 at www.ppeci.org.

NEIGHBORLY NEWS

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