

Please note that the Family & Graduate Housing office will be closed on Friday, July 3 in observance of the July 4th holiday.

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, June 26 at 5:45pm in the CC. Join us for pizza and refreshments. All residents are welcome.

Saturday, June 27

Sewing Room 10am at LRC
Saturday Fitness 10 am at CC
Playgroup 10 am at FRC
Kids Afternoon Out 2pm at CC

Monday, June 29

Healthy Living 6pm at FGH

Tuesday, June 30

Make-n-Take Art 10am at CC
Kids Book Club 4pm at CC

Wednesday, July 1

Kids Science Club 9:30am at LRC
Pre-School/Toddler Playgroup 10am at CC

Friday, July 3

Cooking Club 2pm at CC

Pest Control:

During the month of June, Orchard South 2113-2205 will be treated. During July, Orchard Place 1801-1838 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

FHC Board Members 2009-2010

The new board members of the Family Housing Council (FHC) were elected on May 29, 2009. They will serve during the 2009-2010 school year. Following are their names and profiles:

Title: President • **Name:** Bhupinder Singh Farmaha • **Email:** farmaha2@illinois.edu

Bhupinder is delighted to serve as President of the FHC for the 2009-2010 school year. He offers his sincere thanks to the residents for giving him the opportunity to serve the community. He is completing a PhD in Crop Sciences at the U of I. Bhupinder loves to play outdoor games, and enjoys music and the company of friends. He will continue his work and initiate other community development programs.



Title: Vice-President • **Name:** Adarsh Radadia • **Email:** radadia@illinois.edu

Adarsh and his family are from India and they have lived in Orchard Downs for a year, where they plan to stay for two more years. He is a PhD in Chemical Engineering, doing post-doctoral work in Micro and Nano Technology. Adarsh is thankful to serve the community and looks forward to becoming involved with it and our residents.



Title: Executive Secretary • **Name:** Adeel Zafar • **Email:** zafar@illinois.edu

Adeel and his family have lived in Orchard Downs for about two years. He is from Pakistan and is completing an MSc in Civil Engineering. As an Orchard Downs resident, he has been keenly participating in most of the community events. As executive secretary, he looks forward to contributing to those events for the betterment of our community.



Title: Treasure • **Name:** Jeff Tschirhar • **Email:** tschirha@illinois.edu

In the summer of 2008, Jeff moved from Michigan with his fiancée. Jeff is working at the School of Labor and Employment Relations, where he performs accounting and office functions for the school. He graduated from Albion College with a major in Economics and Management with a concentration in Accounting. As treasurer, Jeff will do his best to fairly represent the community in financial matters and provide transparency through Treasurer Reports.



Title: Recording Secretary • **Name:** Caroline Morais • **Email:** cmorais@iit.edu

Caroline is from Brazil and moved to Champaign-Urbana five years ago. Since then she has lived in Orchard Downs along with her husband, who is a doctoral student in Civil Engineering. She is a doctoral student in Architecture at the Illinois Institute of Technology. As recording secretary, Caroline will try her best to assist the FHC in keeping the record of all actions taken during its meetings as accurate and concise as possible.





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.

Summer Kids Science Program

Do you want to learn more about science and how the world around you works? Do you want to try awesome science experiments with your friends? If so, please join us this summer for the Kids Science Club! This fun club will allow kids of all ages to learn more about science and have fun at the same time! This weekly program meets **every Wednesday at 9:30 a.m.** at the **Learning Resource Center (2044-A Orchard St.)**. Kids of all ages are welcome to join; however, children under age 5 must be accompanied by an adult. If you have any questions, please contact our Family Relations Graduate Assistant, Lauren Karr, at 333-5656 or LKarr1@illinois.edu.

Little Touch Leap Pad

Do you have a child 6–36 months old? Are you looking for new ways to entertain and educate your child? Then Little Touch Leap Pad is for you. Little Touch Leap Pad introduces your child to the ABCs, letter sounds, numbers, shapes, and colors. Family & Graduate Housing has purchased one Little Touch Leap Pad for residents to check out for up to one week. If you have any questions, please contact Lauren Karr at lkarr1@illinois.edu.

Baby Einstein Video Series

Are you looking for new and fun ways to entertain your infant and toddler? Then we have the answer for you—the Baby Einstein Video Series. Each video explores a new and exciting topic, such as music, nature, and colors, which will hold your child's attention. Each topic is presented using music, puppets, and other visual images. You can come to borrow a video at the Family & Graduate Housing office. If you have any questions, please contact Lauren Karr at 333-5665 or lkarr1@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.

Kids Afternoon Out

Parents, would you like an afternoon to yourselves? This is your chance! Learning Initiatives will be hosting a Kids Afternoon Out at the **Orchard Downs Community Center** on **Saturday, June 27** from **2 to 4 p.m.** Activities for the youth will include outdoor games, art activities, and a snack! Participating children must be at least 4 years old. Any questions can be sent to Bryan Kelly at kelly31@illinois.edu.

Healthy Living

Are you interested in living a healthier lifestyle? School can be stressful and it can be easy to lose track of your own health. Come to Healthy Living on **Monday, June 29** at **6 p.m.** at the **FGH office**. We will discuss diet, exercise, and other healthy habits to help you perform at your highest level. Any questions or concerns prior to the program can be sent to Bryan, at kelly31@illinois.edu.

Pre-school and Toddler Playgroup

Bring your preschoolers and toddlers to the **Orchard Downs Community Center** on **Wednesday, July 1** from **10 to 11 a.m.** We will have hands-on play with different toys and will also make an art project with the rice! If you have any questions, please email Becca at rthinn2@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.

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 Saturday** at **10 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 are also 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.



New FHC Employee: Tholani Hlongwa

The Family Housing Council welcomes its newest employee, Tholani Hlongwa. Tholani will serve the FHC as Neighborly News distributor for the C area during the 2009-2010 school year. She is a South African native currently earning a PhD in the Department of Curriculum and Instruction, Language and Literacy Program. Tholani has been an Orchard Downs resident since 2001, where she lives with her son and two adopted nephews. Her hobbies are gospel music and house decoration. Her future goal is to be an advocate for illiterate parents of rural school children in South Africa.



Title: NN Distributor

Area: C (2001-2037, 2051-2987, 2060-2084 Orchard Downs)

Name: Tholani Hlongwa

Email: hlongwa@illinois.edu

Closing Laundry Building Doors

It is important to keep the doors to the laundry buildings closed at all times. Propping open the door makes it easy for someone who does not belong in the laundry room to come in and this has been a problem. In the winter it results in a VERY COLD place to work.

Please be considerate of your neighbors who are entitled to find the laundry space comfortable to be in. Use your key to re-enter the building rather than leaving the door open, and remember to always CLOSE THE DOOR when you leave the building.

Summer Fun for Children: Searching for Treasure

Do your children enjoy searching for treasure? We will be uncovering useful and interesting treasures, so be sure and sign up your children (any child kindergarten through 5th grade).

What: Children's Day Camp

When: July 6-10; 9-11:30 a.m.

Where: Orchard Downs Community Center

For: Any child kindergarten through 5th grade

Cost: Free

What's included: great treasure stories from the Bible, fun games, interesting crafts, beautiful songs, nutritious snacks, and fabulous prizes! We also include a free lunch for all the families on Friday, July 10. To register online, visit tcbc.cc/summerdaycamp09. For more information, call Ruth at 384-3085 or email ruthkk7@sbcglobal.net. This event is open to children of all nationalities and religious backgrounds.

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

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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., at cito@c-uphd.org. 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@c-uphd.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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