



Neighborly News

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

Vol. 36 Iss. 37 • September 11, 2009

Weekly Reminders

FHC Monthly Public Meeting

The next FHC meeting will be Friday, September 25 at 5:45pm in the CC. Join us for pizza and refreshments. All residents are welcome.

Saturday, September 12

Sewing Room 10am at LRC (2044-A)
Bowling 5pm at FGH

Sunday, September 13

New Resident Brunch Noon at CC

Tuesday, September 15

Hispanic Heritage Month 6pm at CC

Wednesday, September 16

Craft Club 1pm at LRC
Family Bingo 7pm at CC

Thursday, September 17

Playgroup 10am at FRC
Krannert Uncorked 4:30pm at FGH

Friday, September 18

Cooking Club 2pm at CC

Pest Control:

During the month of September, Orchard Downs 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.illinois.edu>

Study Room

Apartment 2102-104

FHC Welcomes New Residents

The Orchard Downs Family Housing Council (FHC) would like to welcome the new residents of the Orchard Downs community. The FHC (<http://odfhc.org>) is a student organization and all residents are members of it. In collaboration with Family & Graduate Housing, we actively participate in social, cultural, educational, and civic programs throughout the academic year. We hope that you enjoy our peaceful and friendly community and will do everything we can to make your stay enjoyable. The FHC is made of residents, and our job is simply to make life in Orchard Downs as pleasant and comfortable as possible. Our meetings take place the **last Friday of the month at 5:45 p.m.** at the **Community Center**. Pizza and soft drinks are served and everyone is welcome. If you have any issue, concern, and suggestions regarding the improvement of our community you can always contact our president, Bhupinder Farmaha (farmaha2@illinois.edu).

Grad Student Day 2009

New or returning graduate students and their partners, spouses, and children are welcome to attend Grad Student Day on **Thursday, September 17** at the **Illini Union, Rooms A, B, and C**. The event will be held from **11 a.m. to 1 p.m.** Come for information, resources, and services for graduate students and their families. Campus and community resources staff will be available, such as University services, child care referral, recreational contacts, health care information, and more. For more information, visit www.grad.illinois.edu/goto/gradstudentday or call 333-4610.

Lending Storeroom

The International Hospitality Committee Lending Storeroom at 2044A Orchard Street is open **every Saturday from 9 to 11 a.m.** Anyone is welcome to borrow household items and appliances. Please fill out a form in the storeroom listing the items you are taking and give the list to the storeroom volunteer. When you no longer need the items, please return them in good, clean, working condition. The storeroom does not accept any bedding, clothing, pictures, books, toys, food, medicines, carpets or any appliances that don't work. Please contact Mary Kruse at mary.kruse1@gmail.com if you have any questions.

Sports Day at the CC

The Family Housing Council (FHC) would like to invite the entire Orchard Downs community to participate in Sports Day, a day full of sport activities, great prizes, lots of snacks, and so much fun for everyone. There will be team and individual activities such as ping-pong, volleyball, badminton, soccer, relay and bicycle races, the Wii, and many more. Sports Day will take place on **Sunday, September 13** from **9 to 11 a.m.** at the **Community Center**. Contact Adeel Zafar at zafar2@illinois.edu if you would like to register or to learn more details about the event. Prizes will be distributed during the FHC public meeting on Friday, September 25. In case of rain, the event will be postponed to September 20.



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.

Celebrating Hispanic Heritage Month

Help celebrate the first day of Hispanic Heritage month by attending a movie and a snack held on **Tuesday, September 15 at 6pm** at the **Orchard Downs Community Center**. Any questions can be sent to Mira, at mdahlhe2@illinois.edu.

MIX-N-MINGLE: Krannert Uncorked

Want to meet other new or single residents in the community? On **Thursday, September 17** enjoy a free sampling of wine selections from area beverage distributors and complimentary cheese and crackers! It's the perfect opportunity to meet new people, unwind after a long week, or just enjoy the tastes of the season! We will meet outside the **FGH office** at **4:30 p.m.** to ride the bus to Krannert Center, and will return around 7 p.m. Any questions can be sent to Mira at mdahlhe2@illinois.edu.

New Resident Brunch

On **Sunday, September 13 at 12 noon**, the **Community Center** will be hosting a meal to celebrate new residents! Come out and enjoy an early afternoon get-together full of tasty treats! This will be a wonderful opportunity to meet other residents that are new to the community—just like you! To attend the event you must be a new resident and must register with Mira at mdahlhe2@illinois.edu. The first 50 to register will be guaranteed spots!

Family BINGO

Do you and your children enjoy playing BINGO! Or would like to learn? Come to the **Community Center** on **Wednesday, September 16 at 7 p.m.** and play! This is a great opportunity to spend time with your children, as well as other families, playing a game that is fun for all ages! A light snack will provided, as well as small prizes for those who call BINGO! If you have any questions, contact Amber at sturgeon2@illinois.edu.

Hot Topics

International Women's Connection: Free Garage Sale

Every September, the International Women's Connection sponsors a free garage sale for international students, scholars, and their families. This year it will be on **Wednesday, September 16** from **10 a.m. to 1 p.m.** at **Twin City Bible Church** (the corner of Lincoln & Michigan). The International Women's Connection meets at this location every Wednesday morning. We provide English class from 9 to 10 a.m. and various programs from 10 to 11:30 a.m. On the day of the free garage sale, any international women who attend the English class will be permitted to enter the garage sale first. However, any international student or scholar or their family members may attend this free sale between 10 a.m. and 1 p.m. If you would like a ride to the sale, there will be a large dark red van stopping at both the North and South laundries at 8:50 a.m. and 9:50 a.m. on September 16 to provide transportation for those who need it. If you have any questions, contact Ruth at ruthkk7@sbcglobal.net or 840-0474.

Sewing Room

The Sewing Room is a great opportunity for all residents to take advantage of the space and sewing equipment and supplies. The Sewing Room is open **every Saturday from 10 a.m. to noon** in the **Learning Resource Center at 2044-A**. Sewing machines and other equipment, including scissors, pins, measuring tapes, and thread, are available for the use of all residents. No appointment is necessary—just drop on by! Contact Sewing Room Monitor Feifei Zhan at 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.

Parent-Child Playgroup

This weekly playgroup meets on **Thursdays 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.

MIX-N-MINGLE: Bowling

Want to meet other new or single residents in the community? On **Saturday, September 12**, we will head over to the Illini Union for an afternoon of bowling! The Illini Union offers many other activities including billiards and video games. We will meet outside the **FGH office** at **2:30 p.m.** to ride the bus to the Union, and will return around 5 p.m. Any questions can be sent to Mira at mdahlhe2@illinois.edu.



Family Housing Council Public Meeting Minutes

August 28, 2009

The public meeting started at 6 p.m. in the presence of the FHC president, FHC board members and employees, the complex director, community aides, and some residents. The FHC president, Bhupinder Farmaha, welcomed all attendees, and the meeting session started.

- The president talked briefly about the decisions regarding the wii device usage policy. The device will be restricted to community aides and FHC board members for FGH/ FHC functions and community programs only, and not for personal use. Since it would be impossible to manage considered unacceptable uses of the device among all in the community, the FHC reserves the right to act upon such restrictions. The equipment is accessible to FHC and FGH staff members. Community aides and FHC board members can check out the device by sending an email to the president of the FHC, Bhupinder Farmaha (farmaha2@illinois.edu).
- The vice-president, Adarsh Adadia, asked the Neighborly News distributors to try their best to deliver their copies of the newsletter by Thursday.
- The executive secretary, Adeel Zafar, gave an update about the yard sale scheduled for August 30, and asked for the help of volunteers. He also clarified that the same rules adopted for the previous yard sale would be kept; however, a few new rules regarding sellers would be applied.
- The treasurer, Tutin Aryanti, discussed the monthly financial report and the vice-president thanked both her and Jeff for working hard to keep everything in order and updated.
- The president mentioned the official resignation of the FHC webmaster, Craig Merrett, and thanked him for all his work done while in the position.
- The executive secretary reminded everyone about the sports event, which will take place on September 13 at the Community Center from 9 to 11 a.m. In case of rain the event will be postponed to September 20. The executive secretary also reinforced the importance of the event for the community, and encouraged everyone to participate in order to make it a successful one. The vice-president also asked for everyone to get involved in the set-up, and the president mentioned some of the sport modalities of the event and asked for the help of volunteers.
- The president announced the open position of a new webmaster of the FHC.
- The complex director, Indira Rajagopalan, announced and asked for the community participation on the Fall Festival, Sports Day, and the Family Meeting on September 19. She also reinforced the planting policy regarding planting only flowers nearby the apartments. Starting this fall 2009, only flowers will be allowed to be cultivated by residents around their apartments.
- The president suggested a potluck lunch or dinner as the next FHC event and the attendees demonstrated interest in it.
- After asking if there were any more issues the attendees would like to discuss, the FHC president, Bhupinder Farmaha, ended the meeting by thanking everyone for being present. Due to a delay on the delivery of pizza and drinks, they were served after the meeting.

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Classified Ads/Inserts in the Neighborly News

For information about placing a classified ad or insert in the Neighborly News, please contact Family Housing Council President Bhupinder Farmaha at farmaha2@illinois.edu. Discounts are available for advance payment on a full semester ad.



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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. MultiCultural Health Center office hours will be held on **Thursdays from 11 a.m. to 1:30 p.m.**

CCCHC Thursday Clinic

The Champaign County Christian Health Center (CCCHC) offers clinic services on the **second and fourth Thursday of the month (September 10 and 24)** 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.

HeRMES Thursday Clinic: Coming Later this Fall

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 the new MCHC graduate assistant Shalaurey Jones at mchc2040a@gmail.com or sjones430@gmail.com

Women, Infants and Children (WIC) Services

Please note that WIC on September 18, 2009 is cancelled due to the Flu Clinic.

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 Shalaurey Jones at mchc2040a@gmail.com or sjones430@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 enable you to keep track of your baby's weight. If you have any questions about this program, please email Shalaurey Jones at mchc2040a@gmail.com or sjones430@gmail.com.

NEIGHBORLY NEWS

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