



# 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 held on Friday, September 26 at 5:45pm in the CC. Join us for pizza and refreshments. All residents are welcome.

### Saturday, September 13

Saturday Fitness 10am at CC  
Sewing Room 10am-noon LRC

### Monday, September 15

Parent/Child Playgroup 10am at FRC  
Men's Fitness 6:30pm at CC

### Tuesday, September 16

International Friendship Group 1pm at LRC

### Friday, September 19

Cooking Club 2pm at CC  
Men's Fitness 6pm at CC

### Pest Control:

During the month of September, Orchard Downs buildings 1902 through 1977 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>

## Get Involved with the Family Housing Council

The Family Housing Council is advertising for three vacant positions: Treasurer, Recording Secretary (starting immediately), and Executive Secretary (starting in October). This is a great opportunity to do some work for the Orchard Downs community and receive a \$75 monthly rent discount.

The duties of the Treasurer are to (1) attend all FHC and Executive Board meetings; (2) keep a strict accounting of all financial matters of the FHC; (3) report at least once a month to the FHC on the financial status of the FHC; (4) sign any reports, checks, documents, or other papers that shall lawfully require his/her signature; (5) assume the duties of the Executive Secretary if the Executive Secretary is absent or incapacitated; and (6) assume the duties of the President if all other officers are absent or incapacitated.

The duties of the Recording Secretary are to (1) attend all FHC and Executive Board meetings; (2) keep full minutes of FHC proceedings; and (3) publish a report on each meeting for the information of the residents of the community.

The duties of the Executive Secretary are to (1) attend all FHC and Executive Board meetings; (2) coordinate all FHC programs and activities and provide formal reports to the Executive Board; and (3) assume the duties of the Recording Secretary if the Recording Secretary is absent or incapacitated.

Applicants for the Treasurer position must be affiliated with UIUC. Applicants for the other positions can be UIUC affiliated or spouses/dependents. The deadline for applications is **Wednesday, September 24**, and the candidates will be asked to take part in the Family Housing Council monthly public meeting of Friday, September 26, where they will introduce themselves.

Application forms and instructions will be available at the Family Housing Council website, [www.odfhc.org](http://www.odfhc.org).

## Parking Permits

It's time to get your parking permit! If you had a permit last year or have recently applied for parking, you can come to the Family & Graduate Housing office to pick up your permit. We are located at 1841 Orchard Place and are open Monday through Friday from 8 a.m. to 5 p.m. Please stop by to pick up your permit.

If you have not applied for parking before please go to <http://www.housing.uiuc.edu> for a link to the parking application. When you complete your application, you will receive an email letting you know your permit is ready to be picked up. Please apply by **September 24, 2008**.

We will begin monitoring the parking lots on October 1. To ensure you are in compliance with parking rules, please have your permit displayed on the rearview mirror of your vehicle by the end of September. If you have questions about parking, please contact us at Family & Graduate Housing, 333-5656 or [famhous@illinois.edu](mailto:famhous@illinois.edu).



# 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](mailto:famhous@uiuc.edu) or 333-5656.

## Fall Fun at Curtis Orchard!!

Join us on a trip to Curtis Orchard on **Sunday, September 14**. Curtis Orchard has many activities for the whole family, including a petting zoo, apple picking, face painting, and much more! For more information, check out [www.curtisorchard.com](http://www.curtisorchard.com). We will be the leaving Family & Graduate housing office at **12:30 p.m.** and will return at **6 p.m.** To register, email Becca at [rthinn2@illinois.edu](mailto:rthinn2@illinois.edu).

## Ping-Pong Night

We will be having an evening of ping-pong at the Orchard Downs Community Center on **Tuesday, September 16**, from **6 to 8 p.m.** Contact Becca at [rthinn2@illinois.edu](mailto:rthinn2@illinois.edu) if you have any questions.

## Board Game Night

On **Wednesday, September 24**, we will have a board game night at the Orchard Downs Community Center. It will be from **6 to 8 p.m.** Come out for an evening of board games, community time, and snacks!

## Meijer Trips

Family & Graduate Housing is pleased to announce an upcoming trip to Meijer discount stores. All residents of Orchard Downs are welcome to attend these trips and there is no registration required. The pickup point is the FGH office (1841 Orchard Place). The bus will begin boarding at **5:45 p.m.** and depart at **6 p.m.** The bus will arrive at Meijer on Prospect at **6:15 p.m.** and depart from there at **7:15 sharp**, returning to Orchard Downs. Please allow time to complete your purchases, checkout, and be back on the bus on time. The next Meijer trip will be held on **Monday, September 22**.

## Kids' Night Out

Parents, would you like an evening to yourselves? Is there something you have really wanted to do and just cannot find the time? This is your chance. Learning Initiatives and Special Events will be hosting a Kids' Night Out at the Orchard Downs Community Center on **Sunday, September 21**, from **5:00 to 8:00 p.m.** Activities for youth include games, art projects, and a movie. (Check back next week for more details!) We ask that the youth participating be between the ages of 3 and 13. Pre-registration is required and can be done at <https://illinois.edu/formBuilder/OrganizationSecure?id=1579302>. Registration must be completed by Thursday, September 18. Any questions can be sent to Bryan Kelly, at [kelly31@illinois.edu](mailto:kelly31@illinois.edu).

## New Residents Series: Rules of the Road Workshop

Are you interested in becoming a better driver and getting your driver's license? The Learning Initiatives – Illinois Rules of the Road program can help you build and polish your driving skills. The second meeting will be **Monday, September 22**, from **7 to 8 p.m.** at the FGH office. Participants will have the opportunity to ask questions and explore the concepts and laws for driving in Illinois. Any questions prior to the meeting can be sent to Bryan Kelly at [kelly31@illinois.edu](mailto:kelly31@illinois.edu).

## Parent/Child Playgroup

This weekly playgroup meets **every Monday this fall semester** from **10 to 11:30 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](mailto:LKarr1@illinois.edu).

## International Friendship Group

Are you interested in getting to know others in the community? Do you like to do arts and crafts? Would you like to learn more about other cultures? Please join us at our International Friendship Group, held **every Tuesday this fall semester** from **1 to 2:30 p.m.** in the Learning Resource Center (apartment 2044-A). 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 Family Relations Graduate Assistant Lauren Karr at 333-5656 or [LKarr1@illinois.edu](mailto:LKarr1@illinois.edu). The next meeting is Tuesday, September 2.

## 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 this fall semester **every Friday** from **2 to 3 p.m.** in the Orchard Downs Community Center. 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 Lauren Karr at 333-5656 or [LKarr1@illinois.edu](mailto:LKarr1@illinois.edu).

## Ice Cream Social

Come out for ice cream on **Sunday, September 21**, at the Orchard Downs Community Center from **1 to 3 p.m.** We will have ice cream and all sorts of fun toppings! Hope to see you there! Any questions, please email Becca at [rthinn2@illinois.edu](mailto:rthinn2@illinois.edu).

## Movie and a Snack

The first Movie and a Snack program will be held on **Saturday, September 20**, at **2:00 p.m.** at the Orchard Downs Community Center. Goodwin-Green Community Aide Dana Shalash will be assisting with this event. We will be showing *The Motorcycle Diaries*, a multinational film, starring Gael Garcia Bernal. A South American snack will be served as well. Come join us for an afternoon of relaxation and fun! Any questions can be sent to Bryan Kelly, at [kelly31@illinois.edu](mailto:kelly31@illinois.edu).

## International Food Festival: Call for Cooks

We will be hosting the annual International Food Festival again this year on **Saturday, October 11**, at **1 p.m.** at the Orchard Downs Community Center. It is a fantastic opportunity to share food from your culture and taste foods from many other cultures. You will receive reimbursement for your ingredients. If you wish to sign up as a cook, please submit your name, email address (or phone), and apartment number to Lauren Karr at [LKarr1@illinois.edu](mailto:LKarr1@illinois.edu) or drop it off at the Family & Graduate Housing office with a note for Lauren Karr and she will get back to you with the details. Volunteer cooks must reply no later than September 15.

## Sewing Room Hours

The Sewing Room is open **every Saturday** from **10 a.m. to noon**, in the Learning Resources 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](mailto:sewinguiuc@gmail.com)) if you have any questions.



## Sports Competition—Fantastic Prizes!

Join us on **Saturday, September 13**, from **12 noon to 6 p.m.** for an exciting competition like no other you have seen in Orchard Downs. The Family Housing Council is organizing team and individual sport competitions. **Team sports:** Volleyball, tug of war (two teams pull on opposite ends of a rope); relay race (members of a team take turns running). **Individual Sports:** Badminton, basketball free throws, ping-pong (table tennis), bean bag throw (accurately throw a bag into a designated area), perfect push-up.

The event is open to residents of all ages. The winners in each competition will receive sports equipment and other exciting gifts. If you need more details, please email FHC president Bhupinder Farmaha at [farmaha2@illinois.edu](mailto:farmaha2@illinois.edu).

We wish to encourage the residents to bring their families and some of their traditional food to share during the event. The Family Housing Council believes that it is through sharing each other's culture that we can build harmony in our community. The Family Housing Council will also have snacks and drinks available at the Community Center throughout the event.

## Counseling Center Workshops

Throughout the fall semester, the Counseling Center will be holding a series of workshops on **Tuesdays at 7 p.m.** in the **Illini Union**. For a full schedule and listing of the workshop topics, visit [webtools.uiuc.edu/calendar/Calendar?callId=677](http://webtools.uiuc.edu/calendar/Calendar?callId=677).

## INTERLINK International Mentoring Program

Interlink seeks mentors and mentees for its program. Mentees are international students who are paired with a mentor for a semester, to allow the mentee to gain familiarity with the campus and community, build friendships, and improve English conversation skills. Mentors are University of Illinois undergraduate or graduate students, faculty, or staff members, who improve their communication skills, learn about other cultures, and provide support for those adjusting to life in the United States.

If you are interested in becoming a mentor or mentee, please visit the Interlink website and apply at <http://www.couns.uiuc.edu/interlink/interlink.htm>. If you have further questions, or need more information, please contact Kenneth Wang at [ktwang@illinois.edu](mailto:ktwang@illinois.edu) or 333-3704.

## Urbana School Health Care Services

Urbana School Health Care Services (USHS) offers numerous services for all students of the Urbana School District. Services are available during the child's school day, **Monday through Friday, 8 a.m. to 4 p.m.** Please call to make an appointment and request information on what to bring with you to the appointment. Services will be offered at the Urbana High School (1002 S. Race Street). USHS can be contacted at (217) 239-4220, or visit [www.cuphd.org](http://www.cuphd.org).

Medical services include, but are not limited to, physical exams, immunizations, acute and chronic conditions, reproductive health, dietary management, and nutrition referrals. Dental services include, but are not limited to, screenings, cleanings, extractions and fillings, and fluoride treatments. Counseling services include, but are not limited to, crisis intervention, anger management, individual and family counseling, addiction counseling, and substance abuse counseling.

Individuals without insurance will have access to a sliding fee based on income. Parents do not need to be present for medical visits but must complete the parental consent form regardless. Walk-ins are available for acute care issues.

If you have any questions, please contact Paul Morgan at [pamorgan1@gmail.com](mailto:pamorgan1@gmail.com).

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](mailto:jpatterson@wordenmartin.com) for more information and to receive the special pricing. (This is a paid advertisement)



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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 fall office hours will be held on **Wednesdays** from **9:30 a.m. to 12:30 p.m.**

## CCCHC Thursday Clinic

The Champaign County Christian Health Center (CCCHC) offers clinic services **every 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, 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](http://www.ccchc2003.org), or contact the MCHC graduate assistant Paul Morgan at [pamorgan1@gmail.com](mailto:pamorgan1@gmail.com).

## HeRMES Thursday Clinic

HeRMES Thursday Evening Clinic (**1st and 3rd Thursdays 6 to 8 p.m.** at the MCHC) will begin providing primary physician care just like CCCHC does on their 2nd and 4th Thursdays. Therefore, starting **October 23**, the MCHC will offer a health care clinic every Thursday evening from 6 to 8 p.m. for walk-ins. 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. If you have any questions, contact Paul Morgan at [pamorgan1@gmail.com](mailto:pamorgan1@gmail.com).

## Women, Infants and Children (WIC)

This program is offered **every other Friday afternoon 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 [cito@cupdh.org](mailto: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](http://www.cuphd.org)). For more information, contact Cathy Ito or MCHC graduate assistant Paul Morgan at [pamorgan1@gmail.com](mailto:pamorgan1@gmail.com).

## WIC Baby Weigh-in Program

The MCHC is bringing back the 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, please email Paul Morgan at [pamorgan1@gmail.com](mailto:pamorgan1@gmail.com).

## NEIGHBORLY NEWS

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