



Neighborly News

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

Vol. 35 Iss. 38 • September 19, 2008



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 20

Saturday Fitness 10am at CC
Sewing Room 10am-noon LRC
Movie and a Snack 2pm at CC

Sunday, September 21

Trip to Market Place Mall 11am at FGH
Ice Cream Social 1pm at CC
Kids' Night Out 5pm at CC

Monday, September 22

Parent/Child Playgroup 10am at FRC
Trip to Meijer's 5:45pm at FGH

Tuesday, September 23

International Friendship Group 1pm at LRC

Wednesday, September 24

Board Games 6pm at CC

Friday, September 26

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>

Sidewalk Repairs

Residents have reported a number of concerns about sidewalks throughout the Orchard Downs Community. University Housing staff have inspected all the sidewalks and have developed a list of all the work that needs to be done. We appreciate the communication from residents regarding the sidewalks and grounds issues in your neighborhoods.

At this time, we have more than ten areas that need attention. University Housing staff is working with the University Facilities staff to coordinate the work plan and timeline for completion. Many factors will be a part of the process: availability of resources, scheduling, and—most significantly—weather. We have already completed improvements in three locations by adding drainage, lifting sidewalks, and planting new grass.

University Housing is committed to responding to your concerns effectively and communicating the status of work, as information becomes available. The Family & Graduate Housing staff is working closely with the Housing Facilities staff to address these concerns. We will provide general updates in the newsletter and specific information to appropriate neighborhoods as work is scheduled and complete. Thank you for keeping us informed about concerns regarding your neighborhood.

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.



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.

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.

Trip to Market Place Mall

Come join your neighbors for a shopping trip to Market Place Mall on **Sunday, September 21, from 11 a.m. to 3 p.m.** Orchard Downs residents will meet in front of the FGH office at 11 a.m. Space is limited and is on a first-come, first-served basis. For details about Market Place Mall, visit <http://www.marketplacemall.com>. For questions about this shopping trip, feel free to contact Cecilia at ceciliaclau@gmail.com any time.

Board Games

Want to learn new board games? Come out to the **Orchard Downs Community Center** on **Wednesday, September 24, from 6 to 8 p.m.** We will be playing board games and socializing. Hope to see you there!

Meijer Trips

The next Meijer trip will be held on **Monday, September 22**. All residents of Orchard Downs are welcome to go 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.

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) if you have any questions.

Ice Cream!

On **Sunday, September 21, from 1 to 3 p.m.** we will be having an Ice Cream Social at the **Orchard Downs Community Center**. Ice cream and toppings will be provided!

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.

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.

New Resident Series: Money Budgeting Workshop

Are you looking to save some money? Come to the Money Budgeting workshop on **Thursday, September 25, at 7:00 p.m.** in the **Learning Resource Center**. The workshop will cover how to organize a plan to keep track of spending, where to shop to find the best deals, and how to manage everyday costs. A snack will be provided. Come and learn great money management skills! Any questions can be sent to Bryan Kelly at kelly31@illinois.edu.

New Resident Series: MTD Information

Did you know that if you are a student, you can ride the MTD bus for free? It's true! The MTD Informational Session will meet on **Sunday, September 28, at 6:00 p.m.** in the **Learning Resource Center**. We will discuss bus routes, how to get to specific places on the bus, and where you can get by taking the MTD. An MTD bus route booklet will be available to all participants. Any questions can be sent to Bryan Kelly, at kelly31@illinois.edu.

Nutrition Program

Are you interested in eating better? Do you want to learn about different foods and what they can do for you? The Learning Initiatives Nutrition Program will cover various topics about food and healthy living. A monthly food group will be presented and discussed. Join us on **Monday, September 29, at 7:30 p.m.** in the **Learning Resource Center**. Questions and suggestions are encouraged. Any questions can be sent to Bryan Kelly at kelly31@illinois.edu.

Men's Friday Fitness

A fitness program for men (at least 16 years of age) will be held **5:30 to 7:30 p.m.** each **Friday** at the **Orchard Downs Community Center**. Beginning in October, the fitness program will be held 6:30 to 8:30 p.m. each Friday. The program focuses on strength and aerobic training. No registration is required. All levels of endurance and activity are welcomed. If you have any questions, email Paul Morgan at pamorgan1@gmail.com.

Saturday Fitness for Men and Women

Saturday Fitness Training combines strength exercises with endurance and aerobic exercises, to achieve the benefits of a cardiovascular and strength training workout. The range of stations offered include resistance equipment (e.g., hydraulic equipment or free weights) as well as spaces designated for squat thrusts, push-ups, jumping jacks, sit-ups, and other exercises. Participants work at their own comfort/ intensity levels. Join us **every Saturday throughout the fall semester** at the **Orchard Downs Community Center** from **10 a.m. to 12 noon**. For more information, email Paul Morgan at pamorgan1@gmail.com.

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.



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.

iHelp: the Homecoming Volunteer Project!

Do you want to be a part of the largest, campus-wide volunteer project? Then please sign up for iHelp: the Homecoming Volunteer Project, on **Saturday, October 4**, which sends more than 1,500 University of Illinois students into the community to volunteer at different organizations. Check-in starts at **9:30 a.m.** with free breakfast and entertainment on the Quad! Volunteering ends around 2:00 p.m. with free lunch. All participants will receive a free t-shirt and discounts at participating campus businesses. For more information and to register now, please visit <http://www.illinois.edu/homecoming/i-help.html>. All students are encouraged to register either as individuals or as part of a group.

Tips for easy online registration:

- Every member of a group must register online.
- Please have the following information ready before registering:
 - group name (something simple, such as "VIP")
 - group leader's name
 - group leader's email address

Every member must provide the above information along with their personal info so we can sign them in and know how many volunteers we have. Registration ends **September 29 at midnight!**

Ellen Prentice, Kristen Oliszewicz, Ashley Soriano, and Debbie Sim look forward to seeing you. Please email 2008ihelp@gmail.com if you have any questions.

New Thrift Shop Opens

Twice is Nice, a new thrift shop in Urbana, offers Orchard Downs residents and others an inviting and affordable place to shop. Located in an historic house at 607 West Elm Street (between Coler and Orchard), the shop offers housewares (including small appliances, cookware, cutlery, dishes, glasses, pots and pans, etc.), bed and bath linens, clothing for infants through adults, books, CDs, pictures, collectibles, jewelry, puzzles, toys, games, and other new and gently used items. Persons outfitting a kitchen will find almost everything they need, with prices ranging from 50 cents for an attractive mug to one dollar for a baking pan. T-shirts and stockings start at 50 cents, good-quality shirts and blouses at two dollars. There are hundreds of hardcover books available for one dollar each and paperbacks for only 50 cents.

Twice is Nice is open **Tuesday, Thursday, and Saturday from 9:00 a.m. to 3:00 p.m.** MTD buses on Green Street routes pass just a block from the shop. Free parking is available in a large lot on the shop's east side. Twice is Nice is a project of First Presbyterian Church of Urbana and is staffed by helpful, friendly volunteers from the congregation. They look forward to welcoming you to the shop and helping you find high-value, affordable merchandise to meet your needs.

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.

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)



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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, or contact the MCHC graduate assistant Paul Morgan at 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.

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.

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.

NEIGHBORLY NEWS

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