



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, October 31, at 5:45pm in the CC. Join us for pizza and refreshments. All residents are welcome.

Saturday, October 18

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

Monday, October 20

Parent/Child Playgroup 10am at FRC

Tuesday, October 21

International Friendship Group 1pm at LRC

Wednesday, October 22

Halloween Pajama Party 7pm at CC
Book Club 6:30pm at FGH

Thursday, October 23

Halloween Movie and Snack 6pm at CC
Meijer Trip 6pm at FGH

Friday, October 24

Cooking Club 2pm at CC
Men's Fitness 6:30pm at CC

Pest Control:

During the month of October, Orchard Downs buildings 2040 through 2087 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>

New FHC Board Members

During the September 2008 council meeting, the following three members were selected to serve on vacant posts.

Jun Wan is our new **Executive Secretary**. He is a Ph.D. student in the U of I Department of Geography. He earned his law degree in China and received an M.A. in International Relations from Johns Hopkins University, as well as an M.A. in Economic Geography and Transportation Studies from Boston University. During his spare time, he enjoys all kinds of music and likes to write.



Our new **Treasurer** is **Achenyo Omale** from Nigeria. She is completing the master's program in finance at the U of I. She has lived in Orchard Downs for about four months. Her husband is in Columbus, Georgia. She likes to make beaded jewelry, and she loves badminton.



Thamilmani Adaikkalm is our new **Recording Secretary**. She and her family are originally from India, lived in Singapore, and just moved here from Michigan. She earned her degree in mathematics and education in India and presently is a full-time mom. Her husband, Adaikkalam, is a postdoctoral associate at the U of I. She likes teaching and playing with kids.



Professional Family or (Single) Portraits

As part of Orchard Downs Family Week Celebrations, Memory Lane Photography will take your family's photo for free on **Saturday, November 22**, from **10 a.m. to 3 p.m.** at the **Family Resource Center (Apt. 1834-A)**. You will receive a free 5 x 7 photo of your family (or yourself). You will be able to order additional prints at your own cost. Space is limited, and **appointments are required**. Appointments will be scheduled on a first-come, first-served basis. To make your appointment, email Lauren at LKarr1@illinois.edu no later than **Monday, November 3**.

Halloween Costume Design Workshop

Why spend money on Halloween costumes when you can create one with a little imagination and guidance? Join the Community Aides for a Halloween costume design workshop on **Saturday, October 18**, from **2:30 to 4:30 p.m.** at the **Orchard Downs Community Center**. We will supply the material and help you make a costume you like. In addition to the basic material, we will have great items to accessorize your costumes. Costumes we plan to make include fairies, witches, princesses, pirates, Harry Potter, Batman, butterflies, bees, and more. All kids older than 2 years and their parents are welcome. Registration is not required, but the workshop will be strictly on a first-come, first-served basis for the most popular costumes. Everyone will have an item to take away from the workshop. Please begin to collect old pants, t-shirts, or caps that you can creatively put to use to make a new costume. For details, contact Maheshi at dassanay@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 or 333-5656.

Halloween Pajama Party and Spooky Stories

Come to the Orchard Downs Community Center dressed in your pajamas for an evening of Halloween stories! We will have Halloween snacks, learn about the history of Halloween, and hear spooky Halloween stories. It will be on **Wednesday, October 22, from 7 to 8 p.m.** at the **Community Center**. Hope to see you there!

Book Club

Book Club will meet on **Wednesday, October 22, at 6:30 p.m.** at the **FGH Office**. We are reading *The Audacity of Hope* by Barack Obama. During our meetings we will discuss and reflect on the previously assigned chapter. We will meet every other week, and a snack will be provided. For more information please contact Learning Initiatives Graduate Assistant Bryan Kelly at kelly31@uiuc.edu.

Movie and a Snack

Come join us for Halloween Movie and a Snack on **Thursday, October 23, at 6 p.m.** in the **Orchard Downs Community Center**. We will be showing "Harry Potter and the Chamber of Secrets," rated PG. All are welcome to dress in Harry Potter and wizard costumes for the movie. Harry Potter brownies and jelly beans will be served as the snack. Questions can be sent to Bryan Kelly at kelly31@illinois.edu.

Pumpkin Party!

On **Sunday, October 26**, we will have the annual Pumpkin Party! From **2 to 4 p.m.** at the **Orchard Downs Community Center**, we will have pumpkin carving! Pumpkins and pumpkin patterns will be provided. Pumpkin carving is an American tradition around Halloween time. It's a great activity that the whole family will enjoy!

Halloween Party

The Orchard Downs Halloween Party will be **Saturday, October 25**, from **noon to 3 p.m.**! We will have Halloween games, food, and all kinds of activities for the whole family. Come dressed up in your Halloween costumes and have some serious Halloween fun!

Saturday Fitness

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.

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.

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.

Winter Survival Program

If you have never experienced winter weather in Illinois and want to be prepared for what it will be like, come to the Winter Survival Program on **Thursday, October 23, from 5 to 6 p.m.** at the **ARC**. The program will be held in the **Wellness Center Conference Room** and is sponsored by ISSS and the Special Populations Department at McKinley Health Center. All are welcome and admission is free. Any questions can be sent to Bryan Kelly at kelly31@illinois.edu.

Meijer Trip

All residents of Orchard Downs are welcome to attend the Meijer trip, 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, check out, and be back on the bus on time. The next Meijer trip will be held on **Thursday, October 23**.

Men's Friday Fitness

A fitness program for men (at least 16 years of age) will be held at the **Orchard Downs Community Center** **each Friday from 6:30 to 8:30 p.m.** The program focuses on strength and aerobic training. When properly performed, strength training can provide significant benefits and improvement in health and well-being. No registration is required. All levels of endurance and activity are welcomed; we will develop together as a team. If you are interested or have any questions, email Paul Morgan at pamorgan1@gmail.com.



Children's Story Time at Urbana & Champaign Public Libraries

In an effort to provide children and their parents with activities that will introduce them to Middle Eastern cultures and traditions, the Center for South Asian and Middle Eastern Studies (CSAMES) at the University of Illinois is sponsoring a series of children's programs at the Urbana and Champaign public libraries this fall. One Saturday a month, a traditional story will be read or told about a certain theme, after which there will be a hands-on activity for the children. Upcoming events for *Stories from the Middle East* series (all at 2 p.m.) are as follows:

October 18, Urbana Free Library: *The Librarian from Basra*—The true story of an Iraqi librarian who saved a priceless collection of books. Children will also learn about the House of Wisdom, which was the intellectual and scholarly center of ancient Baghdad. Those who attend will learn how to put together a book.

November 15, Urbana Free Library: *The Stars in My Geddoh's Sky*—A story about a young boy named Alex, whose grandfather comes from Egypt to visit him in the U.S. Alex has fun going to the beach with his *geddoh* (grandfather), flying kites and teaching him how to play baseball. The children will learn about his *geddoh's* homeland and make a paper kite.

December 13, Champaign Public Library: *Ahlan wa Sahlan!* —Introduces Arabic language through stories and song.

December 20, Urbana Free Library: *Celebrating Hanukkah*—Children will learn about Hanukkah and how to play a traditional game with a *dreidel* (spinning top). Urbana Free Library

For more information, contact Matt VanderZalm at 244-1724 or mvanderz@illinois.edu.

Sexually Transmitted Disease Walk-In Clinic

The Champaign-Urbana Public Health District (201 W. Kenyon Road, Champaign) offers this confidential service. STD clinic hours are Mondays (men only) 4 to 5:30 p.m.; Tuesdays 9 to 11 a.m. and 1 to 3 p.m.; and Thursdays 9 to 11 a.m. and 1 to 3 p.m. For more information, call 531-5359 or 239-7827 or visit www.cuphd.org.

Free Exams for Women

Have you had your mammogram this year? Did you know that 40,970 women died last year from breast cancer and that 1 in 8 women will be diagnosed with breast cancer sometime in their lives? The Illinois Breast and Cervical Cancer Program offers *free* mammograms, pap tests, and breast and pelvic exams for uninsured women. These are available at the Champaign-Urbana Public Health District (www.cuphd.org), 201 W. Kenyon Road, Champaign. For more information and scheduling, please call 373-9281.

Meijer Pharmacies Offer Free Pre-Natal Vitamins

The free pre-natal vitamin program features several well-known brands of pre-natal vitamins: NatalCare Plus, Ultra Natal Care, Natal Care Glosstabs, Advanced NatalCare, and NataTab Rx. Medical studies have shown that pre-natal vitamins play an important role in healthy pregnancies and healthy babies. A large number of physicians now prescribe these vitamins for the months leading up to a patient's attempt to conceive. Store Locations: 2500 S. Philo Road, Urbana, 365-5200; and 2401 N. Prospect Avenue, Champaign, 353-4000. Pharmacy Hours: Monday–Friday 9 a.m. to 9pm; Saturday 9 a.m. to 7 p.m.; Sunday 10 a.m. to 6 p.m.

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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Family Housing Council Meeting Minutes, September 2008

The September public meeting started in the presence of FHC president Bhupinder Singh Farmaha, vice president Alexandra Seceleanu, and Executive Secretary Ying Deng. The complex director, several community aides, and a large number of residents were in attendance.

FHC president Farmaha started by thanking everyone who attended the Sports Day, making it a very successful event. Several residents were awarded prizes for winning different sports competitions at all age levels. The council started with the youngest residents, who received toys, while the adults received gift cards for prizes in the individual sports and caps and gift cards for the teams in volleyball. FHC also awarded prizes to volunteers helping out at this event.

President Farmaha noted that a large amount of sports equipment was purchased for Sports Day. The equipment will be available to residents as soon as reimbursement for the equipment costs has been received. A system will be established for giving residents access to the sports equipment.

Several residents inquired as to the total cost of Sports Day, the event planning process, and the procedure that FHC needs to follow to receive reimbursement by SORF. President Farmaha promised to give more details as the reimbursement vouchers are finalized and processed.

For the remainder of the meeting, the FHC and the residents in attendance listened to the candidates for the vacant FHC positions of treasurer, executive secretary, and recording secretary. There were two candidates for executive secretary and three for each of the positions of treasurer and recording secretary. After the public meeting was adjourned, the FHC interviewed the candidates and made their decision about which candidates to appoint to the vacant offices (see article on front page of this newsletter).

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/ 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 starting **October 23**. 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.

NEIGHBORLY NEWS

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