



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

Saturday, November 8

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

Sunday, November 9

Kids' Night Out 6pm at CC

Monday, November 10

Parent/Child Playgroup 10am at FRC
News Today 6pm at FGH

Tuesday, November 11

International Friendship Group 1pm at LRC

Thursday, November 13

Meijer Trip 6pm at FGH

Friday, November 14

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

Pest Control:

During the month of November, Orchard Downs buildings 2101 through 2112 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>

Shopping Trips This Weekend for Orchard Downs Residents

- **Friday, November 7:** Trip to Urbana Wal-Mart and Aldi, 6 to 9 p.m. (Note: Aldi accepts only cash or debit card, and you may need to bring your own shopping bags)
- **Saturday, November 8:** Trip to ethnic stores (World Harvest, Chang's Oriental, and Am-Ko), 10 a.m. to 1 p.m.
- **Saturday, November 8:** Trip to Market Place Mall, 2 to 6 p.m.
- **Saturday, November 8:** Trip to the new Meijer in Urbana, 6:30 to 9 p.m.

The pick-up location for all trips is the Family & Graduate Housing office. All trips are on a first-come, first-served basis. Please contact your community aide if you have questions.

Save Money on Your Power Bill!

Family & Graduate Housing has window weatherization kits available for you to install in your apartment. These kits help reduce condensation on windows and stop cold drafts, which can reduce heating costs. You may pick the kits up at the **Family & Graduate Housing office** during normal business hours. Window kits are FREE!

Installation Tips

All tape and tape residue from the window kits must be removed by you in the spring, so plan ahead for an easy job. Use the tape that comes with the kit because other kinds of tape will damage painted surfaces and will be more difficult to remove. You can also reduce cold-air drafts by installing the plastic around your window air-conditioner.

If you have any questions, please call the FGH office: 333-5656.

American Holidays: Veterans' Day

Veterans' Day is an annual federal holiday in the United States, honoring men and women killed in that country's wars.

This observance began as Armistice Day, started by the United States, Great Britain, and France to commemorate the end of World War I (November 11, 1918). Later, the holiday also paid tribute to the people killed in World War II. In Canada, it came to be known as Remembrance Day, and in Great Britain the Sunday closest to November 11 is called Remembrance Sunday in honor of the people who died in both world wars.

In 1954, after the Korean War, U.S. president Dwight Eisenhower officially designated November 11 in honor of all men and women who served or fought during U.S. wars.

The day is usually observed with parades, speeches, and flowers placed on the graves of soldiers. Special services are held at Arlington National Cemetery, outside Washington D.C., and at other cemeteries around the country.



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.

News Today: Current Events

There is so much going on in the world today. Are you interested in learning more about what is happening or talking about it with others? Learning Initiatives is offering a Current Events discussion group on **Monday, November 10 at 6 p.m.** in the **FGH office**. We will discuss what is happening in the United States as well as around the globe. Ideas and topics are encouraged for the discussion. Any questions can be sent to Bryan at kelly31@illinois.edu.

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.

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.

Meijer Shopping Trip

The next trip to Meijer on Prospect Avenue is **Thursday, November 13**. All FGH residents are welcome to attend this trip on a first-come, first-served basis. The bus will begin boarding at **5:45 p.m.** and depart at 6 p.m. from **FGH**. Please allow time to complete your purchases and check out and be back on the bus by 7:25 p.m.

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.

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.

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.

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.



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 in which children will participate. Upcoming events for *Stories from the Middle East* series (all at 2 p.m.) are as follows:

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 *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.

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.

International Students Support Group

The International Students Group meets on **Thursdays from 3:30 to 4:50 p.m.** (please note the change in meeting time) at ISSS throughout the semester. This is an opportunity for international students who are dealing with a variety of concerns, including cultural adjustment, academic stress, homesickness, relationship issues, lack of confidence, family issues, etc. It is also a place to meet other international students who can relate to your concerns and to learn about cultures from around the world. Group members will receive support and feedback and learn how to cope and respond to situations. The group will be facilitated by Kenneth Wang and Kusha Gujrati. If you're interested, contact Kenneth (ktwang@uiuc.edu) or Kusha (kgujrati@illinois.edu) at 333-3704.

CUPHD Breastfeeding Connection

CUPHD is offering a professional class that provides free breastfeeding support, education, and information. There will also be a free baby weight check! This program is open to all expecting and breastfeeding women. No registration is required. Just bring your baby and a blanket. The class will be held on the **second and fourth Thursday of every month, from 11:30 a.m. to 1 p.m.** at the **Champaign-Urbana Public Health Department Office, 201 W. Kenyon Rd., Champaign.** For more information, call 531-4311.

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, October 2008

The public meeting started at 5:45 pm on October 31 in the presence of FHC board members, complex director Indira Rajagopalan, community aides, and some residents. FHC president Bhupinder Singh welcomed the attendees, and the meeting session started with pizza and drinks.

Treasurer Achenyo Omale detailed her report on the FHC funds for fall 2008. The total funds reported are \$6,225, but October 2008 expenses were \$5,525.97, leaving a balance of \$699.03. President Bhupinder Singh announced that the annual report will be presented soon.

Kashif Muhammad, former garden manager, spoke about the closure of gardening for this year and about the problems associated with cleaning the garden. He said that the garden cleaning has been completed with the help of maintenance personnel and may take another week to complete. He also indicated that he received complaints from the gardeners on the disappearance of some garden items. Kashif is also advertising garden plots for sale on Craigslist as a means of increasing income.

President Bhupinder Singh announced the postponement of the next month FHC public meeting from November 28 to December 5. (November 28 is the day after Thanksgiving, and many residents might be away.)

Alexandra Seceleanu, FHC vice president, presented the list of the Orchard Downs Sports Day items and expenditures. She also discussed the problems associated with storage of the articles in the limited space at the Community Center, and suggested lending the sports goods to the residents.

President Bhupinder Singh ended the meeting by thanking the speakers and attendees.

MultiCultural Health Center

2040-A Orchard Street

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 a walk-in clinic the **2nd and 4th Thursday of the month** from **6 to 8 p.m.** at the MCHC. The clinic is staffed with a physician and/or a nurse practitioner. Services include 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 Clinic (**1st and 3rd Thursdays 6 to 8 p.m. at the MCHC**) provides primary physician care. Treatment is offered for many health concerns, such as general health issues, nutrition education, preventive health care, seasonal colds and the flu, other respiratory infections, aches and pains, and more.

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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Family & Graduate Housing
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