



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 22

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

Monday, November 24

Parent/Child Playgroup 10am at FRC
Nutrition 6pm at LRC

Tuesday, November 25

International Friendship Group 1pm at LRC

Thursday, November 27

University closed for Thanksgiving holiday

Friday, November 28

University closed for Thanksgiving holiday

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>

Wee Love Music!

Bring your child (age 6 months to 5 years) to sing, dance, and play while learning about the world of music through fun and interactive exploration! We will have a large repertoire of music (including holiday songs) and activities. The kids will experiment with music using rhythm instruments and lots of interesting props!

Moms, dads, grandparents, and other caregivers are welcome to participate and learn songs and activities to do at home. Children must be accompanied by an adult for the entire duration of this program.

After singing and having fun, we will have cookies and hot chocolate!

Where: Community Center

When: Wednesday, December 3, at 6 p.m.

Cost: \$ 2 per child

For this program, space is limited and **registration is required!** Please send an email with your child's or children's names to momonu@uol.com.br. **All registrations must be received by November 30.** Payment (cash only) will be collected at the door on the day of the event. If you have questions, please email Monica Nunes at momonu@uol.com.br.

New Email Address for FGH Operations

The new email address apartments@illinois.edu has replaced famhous@uiuc.edu. This address is much more customer- and staff-friendly. Messages to famhous@uiuc.edu will be automatically forwarded to the new address for the next six months or so. Please make a note and update your address book!

Children: Write, Learn, and Receive a Gift!

Children (grades 2–8) are invited to get together to write and talk about their countries of origin and learn about each other's country. Every child who participates will receive a gift!

The event takes place on **Friday, November 28**, from **2 to 3:30 p.m.** in the **Learning Resource Center (2044-A)**. To sign up or for additional information, please send an email to Community Aide Esther Lisanza at emukewa2@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.

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.

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.

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.



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:

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.

Twice Is Nice Thrift Store

Need a warm cap, gloves, or scarf for the cold months ahead? You can buy one for yourself and all members of your family at very affordable prices at Twice Is Nice, the thrift store at 607 West Elm Street in Urbana (between Orchard and Coler streets). Caps, mittens, gloves, and scarves are priced as low as \$1 each. The shop also offers many warm jackets and coats starting as low as \$4. Many sweaters are \$2. A visit to the shop will help you and your family prepare for the cold and snow to come! Shop hours are Tuesdays, Thursdays, and Saturdays from 9:00 a.m. until 3:00 p.m. The phone number is 344-5736.

American Holidays: Thanksgiving

Thanksgiving Day occurs on the fourth Thursday in November and is a legal holiday in all the states. This holiday is celebrated by all Americans to give thanks for the harvests and other blessings.

In the U.S., the first recorded Thanksgiving occurred in 1621. The early settlers (Pilgrims) had a difficult year, but the harvest was good, so they wanted to celebrate. Some men hunted for wild turkeys, wood pigeons, geese, and ducks, while others looked for clams, eels, and fish. The women prepared other foods like Indian pudding and hoecake, using the local fruits and vegetables. The Pilgrims had made a peace treaty with the nearby Native Americans, so they decided to share the feast with the native people. Supposedly, 90 Native Americans answered the invitation, bringing with them five deer and oysters, a new delicacy! The feast lasted three days and after dinner each day the Pilgrims and their guests had races and other athletic contests. Official records of the time have no reference to any religious service included in the festival.

Thanksgiving celebrations in modern days involve sharing with the less fortunate. Churches, schools, and many other organizations make sure that no one goes hungry on this day. Special dinners are held, and food is distributed to the needy. Church services are held in many places and the services often involve people of different faiths worshipping together. Many schools and churches have plays that re-enact the first Thanksgiving dinner, and many people play games or have athletic contests. It is also a day when families try to get together if possible, and some people travel many miles for the event.

(Sources: *Encyclopaedia Britannica*; "All about American Holidays" by Maymie R. Krythe; "Native Harvests" by Barrie Kavasch)

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/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.

Women, Infants and Children (WIC) Services

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. You can reach Cathy by email at 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@cuphd.org, 531-4311) or MCHC graduate assistant Paul Morgan at pamorgan1@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 will enable you to keep track of your baby's weight. If you have any questions about this program, please email Paul Morgan at pamorgan1@gmail.com.

NEIGHBORLY NEWS

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