The Family & Graduate Housing Office will be CLOSED Memorial Day, May 27.

IHLUAC AWARD RECIPIENTS

This year’s award recipients of the International Honorary for Leaders in University Apartment Communities (IHLUAC) are Emily Floess and Dorothea Sudibyo.

Emily has been an active resident in Family & Graduate Housing for the past three years. She is a PhD candidate in the Civil and Environmental Engineering program. She was nominated and selected due to her “enthusiastic, supportive, caring, participative, and always ready” attitude. She is a Community Aide who goes above and beyond by offering new programs and ideas in her neighborhood and for the community. She never hesitates to step up when help is needed. She always has a smile on her face and is ready to take on anything.

Dorothea has been an active resident in Family & Graduate Housing for the past six years. She was active early on helping in the Lending Storeroom, gardening in the Garden Plots, and eventually became a Community Aide with her husband, Leonardus. She was nominated due to her “strong character,” willingness to help anyone without hesitation, positive attitude, and her extensive knowledge of the area. Dorothea also volunteers her time outside of the Family & Graduate Housing community at other University events and with the Urbana school system.

Make sure if you see Emily and Dorothea around to congratulate them on this award!

SAVE THE DATE!

Summer Fun Day Camp For Children

July 8-12 from 9-11:30 a.m. at the Orchard Downs Community Center

The camp is for any child entering kindergarten through fifth grade. There is no cost to attend. The camp will include Bible stories, fun games, interesting crafts, beautiful songs, delicious snacks, and special prizes! Also, a free celebration lunch for all the families on Friday, July 12. Register online at TCBC.CC/DAYCAMP2019. This event is open to children of all nationalities and religious backgrounds. Email Ruth at ruth.krehbiel@gmail.com with questions.

Bus Trip to Indianapolis on May 25

Online Registration begins at 9 a.m. on Monday, May 6

Looking to get away from Champaign-Urbana for a day. Take a trip with Family and Graduate Housing to Indianapolis, Indiana! Sign up at FORMS.ILLINOIS.EDU/SEC/9522500.

Bus Trip to Chicago on June 15

Online Registration begins at 9 a.m. on Monday, May 27

Join Family and Graduate Housing for a trip to the beautiful city of Chicago. Feel free to see tourist attractions like Navy Pier or shop until you can’t anymore on Michigan Avenue. Sign up at FORMS.ILLINOIS.EDU/SEC/9959082.

IMPORTANT CONTACTS

FAMILY & GRADUATE HOUSING OFFICE
Email: apartments@illinois.edu
Phone: (217) 333-5656
Hours: Monday-Friday 8 a.m.–5 p.m. (closed on University Holidays)

AFTER-HOURS ON-CALL STAFF
(217) 649-7705
Submit Maintenance Requests at GO.ILLINOIS.EDU/MAINTENANCE

UNIVERSITY APARTMENTS COMPLEX COORDINATOR
Whitney Welsh
Email: wwelsh2@illinois.edu
Phone: (217) 300-7157

PEST CONTROL

Pest Management will be performing inspections and monitoring for Orchard South apartments 2102–2112 between May 1-31. Treatment (e.g., exclusion, baiting) performed only as needed. To request treatment, visit GO.ILLINOIS.EDU/MAINTENANCE.
FREE NUTRITION AND COOKING CLASS
WITH THE U OF I EXTENSION OFFICE
Mondays from 3:20–4:50 p.m.
Family Resource Center (1834-A Orchard Place)
Interested in learning new cooking techniques? Wonder how to eat healthy on a budget? This program is for you! We get together and make a recipe each week. You can also win prizes that will help you cook at home. There’s even bigger prizes if you attend each week and graduate from the program. Contact lescott4@illinois.edu with questions.

May Recipes
May 6: Mushroom Beef Sloppy Joes
May 13: Blueberry Chicken Pasta Salad
May 20: Caribbean Fiesta
May 27: Banana Pudding Parfait

SPRING SCAVENGER HUNT
Tuesday, May 7 at 6 p.m.
There will be small prizes for the winning groups. Please arrive by 6:10 p.m. All are welcome, but children must be at least five years old to attend and be accompanied by an adult. This will be Edith and Artinese’s last event for the year. Contact Edith at ejauci2@illinois.edu with questions.

BIRTHDAY BINGO
Monday, May 13 at 6:30 p.m.
Celebrate May birthdays with treats, prizes, and bingo. Everyone is welcome to come, and children must be supervised.

HEALTHY IFTĀR
Saturday, May 18 at 7 p.m.
It’s the Muslim month of fasting, and we would love to talk about staying healthy as you fast. We will discuss healthy tips and the importance of fasting and the ifṭār meal. It’s a great chance to get to know a little about the Muslim culture and have healthy food too.

Volunteer for the Orchard Downs Fun Run
Would you like to volunteer and cheer on runners? Volunteers will help direct runners, hand out medals, and cheer on everyone. Sign up at FORMS.GLE/KRGQEBSCPCFQTWCU6 or email floessharmon@gmail.com by May 2.

Make & Fly Your Own Kite
Sunday, May 5 from noon–4 p.m.
Kite flying is an excellent activity for colorful expression of art and entertainment. Children and adults love kites and activities related to them. Kites open doors to new horizons for children as they run with the kite string and dream about flying in the sky. Kite flying is a cultural tradition in many parts of the world. Family & Graduate Housing will provide all the material to make a variety of kites, then we will fly the kites outside. Adults must accompany children under 12. Light refreshments will be provided. For more information or to help with the event as a volunteer, e-mail Iftikhar Haider at linguain3@gmail.com; Emily Floss at floessharmon@gmail.com; Gaurav Sinha at grsuiuc1@gmail.com; or Syeda at syedafauzi@gmail.com.

Orchard Downs Fun Run
Saturday, May 4 from 9:45 a.m. to 12 p.m.
Come join us for the first annual Orchard Downs Fun Run and Fitness Fair. There will be a 50m Kids Fun Run (9:45 a.m.) and 1.5 mile walk and 5K Fun Run (10 a.m.) for all ages, followed by the Fitness Fair and Breakfast from 10:30 a.m.–noon. All participants will receive a medal. The fastest runners and walkers will get a prize. There will also be a raffle with cool prizes. Sign up at FORMS.GLE/KRGQEBSCPCFQTWCU6 or email floessharmon@gmail.com by May 2.

Zumba at Orchard Downs
Weekly class from 9-10 a.m. starting Sunday, May 19
This is a weekly Zumba class for the FGH community, everyone ages 18 to 50 is welcome to join. Before you attend the class, you need to register at HTTP://TINYURL.COM/ODZUMBACOMMUNITY. If you have any questions, contact Fikriyah Winata fwinata2@illinois.edu.

Monthly Women’s Group
Friday, May 31 from 10-11:30 a.m.
All women are welcome! We will have tea and treats and have fun crafting together.

What is Iftār? After the sunset prayer, Muslims gather in their homes or mosques to break their fast with a meal called ifṭār that is often shared with friends and extended family. (Source: Britannica Academic)

We often take photographs during community events for use in FGH publications. If you do not wish to have your photograph taken inform a staff member at the event or contact FGH.
WELCOME TO THE WORLD

Babies are a sign of hope and bring much joy to our lives. We want to welcome your newborn to our community with a small gift to say, “Welcome to the World!” If you have recently welcomed a new baby into your family, contact the Family & Graduate Housing office at (217) 333-5656.

PARENT-CHILD PLAYGROUP

Family Resource Center
(1834-A Orchard Place)

Thursday, May 2
10–11:30 a.m.

This playgroup is for children ages 0-5 and their caregiver(s). A parent/guardian must stay with their child. Special story time where children will gain a love for learning, social and emotional skills, fine and gross motor skills, language skills, and knowledge about the world. Every child will receive a book! This will be Jessie’s last playgroup, so please come and say goodbye! We can’t wait to see you there. Contact jjimyers2@illinois.edu with questions.

GREAT START PLAYGROUP

Thursday, May 23 from 10–11:30 a.m.

Join us for a special playgroup with GREAT Start from Champaign-Urbana Public Health. We will sing, play, learn, read, and grow together. This playgroup is for children ages 0-5 and their caregiver(s). A parent/guardian must stay with their child. Contact wwelsh2@illinois.edu with questions.

Flowers are blooming everywhere and the smell of summer is near! On your mark ... get set ... GO! We will be finishing our school year with our Orchard Downs Preschool Olympics. The students will be participating in several events such as basketball, obstacle course, discus throw, and much more. We will have lots of fun with friends as we spend our last week of school hanging out and taking small walks together. The preschool families will be gathering together for an end of the year cookout on Thursday, May 9. Thank you all for such a great year!

KIDS’ CLUB SUMMER PROGRAM REGISTRATION

Monday, June 3 from 5–6 p.m.

Register your child for the summer session that runs Monday, June 10 through Friday, August 2 from 3–5:30 p.m. at the Orchard Downs Community Center. There is a $25 registration fee for new students.

Jr. Club and Kids’ Club are free programs for children who are residents of University Apartments. The Jr. Club program is for children 3 to 5 years old and toilet trained. Kids’ Club is for children 5 to 11 years old. Five-year old children must be entering kindergarten in the fall. The after-school programs offers social, recreational, and summer fun activities for the children. For additional information, email the Children’s Programming Director Sara Jenkins at jenkins@illinois.edu or call (217) 333-5656.

New families are encouraged to register. Jr. Club and Kids’ Club are a great way to make new friends and meet other families!

PLAY TIC-TAC-TOE!
(AKA Noughts & Crosses, or Xs & Os)

PLAY TIC-TAC-TOE!
(AKA Noughts & Crosses, or Xs & Os)
MHC HOURS
Please note change in MHC hours for May. New hours are Tuesdays from 11 a.m.–3 p.m.

MAY: NATIONAL PHYSICAL FITNESS AND SPORTS MONTH
The sun is out, it’s not freezing, and what a time it is to celebrate National Physical Fitness and Sports month! The Orchard Downs complex has plenty of areas you can use to walk, jog, or exercise outdoors — enjoy the grass for everyday exercises that you can do without going to a gym. Or head over to the UI Arboretum (ARBORETUM.ILLINOIS.EDU), where a jogging track among the garden and plants awaits you. To walk with other residents, consider joining the Orchard Downs Walking Group (read on for more information). May is a good month to get back on your feet after a very cold winter. Move it!

SAFETY CORNER: Tornado Season
Tornado season for Champaign-Urbana is generally March through October. Notification of an approaching tornado could be a news bulletin on the radio or television, or one long blast from the sirens of the Outdoor Warning System. The first Tuesday of every month at 10 a.m. there is a test of the community tornado sirens.

• Tornado Watch means tornadoes are possible in the area. Remain alert!
• Tornado Warning means a tornado is about to happen or have been reported in the area. Move to your pre-designated place of safety immediately.

FRUIT OF THE MONTH: STRAWBERRIES
What’s better than strawberries? Lots of strawberries! While this fruit is now available all year, it’s really harvested in spring and summer. You can eat strawberries as they come, or with whipped cream, or in a pie, or in a taco, or make jam … you get the point. Strawberries are a super fruit, and eating them could improve your immunity, lower your blood pressure, control blood sugar, lower the risk of stroke, help your eyesight, and could even provide relief from allergies. Below is a recipe for one great way to enjoy this nutritionally diverse fruit:

STRAWBERRY BREAKFAST TACOS
Makes 6 standard tacos/wraps

INGREDIENTS
• 2 tablespoons butter*
• 6 standard size flour or whole grain tortillas
• ½ cup cream cheese*, softened
• 1 tablespoon honey*
• ½ teaspoon ground cinnamon
• ½ cup vanilla yogurt*
• 2 cups fresh strawberries, cut in quarters
*vegan substitutions acceptable

PREPARATION
1. Beat the cream cheese, honey, and cinnamon together in a bowl. Add the vanilla yogurt and blend until mixed.
2. Melt 1 teaspoon of butter in a medium skillet and cook each tortilla until light golden on both sides, adding additional butter as needed.
3. Spread cooked tortillas with cream cheese mixture. Top with strawberries and fold them up—your delicious and healthy breakfast tacos are good to go!

GARDEN PLOT REGISTRATION
Registration for the Orchard Downs garden plots is open! Everyone is encouraged to plant something this season. The cost is $40/plot for FGH residents and $70/plot for non-residents. Payment can be made via card, check, or exact cash at the Family & Graduate Housing Office. Contact odgardengroup@gmail.com with any questions. All Gardeners must register online at GO.ILLINOIS.EDU/ODGARDENPLOT.

FAMILY HOUSING COUNCIL
The Orchard Downs Family Housing Council (FHC) is an organization created to safeguard the interest of the residents of Orchard Downs. For FHC resources such as meeting minutes, constitution, job descriptions, and more, visit HOUSING.ILLINOIS.EDU/FHC.

All FHC activities are in the Orchard Downs Community Center, 510 George Huff Court unless noted. All residents are welcome!

RESIDENT SOCIAL:
Saturday, May 4 at 6 p.m.

RESIDENT MEETING:
Friday, May 10 at 5:45 p.m.

Executive Board Officer Elections
The Family Housing Council (FHC) will be electing new board members during the meeting on Friday, June 14 at 5:45 p.m. FHC is the residents’ council for the Orchard Downs community. The Council was formed to communicate the residents’ needs and interests to the Family & Graduate Housing staff. FHC consists of members from the Orchard Downs community who are elected annually by the community. FHC offers financial support for numerous community programs, operates the sewing room, and offers a monthly social event on the first Saturday of the month. The Council holds a public meeting the second Friday of each month at the Orchard Downs Community Center. For more information visit HOUSING.ILLINOIS.EDU/FHC.

Positions available are listed below. Please check all the details about board member duties and eligibility in the FHC Constitution. If you need more information, email vice president Ahmed Elolimy elolimy2@illinois.edu.

If you are interested in a position, complete this form FORMS.GLE/FKGTFJIFVYOVAYOA8 by May 25.

• President ($100 monthly rent credit)
• Vice President ($75 monthly rent credit)
• Executive Secretary ($75 monthly rent credit)
• Recording Secretary ($75 monthly rent credit)
• Treasurer ($75 monthly rent credit)