

## Dish of the Night Contest Award Winning Recipes

Enter your favorite dish at the next International Potluck, Wednesday, September 2nd at 6:00 pm at the Community Center. Entries must be made by 6:15 pm. Please bring a family-sized dish to share. Here are two of the award winning recipes from August.

### Recipe for Shanhe Banfan

(From Yulia Na)

#### Ingredients:

5-Cups cooked Rice  
1 Cucumber, thinly sliced  
1 Carrot, thinly sliced  
5 oz Pork, thinly sliced  
3 Eggs  
2 tbsp Sweet Bean Sauce (Available in Asian Garden Market)  
1 tbsp Hot Pepper Paste  
Salt to taste

1. Stir, fry and scramble the eggs. Then add sweet bean sauce and hot pepper paste. Then fry for 1 minute.

2. Fry the pork slices in the pan until ready. Turn off the heat. Then add the cooked rice, cucumber, carrot, and the egg sauce made in step one. Mix well. Add salt to taste if necessary.



THE UNIVERSITY  
of  
**WISCONSIN**  
MADISON

Division of University Housing

### University Apartments

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### Chirashi-Sushi (From Tamami Nomura)

#### Preparation of Sushi Rice:

540 cc of Rice  
1 piece of Tangle (about 10x10cm)  
2 tbsp Rice Wine (Sake)  
480 cc Water  
4 tbsp Vinegar  
2 tbsp Sugar  
1 tsp Salt

1. Wash rice and put it in a rice cooker, add a piece of tangle and 480cc of water, wait for about 30 minutes, then turn on the rice cooker.

2. Let cooked rice sit for 10 minutes after turning off the heat, then remove tangle. Mix rice and vinegar blended with sugar and salt.

#### Preparation of Stewed Ingredients:

6 Dried Shiitake Mushrooms  
30g of Kanpyo (dried strips of the flesh of a variety of gourd)  
1 Carrot  
2 tsps Sugar  
4 tbsp Soy Sauce  
1 tbsp Sweet Sake (Mirin)  
1 tsp Powdered Soup Stock

1. Soak dried shiitake mushrooms in lukewarm water for more than 1 hour, get rid of the stem, and cut into thin slices. Put the mushroom aside and keep the water for stew later.

2. Wash kanpyo and rub with salt, then wash it again. Soak kanpyo in water for 20 minutes, and boil in just enough water (not the mushroom water); cook in boiling water over low heat for 10 minutes. Drain well and let it cool slightly. Cut into 2cm pieces.

3. Peel a carrot, and cut it into long (about 3 or 4cm) thin strips.

4. Cook the mushroom water in a pot. Add the mushrooms, kanpyo, carrot, and powdered soup stock, and bring to boil. Add soy sauce, sugar, and sweet sake; bring to a boil and let simmer at medium heat

#### Preparation of Other Ingredients:

20g dried and seasoned Baby Sardines and other Fish  
5 Sugar Peas  
10g Sesame  
1 sheet of Nori  
3 Eggs  
1 tsp Salad Oil

1. String sugar peas, parboil them in hot water with a little salt; cut into thin strips.

2. Beat eggs and mix in a little salt. Put some oil into a pan and make 4 paper-thin omelets. Let them cool slightly, and cut into thin strips.

3. Put the stewed ingredients, fishes, and sesame into the sushi rice, and mix.

4. Put thin omelet strips and sugar peas and narrow nori strips on the rice.

# UNIVERSITY APARTMENTS

# NEWS

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## Apartment Services Update

### Heating Season Coming soon!

With autumn in Wisconsin comes cooler nights and lots of questions about heat in the apartments.

Wisconsin weather in the fall is extremely variable, which makes it difficult to have a set time line for turning on the heat. Heat is always turned on by October 15th, and usually before that when the average temperatures are cool (for example, 40 degrees Fahrenheit) for more than a few days. The kind of heating system used in our apartments is very efficient, and if we turn on the heat too early, the apartments quickly become too warm for comfort.

Until the heat is turned on, if we have a stretch of cooler weather, it is helpful to close windows at night to keep the warmer air in your apartment.

If this is your first autumn in Wisconsin, you may also find that it helps to wear layers of clothes like sweaters and socks at this time of the year.

## How to Contact a Resident Manager

- A Resident Manager is on duty 24 hours a day on holidays and weekends, and 5:30 PM – 8 AM on weekdays.
- To contact the Resident Manager on Duty:
  - **Call the duty cell phone (444-9308)**
  - OR
  - **Call the pager (657-1799)**
- If you call the pager, you will be prompted to enter a telephone number where you can be reached. Then hang up and wait for the RM to call back.
- Because the cell phone reception in University Apartments is not always very good, you are encouraged to call the pager if you do not get an answer when you call the cell phone.
- As always, call 9-1-1 from any phone if you are experiencing a serious health or safety emergency. This includes any time you hear a fire alarm sounding.
- **If you hear a fire alarm, exit your apartment immediately!**

## ANNOUNCEMENTS



### International Potluck

**Wednesday, September 2nd 6pm**

Please bring a family-sized dish from your home country to share. Enter the "Dish of the Night" contest, meet your neighbors, and enjoy great food.

### New Resident Orientation

**Wednesday, September 2nd 7:30pm**

Are you new to the community? This session offers all kinds of practical help - how to get around on the bus system, fun things to do in the community etc. The staff are able to answer your questions and help you find resources on campus and in Madison.

### Community Center and University Apartments Offices Closed

**Monday, September 7th**

The Community Center, Eagle's Wing Child Care, the University Apartments Office and the Apartments Services Office will be closed in observance of Labor Day. Private rentals only in the Community Center.

### Community-Wide Fall Yard Sale

**Saturday, September 12th**

Community-wide Yard Sale near the Brown Bus Shelter. Rain Date; Sunday, September 13th.

### Assembly Meeting

**Wednesday, September 16th 6pm**

Pizza and Childcare provided. Topics for discussion this month include: Who/what is the Assembly, what it does and objectives for the year.

### Kids Night Out

**Friday, September 25th 6-9pm**

Childcare provided at the Community Center by volunteers from the Campus Women's Center for kids 3-12 years old. Sign up starting Wednesday, September 16th.



## REQUEST REPAIRS ON-LINE

If you have non-emergency repairs to request, please fill out a work request on line at

<http://repairs.housing.wisc.edu>

Answers to basic maintenance questions can also be found at this site.

## SEPTEMBER PROGRAMMING

**Story Time, Fridays, starting September 4th,  
9-9:30am - birth to 2 years old  
10-10:30am - 2-5 years old**

Drop in to the Community Center for stories, songs, finger plays and fun! Presented by a children's librarian. Adult caregivers need to attend with their children.

**Exercise Program, Monday through Fridays,  
9-10am**

Drop-in for a volunteer led exercise class. Have fun doing aerobic exercises, tae-bo, Zumba, and core workouts!

**Piano Practice** - stop by the Community Center desk during office hours to sign up for practice times for the Fall Semester. Residents can sign up for a maximum of 3- half-hour time slots.

**Public Health Nurse, Tuesdays, 2-4pm**

A Madison Public Health Nurse offers free, confidential advice and support for families with health-related concerns.

**Salsa Class, Mondays, 6:45-7:45pm, starting  
September 14th**

Learn intermediate salsa steps in a fun, social environment. Sign-up at the front desk starting Wednesday September 2.

**Teen Night, Friday, September 3rd, 6-9pm**

High School and Middle School youth get together for activities in the gym that include; basketball, dodge ball, soccer, floor hockey, tug of war and more, with food and refreshments provided. If interested, contact Rachel Zorn at the Community Center, or e-mail [rachel.zorn@housing.wisc.edu](mailto:rachel.zorn@housing.wisc.edu).

**Wisconsin Lutheran Chapel (WLC), English as  
a Second Language (ESL) Classes, Tuesday  
through Fridays, 9am-12pm, starting September  
8th**

There are three levels of classes; beginner, intermediate and advanced. Classes have some overlap in content. The beginner and intermediate class is at a slower pace, more social and less academic than the advanced class. For more information, talk to a teacher during the above class times.

**WLC ESL Discussion Class, Thursdays, 6:15-  
7:45pm**

Expand your vocabulary and understanding of Wisconsin/American culture in this no cost discussion class. For intermediate to advanced non-native speakers of English.

**Check "This Week in the Community" for new  
class offerings and activities.**

**Class information or ideas, contact Rachel Zorn:  
[rachel.zorn@housing.wisc.edu](mailto:rachel.zorn@housing.wisc.edu)**

## Readmobile and Story Time

**Thursday, September 10, 9:30am-12pm**

We are delighted to announce that Readmobile and Story times will return to the Community Center! Library staff will visit one day each month. During the visit, they will have 4 story times as well as an awesome variety of children's books available for check-out.

Library staff will roll in numerous shelves of children's books, many of which will be in Chinese, Korean, Arabic, Spanish as well as other languages. (You will also be able to request books in specific languages.) With a regular Madison Public Library card you can check books out. If you don't have a library card yet, you can visit [www.madisonpubliclibrary.org](http://www.madisonpubliclibrary.org) for card information.

As part of the visit, skilled library staff will present 4 story times. Children and their parents/providers will enjoy a variety of songs, rhymes, stories and poems. You can choose a story time that's designed specifically for your child's age:

**Toddler Time** is for children 16 months to 3 years of age and is presented twice 9:30a.m and 10:00 a.m. **Book Baby** is for children newborn through 15 months of age and is presented at 10:30a.m.

**Preschool Storytime** is for children ages 3 through 5 years and is presented at 11:15a.m.



## Community Wide Yard Sale

**Saturday, September 12th 8am-12 noon**

It's time to clean out your apartment for Fall... or its time to shop for new treasures from your neighbors!

The central location is on Eagle Heights Drive around the Brown Bus Shelter. All residents from University Apartments are welcome to participate in the event. Sign up is not necessary. Anyone participating must set up and clean up their own areas. Tables, chairs, and other display needs are the responsibility of the residents participating. Bring toys, clothes, personal appliances, TVs, radios, and anything else you don't need anymore.

St. Vincent de Paul will have a collection truck arrive at Noon on Saturday for any clothing items that do not sell that you want to donate. Items donated must be clean and in closed boxes or bags.

The yard sale will be advertised in the Wisconsin State Journal newspaper.

Rain date will be Sunday, September 13th.



## University Houses Building 39 Construction Update

There will be a meeting at the Community Center on Tuesday, September 8th at 6pm, to give people an update about the construction project that will be taking place at University Houses Building 39. Representatives from campus and the construction contractors will be available to answer questions.

Building 39 was selected by a campus committee to be converted for use as a child care space. For the first two years, the building will be the transitional site for the Preschool Lab (of the School of Human Ecology) while their new site is built on campus. After that, the building will provide space to the UW Office of Campus Child Care and Family Resources (OCCFR), for additional campus child care.

Child care and light snacks will be provided during this meeting.



## Volunteers Needed

Are you interested in having fun, working as a volunteer to tutor youth, providing recreational opportunities for middle and High School students or teaching a class? Would you like to assist on one of the field trips? Do you have a special skill or interest that you would like to teach others in our community?

Volunteer times are flexible to fit your busy schedules. For more information please contact Jeff Hinz at: [jeffrey.hinz@housing.wisc.edu](mailto:jeffrey.hinz@housing.wisc.edu)



## Bus for West High School Students

For students attending West High School, the morning bus will come through Eagle Heights from about 7:40 am-7:48 am as it makes the same loop that the Campus bus makes. It will be a Madison Metro bus with the name **90-Regent Street/Planart Dr- West High School/JC Wright MS**. It will stop at all bus stops as it makes the loop.

When you return from school, you need to get on a bus marked **E-Edgehill**. That bus leaves school at 3:45 pm and will come through Eagle Heights from about 3:50 pm-3:58 pm making the same loop as in the morning. Again it will stop at all bus stops as it comes through.

Please see the bus shelters for a complete listing or go on-line to <http://www.cityofmadison.com/metro/Schedules/SuppSchoolServ/2009-2010/SupplementalSchoolService.html> or stop by the Community Center for a copy.

## Bus for Hamilton Middle School Students

For students attending Hamilton Middle School, there are two morning buses. The first will come through Eagle Heights from about 6:56 am-7:04 am as it makes the same loop that the Campus bus makes. It will stop at all bus stops as it makes the loop.

The second bus will come through Eagle Heights from about 7:01 am-7:06 am. Note: This bus starts at the Brown Bus Shelter so it does not stop at lots E or F.

Both will be a bus with the name **90-Waukesha Street- Hamilton Middle School**.

When you return from school, you need to get on a bus marked **E-Edgehill**. There is an early and a late bus from Hamilton Middle School. The first bus leaves Hamilton at 2:39 pm and that bus will come through Eagle Heights from about 2:55 pm-3:02 pm making the same loop as in the morning. Again it will stop at all bus stops as it comes through.

The late bus leaves Hamilton at 3:35 pm and will come through Eagle Heights from about 3:48 pm-3:56 pm, stopping at all bus stops.

Please see the bus shelters for a complete listing or go on-line to <http://www.cityofmadison.com/metro/Schedules/SuppSchoolServ/2009-2010/SupplementalSchoolService.html> or stop by the Community Center for a copy.



