

# "June 2008 DeLuz Housing Monthly Newsletter"

108 Marine Dr., Oceanside, CA 92058 "[www.deluzfamilyhousing.com](http://www.deluzfamilyhousing.com)"

Phone: 385-4835, Fax: 385-4841:

Emergency/After Hours Maintenance: 760-500-6115

Office Hours: 8:00 AM to 5:00 PM Monday through Friday



## Office Staff

Terry King  
Community Director

Estella Sanchez

Dolores Candelaria

Kazia Swanson

Anna Terriquez

Cori Wright

Marilyn Partee

## Maintenance Staff

Roy Peiler

Juan R. Juan III

Lucas Lilio

Wayne Wight

Jeremy Mohabeer

Tino Maina

Cliff Brown

Estella Sanchez

Amanda Linnell-Martins

## Landscaping Staff

Gustavo Orihuela

Mario Rodriguez

Daniel Vicente

Faustino Gonzalez

Victor Martinez

Mario Vargas

Federico Sosa

Genaro Garcia

Juan Lopez

Jacinto Lopez

Miguel Medina

Jenaro Aquino

Marcos Vega-Serrato

## Pool Staff

**Pool Director**  
Linda Gutierrez

Angel Cotto

Deserie Ochoa

Deserie Melendez

Joanna Meza

## Get Active, Get Outdoors!

Through Presidential proclamation the month of June is Great Outdoors Month

During Great Outdoors Month, we celebrate the rich blessings of our Nation's natural beauty, and we renew our commitment to protecting our environment so that we can leave our children and grandchildren a healthy and flourishing land. This month is also an opportunity to pay tribute to those whose hard work and dedication keep our country's open spaces beautiful and accessible to our citizens.

Through recreational activities such as fishing, skiing, biking, and nature watching, we can teach our young people about the wonders of our Nation's landscapes. Experiencing our Nation's natural splendor contributes to healthier lives for our citizens and a deeper appreciation for the great outdoors.

**Some ways and web links for your family to get involved....**

### June 1 - 30

Great Outdoors Month

[www.greatoutdoorsmonth.org](http://www.greatoutdoorsmonth.org)

### June 1-7

National Family Recreation Week

[www.aahperd.org](http://www.aahperd.org)

### June 2

National Trails Day American Hiking Society

[www.americanhiking.org](http://www.americanhiking.org)

### June 2-10

National River Clean Up Week

[www.nationalrivercleanup.org](http://www.nationalrivercleanup.org)

### June 2-10

National Fishing and Boating Week

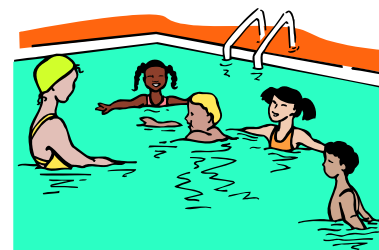
[www.rbff.org](http://www.rbff.org)

### June 8-10

Western States Horse Expo [www.horseexpo.com](http://www.horseexpo.com)

### June 10-16

Great Outdoors Week [www.funoutdoors.com](http://www.funoutdoors.com)



## The DeLuz Community Pool

**Pool Hours are as follows:**

**Monday – Sunday**

**1100 to 1800 Hours**

(Pool Hours may change at management's discretion)

## The DeLuz Fitness Center

As a courtesy to all residents the Fitness Center located in the Community Center building will be open on 7-days per week. To enter the Fitness Center during weekend hours please enter and sign in at the pool entrance. In our efforts to keep our Fitness Center clean we ask that residents not swim prior to working out in the Fitness Center as this room is carpeted.

**Fitness Center Weekend Hours:**

**Saturday & Sunday**

**1100 to 1800 Hours**

Please keep in mind that if you bring children with you to swim, you are required to be on the pool deck or in the pool with your children. Children are not permitted in the fitness center for safety reasons.



## DeLuz Board Of Representatives:

### North DeLuz

Evelyn Santiago  
816 Pohang Drive  
fiestamama2000@yahoo.com

Helen Bell  
525 Pusan Street  
helenbell760@gmail.com  
(808) 294-2451

### South DeLuz

Tiffany Straw  
409 Hagaru Court East  
670-9841

Courtney Kamoraski  
179 Chunchon Drive  
828-5469

**We are looking for Resident Advisory Board Members for DeLuz Housing. If interested, please contact Terry King at 385-4835 or email [terry.king@huntcompanies.com](mailto:terry.king@huntcompanies.com)**

## **Family Life/MCX**

**1-August 30** Summer Reading Program (Base Libraries)  
**4&5** L.I.N.K.S. Workshop  
**6** Evening Trail Ride (Stepp Stables)  
**7, 8 & 14** The World Famous Mud Run (Hard Corps Race Series)  
**7** Key Volunteer Basic Skills Training  
**12** Family Readiness Officer Training  
**15** Father's Day Bowling (Bowling Center)  
**17&18** Key Volunteer Basic Skills Training  
**17&18** MCX June White Sale  
**25-28** Youth Sailing & Kayaking Class

**For more on base activities and family resource information visit:**

**[www.mccscp.com](http://www.mccscp.com)**

## “ Yard of The Quarter “

Congratulations to the DeLuz 2nd Quarter 2008 winners of the Marine Corps Base, Camp Pendleton, Yard Of The Quarter Program. Great job!

### North DeLuz

SSgt Jason and Lorelei Jerdon  
512 Pusan Drive

### Central DeLuz

Sgt Paul and Veronica Neeb  
220 Wonju Circle

### South DeLuz

Sgt Christopher and Brittney Falzone  
305 Pomunjom Circle

## Housing How To's

**Please contact Housing Maintenance at 760-385-4835 also a maintenance request can be completed online at [www.deluzfamilyhousing.com](http://www.deluzfamilyhousing.com)**

### **Cleanliness of the property, We need all residents to please help keep DeLuz Housing clean**

- Please keep your yards free of toys, trash and cardboard; and take your trashcans in after trash pick-up. **If your trashcan is left on the street after trash pick-up, DeLuz Housing can not be held accountable for replacement.**
- Please keep your driveways clear of newspapers, in the event you are going on vacation have a neighbor pick-up your newspapers or donate your paper during that period.
- Please keep porches and patios clear of trash and cardboard.
- Please pick-up toys that your children take to the tot lots to play with.
- We have a cardboard and trash container located behind our maintenance and landscaping buildings that is open during normal working hours.
- Please do not leave items in front of our maintenance yard gate. If the gate is closed; please come back the next day and dispose of your trash and cardboard items.



## Royal Ham and Eggs

This baked dish is perfect for weekend guests or a holiday brunch. It's also easy to customize with your family's favorite ingredients

### RECIPE INGREDIENTS:

- 1 loaf of French bread, cut into 1/2-inch cubes
- 1/2 pound cooked ham or sausage, cubed
- 1 8-ounce package frozen chopped spinach, thawed and drained
- 12 cherry tomatoes, sliced in half
- 8 ounces Cheddar cheese, grated
- 8 eggs
- 1 teaspoon dried mustard
- 1/4 teaspoon pepper
- 1 cup milk

1. Heat the oven to 350° F. Butter a 13- by 9- by 2-inch baking dish and line with the bread cubes.

2. Cover the bread with layers of ham or sausage, chopped spinach, cherry tomatoes, and grated cheese.

3. In a separate bowl, whisk the eggs, dried mustard, pepper, and milk. Pour the mixture over the casserole.

4. Bake for 30 minutes, then broil for 2 minutes, or until the cheese turns golden brown. Makes 8 to 10 servings.

**And of course a fun Beverage on the King's special day....**

## Lemony Love Potion

### RECIPE INGREDIENTS:

- 12-ounce can pink lemonade concentrate
- 1 cup raspberry sherbet
- 12-ounce can of lemon/lime soda (we used 7-Up)

1. In a pitcher, mix the lemonade concentrate with the recommended amount of water.

2. In a separate pitcher, combine the sherbet with 1 cup of the lemonade mixture.

3. Add the soda, stir, and serve. Makes 3 cups.

**For more great recipes, crafts and fun ideas visit:**

[www.familyfun.com](http://www.familyfun.com)



## Cook's Corner



## Make your Hero his very own Hero Sandwich.

### Hero Sandwich with Pepper Relish

#### RECIPE INGREDIENTS:

- 1 cup chopped tomato
- 1/2 cup finely chopped green bell pepper
- 1/2 cup finely chopped onion
- 5 tbsp. prepared Italian dressing
- 1 lb. thinly sliced deli roast beef
- One loaf Vienna bread, unsliced
- 6 leaves Boston lettuce
- 6 slices provolone cheese

1. In medium bowl, combine tomato, bell pepper, onion and 3 tablespoons dressing; set aside.

2. Cut bread in half lengthwise. Lightly drizzle remaining 2 tablespoons dressing over bottom half of loaf; line with lettuce. Layer with cheese. Arrange beef over cheese; top with relish.

3. Close sandwich with top half of loaf; cut crosswise into 8 portions. Makes 8 servings.

**We encourage you to share your recipes, whether it is healthy, fun, quick or simple we would love to share your ideas with the community. Please submit recipes via email to [Linda.Gutierrez@huntcompanies.com](mailto:Linda.Gutierrez@huntcompanies.com).**

# POOL RULES

- All Patrons Must Follow All Pool Rules
- All Patrons Must Wear Appropriate Swimwear (Swim Suits, Swim Trunks, Rash Guards ONLY)
- All Patrons Must Follow Lifeguard Instructions
- All Patrons Must Rinse Off Before Entering Pool
- All Non-Swimmers Must Be Accompanied by a Parent in the Water at All Times
- NO Floatation Devices of any kind (Arm Water Wings, Infant Pool Rafts & Properly Fitted Life Jackets are Acceptable ONLY when accompanied by a Parent in the Pool)
- NO Water Toys (Water Guns, Hard Plastic Toys, Frisbees Etc.)
- No Patrons under the age of 16 will be permitted to enter Pool Area without a Parent or Guardian over the age of 18 (with Dependents Military ID)
- NO Running, Horseplay or Boisterous Activity
- NO Food Allowed in the Pool Area (No Exceptions)
- NO Glass Bottles Allowed in Pool Area (Non Alcoholic Beverages in Clear Plastic Containers ONLY)

- NO Radios, CD Players, IPOD Speakers or attachable players
- NO Smoking in Pool Area
- NO Diapers Allowed in Pool & NO Diapering on Pool Deck (Infants and Toddlers Must Wear Little Swimmers or Pool Appropriate Undergarment)
- NO Jumping, Diving, Pushing, Pulling of self or others into the pool
- 1<sup>st</sup> & 2<sup>nd</sup> Rule Violation will Result in Verbal Warning, 3<sup>rd</sup> Rule Violation Will Result in Loss of Pool Privileges for the Day (pending severity of violation)
- Subsequent Violations of any Pool Rules may Result in Loss of Pool Privileges for the Season
- Any Patron that has had a SMALL POX Vaccine in the last 30 Days is NOT allowed in the Pool
- Questions and/or Concerns should be addressed to the Pool Director Linda Gutierrez at [Linda.Gutierrez@HuntCompanies.com](mailto:Linda.Gutierrez@HuntCompanies.com) or if an urgent concern please call 760-500-9612

## \*A NOTE FROM THE COMMUNITY DIRECTOR\*

Lifeguards are here to provide for the safety and well-being of pool patrons. If at any time after being spoken to by a Lifeguard concerning the disregarding of Pool Rules and Regulations and a patron becomes argumentative; that patron will be asked to immediately leave the pool area for the day.

## Spouse Career Advancement Initiative Extended

American Forces Press Service by Barbara A. Goodno

WASHINGTON – Career and training opportunities for military spouses just got better, as the Defense and Labor departments' career advancement demonstration project has been expanded to include all active-duty military spouses, along with four additional career fields.

The career advancement demonstration project is available to spouses at military installations in California, Colorado, Florida, Georgia, Hawaii, Maine, North Carolina and Washington. Military spouses can receive grants of up to \$6,000 for education, training and licenses or credentials costs over a two-year period. The grants cover the costs for tuition, fees, books, equipment, and credentialing and licensing fees.

In addition to careers in education, health care, information technology, construction trades, financial services, the demonstration project now includes specific in-demand occupations within human resources, business and management, hospitality management and homeland security.

To be eligible for the program, The military spouse's sponsor must be on active duty and have at least one year remaining at his or her current duty station. The spouse must have a high school diploma, GED or some post-secondary education. Training must be completed within two years and lead to a license, certificate or degree. Prerequisites and remedial coursework can also be included.

The career advancement demonstration project is available at the following installations:

- In California: San Diego Metro and Camp Pendleton;
- In Hawaii: Hickam Air Force Base, Naval Base Pearl Harbor, Schofield Barracks, and U.S. Marine Corps Base Hawaii;

Information is available in person at installation education centers, by telephone and online. Career counseling for military spouses is available through Military OneSource at 800-342-9647, or online at [militaryonesource.com](http://militaryonesource.com) and [www.caa.milspouse.org](http://www.caa.milspouse.org).

**Camp Pendleton Spouses may contact the local Joint  
Education Center at 760-725-6660**



## Free Admission to Theme Parks

Through its "Here's to the Heroes" program, the Anheuser-Busch brewing company is offering free tickets to its theme parks for service members and up to three family members.

Active-duty Service members, activated or drilling reservists from all five branches of service, and National Guardsmen are eligible for the program. All Service members need do is register online, print and sign the form, and bring it with them. If the form cannot be printed, it can be filled out upon arrival at the park.

Every person, older than 10 years of age, who participates in this program, must present valid active-duty military or service identification. For more information, visit the Here's to the Heroes website.

Find military-only travel deals, Space-Available travel info, discount travel offers, and more at Military.com's Travel Center.

**For more information or to register online  
please visit:  
[www.herosalute.com](http://www.herosalute.com)**

# Energy Conservation Measures

## Checklist

### Lights

- ✓ Turn off lights in un-occupied areas
- ✓ Turn off interior lights when day lighting is sufficient
- ✓ Ensure that light levels in work area does not exceed requirement for task
- ✓ Replace light bulbs
- ✓ Reduce light levels in corridors, stairwells, hallways, etc.
- ✓ Reduce excessive wattage in work areas
- ✓ Turn off all exterior lights during the day
- ✓ Insure that stacks of supplies or equipment do not block lights
- ✓ Reduce excessive exterior illumination
- ✓ Insure that all de-lamped fluorescent lamps have their ballast removed
- ✓ Keep light fixtures and reflective surfaces clean
- ✓ Keep interior walls and windows clean to maximize their reflectivity



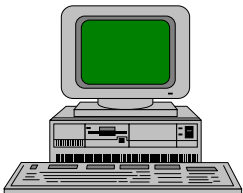
### Heating

- ✓ Close-off all unused areas and rooms
- ✓ Lower heating temperature
- ✓ Ensure that heating vents and radiators are not obstructed
- ✓ Ensure that all exterior doors are closed when heat is on
- ✓ Ensure that windows are not left open when the heat is on
- ✓ Report all leaks to DeLuz Housing
- ✓ Replace all air-filters regularly (at least 4 times/year)
- ✓ Remove or trim plant, foliage and other material blocking air intakes/vents
- ✓ Ensure that thermostats are not damaged, and are working properly
- ✓ Keep all radiators clean



### Electrical Equipment

- ✓ Turn off all electrical equipment when not in use



DeLuz Housing, LLC  
108 Marine Drive  
Oceanside, CA 92058

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Cut out and put on your fridge!

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### TELEPHONE NUMBERS

All Seasons Store.....725-4189	Lake O'Neill.....725-4241
Auto Hobby Shop.....725-5963	Main Exchange.....725-6233
Barber Shop.....725-5773	MCCS Job Line.....725-5891
Base Theater.....725-9217	Naval Hospital Appoint.725-4357
Bowling Center.....725-6109	Paintball Park.....1-800-899-9957
Car Rental.....725-6997	Quick Lube.....725-5525
Commissary ..... 725-4012	Recreational Checkout...725-5296
Country Store.....725-3585	Stables/Rodeo Grounds. 725-5094
Del Mar Cottages/Campsites...725-2134	Scout ..... 725- 5799
Devil Pups.....763-5654/4995	Semper Fit Field House..725-6394
Family Child Care.....725-7631	Star Cuts, Family.....725-5938
Florist .....385-4070	Ticket Offices.....725-5805
Hobby Crafts Shop....725-4880	UPS Store..... 385-4721
Home Store.....725-3557/3569	Ward Lodging .....725-5304
Golf Course .....725-4390	Domino's Pizza.....725-1856
South Mesa Club .....725-2231	