

"May 2008 DeLuz Housing Monthly Newsletter"

108 Marine Dr., Oceanside, CA 92058 "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

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Community Director

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Dolores Candelaria

Kazia Swanson

Anna Terriquez

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Marvilyn Partee

Maintenance Staff

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Faustino Gonzalez

Victor Martinez

Mario Vargas

Federico Sosa

Genaro Garcia

Juan Lopez

Jacinto Lopez

Miguel Medina

Genaro Aquino

Marcos Vega-Serrato

Pool Staff

Pool Director
Linda Gutierrez

Angel Cotto

Deserie Ochoa

Deserie Melendez

Joanna Meza

During the month of May we have a great deal to celebrate and remember.

May 11th is

A decorative border of pink roses and green leaves above the text "Mother's Day".
Mother's Day

May 17th is

Armed Forces Day



May 26th is

Memorial Day

To help re-educate and remind Americans of the true meaning of Memorial Day, the "[National Moment of Remembrance](#)" resolution was passed on Dec 2000 which asks that at 3 p.m. local time, for all Americans "To voluntarily and informally observe in their own way a Moment of remembrance and respect, pausing from whatever they are doing for a moment of silence or listening to "Taps." The Moment of Remembrance is a step in the right direction to returning the meaning back to the day. What is needed is a full return to the original day of observance. Set aside one day out of the year for the nation to get together to remember, reflect and honor those who have given their all in service to their country.



**DeLuz Spring Fling on Saturday, May 3, 2008
from 11:00 to 3:00**

Food, Entertainment, Games, Prizes



The De Luz Community Pool is Officially Open!

Pool Hours for **May** are as follows:

Weekends (Saturday/Sunday) Only

May 3rd – 18th
1100 – 1700 Hours

May 23rd – 27th
1100 – 1800 Hours

May 31st – June 1st
1100 – 1800 Hours

(Pool Hours may change at the management's discretion)

Pool Rules and Regulations will be posted and televised on the De Luz Community Channel. Stay tuned for details on community Pool Events and Swim Lessons for the family. Contact the Pool Director Linda Gutierrez via email at Linda.Gutierrez@huntcompanies.com.

Attention All Residents

A listing of Pool Rules and Guidelines are enclosed in this Newsletter please review them carefully as all Lifeguard Staff are required to enforce them. These guidelines are set forth by the Department of the Navy and are in the best interest of our community to ensure we provide a clean, healthy, family pool environment this summer to all De Luzian's.

****** Swim Safe Registration will begin on May 3rd at the De Luz Community Spring Fling. Registration will take place from 1100 to 1400 Hours. ******

DeLuz Board Of Representatives:

North De Luz

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



Family Life/MCX

1-31 Suicide Prevention Month
1-11 MCX Mother's Day Sale
2 Volunteer Recognition Ceremony (South Mesa Club)
7&8 L.I.N.K.S. Workshop
10 Key Volunteer Basic Skills Training
13&14 Key Volunteer Basic Skills Training
17 Teen Job Expo (Wire Mountain Youth Center)
20 SLS Motivational Workshop
21 Key Volunteer Coordinator Training
22 SLS Leadership Skills Workshop
24 L.I.N.K.S. Workshop
29-June 1 MCX Super Summer Slam

“ 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 Ponmunjom Circle

Housing How To's

Please contact Housing Maintenance at 760-385-4835 also a maintenance report can be completed online at 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.

Family Resources at a glance....

Hourly Care is available at Fisher Children's Center!

Monday – Friday 0730-1630 for children ages 6 weeks-5 years of age. The fee is \$4 per hour plus meals. Reservations can be made up to one week in advance. A maximum of 20 hours per week can be used. Updated immunization cards are required for care. (760)725-0845

Youth Program

The De Luz Youth Center offers a variety of planned group and individual activities for children between the ages of 11 to 18 years of age (in school). Programs offered include teen leadership opportunities, field trips, and camps during school breaks, dances and the popular annual Haunted House.

For more information call or visit:

(760) 725-5608 Bldg. 14519T

Youth Sports

FALL SOCCER, FLAG FOOTBALL & CHEERLEADING 2008

Registration: July 7, 2008 - August 1, 2008

**Season: September 6, 2008 - November 1, 2008
(NO GAMES COLUMBUS DAY WEEKEND)**

REGISTRATION FEES AND ELIGIBILITY

All sports are \$25.00 per child. Children ages 5-18 who are legal family members of Active Duty, Retirees, Federal Employees, MCCS (NAF) Employees and Honorably Discharged Veterans of U.S. Armed Forces with 100% service connected disability are authorized patrons in accordance with Base Order 1700.17E. Each child will receive a team shirt and trophy at end of the season. If paying by Check, sponsor's last four numbers of the social security, unit, home phone number and work number are required on all checks.

BIRTH CERTIFICATES: A copy of a birth certificate or ID card is needed for all players who do not have a copy currently on file. All dates are subject to change with minimal notice. For more information, contact Youth Sports at (760) 725-4188, (760) 725-1790 or E-Mail cpyouthsports@aol.com or go to www.mccsCP.com.



Cook's Corner

Chicken Salad with Apple and Basil

- 4 boneless, skinless chicken breasts
- 4 teaspoons kosher salt
- 1 teaspoon black pepper
- 1/4 cup fresh lime juice (from 2 to 3 limes)
- 1 tablespoon white wine or rice vinegar
- 2 tablespoons light brown sugar
- 4 scallions (white and light green parts), thinly sliced
- 2 Granny Smith apples (peeled, if desired), diced
- 1/3 cup roasted peanuts, roughly chopped
- 2 tablespoons thinly sliced fresh mint
- 1/2 cup thinly sliced fresh basil

Rinse the chicken and pat it dry with paper towels. Pound it to an even thinness. Place the chicken in a large saucepan and add enough water to cover by 1/2 inch. Add 3 teaspoons of the salt and 1/2 teaspoon of the pepper and bring to a gentle simmer. Cook until no trace of pink remains, 8 to 10 minutes. Transfer the chicken to a bowl of ice water for 5 minutes.

Meanwhile, in a large bowl, combine the lime juice, vinegar, and sugar, stirring until the sugar dissolves. Add the scallions and apples and toss.

Drain the chicken and pat it dry. Dice the chicken and add it to the apple mixture along with the peanuts, mint, basil, and the remaining salt and pepper. Toss and divide among individual plates.

Yield: Makes 4 servings

NUTRITION PER SERVING

CALORIES 269(27% from fat); FAT 8g (sat 1g); SUGAR 13g;
PROTEIN 31g; CHOLESTEROL 68mg; SODIUM 730mg;
FIBER 4g; CARBOHYDRATE 20g

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.

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
- 1st & 2nd Rule Violation will Result in Verbal Warning, 3rd 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

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 Pool Rules and Regulations and a patron becomes argumentative; that patron will be asked to immediately leave the pool area for the day.



Summer Programs and Services

It is our experience summer programs not only give children a positive and structured outlet for some of their daily energy, but it also sustains our relationship with both the students and the parents, and that is extremely beneficial in monitoring our level of services and adjust accordingly.

Camp FLASHHH (Families Laughing and Sharing Hugs, Hopes and Happiness)

Camp FLASHHH is specifically geared towards military families who are part of the Armed Forces Exceptional Family Member Program, and these family members have been identified as having a physical, emotional, developmental, or learning disability requiring special services. Camp FLASHHH provides recreational opportunities while managing their unique needs and it is completely FREE of charge.

Camp Hero

Camp Hero is a sister program to Operation Hero. This summer enrichment program helps bridge the gap during the summer months. The focus of the program is respect, responsibility, caring, and honesty. These ASYMCA core values are implemented through hands-on activities, teambuilding, and academics. Community centers on Camp Pendleton will host this program for elementary school-age children. Camp Hero has a small fee to ensure attendance.



Summer Fun Preschool

"Mommy & Me" Summer fun is our preschool program in a "Mommy & Me" format, and while it is also offered during the school year, the summer months are all about F-U-N! Summer fun serves children between the ages of eighteen months and five years of age (of course Mom / Dad can be of any age), and provides some educational nourishment while offering exciting field trip opportunities and themed activities throughout Camp Pendleton.

Y on Wheels Recreation

Y on Wheels Recreation is program that travels to the two largest Camp Pendleton housing areas. Y on Wheels promotes physical fitness and team building and is geared to serve those children between 8-12 years of age. Y on Wheels has a small fee to ensure attendance.

Y Shuttle Transportation Program

This NO COST transportation program offers Camp Pendleton Marines, Sailors, and their family members the capability to keep important doctor, and Women, Infants, and Children Nutrition program appointments **on Camp Pendleton**. The Y Shuttle can also assist with trips to the Commissary and Military Outreach Warehouse. Transportation can be provided to those living in base housing, and is also available in the cities of Bonsall, Fallbrook, Oceanside, and Vista. Support can be offered Monday through Friday, 8:30 AM to 3:30 PM.

Phone: 760-385-4921 Fax: 760-385-0785

admin@camppendletonasymca.org

Energy Conservation Measures

Checklist

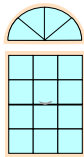
Lights:

- ✓ 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



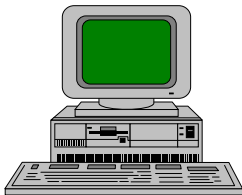
Heating

- ✓ 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

Cut out and put on your fridge!

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
Florist385-4070	Ticket Offices.....725-5805
Hobby Crafts Shop....725-4880	UPS Store..... 385-4721
Home Store.....725-3557/3569	Ward Lodging725-5304
Golf Course725-4390	Domino's Pizza.....725-1856
South Mesa Club725-2231	