

Don't Lose Your Cool

Keeping your cool can be difficult to do when your air conditioner doesn't work properly. When you find that the air conditioner is not cooling, turn the unit off and call the office with a service request. Allowing it to continue running will cause it to freeze up and will then take longer to repair.

Out for a Walk

The pet policies of the community require that while outside, all pets must be on a leash and under the control of the resident at all times. As a courtesy to those living around you, please walk your pets in the designated pet walks and take a moment to clean up after your pet.

Avoid the Summer Heat

- Drink a lot of fluids to keep your body hydrated. Carry bottled water with you when you are going to be outside for extended periods.
- Use sunscreen to protect your skin from the sun's harmful rays.
- Wear loose fitting, light colored clothes to keep your body cool.
- Use sunglasses and a hat to protect your eyes.

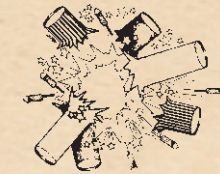


Did You Know...

- In 1779 Margaret Corbin was the first woman to be awarded a disability pension by the U.S. Congress. She fought in the Revolutionary War.
- The average person walks the equivalent of twice around the world in a lifetime.
- You share your birthday with at least nine million other people.
- The state of Maine has 62 lighthouses.
- The Tower of London has housed a zoo, observatory, mint, prison, royal palace and is currently the home of the Crown Jewels.



July 2011



Celebrate Without Fireworks!

We want you to have fun in all your Fourth of July celebrations, but please remember that fireworks are not allowed in our community. Thank you for letting our city shoot their fireworks for you!

Farewell and Good Luck!

We are sad to wish **Julie Badlam** and **Chris Dubose** farewell. They have been a great part of the Victoria Park team! We wish them well in their new endeavors.

We would also like to welcome the newest members of our team. Stop by the leasing office to welcome **Elliott Martinez** and **Tracy Loper** to our community!

Fun With Friends

July is a fun month to get together with friends, and your guests are always welcome at our community. Remember that you must accompany them whenever they use our facilities. Most importantly, remember you are responsible for the conduct of your guests and responsible for seeing that they too abide by all Community Policies and Procedures. Please help make their stay more enjoyable by informing them of the community policies in advance. Thanks for your cooperation, and we hope you and your guests have a wonderful summer.

Our Eight-Legged "Friends"

Summer is upon us and unfortunately this brings out more pests and spiders. Because Victoria Park is nestled in a quiet, remote location, we have an abundance of our eight-legged friends. The team at Victoria Park works diligently to combat the problem. A regular routine of de-webbing and blowing out the breezeways is part of the program. Unfortunately, spiders are not like other insects and preventive pest control sprays do not work on them. Spiders can only be killed on contact. To help combat the problem, we need your help! We ask that weekly you take a broom and wipe down the webs around and above your door. If we work together, this will lessen the chance of one of our eight-legged friends dropping in on you unexpectedly!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					RENT DUE 1	RENT DUE Breakfast 9-10am 2
RENT DUE 3	Independence Day Office Closed RENT DUE 4	Rock-n-Box 7-8pm 5	6	Rock-n-Box 7-8pm 7	8	Breakfast 9-10am 9
10	Bingo 7pm 11	A/C Filter Change 9am - 5pm Papa John's, 5-8pm Rock-n-Box, 7-8pm 12	A/C Filter Change 9am - 5pm 13	Rock-n-Box 7-8pm 14	15	Breakfast 9-10am 16
17	18	Rock-n-Box 7-8pm 19	20	Rock-n-Box 7-8pm Karaoke 7-9pm 21	22	Breakfast 9-10am 23
24	25	Papa John's 5-8pm Rock-n-Box 7-8pm 26	27	Rock-n-Box 7-8pm 28	29	Breakfast 9-10am 30
31						

JULY 2011



TIMELINE OF INDEPENDENCE DAY CELEBRATION

It's always time to celebrate our Independence!

1777 Thirteen gunshots were fired, once in the morning and at evening in Bristol, Rhode Island.

1778 General George Washington ordered a double ration of rum for his soldiers and an artillery salute.

1781 Massachusetts General Court became the first state legislature to recognize July 4 as a state celebration.

1820 First Fourth of July celebration was held in Eastport, Maine.

1870 U.S. Congress made Independence Day an unpaid holiday for federal employees.

1916 Nathan's Hot Dog Eating Contest in Coney Island, started as a way to settle a dispute among four immigrants as to who was the most patriotic.

1959 Detroit, Michigan and Windsor, Ontario jointly hold the International Freedom Festival during the last week of June each year to celebrate our July 4th and their July 1 (Canada Day).

EVERY YEAR Close to a half a million people gather around our nation's capitol to celebrate with music and fireworks.



ENJOY
Summer
ON A BUDGET

WHAT'S A PERSON TO DO FOR FUN WHEN MONEY IS HARD TO COME BY?

- Check to see if your city offers a \$1 movie. Many theaters have even lowered the price of "food" during the buck flick!
- Do you know all the museums in and around your area? Go to www.officialmuseumdirectory.com and sign up to search wherever you might want to go.
- Your public library is a great source of FREE stuff. Besides the books, many offer magazines, movies and more. Look at their schedule of activities for events that you might be interested in.
- Why not take the time to help others this summer. It's easy to find something for everyone in your family. Contact an organization that you like or find someone that needs your help.
- Your local parks and waterways are always free. Enjoy countless days of throwing the frisbee, having a picnic, taking a nap, etc.!

During the summer months more people are conscious of drinking water. That's good for hydration and is one of the best drinks for your body! Water reduces hunger, makes your skin look healthier, boosts your energy levels, flushes toxins and helps you stay energized and alert. This summer train yourself to reach for water instead of other drinks.

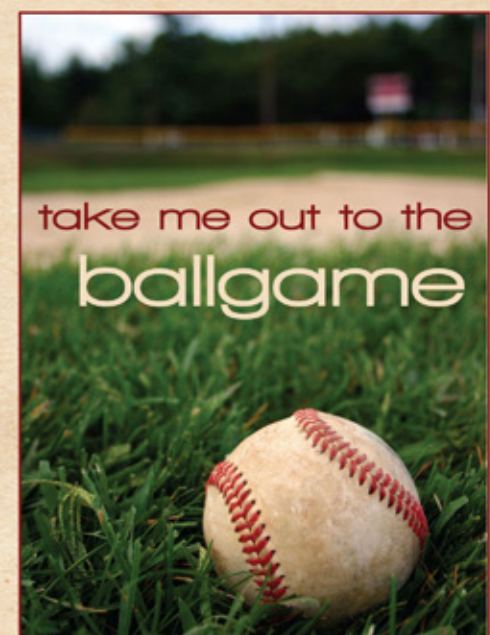
web wonders

Lighten up the next party with:
www.sillypuns.com
Ever wondered?:
www.crazythoughts.com
Old time radio shows:
www.dumb.com/oldtimeradio/

**"One flag, one land, one heart,
one hand, One Nation evermore!"**
Oliver Wendell Holmes

Freedom
WORD SEARCH

T L E Y W H D B Z N
T I C F M I E A G O
Y B N K R H C P D F
E E E A E E L R P K
M R D M W V E I H S
X T N L C Z C D K V
E Y E W M N G R O Z
U I P Z I A O K E M
L Y E C L W V U M D
B F D F E E J U L Y
M P N R T N T L H I
A Q I A M E R I C A
Y F R E M M U S H V
I L Q Y D D L Z U W
X Y E K Y R S U V Z



One of America's favorite pastimes is baseball and hot dogs. Celebrate by watching the MLB All-Star Game on Tuesday, July 12, 2011. Better yet, celebrate anytime by:
Organizing your own game with family and friends
Attend a little league game
Watch your own minor league team

AMERICA	FREEDOM	PICNIC
BLUE	INDEPENDENCE	RED
FIREWORKS	JULY	SUMMER
FLAG	LIBERTY	WHITE

★ ★ ★ ★



TWINKIES STRAWBERRY SURPRISE

- 1 entire box of Twinkies
- 1 can sweetened condensed milk
- 2 boxes strawberries (frozen that have been thawed) or
- 2 cups fresh sliced, sweetened strawberries
- 1 8-oz. container of cool whip
- 1 small pkg. of instant French vanilla pudding
- 1-1/2 c. cold milk

Slice Twinkies in half—long ways. Place in a 9 X 12 container - preferably a glass container. Pour strawberries over Twinkies. Mix together pudding and milk until completely blended. Add condensed milk and blend all together, then fold in the cool whip. Pour the mixture over the strawberries and chill for at least two hours before serving.
This makes extra topping. You can put some of the topping between graham crackers (especially the chocolate ones). Looks like an ice cream sandwich.



Don't forget the hot dogs!