

MAR
2021

WHIDBEY ISLAND INSIGHTS NEWS & STORIES



Our President's Message



Hunt Military Communities celebrates the youngest members of our communities. The smallest warriors, the children, often make some of the most significant sacrifices moving from state to state, school to school, and having parents deployed for long periods, along with the myriad other challenges military families face. We are proud to acknowledge and support the tremendous strength and resiliency children of our military families display. To recognize military children, we have launched our 2nd annual "Hunt Little Heroes."

We ask that your children share stories of what they think it takes to be a hero and how they've been a positive influence in their community. Applicants are asked to submit a 300-word essay, a video no longer than 2 minutes, or a drawing telling their "Hero Story" in their own unique way. For the "younger" heroes, a photo with a short caption may also be submitted. All applicants will receive a complimentary Hunt Little Heroes cape and mask. We will select the top three submissions and give a cash prize to each. Applicants can visit <https://learnmore.scholarsapply.org/huntheroesscholarship/> to see if they qualify, and to submit their story. From all of us here at HMC, thank you for your service and sacrifice.

Best,

A handwritten signature in blue ink that reads "John Ehle".

John Ehle, President

Hunt Military Communities



Women's History Month

Image credit:
Color digital image of Lee Lane in uniform sitting in the cockpit doorway of a helicopter
(Library of Congress)

The four major wars in which American women served after World War II can be split into two pairs. Korea and Vietnam were conflicts fought in Asian countries divided by the politics of the Cold War. The Persian Gulf War and the conflicts in Afghanistan and Iraq were fought in the Middle East and grew out of tensions over aggression in that region and, in the latter instance, the 9/11 attacks. For women, the first two wars signaled few advances in their roles in military service, but in the two recent wars, the areas of women's participation expanded immensely, with potentially more dire consequences.

<https://www.loc.gov/vets/stories/ex-war-women4wars.html>

CONTACT INFORMATION



Please see below for our updated contact information:

Office Phone Line: 360-679-4241

Leasing Phone Line: 877-340-9055

Maintenance Work Orders: 866-616-3267

Email: northsoundrso@huntcompanies.com



HuntMilitaryCommunities.com



National Nutrition Month

Benefits of Coffee

Reviewed by sarah Klemm, RDN, CD, LDN Published - September 29, 2020
Reviewed January 2020



Wake up and smell the ... antioxidants?

If you think your morning cup of joe provides nothing more to your body than a jolt of caffeine, you might be pleasantly surprised to learn that your daily cup may provide some additional benefits as well. Drinking moderate amounts of coffee has been linked to lower risk of cardiovascular disease, Type 2 diabetes and Parkinson's disease.

And those antioxidants? Although researchers have yet to determine the exact mechanisms behind some of the disease-preventing effects, it is important to keep in mind that these compounds may be exerting other beneficial effects, such as acting as an anti-inflammatory. Coffee also contains small amounts of some nutrients, including potassium, niacin and magnesium.

Making your coffee a vehicle for fat-free or low-fat milk is one way to increase your daily calcium and vitamin D intake. If your diet does not include dairy, a fortified soy beverage is a calcium-rich alternative. Just be mindful if adding sweetener, since coffee drinks can be a source of added sugars.

So how much java is too much? Three to five 8-ounce cups of coffee provide about 400 milligrams of caffeine, which is the most that is recommended per day for healthy adults. Certain groups, such as people with hypertension and the elderly, may be at a higher risk for negative side effects of caffeine and so should consider limiting their intake. Pregnant and breastfeeding women will also want to limit caffeine and should discuss their intake with a health care provider. Due to coffee being a stimulant, it is not recommended for children and adolescents.

Read more at <https://www.eatright.org/health/wellness/preventing-illness/benefits-of-coffee>

Healthy Activity

10 Ways Parents and Caregivers can encourage active play

1. Balance sedentary play (such as reading together) with an activity that requires movement such as tag, jumping rope or hopscotch.
2. When and if children attend a child care center, choose one that makes safe, active play a priority.
3. Set aside time each day for active play together, perhaps tossing a ball, having a dance party or taking a walk after a family meal.
4. Designate an inside and an outside area that's safe, where your child can freely jump, roll and tumble.
5. When possible, join a playgroup.
6. Encourage children to try a new physical activity.
7. Give children toys that encourage physical activity such as balls, kites, hula hoops, Frisbees and jump ropes.
8. Limit TV time and keep the TV out of your child's bedroom.
9. Plant a garden. Kids love to water plants, and they'll get excited weeks later when they see their flowers bloom or vegetables grow.
10. Instead of catching a movie or watching TV, pick an activity that requires moving together like taking walk.

Healthy Recipe

Slow-Cooker Chicken Tacos - Serves 6

By Jessica Cox, RD - Published May 5, 2020

INGREDIENTS:

- 2 teaspoons ground cumin
- ½ teaspoon salt
- ½ teaspoon black pepper
- 3 pounds boneless, skinless chicken thighs (about 12 thighs)
- 1 ½ tablespoons canola oil, divided
- 1 large onion, chopped
- 2 stalks celery, chopped
- 1 large carrot, peeled and chopped
- 1 medium jalapeño, sliced into thin rings (optional)
- 4 cloves garlic, minced
- 2 ½ cups salsa verde (green tomatillo salsa), divided
- ½ cup fat-free, reduced-sodium chicken broth
- 24 (6-inch) corn tortillas
- ½ cup crumbled queso fresco cheese
- ¼ cup fresh cilantro leaves
- 2 limes, cut into wedges (optional)



DIRECTIONS:

1. In a small bowl, combine cumin, salt and pepper. Rub mixture evenly over chicken thighs. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add half of chicken; cook 3 minutes per side or until browned. Transfer to a 5- or 6-quart slow cooker. Repeat procedure with remaining chicken.
2. Heat remaining ½ tablespoon oil in pan over medium heat. Add onion, celery, carrot, jalapeño and garlic; cook, stirring frequently, 5 to 7 minutes or until vegetables are tender and begin to brown. Transfer to slow cooker. Add 2 cups salsa and broth. Cover and cook on low 4 to 6 hours or until chicken shreds easily with a fork.
3. Remove chicken to a large bowl using a slotted spoon; shred with 2 forks.
4. Warm tortillas according to package instructions. Fill each tortilla with about ¼ cup chicken mixture, 1 teaspoon cheese, 1 teaspoon salsa and ½ teaspoon cilantro. Serve with lime wedges if desired.

NUTRITIONAL INFORMATION:

Serving size: 2 tacos

Serves 6

Calories: 340; Total Fat: 14g; Saturated Fat: 3g; Trans Fat: 0g; Cholesterol: 80mg; Sodium: 620mg; Total Carbohydrate: 30g; Dietary Fiber: 4g; Sugars: 7g; Protein: 24g; Vitamin A: 25%; Vitamin C: 8%; Calcium: 6%; Iron: 8%.

<https://www.eatright.org/food/planning-and-prep/recipes/slow-cooker-chicken-tacos-recipe>



Modified Site Operations

As Hunt Military Communities (HMC) continues to monitor the COVID-19 pandemic we continually look to adjust property operations in accordance with recommendations from the Centers for Disease Control (CDC), state, and local authorities. As a precautionary measure and abundance of thoughtfulness for the health and wellbeing of our staff and residents, we have made the following adjustments to our operations.

NEIGHBORHOOD MANAGEMENT OFFICE

We will be available for your needs with precautionary measures in place for your safety and ours!

- We will be available in the office, Monday – Friday, 8 AM to 5 PM by appointment ONLY or for emergency purposes. Otherwise, our offices will be closed to the public.
- If you have flu-like symptoms including fever, cough, or difficulty breathing, please do NOT come to our offices. We are still here for you and can offer virtual assistance in all matters. Stay home and get well!
- To make an appointment to come to the office, please call us (360) 679-4241.
- If your rent is paid via check, please utilize the rent drop box at the community center entrance. We highly encourage all residents to pay via RentPayment.com or automatic allotment if able.
- For up to date communications and to create a maintenance request, please register using the Hunt Resident App which can be found in the Apple or Android store.
- Move-ins, pre-inspections, and move-outs will be conducted with a Hunt representative and one other person only unless a virtual inspection is requested.
- Our offices will be limited to no more than 1-2 people in the office at a time. All others will be asked to wait outside or in his/her car to practice social distancing.
- Masks will be required to enter our offices. Please bring a mask along with you.
- The use of hand sanitizer will be required of all who enter our offices. We will have sanitizing stations on all office desks, we ask that you please use it.
- Multiple signs are posted throughout our offices reminding everyone to practice social distancing, wear a face mask, and preventative measures in stopping the spread of the virus e.g. washing hands, etc.

What to expect from our team

We are taking extra precautionary measures to keep our office areas clean and safe for everyone's safety!

- Sneeze guards have been installed at every desk as an extra layer of protection.
- Our team is required to wear masks while in office.
- The team is required to use hand sanitizer after every interaction.
- After every visit, contact areas will be wiped down before the next person will be allowed to enter the office.
- Strict cleaning measures have been implemented at the opening of the office, throughout the workday, and at the closing of our office.
- HMC employees have and will continue to receive the required training on all policies and procedures to ensure understanding and adherence to the policy and standards set forth.

MAINTENANCE SERVICES

Maintenance will continue to respond to ALL work order requests at this time. We will continue to screen prior to performing work in your home. Also, we are now requiring some additional precautions of our residents before we enter into a resident's home.

- We will be asking questions to identify any potential risk of exposure to COVID-19 to ensure the most appropriate response. Please note our policy instructs all employees and 3rd party providers to stay home if they are ill, showing signs/symptoms, or have been exposed to COVID -19.
- In order for us to perform repairs in the home, we will require residents to take the following action to ensure our employees can perform work in a safe manner. As a resident, you will have three options when a work order is performed inside their home:
 1. Do not be inside the home while work is being performed.
 2. Be located in a separate area of the home, with no engagement with our team member.
 3. Only 1 member of the family is allowed contact with our team member, and if this occurs a mask must be worn along with maintaining appropriate social distancing.

While we understand this action will be disappointing to some, your health and safety, our employees' health and safety, as well as that of our military, civilian personnel, family members, and the base community is our top priority.

What to expect from our Maintenance Team

Our technicians will continue to take extra precautionary measures to keep their vehicles and work areas clean and safe for all our safety!

- Technicians are required to sanitize their hands before entering the home at every visit.
- Technicians will utilize appropriate Personal Protective Equipment (PPE) to include face coverings, shoe coverings, eye protection, and gloves.
- We ask that anyone in the home maintain a 6-foot social distance. One adult is permitted in the work area, maintaining a 6-foot distance during the repair process. If present in the work order, we would further require a mask/face covering be worn. Please have all other family members and pets located in another area of the home.
- The technician will wipe down/sanitize all possible work surfaces and touchpoints before and after the work is completed.
- Technicians are required to wipe down the interior of their vehicle and any touched surface after every home visit and at the beginning and end of their work shift.

AMENITIES

Our outdoor amenities are open and residents are encouraged to practice social distancing and COVID-19 safety precautions. Our Community Center amenities remain CLOSED at this time. Please know that our intent is to solely limit the exposure to COVID while still allowing some amenities to open for you and your families' enjoyment. We are taking great care to evaluate which amenities can be reopened or remain open with the safety of all in mind. Should there be changes, we will communicate this to you and your family.

UPCOMING IN MARCH

Check out what's happening this month!

Mar 1-5 | March FB Fun! See you online!

Join us on Facebook for February FUN activities! Prizes for each day and winner chosen randomly!

Mar 12 | St. Patrick's Craft Give-Away

Stop by your local Community Center and pick-up a FREE St. Patrick's craft bag. While supplies last!

Mar 14 | Daylight Saving Time Starts

Mar 17 | St. Patrick's Day - Grab a LUCKY treat from your local Community Center. While supplies last!

Mar 20 | First Day of Spring

Mar 23-26 | READ-ALONG Scavenger Hunt

Check your emails and Facebook for more information on our Read-Along Scavenger Hunt. A different neighborhood each day.

Mar 28 | First Day of Passover

Mar 29 | National Vietnam War Veterans Day

Mar 30 | CAB Meeting

North Sound LED Lighting Upgrade Initiative

In 2020 Whidbey Island Family Housing implemented an initiative to upgrade as many light bulbs to LED throughout its neighborhoods as possible. Puget Sound Energy (PSE), the local electric provider, offers a no cost program to upgrade multifamily homes to LED lighting.

The PSE team worked with us to develop personalized kits for each home that qualified. Those that completed the task received a \$5 gift card. The PSE team put many man hours into this project including driving to and from Whidbey Island to deliver and pick up kits, developing a sign up process, and calling many of you to work through your questions and unique challenges. Special thanks go out to the PSE team for helping us find an alternative to going into our homes during a pandemic, but still accomplish so much before the program ended in December 2020.

Final verification shows 282 units received the upgrade and a total of 5,331 light bulbs were upgraded to LED. Annual savings estimates of around 219,000 kwh and \$22,000 are expected from this project, depending on how many hours lighting is used in each home.

We thank each and every resident who participated in the initiative to upgrade your lighting to LED. We could not have accomplished this much without you, especially with the unique challenges during 2020. Thanks to this effort, our homes have newer equipment that will last longer and use less energy. Please be mindful of your energy consumption and help us practice conservation throughout 2021 and into the future. Remember that any conservation means less funds spent on utilities and the ability to complete maintenance and upgrades on the homes in our communities!



Residents and staff may nominate any of their Whidbey Island Family Housing residents to receive the Good Neighbor Award!

A Good Neighbor can range from picking up trash, pet sitting, house sitting, mowing lawns, helping neighbors, and so much more!

Send your nominations to northsoundrso@huntcompanies.com and please be sure to include the address of and reason behind nominating your Good Neighbor.

The winner of the Good Neighbor Award will receive a pizza night on us, a gift basket, and a Good Neighbor Award magnet or yard sign to display!



Congratulations to our Good Neighbor Award winner! The Zumwalt family was nominated by several neighbors after seeing the family pick up trash around the neighborhood! After speaking with Mr. Zumwalt, he mentioned they like to spend some time each weekend cleaning up around the community.

We are extremely grateful and appreciative of the time and effort they have put into their community. Thank you, Zumwalt family, for being a part of our community and being a great neighbor!

Contact Information
Neighborhood Management and
Maintenance Offices open:
Monday - Friday 8:00-5:00pm
Closed Saturday & Sunday

Office Phone: 360-679-4241
Available for Emergencies 24/7:
866-616-3267

Victory Terrace - 2205 Egret Drive
Crescent Harbor - 1930 Magnolia Way
Maylor Point - 1093 Mt. Stewart Loop
Maintenance Shop - 2372 Robin Street

MAINTENANCE CORNER



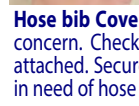
Filters - Please ensure that your air filters are replaced regularly (every 3 months). Stop by the maintenance shop to pick up your FREE filter when you are ready to replace them.



Smoke Alarms - Test all smoke alarms to make sure they are working properly. Check the batteries and replace if necessary.



Thermostats - Check your thermostats to ensure they are working properly. Replace batteries if necessary. Always keep your heat ON. Reduce temperature to 55 degrees IF you plan to travel and leave the home. Contact your local neighborhood management office if you plan to be away from your home.



Hose bib Covers - As the temperatures begin to drop, frozen pipes become a concern. Check your outside faucets and disconnect any hoses that may be attached. Secure your hose bib covers over the faucet for protection. If you are in need of hose bib covers, stop by the maintenance shop to pick one up.



Fireplace - Please ensure your fireplace has been cleared and thoroughly inspected before use. Maintain proper safety precautions when fireplace is in use. Never leave a fire unattended and always ensure fire has been put out completely.

Insect/Pest Control - Residents are allowed and encouraged to treat any insect issues with insect sprays and/or repellents. If the issue persists or is recurring, please contact your maintenance shop for further assistance to resolve the issue.



ENERGY CONSERVATION CHAMPIONS!



The **Elsen, Vandergrift, and Carrillocoira** families are February winners for conserving energy and maintaining a below average gas consumption.

The **Mao** family are also February winners for conserving energy and decreasing their electricity consumption.

All families received cash prizes for being February's Energy Conservation Champions!

****See attached flyer for more details!****



COMMUNITY ADVISORY BOARD
CREATING BETTER COMMUNITIES TOGETHER
- HUNT MILITARY COMMUNITIES -

CAB UPDATES

- The Community Advisory Board meets once a month to gain resident insight and feedback to better serve the community.
- We are currently looking for additional residents to join and represent each of our neighborhoods.
- Board members are encouraged to bring resident concerns and issues to the meeting to address.
- Resident involvement is important to ensure service member's and their families are enjoying their time here at Whidbey Island Family Housing.

We're Here for You!



Matt Bush
Community Director



Heather Carlon
Community Manager



James Mauck
Community Supervisor



Jen Jones
Community Manager



Louise Aldana
Maintenance Manager



Heather Eaton
Maintenance Manager



Nathan Kline
Maintenance Manager

Facebook: www.facebook.com/whidbeyislandfamilyhousing
Website: whidbeyislandfamilyhousing.com





COMMUNITY ADVISORY BOARD

CREATING BETTER COMMUNITIES TOGETHER

- HUNT MILITARY COMMUNITIES -



GET INVOLVED & BE AN ACTIVE
VOICE FOR YOUR COMMUNITY



HUNT IS EAGER TO CREATE A COMMUNITY ADVISORY BOARD
**TO BETTER SERVE OUR RESIDENTS
& MEET THEIR NEEDS.**

We are **LOOKING FOR MOTIVATED RESIDENTS**
that would like to get involved and be an active
voice for the community.

If you interested in being a voice for the community contact the Management Office at:

360.679.4241 • NorthSoundRSO@huntcompanies.com