

**JUNE
2021**

WHIDBEY ISLAND INSIGHTS
NEWS & STORIES



Our President's Message



This month, we will officially welcome summer, celebrate graduations, and honor fathers on Father's Day. It is also a time to prepare for PCS season and the moves many will be facing. We know all too well the stress and anxiety that come with moving. One of our goals is to help families feel a sense of community and to understand their new community, the place they will call home. Hunt Military Communities offers a host of information aimed at making

the transition seamless, as well as programs addressing deployment, family crisis, and special services. The Hunt Heart Program is designed to help our families when they need it most. If you are not familiar with this program, I invite you to visit your community website or huntmilitarycommunities.com to learn about these special services. Additionally, each community has a Resource Guide listed under Resident Services that will help to acclimate our families to some of the many services your specific community offers. Thank you for choosing to make your home at a Hunt Military Community, and I wish you a safe and healthy start to summer and PCS season.

Best,

**John Ehle, President Hunt
Military Communities**



HuntMilitaryCommunities.com



The Best Father's Day Jokes and Puns

- "I asked my dad for his best dad joke and he said, 'You.'"
- "You can tell it's almost Father's Day. The kids suddenly want to stop at all the garage sales."
- "Happy Father's Day Dad. May your day be better than your jokes."
- "If the world has S'more dads like you, it would be sweet."
- "Let's taco 'bout how much you rock."
- "As a grill master and dad, you're a rare find."
- "You can be a real pizza work, and sometimes you bacon us crazy, but we love you anyway."

- Q: "What did the baby corn say to the mama corn?"
A: "Where's popcorn?"
- Q: "Why do dads who golf always take an extra pair of socks?"
A: "In case they get a hole in one!"

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

JUNE - Men's Health Month



Nine tips for Men's Health

by Air Force Reserve Lt. Col. Christopher W. Bunt, M.D.

Let's face it, men are often hesitant to talk about their health concerns or visit the doctor. That needs to change. According to the Centers for Disease Control and Prevention, men die at higher rates than women from heart disease, cancer, diabetes, influenza/pneumonia, kidney disease, accidents, and suicides. Early detection and treatment can improve your odds of surviving illnesses.

Many of the major health risks that men face can be prevented with a healthy lifestyle, and a healthy lifestyle can start with one small choice. Make your first one today! Here are nine tips to get you started:

Move. Men need at least 150 minutes of moderate aerobic activity, or 75 minutes of vigorous aerobic activity, each week. Moderate activities include brisk walking and mowing the lawn. You should still be able to have a conversation while doing these activities, but not quite hold an extended musical note of your favorite song. Vigorous activities include running, swimming laps, singles tennis, bicycling at least 10 mph, or jumping rope. Add strength and resistance training exercises (body weight or gravity alone is fine) at least twice a week, and include all major muscle groups, doing one set of 10 repetitions per exercise.

Say no to tobacco. Quitting smoking improves your health and lowers your risk of heart disease, cancer, lung disease, and other smoking-related illness. Avoid secondhand smoke. Don't vape, chew tobacco, or use other tobacco products. They all increase your risk of cancer.

Control stress. Stress is part of life. Focus on taking care of yourself. Talk to friends and loved ones. Let them know how you're feeling and how they can help. Don't use drugs or alcohol in an attempt to deal with your stress. They create more problems than they solve.

Eat better. Reduce your consumption of processed and packaged foods. Stick to shopping for what's on the outside aisles of the grocery store. Pick one dietary indiscretion – something you don't need to eat -- and cut back. Eat more fruits, vegetables, and nuts. Instead of beef, try fish, chicken, turkey, or pork.

Drink water. Increase your water intake when you are more physically active in hot or cold climates, running a fever, or have diarrhea or are vomiting. If your urine is clear, you're appropriately hydrated. Carry a reusable water bottle throughout the day and sip from it regularly. Refill it when empty. When eating out, substitute water with a wedge of lemon or lime for a sugar-sweetened beverage.

Get plenty of sleep. Sleep hygiene is crucial. Go to bed and get up around the same time every day. Sleep in a cool, quiet, dark place. Don't watch TV or use your phone in bed. Aim for seven or eight hours of sleep per night.

Prevention first. Cancer screening tests can spot disease early, when it's easier to treat. And immunizations can prevent many illnesses from impacting you at all. If you have any concerns, visit your doctor before they become major issues.

Nurture positive relationships. Be present with your loved ones. Stop staring at electronic screens and live in the moment with those around you. Help others. Be kind. Smile and laugh more. Complain less.

Use mindfulness. Consider activities that allow for self-reflection. Mindfulness apps can help start you on this process. Meditation, yoga, and other "centering" activities can further expand your mind. At the end of your day, reflect about something you learned and how you can use that to improve your tomorrow.

<https://www.health.mil/News/Articles/2019/06/12/Nine-tips-for-Mens-Health>

FATHER'S DAY MEAL

Super Summer Burgers

Recipe courtesy of *The Old Farmer's Almanac*

BACON TOPPING INGREDIENTS:

- 6 slices Applewood smoked bacon

*Preheat oven to 400 degrees. Line a rimmed baking sheet with aluminum foil. Preheat grill to medium-high. Arrange bacon in single layer on baking sheet. Cook in oven for 10-12 minutes, or until brown and crispy.

RELISH & MAYONNAISE INGREDIENTS:

- 3 Tbsp butter
- 2 Gala apples, peeled, cored, and finely diced
- 1 yellow onion, finely diced
- 1 tsp chili paste
- 1/2 tsp kosher salt
- 1 lemon
- 1/2 cup mayonnaise
- 2 Tbsp thinly sliced scallions

*For relish: In a skillet over medium heat, melt butter. Add apples and onions and cook for 5 to 10 minutes, or until tender. Add chili paste and salt. Remove from heat and cover to keep warm.

*For mayonnaise: Remove zest from lemon and set aside. Juice half of lemon. In a bowl, combine zest and lemon juice. Add mayonnaise and scallions and stir to combine.

SLIDERS INGREDIENTS:

- 2 pounds freshly ground beef chuck
- 1/4 cup finely chopped fresh italian parsley
- 2 tsp salt
- 1 Tbsp Worcestershire sauce
- 1 Tbsp Balsamic Glaze
- 1 Tbsp melted butter
- 2 tps dark-drown sugar
- 1 tsp chili paste
- 12 slices sharp white cheddar cheese
- 12 brioche slider rolls or dinner rolls, split in half
- 1 cup coarsely chopped red leaf lettuce

*For sliders: Break beef into clumps by hand and put into a bowl. Add parsley and salt.

In another bowl, whisk together Worcestershire sauce, Balsamic Glaze, melted butter, brown sugar, and chili paste.

Add to beef and gently mix to combine. Form into 12 patties.

Cook on grill for 3 minutes. Turn over, top each with slice of cheddar, and cook for 3 minutes more. Transfer patties to a plate.

Place rolls split side down on grill for 1 minute, or until lightly toasted.

To assemble: Spread mayonnaise on bottom half of each roll. Arrange lettuce on top. Add patty, cheese side up. Halve each bacon slice. Put one half on each patty. Top with relish and remaining roll halves.

<https://www.almanac.com/recipe/super-summer-burgers>



HUNT EMPLOYEE FEATURE

Tara Gowin Maintenance Director

Tara joins Hunt with over 12 years of property management experience, having spent the past ten years in military property management. In addition, she has experience in maintenance management. We are excited to have you on the team!

Welcome to Hunt, Tara!



Tony Peppey Maintenance Supervisor

Tony is a Navy spouse, and father of three awesome boys and one princess. He worked as a facility manager for 3 years, before relocating to Whidbey Island, due to wife's transfer of duty station. He worked as a maintenance technician at HMC Whidbey at the beginning of 2020 and then transitioned into the position of Maintenance Supervisor 1 year later! We are excited to have you on our team!



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!

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!

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



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.

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.



Self-Maintained Flowerbeds - Spring/Summer temperatures have allowed many residents the opportunity to start yard/flowerbed upkeep. If you opted to maintain your flowerbed at the time of lease signing, please remember it is your responsibility to maintain the condition of the landscaping at your home.

Watering Lawns - Residents are responsible for watering the lawn (front and back) and flowerbed areas. If your home has an automated irrigation system, your front lawn and flowerbed will be watered on a schedule. Do NOT over water your lawn and/or flowerbed.



Self-Service Options - Our maintenance department has a few self-service options to help maintain your home and lawncare. Mowers and weed eaters are available to loan out, as well as long dusting poles to clear debris from the exterior of your home. Please give maintenance a call to inquire about self-service availability of any item.

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.



FRIENDLY REMINDERS



BBQ Grills: Outdoor grills are permitted only outside the home no closer than ten (10) feet to the house or fence. Barbecue grills should not be left unattended when in use or while still hot. Cooking food in the front yard or on covered balconies, and/or patios using hibachis, grills, etc. is prohibited.

Pools/Bounce Houses/Trampolines: NO swimming pools or hot tubs are allowed on property. Wading pools are allowed and must be emptied and put away daily. Wading pools are only allowed in the backyard. Bounce houses are permitted and must be taken down and put away on a daily basis. Trampolines are NOT permitted on resident premises.



RVs/Utility Trailers/Boats: Recreational vehicles (campers, trailers, boats, etc.) are not permitted to be parked in the Neighborhoods at any time; however, such vehicles may be parked within the confines of the garage on the Premises. Please refer to the Community Handbook for more information.

We're Here for You!



Matt Bush
Community Director



Heather Carlon
Community Manager



James Mauck
Community Manager



Jen Jones
Community Manager



Tara Gowin
Maintenance Director



Louise Aldana
Maintenance Manager



Heather Eaton
Maintenance Manager



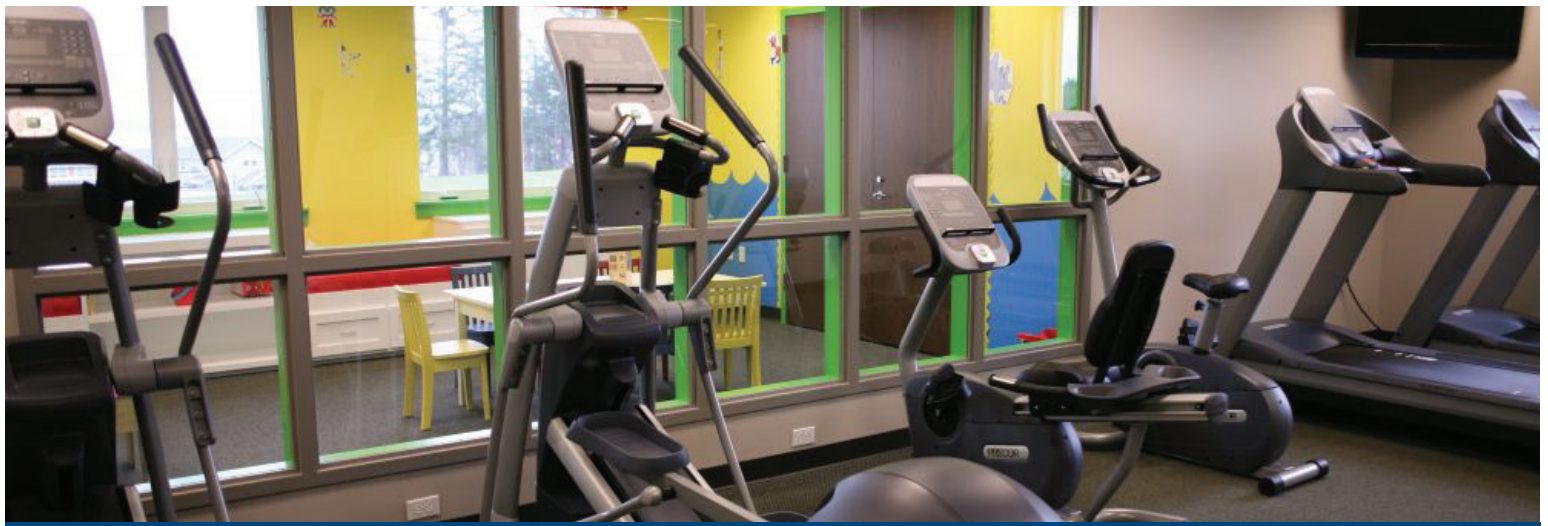
Nathan Kline
Maintenance Manager



Tony Peppey
Maintenance Supervisor

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





NEW GUIDANCE ON THE USE OF OUR **FITNESS CENTERS & PLAYROOMS**

Welcome! In line with state and CDC safety measures, please know that our playrooms are limited to the use of one family at a time, in one hour time blocks. Like so, the use of our fitness centers will also be covered by the guidelines below:

- Our Fitness Center will accommodate 5 residents at one time for Victory Terrace, 2 residents for Crescent Harbor and Maylor Point. In addition to the fitness center, we will reopen the children's playroom. Please remember you will need to supply any toys or mats for your children's enjoyment while you are utilizing the fitness center.
- Our amenities will operate during the hours of 9:00am to 12pm and 1pm to 4:30pm. It will be closed daily between 12 PM and 1 PM for sanitation.
- Identification is required at the time of sign-in for any amenity usage to check out a FOB to enter the amenity room. You will need to return the FOB at the end of your scheduled hour to collect your ID and check out.
- Amenity usage and sign-ins are first come, first serve. We will not be scheduling any appointments. You are encouraged to call ahead of time to determine availability.
- You may sign up to use our amenities in one hour sessions with check-ins at the top of the hour and mid-hour. For example: Sign in for one hour at 9:00, 9:30, 10:00, etc.
- All of our residents are required to check in with our staff where they will be asked COVID-19 Screening Questions before entering the amenities.

Please contact our office for more information.



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



HUNT HEART PROGRAM

SPOUSAL OUTREACH SUPPORT

Life as a military spouse has its own challenges, but deployment brings on additional challenges for the spouse who cares for the home. Today's military families may be faced with multiple deployments or have to leave home for extended periods of training and the spouse who stays home shoulders the responsibility of maintaining the home life, and caring for children and pets, often while supporting a career. Spouses of deployed service members are faced with fulfilling the roles of both parents while bearing the emotional load of concern about the safety of the deployed spouse and the risk they face abroad.

Hunt recognizes these challenges and cares about our service members and their families. This is why we have established the **Hunt Heart Spousal Outreach Support (SOS) Program** for our resident families during a time when the spouse is deployed or away from home.

The **Spousal Outreach Support (SOS) Program** is backed by a team of caring individuals whose goal is to make life a little bit easier and bring smiles to the faces of family members while the service member is not there.

QUALIFICATIONS

Any resident with a spouse who is deployed, will be deploying or will be leaving for an extended period of time qualifies to be in the Hunt Heart Spousal Outreach Support Program (SOS).

ENROLLMENT

Residents who want to be considered for the SOS Program should contact the leasing office for enrollment. You will need a copy of your orders and a Power of Attorney to get started.

The **SOS Program** serves as an added bonus to living at a Hunt military community by providing deployed or absent service members peace of mind knowing that their loved ones will always have someone to contact for assistance while they are away.

SPOUSAL OUTREACH SUPPORT (SOS) BENEFITS:

- Maintenance Plus
- SOS Days
- SOS Resources

SOS MAINTENANCE PLUS

Maintenance Plus is designed to assist families with tasks that are traditionally done by the absent family member. Services provided are in addition to the 24 Hour Emergency and routine maintenance services that are already provided.

Services may include but are not limited to:

- Assistance with hanging pictures
- Assembling bikes and toys
- Changing light bulbs or moving furniture
- Mowing lawns
- Putting up or taking down Christmas decorations
- Grass cutting
- Weed removal from flowerbeds
- Shoveled sidewalks during snow events
- Box and packing material up

SOS DAYS

SOS Days are special events and days of family oriented activities dedicated to family of absent or deployed spouses.

SOS RESOURCES

SOS Resources are provided to assist our families in preparing and planning for deployment.

There are many decisions that have been made prior to deployment and preparing for deployment and preparing for deployment is paramount to family well-being.

WHERE DOES YOUR BAH WITH HUNT MILITARY COMMUNITIES GO?

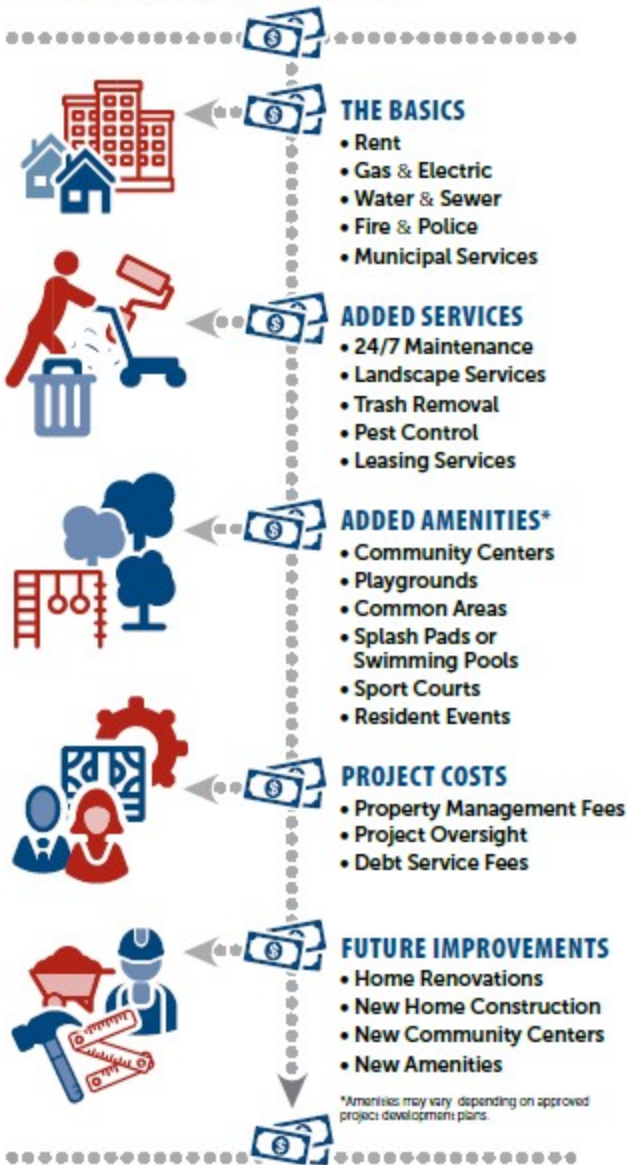


Your Basic Allowance for Housing (BAH) is the stipend the Department of Defense allocates for you to pay for the majority of rent and utilities.

HuntMilitaryCommunities.com



Your BAH with Hunt Military Communities Includes:



BAH funds are reinvested back into the project for current and future service members' needs.