

**JUN
2021**

FORT LEE INSIGHTS
NEWS & STORIES



HAPPY FATHER'S DAY



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 PSC season.

Best,

John Ehle
President
Hunt Military Communities



HuntMilitaryCommunities.com



SAVE THE DATE

June 14th

National Flag Day

June 20th

First Day of Summer

June 20th

Father's Day

May's Resident BBQ and Hot Dog Community Information Drive-by

Hot diggity dog! Thank you to all of our wonderful residents that joined us just in time for dinner and showed their support. The Community Drive-by BBQ was a huge success with over 300 hot dogs and BBQ sandwiches handed out.



Contact Information

1510 Sisisky Blvd. • Fort Lee, VA 23801

Phone: 804-733-1558

Facebook: Fort Lee Family Housing

JUNE EVENTS

Splash Parks Grand Opening

June 17, 2021, marks the day that Fort Lee Family Housing will celebrate the "Grand Opening" of our two splash parks.

Kona Ice will be at each park to dish out your favorite snow cone. Fort Lee Family Housing has partnered with T Mobile to bring you a fun afternoon. Be on the lookout for a flyer to your door with more details...

Happy Birthday, Army!

On June 14 the Army will be celebrating their 246th Birthday! In celebration of the Army's birthday and Flag Day, each neighborhood center will have cupcakes for the residents to drop by and grab a snack and wish the Army Happy Birthday!!

The centers will have cupcakes available from 10:00 am to 4:00 pm on June 14, 2021.

June is PTSD Awareness Month

June is the national month for Post-Traumatic Stress Disorder (PTSD) awareness. June 27th is also National PTSD Awareness Day. A lot of people battle PTSD in silence. Hunt Companies wants to acknowledge our veterans, retirees, and active duty residents who may battle PTSD. The month is dedicated to raising awareness about the condition and how to access treatment. June is also known for Men's Health Month.

Hunt Companies is dedicated to our residents! We want to focus on the positives going on in our world! Let's try to focus on ways to help the people around us who make a difference. Learning new things can be fun and exciting! June is full of national holidays, however, PTSD Awareness is very meaningful to us, granting us the opportunity to learn more and help people who help us!

Pet of the Month Photo Contest

Be sure to follow us on Facebook "Fort Lee Family Housing" and post your pet's photo in the comment section under the Pet of the Month Photo Contest post. June's Pet of the Month Photo Contest will run from June 8-15, 2021. You can also email your photo entries to fortleefamilyhousingleasing@huntcompanies.com by 12:59 EST on June 15th for a chance to win a prize.

One cat and one dog winner will be randomly selected and announced on June 16th.

Yard of the Month Photo Contest

With Spring almost over, show us what you've been working on. Follow us on Facebook "Fort Lee Family Housing" and post your yard photo in the comment section under the Yard of the Month Photo Contest post. June's Yard of the Month Photo Contest will run from June 17-24, 2021. You can also email your photo entries to fortleefamilyhousingleasing@huntcompanies.com by 12:59 EST on June 24th for a chance to win a prize.

We will choose the winners from the pictures we receive. We will be posting the winner on Facebook and delivering the gifts to the winners' homes.

Advisory Board - Be Heard!

Fort Lee Family Housing would like to invite you to join your Community Advisory Board. We need representatives from all neighborhoods. If you are interested in representing your neighborhood, please call the main office at 804-733-1558 for additional information.

Fort Lee Family Housing founded the new Community Advisory Board (CAB) in 2019. Residents from each neighborhood and a representative of Hunt Military Communities at Fort Lee comprise the Board. The CAB meets periodically to discuss various topics of interest, assist in planning community events, as well as serve as an active liaison for information between neighborhood residents and Hunt Military Communities. Please consider this opportunity to bring life and spirit to the community through cooperation within our neighborhoods.

Hunt Military Communities on Good Morning America

Fort Lee Family Housing recently had one of their own featured on Good Morning America which aired May 25, 2021. GMA teamed up with the Hunt Little Heroes Program to honor military kids for Military Appreciation Month. Joseph Cobb (8) wanted to make an impact and bring awareness to mental illness. He has made over 63 hugs to mail out to anyone so "they don't feel alone". Each hug is traced from Joseph's arms and he personalizes each hug.

Hunt's Little Heroes Program awarded \$1000 to any charity of Joseph's choice and \$1000 to him. Joseph's charity, Court Appointed Special Advocates (CASA), is a national association in the United States that supports and promotes court-appointed advocates for abused or neglected children. Joseph plans on treating himself to a new tablet and a Roblox gift card to purchase more Robux and a gift for his siblings. Way to go Joseph! We are so proud of you.

Watch it here: <https://www.goodmorningamerica.com/news/video/gma-celebrates-military-kids-making-difference-communities-77867975>

Congratulations to Our May Pet of the Month Winners

Baily - Owned by The Bollin family (Dog)

Cookie - Owned by the Schmitt Family (Cat)

THEY BOTH RECEIVED GIFTS CARDS TO PETSMART



INSECT DETERRENT PLANTS

Did you know that certain plants can help keep the bugs away? Insect deterrent plants fall into two main categories: flowers and herbs. These flowers and herbs have been used for hundreds of years as insect repellents. Research on these plants and their effectiveness on insect control has concluded that they can be very successful as an insect repellent in essential oil form. There is not a lot of research done on the plants themselves and how they affect insects. Essential oils have been proven to work as a very effective repellent because they are much more potent than just the plant in the ground. For the plant to produce a stronger scent, the leaves must be crushed to extract the oils to produce an aroma. However, there are numerous flowers and herbs that when planted in higher numbers can help deter insects especially when they are planted in key areas like next to doors or around a patio.

Try it out and tell us what you think.

Herbs

Check out these herbs for their value and their use. You may be surprised!

- Basil - Many people keep basil by their door and indoors to deter flies and mosquitoes while providing a delicious herb to add to your favorite dishes. Basil needs about 6-8 hours of sun so plant them in the south-southwest of your property and it is best to plant them in early spring.
- Lemon Thyme - This herb can be used to repel mosquitoes although you need to bruise the leaves which can be done by cutting the leaves and rubbing them together to release the aroma. Thyme thrives in full sun so plant them on the south side of your property or a sunny window. They are drought resistant so plant them from spring to summer.
- Rosemary - This is an effective herb at keeping mosquitoes away although it is recommended to plant in a pot. This is another great-tasting herb that produces a pretty purple flower. Rosemary prefers full sun as well so the south side of your property or a sunny window is optimal in the spring to summer months. A dry climate is best so plant on a fast-draining area and do not add fertilizer.
- Sage - This is a good perennial plant that can be utilized by plucking a few leaves off and when you add them to your fire pit, it will keep mosquitoes away. Sage prefers medium to full sun so the south to southwest areas of your property will suffice or a sunny window. This is a drought-tolerant plant so plant in the late spring or summer months. Wait until the soil is completely dry to water it.
- Catnip - People do not usually think of catnip as an herb but it produces nepetalactone, which repels mosquitoes, flies, deer ticks, and cockroaches. Catnip grows best in full sun so plant on the south side of your property. Water them a lot and they will grow tall with minimal nutrients. Plant in the spring or summer.
- Lemon Grass - Citronella is the active ingredient found in commercially sold Citronella candles and is also used in many Asian dishes. Lemongrass prefers well-drained soil so an easy to drain pot works great along with a lot of sun, so the south side of your property is ideal. Plant in the spring to summer months.

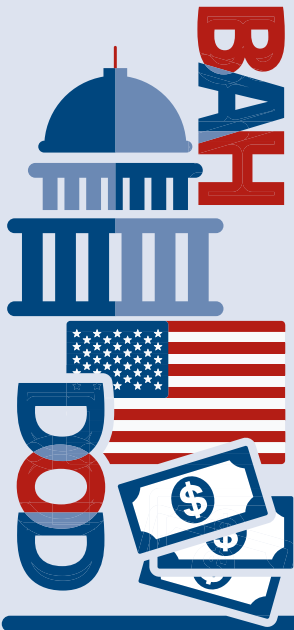
Flowers

Besides being pretty to look at and nice to smell, check out these flowers for their value and their use. Are you surprised?

- Lavender - Has been used for centuries to repel moths, flies, and mosquitoes from the aroma it gives off and produces many small purple flowers. Lavender prefers the sun with some shade in the summer months. Plant on the southwest side of your property in the spring or summer. Plant in a well-drained area or pot.
- Chrysanthemums - This pretty pink flower contains pyrethrin to repel fleas, lice, bed bugs, roaches, and ants that are found in many commercial insect repellents. These prefer a lot of sun so plant them on the south side of the property and water them regularly. Plant them in the spring.
- Pyrethrums - are a companion flower to chrysanthemums that produces the same chemical pyrethrin and have a white flower. Pyrethrums prefer shade in the afternoon so plant them on the east side of your property in the spring. Water them daily.
- Marigolds - Research from Newcastle University School of Natural and Environmental Sciences showed that marigolds release limonene which is an ingredient found in commercial insect repellent to deter mosquitoes, aphids, and whiteflies. Marigolds need direct sun to be healthy so plant them on the south side of your property in full sun in a well-drained area or pot. Plant them in the spring to summer months.
- Geraniums - one type of Geraniums is the Pelargonium Citrosium "The Mosquito Repellent Plant" produces a lemon scent that keeps insects away. Plant these in full sun on the south side of your property in the spring. Water them daily.
- Floss Flower - Coumarin is an active ingredient in commercial bug repellent sprays that are found in this purple flower. Mosquitoes do not like the smell of this chemical. Keep in mind these flowers need more fertile land than most so fertilizing may be required. The Floss Flower prefers full sun. Too much shade and it will not bloom much. South to the southeast side is sufficient for location and plant in the spring months
- Mint - The scent from mint can keep mosquitoes away along with other insects. This tends to spread quickly so a pot may work best for planting so it will not take over an area. Plant this in a well-drained area or pot in a partial sunlight area in the hot summer months on the east side of your property. Plant in the spring.



WHERE DOES YOUR BAH WITH HUNT MILITARY COMMUNITIES GO?

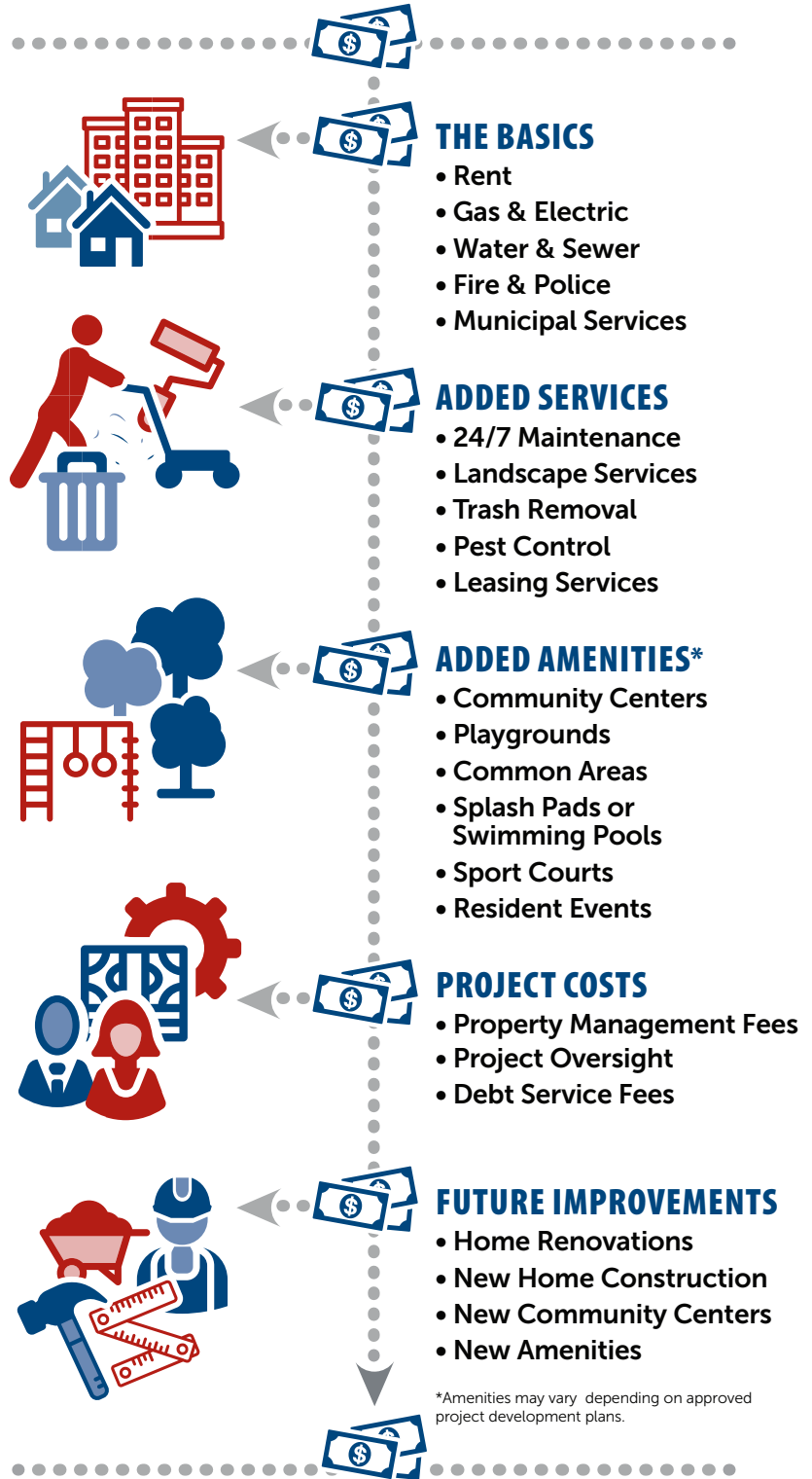


Your Basic Allowance for Housing (BAH) is the stipend the Department of Defense allocates for you to pay for the majority of rent and utilities.

HuntMilitaryCommunities.com



Your BAH with Hunt Military Communities Includes:



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