Summer is soon upon us which means more quality time outdoors and at the beautiful beaches in Hampton Roads. While playing outdoors is a great away for children to get exercise, it’s important for adults to keep a close eye on children during outdoor activities to make sure they stay safe. Check out these safety tips for a safe and happy summer:

**Sun Safety**

- The sun’s rays are their strongest from 10am-4pm, limit your time in the sun during these hours.
- For children under 6 years of age, the SSA recommends sunscreen with an SPF 30 or higher. Older children should use sunscreen that is SPF 15 or higher.
- Children under the age of six months should not be exposed to the sun, since their skin is highly sensitive to the chemical ingredients in sunscreen as well as to the sun's rays. Shade and protective clothing are the best ways to protect infants from the sun.
- You still need sunscreen on a cloudy day. 80% of the sun’s rays can pass through clouds and fog.

**Water Safety**

- Always keep kids in your direct line of sight. Be focused and alert. Reading, listening to music or having long talks with others can limit your ability to pay attention.
- A child can drown in as little as two inches of water. Even if your child knows how to swim, watch him/her closely anytime they are in or around water.
- Teach your child to swim. The American Academy of Pediatrics recommends that children begin swimming lessons at 4 years old. Most bases in Hampton Roads offer swimming classes through MWR.

Don’t miss out one of the hippest events of the Summer! Kids’ Crew, is back with events to thrill and excite the entire family.

The 2017 Kids’ Crew kicks off with an event on June 24th that transports residents to the West Coast’s iconic music and arts festival, Coachella, without ever leaving Hampton Roads.

Residents can enjoy carnival rides, live music from the local sensation Hotcakes, “food trucks”, snow cones, concert swag, crafts and much more.

The popular Kids’ Crew t-shirts will be handed out to the first 250 children to check-in.

This free event is for current Lincoln Military Housing Residents only. No guests are permitted. This is an OPEN Event, no registration is required. Just show up with your ID and have fun!

For more complete details, visit our event website: www.lincolnmilitaryresident.com

The 2017 Kids’ Crew continues with a splash on July 22nd with Expedition: Ocean Breeze, The Adventure Awaits.

Lottery winners can join us for an adventure of a lifetime at the Ocean Breeze Waterpark!

Cool off during the heat of the summer with over 30 rides, slides and attractions. Attendees will be given unlimited fun and enjoy a delicious lunch.

Plus, it wouldn’t be a Lincoln Military Housing event without tons of fun and surprises along the way!

This is a LOTTERY event. The Lottery opens May 1st. For more information or to enter the Lottery, visit: www.lincolnmilitaryresident.com.

Join Lincoln Military Housing at the Foodbank of Southeastern Virginia and the Eastern Shore for Youth and Family Night.

The Foodbank offers the opportunity for youth to volunteer alongside adults preparing food for distribution. Volunteers will sort or pack food and be introduced to the Foodbank.

This great opportunity for families to learn the importance of giving back to their communities is on Thursday, July 27th at 5:15pm.

This is a RSVP event for Lincoln Military Housing Residents. Registration closes July 10th at Noon.

For complete details and to register, visit: www.lincolnmilitaryresident.com

Join us for a special evening on August 8th to celebrate National Friendship Day.

This fun night includes tips on how to network, followed by a high speed networking activity where spouses are known to walk away with new, blossoming friendships!

Utilize your new skills afterwards while enjoying a coffee and dessert bar!

Stay tuned to www.lincolnmilitaryhousing.com for additional details and to RSVP.

Lincoln Military Housing is proud to offer FREE events to our Residents.
For a detailed list of all upcoming events, visit: www.lincolnmilitaryresident.com

Having trouble logging in? Need your Resident ID Code? Call your District Office for assistance.
Please be aware of the following community pool rules:

- Pool passes are required and can be obtained from your District Office.
- Please see your handbook or contact your District Office for our pool guest policy.
- Residents are required to show ID and sign in upon arrival of the pool at each visit, no exceptions. Children ages 0-5 do not need pool passes, but must be accompanied by either the sponsor or the spouse that possesses the pool pass at all times.
- Resident must report a lost or stolen pool pass immediately to the office.
- Persons under the age of 14 must be accompanied and supervised by a parent, guardian or legal custodian or a suitable and responsible representative at all times. A suitable and responsible representative is defined as a person authorized by a parent, guardian, or legal custodian 18 years of age or older.
- For the comfort and pleasure of all guests we ask you use earphones with all portable radios (iPods, phones, etc.).
- All residents are asked to refrain from loud or profane language and to conduct themselves in a manner that is not offensive to those around them.
- All residents are asked to shower BEFORE entering the pool.
- Only swimwear / bathing suits are permitted in the pool. No street clothes or cutoffs are permitted.
- Large flotation devices, rafts, boogie boards, beach balls and toys are not permitted in the pool.
- Life safety flotation devices (life jackets, or “floaties”) are permitted; however, these do not guarantee safety.
- THERE IS NO SUBSTITUTION FOR SUPERVISION. PARENTS ARE REQUIRED TO MONITOR AND SUPERVISE CHILDREN AT ALL TIMES.
- Running, jumping, throwing, diving or horseplay is prohibited.
- NO ALCOHOL or glass objects are allowed in or around the pool at any time.

Normal Pool Hours:
Monday's - CLOSED for cleaning
Tuesday-Saturday - Noon to 8pm

Please note: Any changes to scheduled hours will be communicated via Facebook as soon as available. Changes may be due to unplanned maintenance or weather related issues. Be sure to “like” your community Facebook page for updates.
SAFE AND SOUND

What potential poisons are in your home? Did you know medications are the leading cause of poisoning among children?

Lock up medications, vitamins, personal care products, and household cleaners. Install safety locks and latches to prevent young children from opening drawers and cabinets.

For more tips on how to keep your child safe, visit: www.militaryonesource.mil/safe-and-sound

WINDOW SAFETY

Remember, screens are not strong enough to keep children from falling through a window. Do not allow a child to be around an open window, even if a screen is in place, without parental supervision.

For more tips on how to keep your child safe, visit: www.militaryonesource.mil/safe-and-sound

ARE YOU PCSing soon?

Find your new home at MilitaryHomesToday.com, a home finder service for Privatized Housing.

WHERE’S LINCOLN?

Each month we will be posting a picture of Abe hanging out at one of his favorite places in Hampton Roads along with a hint. You can submit your guess on his location for a chance to win prizes!

To submit your guess this month all you have to do is visit: www.LincolnMilitaryResident.com, find the “Where’s Lincoln” event and register. Make sure to note your guess of his location in the notes section when you register and you are entered!

One winner will be selected from those with a correct entry. One entry per household, per month.

Residents who participate have a chance to win $500! We look forward to hearing your feedback as your opinion is the most important one.

You Could Win $500!

SatisFacts

At Lincoln Military Housing, we know that every mission begins at home. For this reason, we have teamed up with SatisFacts to provide online resident satisfaction surveys. Your feedback is an integral part of helping us achieve our goal to provide military families exemplary service and a superior home environment.

Surveys for move in’s, move out’s and work orders will automatically be sent to your email from surveys@satisfacts.com. The surveys are brief, mobile-friendly and can be submitted anonymously.

Residents who participate have a chance to win $500! We look forward to hearing your feedback as your opinion is the most important one.

Need a hint? Visit: www.LincolnMilitaryResident.com

Photo Credit: Still Memories Photography
With summer upon us, many families begin road trips. A properly maintained vehicle can improve its efficiency, reduce emissions and save you money. Regular engine performance maintenance will help your vehicle burn less gas and prevent car trouble down the line.

Follow these preventative maintenance steps to make sure your car is as environmentally friendly and efficient as possible for those summer road trips.

- **Get regular tune-ups.** A Tune-up includes checking the spark plugs, replacing fuel and air filters, and replacing ignition and/or emission system parts when needed. A proper tune-up can improve gas mileage by 4% and up to 40% when fixing a maintenance problem.
- **Lighten the load.** Get the junk out of the trunk, with the exception of essentials and emergency items.
- **Regularly check and replace dirty air filters.** Air filters should be inspected at each oil change and replaced annually. Replacing a clogged air filter will improve your car’s performance and acceleration.
- **Drive smart.** Avoid sudden starts and stops and go the speed limit. Utilize your vehicle’s cruise control features. Limit your use of air conditioning and park in the shade.
- **Tire checks.** Proper tire pressure improves gas mileage by 3.3 percent or 10 cents per gallon. Check tire pressure monthly.
- **Fill-ups.** When filling up your car, remember to stop when the nozzle shuts off. Topping off can release harmful vapors into the environment.
- **Gas caps.** Check to make sure your vehicle’s gas cap is not loose, cracked or damaged as this allows gas to escape as a vapor, wasting fuel and increasing vehicle emissions.
- **Maintain the cooling system.** A cooling system thermostat that runs too cold can decrease the fuel efficiency of a care by one or two miles per gallon.

By following these simple preventative maintenance steps, you can help protect the environment by improving emissions and gas mileage.

Source: www.carcare.org and www.cbf.org

---

**Maintenance Tip**

The proper use and care of stoves, ovens and microwaves will not only save utilities and repairs, it will give better results in cooking and baking and may prevent serious injury or fire. Routine cleaning will also make preparing for the final inspection much easier. Here are a few pointers that may help:

- Wash drip pans frequently and wipe spilled food from the burners as soon as they have cooled.
- Clean under the stovetop frequently. Spilled grease and food contribute to fires.
- Microwaves—read the appliance manual. DO NOT put metal objects in microwave. Supervise use at all times.

For additional tips for home management, please refer to your Community Handbook.

---

**RECP Tip**

Washing clothes in cold water gets them just as clean as hot water. About 90% of the energy used in washing clothes goes to heating the water.

For more tips, visit: http://lincolnrecp.com/
Lincoln Military Housing honored our moms and spouses throughout the month of May. Here are just a few of our events:

Communities throughout Hampton Roads enjoyed Mother’s Day inspired events where they could enjoy a snack with mom or create a personalized Mother’s Day gifts.

Residents enjoyed a night at the lanes during our Spring Fling event.

Spouses got “Down and Derby” at our Spouse Club Derby Day event.

Don’t miss out on all of the fun! Check out www.LincolnMilitaryResident.com for information on upcoming Lincoln Military Housing events! View more event photos at #LifeatLincoln.

“Tell Me Something Good”

Wishing all of our Heroes a Happy Father’s Day