



# Be Informed

## COVID-19

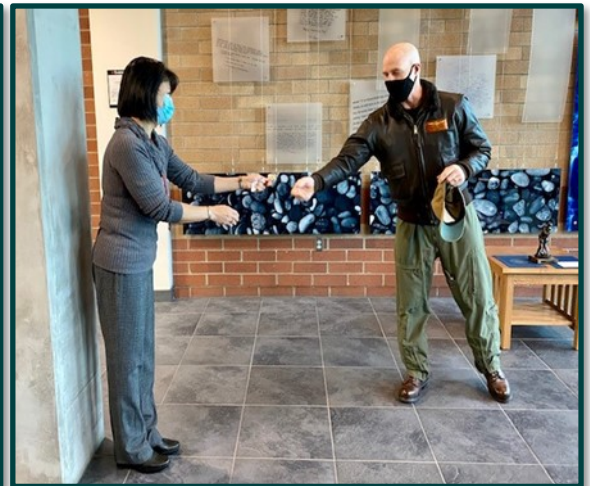
PROTECT YOURSELF • PROTECT EACH OTHER • PROTECT OUR MISSION

*"Safe and healthy is the goal for 2021!  
Together, we will make this happen."*

ADM Mike Gilday, Chief of Naval Operations

## Congratulations!

After 36 Years of Service!!!



UH Complex Manager, Ms. Jocelyn Cardona received her retirement gifts from Ms. Kathy Griswold (CNRNW Housing Operations Manager) and CDR Matthew Loverink (NAVSTA Everett XO).



### Building 2028

New furnishings include new appliances and bar stools in the room common area!



**I**N ORDER FOR OUR HEATING SYSTEM TO WORK EFFECTIVELY DURING WINTER SEASON, WINDOWS MUST BE KEPT CLOSED AT ALL TIMES. If you notice draft or cold air coming in around the window, please submit a maintenance request immediately.

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**The UH Guest Policy during the COVID-19 pandemic:** No civilian (including family members) and off-base guests/visitors allowed in UH effective immediately. Exceptions require CAPT Davis' approval.

**Are any of the drawers for your night stand, desk, bed or dresser stuck???** Some of our UH staff are trained to repair and adjust stuck drawers and this is an easy fix! Just submit a maintenance request at the front desk or on-line and we'll be happy to fix it for you.

**Turn off the tap!** Do you know that you could help the Navy save money on the water bill? When you turn off the water while shampooing and conditioning your hair, you could save up to 2000 gallons of water a year. Turning off the water while brushing your teeth will help even more.

**Only approved portable heaters are allowed in UH rooms.** UH has heaters for residents to check out for rooms that are unusually cold, and must be returned after the temperature in the room is set back to set temperature. When purchasing own heater, resident must get confirmation from the UH office, to ensure the heater being purchased is authorized.

**Need cleaning equipment?** Carpet cleaners, shampooers, step ladders, oven cleaners, and ionizers (to remove foul odors), etc., are available for check out.

**That Bed-in-a-Bag is yours to keep!** UH no longer requires permanent residents to return issued linen. Permanent residents may keep or dispose of issued linen upon check out.



### Contact Us

**Housing Director:** 425-304-3114  
**Complex Manager:** 425-304-3116  
**Assistant Managers:** 425-304-3117 or 3152  
**UH LCPO:** 425-304-3118  
**UH LPO:** 425-304-3111

## Resident's of the Quarter

September	October	November
FC2 Valles (SAMPSON)	SN Delangel (Clinic)	HN Pollock (Clinic)
ET3 Winterchavez (MOMSEN)	SN Dlabaj (MOMSEN)	STGSN Stelzer (R.JOHNSON)



Find us on the internet at: [www.navylifepnw.com](http://www.navylifepnw.com)

**SEE SOMETHING? SAY SOMETHING!** As agreed and signed upon check-in, all residents "MUST" immediately report to UH staff of any suspicious activity or unauthorized items and or personnel in the UH property. Resident Advisors are also available if needed. Remember, service members represent their services both on and off duty. We must always maintain good order and discipline.

### UH Policy Violations

Bldg.	Violation	Consequence
2029	UA Guest	XOI, issued EMI
2029	Unsecured Alcohol	Counseled
2029	Smoke Detector Tampering	Counseled
2029	UA Guest	Counseled

Although we generally act with good intentions, sometimes we stray from that expected good order and discipline and are held responsible for our actions. Act accordingly!

### Friendly Reminders



- Clean your dryer lint trap after each use. Do not forget the wall mounted lint trap, which must be cleaned on a weekly basis. This will help the dryer work effectively and prevent damage to the dryer computer board.
- Although in-room oven has a "self-cleaning" feature, it takes almost 3 hours for the self-cleaning cycle to complete. Resident must be in the room until the cycle is complete. Cleaning the oven after each use is always the best way to maintain the cleanliness of the oven.
- For the vacuum to work effectively, clean vacuum dust containers and filters regularly. For stubborn stains, UH has carpet shampooer's available for check out.
- All furniture assigned in the room must remain in the room. Lamps must not be stored in the maintenance closet as damage can occur to the lampshade.
- Please recycle. Let us know if you do not have a recycling container in your room.
- Please use the trash chute. Do not leave trash bags on the floor in the trash chute room.
- Do not throw large, hard items such as metal in the trash chute; it may damage the trash compactor. Please. no crutches!
- UH has tools for minor repairs. During working hours, staff are available to show residents how to effectively clean or perform minor repairs. See us at the front desk.

