



EXPERIENCE NAVY LIFE
NAVAL AIR STATION

WHIDBEY

OCTOBER - DECEMBER 2016

**BUILDING
STRONG FAMILIES**





Pictured Above:
NGIS-Smokey Point "Executive Suite"
Quality Rooms start at just \$60/night
Space-A reservations can be made
30 days in advance, 7 nights at a time,
and are guaranteed!

Enjoy quick access to Seattle Premium
Outlet Mall & Tulalip Resort & Casino

*Traveling over the holidays
or need extra space for
visiting friends and family?
NGIS is there for you worldwide.*

Navy Gateway Inns & Suites at Smokey Point renovations are complete! From top to bottom, we've made improvements to each suite, ensuring a comfortable stay. Whether on business or leisure travel, we are ready to better serve you. Call 1-877-NAVY-BED or visit NGIS.DoDLodging.net to reserve TODAY!



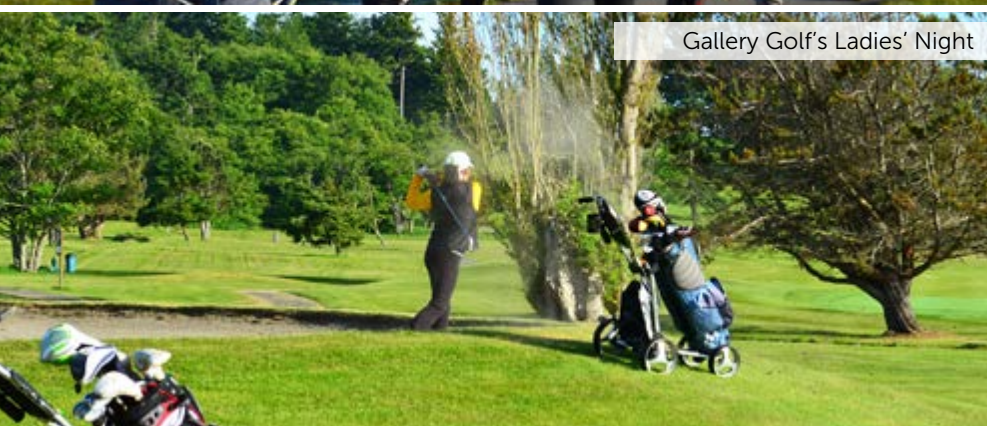
www.navylifepnw.com
NGIS.DoDLodging.net



Cliffside RV Park



Turkey Trot



Gallery Golf's Ladies' Night



Polar Plunge



Month of the Military Child Celebration

EXPERIENCE NAVY LIFE NAVAL AIR STATION WHIDBEY

OCT.-DEC. 2016

WELCOME TO THE *FIRST ISSUE* OF EXPERIENCE NAVY LIFE

Experience Navy Life Whidbey is a product of the Navy Region Northwest Fleet & Family Readiness Marketing Department, in cooperation with Fleet & Family Readiness (FFR) Program partners. Sign up to receive the digital version of Experience Navy Life quarterly at whidbey.navylifepnw.com/subscribe.

This magazine is sponsored by Navy Region Northwest Fleet & Family Readiness (CNRNW FFR). This magazine is intended to provide information and discussion on Quality of Life programs and services. The information contained in this issue was current at the time of publication. Activities, events and hours of operation are subject to change. Please visit our official homepage at www.navylifepnw.com for more information.

DIGITAL ISSUES

To download a copy of this publication, please visit whidbey.navylifepnw.com/news.

Printed in the USA. Copyright © 2016 by CNRNW FFR Marketing. All rights reserved.

06 FLEET & FAMILY SUPPORT

- Fleet Employment Readiness Program (FERP)
- Exceptional Family Member Program (EFMP)
- Life Skills Education
- New Parent Support (NPS)
- Navy Family Ombudsman Program
- Podcasts & Webinars
- Personal Financial Management (PFM)
- Sexual Assault Prevention & Response (SAPR)
- Transition Assistance Program (TAP)
- Transitions Goals, Plans, Success (GPS)
- Navy Gold Star Program
- Navy Wounded Warrior-Safe Harbor
- Family Readiness Groups (FRG)
- Individual Augmentee (IA) Support

10 RECREATION PROGRAMS

- Community Recreation
- Outdoor Recreation
- Recreational Green Space (Parks)
- Outdoor Equipment Rental
- Tickets, Trips & Tours
- Fleet Recreation
- Auto Services
- Leisure Travel
- Gallery Golf Course

16 ENTERTAINMENT & DINING

- Convergence Zone
- Skywarrior Theater
- Admiral Nimitz Hall Galley
- Bakerview Restaurant
- M.T. McCormick's O'Club
- CPO Club
- Kegler's Bar & Grill

18 CHILD & YOUTH PROGRAMS

- Child Development Centers (CDC)
- Child Development Homes (CDH)
- School-Age Care (SAC)
- Youth & Teen Center
- School Liaison Officer (SLO)

20 SPORTS, FITNESS & AQUATICS

22 LIBERTY SINGLE SAILOR PROGRAM

26 HOUSING, LODGING, NAVY GETAWAYS

- Navy Housing Services
- Unaccompanied Housing (UH)
- Navy Gateway Inns & Suites (NGIS)
- Navy Getaways Pacific Beach Resort
- Navy Getaways Cliffside RV Park
- Navy Getaways Jim Creek Community Recreation Area



ONE VOICE AGAINST DOMESTIC VIOLENCE

By Loretta McGinley

October is Domestic Violence Awareness month. Navy communities around the globe work to raise awareness of this issue. Domestic violence isn't a pleasant topic, and most of us would rather avoid it altogether.

Turning away, however, won't make it go away. Throughout October, Navy Region Northwest Fleet and Family Support Programs are sponsoring a variety of activities to raise awareness and understand our responsibilities surrounding domestic violence. Domestic Violence Awareness Month gives each of us a chance to consider how we can become part of one voice against domestic violence.

What is domestic violence? It is a pattern of behavior that consists of physical, sexual, verbal and/or emotional abuse. Domestic violence involves a variety of behaviors used by one partner to maintain power and control over their intimate partner. Abusive partners use a variety of tactics: grabbing-pushing-pinching-hitting, belittling one's partner in front of others, excessive jealousy/calling or checking up on their partner frequently, withholding access to family finances/military ID, isolating their partner from family and friends and/or blaming their partner for how they feel or act.

Victims of domestic violence often feel afraid, intimidated and withdrawn. Knowing what domestic violence is provides a way to label what we see, and know what to do about it.

How can the military community become one voice against domestic violence? Each of us at NRRNW has a role to play:

Offenders: Recognize your abusive behavior. Identify instances of physical abuse, emotional put-downs, blaming and verbal threats. Become aware of what you're doing and its effects on your partner. Make a choice to STOP all abuse, and get help to learn ways to communicate in which both you and your partner feel safe and respected.

Those living with abuse: Understand what domestic violence is. It is a pattern that will not likely go away without help. Learn about resources available to keep you safe. Talk to a friend, family or a victim advocate and choose to get help. Know you do not have to deal with domestic violence on your own.

Community members: Recognize domestic violence if you observe it. Be willing to contact law enforcement if you have fear for a victim's safety. Know local community resources available which may help a family, and share this information. Be willing to get involved.

Command: Send a clear message that domestic violence will not be tolerated. Provide a climate which supports family life, and encourages getting help, if needed. Ensure members are aware of support resources which promote healthy relationships.

The Navy has a program to address issues of domestic violence. For more information call (866) 854-0638.

HOUSING REFERRAL SERVICES

**Let us
help
you!**

Visit any Housing Service Center (HSC) for:

- Referral Counseling
- Family Housing Application
- Landlord/Tenant Resolution Services
- Lease Services
- Navy Advocate for you and your family when housing maintenance, health or safety issues arise
- Outbound Services
- and more!

All military personnel are required to check in with the Housing Service Center (HSC). This should be accomplished prior to making any arrangements for community housing. The office maintains a complete computerized listing covering almost all the rental properties in your local area.


**Navy
Housing**
(800) 876-7022



**Naval Base Kitsap
Housing Service Center**
2720 Gato Street
Silverdale, WA 98315

**NAVSTA Everett
Housing Service Center**
200 W. Marine View Drive
Bldg. 2000, Rm. 140
Everett, WA 98207

**NAS Whidbey Island
Housing Service Center**
Nor'Wester
3675 W. Lexington, Bldg. 2556
Oak Harbor, WA 98278

NBK-Housing@navylifepnw.com\\Everett-Housing@navylifepnw.com\\Whidbey-Housing@navylifepnw.com



Law Enforcement Fair



"Break the Cycle" Spin

FLEET & FAMILY SUPPORT PROGRAM



All classes are FREE! All classes will be held at the Nor'Wester, unless otherwise noted. For class information and location call (360) 257-NAVY (6289). To register for FFSC classes call 1 (866) 854-0638 in advance, unless otherwise noted. For webinars, attend the live workshops from your home computer! Register online by visiting the FFSP Webinar page on www.navylifepnw.com. Click on the "Register Online" link next to the workshop you'd like to attend. Details for attending the webinar will be emailed to the address you provide.

For most up-to-date information, visit whidbey.navylifepnw.com.

Prices, dates and times may be subject to change without prior notice.

EMPLOYMENT

Assists you in landing that perfect job!

DECEMBER

Federal Job Application Process
Tuesday, December 13
8:30-10:30 am

Writing Your Best Resume
Tuesday, December 13
11 am-1 pm

DEPLOYMENT

Addresses pre-deployment, deployment and post-deployment issues.

OCTOBER

FRG Roundtable
Thursday, October 20
6-7 pm

CIAC Roundtable
Wednesday, October 26
2-3 pm

DECEMBER

Holiday Locker Cheer for Your Deployed
Tuesday, December 6
5-7 pm

Register by Thursday, December 1. Convergence Zone Multipurpose Room Kids, from one to ninety-two, are welcome to join FFSP at the Convergence Zone for an evening of decorating projects. Leave with a decoration that can be mailed out to your deployed service member! Light snacks provided. Feel free to bring a holiday snack to share.

EXCEPTIONAL FAMILY MEMBER PROGRAM

Provides information, referral, systems navigation and non-medical case management to special-needs families.

OCTOBER

EFMP Harvest Party
Tuesday, October 11
5-7 pm

Exceptional Family Night

Wednesday, October 19
5-7 pm

NOVEMBER

EFMP Command POC Training
Tuesday, November 15
8:30-9:45 am

EFMP Command POC Roundtable
Tuesday, November 15
10-11 am

DECEMBER

EFMP Holiday Celebration
Friday, December 9
5-7 pm

LIFE SKILLS EDUCATION

Gain knowledge and develop new skills that will enhance self-esteem and interpersonal relations.

OCTOBER

Couples' Communication
Tuesday, October 11
10 am-Noon

Stress and Anger Management
Thursday, October 20
1-3 pm

Positive Parenting
Wednesday, October 26-Thursday, October 27
9 am-3:30 pm

Learn how children develop, self-discipline, problem-solving skills, responsibility, and self-esteem. Walk-ins welcome but pre-registration is highly encouraged.

NOVEMBER

Couples' Communication
Tuesday, November 8
10 am-Noon

Stress and Anger Management
Thursday, November 17
1-3 pm

DECEMBER

Couples' Communication
Tuesday, December 13
9 am-Noon

Executive DV
Wednesday, December 14
9 am-Noon
Bldg. 385

Stress and Anger Management
Thursday, December 15
1-3 pm

OMBUDSMAN

Training and support for the liaison between commands and all family members within a command.

OCTOBER

Ombudsman Basic Training: Part I
Thursday, October 6
5-9:30 pm
Register by Tuesday, October 4.

Ombudsman Basic Training: Part II
Saturday, October 8
8 am-4:30 pm
Register by Tuesday, October 4.

Ombudsman Basic Training: Part III
Thursday, October 13
5-9:30 pm
Register by Tuesday, October 4.

Ombudsman Assembly Meeting
Tuesday, October 25
6-8 pm

NOVEMBER

Ombudsman Assembly Meeting
Tuesday, November 22
6-8 pm

PODCASTS

Great information available to download in MP3 format at any time and listened to anywhere! Click on Fleet & Family Support Podcasts from the Fleet & Family Support drop-down menu on www.navylifepnw.com.

PERSONAL FINANCIAL MANAGEMENT

Help you manage your money, such as budgeting,

credit/debt management, savings and investing, ID theft, car buying and home buying, as well as other individual financial.

OCTOBER

FREE myFICO Credit Score/Report
Tuesday, October 4
Noon-1 pm

Money and the Move
Wednesday, October 5
1-4 pm

Uniformed Services Blended Retirement System
Thursday, October 13
8:30 am, 10 am, 12:30 pm, 2 pm, & 5:30 pm
Skywarrior Theater
Which retirement system is the best fit: High three or the new blended? Come learn which system meets the retirement needs of Sailors who joined the Navy after January 1, 2006. Choose from one of five, one-hour sessions! Registration not required. Walk-ins welcome!

Caring for Aging Parents
Friday, October 14
11 am-1 pm

Free myFICO Credit Score/Report
Tuesday, October 18
Noon-1 pm

Retirement Financial Lifestyle Planning
Wednesday, October 19
11 am-1 pm

Command Financial Specialist Training
Monday, October 24-Friday, October 28
7:30 am-4:30 pm
Register by Friday, October 7.

NOVEMBER

Free myFICO Credit Score/Report
Tuesday, November 1
Noon-1 pm

Million Dollar Sailor
Wednesday, November 8-Thursday, October 10
8 am-4:30 pm
Spouses welcome!
Register by Friday, October 28.

Free myFICO Credit Score/Report
Tuesday, November 15
Noon-1 pm

Home Selling
Wednesday, November 16
11 am-1 pm
Register by Friday, November 11.

Free myFICO Credit Score/Report
Tuesday, November 29
Noon-1 pm

DECEMBER

Home Buying
Thursday, December 1
11 am-1 pm

Free myFICO Credit Score/Report
Tuesday, December 6
Noon-1 pm

Car Buying
Wednesday, December 7
11 am-1 pm

Command Financial Specialist & Leadership Financial Forum
Thursday, December 8
9-11 am
Register by Friday, December 2 at (866) 854-0638.

Free myFICO Credit Score/Report
Tuesday, December 13
Noon-1 pm

FAMILY ADVOCACY PROGRAM

Offering prevention, identification, treatment and follow-up when family relationships turn volatile and violent.

OCTOBER

Domestic Violence Awareness Social
Tuesday, October 4
11 am-12:30 pm

"Stop the Cycle" Motorcycle Ride
Friday, October 7
12:30 pm

"Break the Cycle" Spin Class
Wednesday, October 12
11 am-Noon
Register by Friday, October 7 with myFFR #610116. NASWI Fitness Center Prior registration encouraged. Bikes are limited to first 30 registrants.

October is Domestic Violence Awareness Month

DOMESTIC VIOLENCE AWARENESS SOCIAL

Tuesday, October 4
11 am - 12:30 pm

STOP THE CYCLE MOTORCYCLE RIDE

Friday, October 7 · 12:30 pm

BREAK THE CYCLE SPIN CLASS

Wednesday, October 12, 11 pm-noon
Fitness Center Spin Room

This event is a one-hour Indoor cycling class. Support making a difference in the lives and relationships of Domestic Violence victims and survivors. (360) 257-6963

"CHALK IT UP" DOMESTIC VIOLENCE AWARENESS EVENT

Tuesday, October 18 · 11 am-1 pm

FREE

(360) 257-NAVY (6289)



UNIFORMED SERVICES BLENDED RETIREMENT SYSTEM

Thursday, October 13 · FREE
NASWI Skywarrior Theater

Five, one-hour sessions to choose from, 8:30 am, 10 am, 12:30 pm & 5:30 pm. Which retirement system is the best fit: High three or the new blended? Come learn which system best meets the retirement needs of Sailors who joined the Navy after January 1, 2006. Registration not required. Walk-ins welcome.



Keys to *Strengthening Resilience* in Your *Military Family* By: Fleet & Family Support Program

Military families are amazingly strong and resilient, however, long deployments, difficult reunifications, frequent moves and major life stressors, can make military life challenging. Families have different levels of resilience. Some may manage life stressors more easily than others. Regardless of the coping abilities families have, the good news is that, families can strengthen and improve their resilience in many ways.

First, let's define resilience. Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress. It simply means "bouncing back" from difficult experiences or the way we manage ourselves and our emotions through hard times, to recover and grow stronger because of them. Being resilient does not mean that families will never experience difficulty or distress, rather, emotional pain and sadness is a part of life. In fact, the journey toward resilience will likely involve troubling or stressful experiences that families will grow and learn from.

Resilience is not something people do or do not have. Resilience is actually made up of a combination of characteristics that contribute to a family's perseverance through stressful situations. Several studies show that the primary factor in resilience is having caring and supportive relationships within and outside the family. Relationships that create love and trust provide role models, offer encouragement and reassurance, and help bolster a person's resilience. Other characteristics that contribute to resilience include:

- Flexibility
- The ability to find meaning in adversity
- Having beliefs and values that offer hope and understanding beyond the "here and now"
- The ability to problem-solve and communicate

Navy Region Northwest offers MANY services and resources to help military families build their resilience. The Fleet & Family Support Centers (FFSC) are one of those incredible resources, and all services

are FREE to military families. They have highly qualified, licensed masters and doctorate-level clinicians to assist families with current crises or difficult situations, to help them find lifetime solutions. The Sexual Assault Prevention and Response (SAPR) Program offers support and referral information to victims of sexual assault, and our Exceptional Family Member (EFM) Liaisons help military families navigate through the system and find resources for their family members with special needs.

The services at FFSC do not only focus on crisis situations. Many of the services and classes help build the skills and strengths that military families already have. FFSCs offer a wide range of financial support and information, job skills, relocation information and support, educational information, assistance to new parents, life skills (communication, stress and anger management and conflict resolution) through individual appointments and classes. The centers also offer a variety of groups that help families improve their self-esteem, parenting skills, and emotional reactions and pain after a sexual assault. The FFSC staff is highly trained and passionate about helping military families build their skills for resiliency, so they can weather the challenges of military life. Take advantage of everything the FFSCs have to offer. You and your family will be better prepared for life because you did.

For more information about the Fleet & Family Support Center, please call 1-866-854-0638 or log on to www.navylife.nw.com.

"Chalk it Up"
Domestic Violence
Awareness Event
Tuesday, October 18
11 am-1 pm

RELOCATION
Help ease the associated stress of relocating for you and your family.

OCTOBER

Sponsor Training
Wednesday, October 12
2-3:30 pm

NOVEMBER

New Spouse Orientation
Thursday, November 17
9 am-Noon
Register by Friday, November 11 at (866) 854-0638.

DECEMBER

Relocation and Sponsor Coordinator Roundtable
Thursday, December 8
1-2 pm
Register by Friday, December 2.

SEXUAL ASSAULT PREVENTION & RESPONSE (SAPR) *The main goal of the SAPR program is to assist victims of sexual assault and reduce the incidence of sexual assault committed by or against military service members, their families and civilians.*

OCTOBER

SAPR C Training for Civilian Employees
Wednesday, October 12
9-11 am
Register by 2 pm, Wednesday, October 5

SAPR Command Point of Contact (POC) Training
Thursday, October 13
7:30 am-4 pm
Command screening required. Registration through current Command SAPR POC and due to the NASWI SAPR Staff Office by 8 am, Thursday, October 6. Contact your current Command SAPR POC or the NASWI SAPR Staff Advocate Office (360) 257-3265/2528.

SAPR Resident Advisor (RA) Training
Thursday, October 27
9-11 am
Location information will be provided when registering at (360) 257-5323.

SAPR DSAACP Refresher Training
Thursday, October 27
2-4 pm
CNATTU Ready Room
Attendance is mandatory for all SAPR UVAs. Contact your Command SAPR POC or the NASWI SAPR Staff Advocate Office (360) 257-3265/2528.

SAPR Initial Advocate Training
Monday, October 31-Friday, November 4
8 am-4 pm
Command screening required. All documents for registration are due from the Command SAPR POC to the NASWI SAPR Staff Office by 8 am, Monday, October 24. Contact your Command SAPR POC or the NASWI SAPR Staff Advocate Office (360) 257-3265/2528.

NOVEMBER

SAPR Command Point of Contact (POC) Training
Thursday, November 10
7:30 am-4 pm
Command screening required. Registration is through current Command SAPR POC and due to the NASWI SAPR Staff Office by 8 am, November 3. Contact your current Command SAPR POC or the NASWI SAPR Staff Advocate Office (360) 257-3265/2528.

SAPR Resident Advisor (RA) Training
Thursday, November 24
9-11 am
Location information will be provided when registering at (360) 257-5323.

SAPR DSAACP Refresher Training
Thursday, November 24
2-4 pm
CNATTU Ready Room
Attendance is mandatory for all SAPR UVAs. Contact your Command SAPR POC or the NASWI SAPR Staff Advocate Office at (360) 257-3265/2528.

DECEMBER

SAPR Command Point of Contact (POC) Training
Thursday, December 8
7:30 am-4 pm
Command screening required. Registration is through current

"You can judge a man's true character by the way he treats his fellow animals."

- Paul McCartney



Pets and Domestic Violence

By: Elizabeth Dublinski, Family Advocacy Program Victim Advocate

If you're one of the 65% of Americans that own a pet, you know the strong emotional bond you develop with them. While pets may not use words to communicate affection, animal companionship can actually have many health benefits. People with dogs are less likely to experience depression and more likely to maintain low blood pressure during high stress, exercise more regularly and even display elevated levels of serotonin and dopamine. For many American families, pets are as much apart of the family as anyone. In households where domestic violence occurs, each member of the family is affected by this dynamic, but are our pets affected as well?

Domestic violence can be described as the use of tactics to gain power and control over someone. These manipulations can be physical, emotional/psychological, sexual or a combination of the three and their complexities. Recent studies have given advocates and professionals a deeper understanding of the strong correlation between animal abuse and domestic violence. Studies from the National Coalition of Domestic Violence show that up to 71% of pet-owning women entering shelters reported their abusive partners to have threatened, harmed or killed their pet. Violent

behaviors toward an animal are not an uncommon way for an abuser to exert power and control over an intimate partner. Abusers may use animals to perpetuate the cycle of fear within the home, punish the victim for leaving, coerce them to return, inflict emotional harm, or psychologically control them. In many situations, pets can be a powerful support system for people experiencing domestic violence and, unfortunately, barriers for leaving their abusive partner. Few domestic violence shelters in the United States allow non-service animals in a shelter; however, the Humane Society of the

United States has developed a directory of Safe-Haven programs for pets that can provide temporary care and peace of mind for victims escaping domestic violence. The Animal Welfare Institute has also established a Safe Havens Mapping Project for Pets of Domestic Violence Victims, where they can visit their website and find a safe haven for their pet in a time of crises.

If you or someone you love is experiencing domestic violence, help is available. Contact the Fleet and Family Support Center and speak with a Victim Advocate at (360) 396-5138 or (360) 396-4853.

Command SAPR POC and due to the NASWI SAPR Staff Office by 8 am, Thursday, December 1. Contact is your current Command SAPR POC or the NASWI SAPR Staff Advocate Office (360) 257-3265/2528.

SAPR Resident Advisor (RA) Training

Thursday, December 22
9-11 am

Location information will be provided when registering. Register at (360) 257-5323.

SAPR DSAACP Refresher Training

Thursday, December 22
2-4 pm

Location will be provided by your Command SAPR POC. Attendance is mandatory for all SAPR UVAs. Contact your Command SAPR POC or the NASWI SAPR Staff Advocate Office (360) 257-3265/2528.

TRANSITION ASSISTANCE PROGRAM

Are you separating or retiring soon? If so, the FFSP can help you become better prepared for your transition into the civilian sector.

OCTOBER

Separation T-GPS
Monday, October 3-Friday, October 7 · 7:15 am-4 pm

Separation T-GPS
Monday, October 17-Friday, October 21 · 7:15 am-4 pm

Accessing Higher Education Track
Tuesday, October 25-Wednesday, October 26
8 am-4 pm

Capstone Event
Thursday, October 27
9-11 am

Survivor Benefit Plan Brief
Thursday, October 27
11 am-Noon

Tricare Retirement Brief
Thursday, October 27
11 am-Noon

Capstone Event
Thursday, October 27
1-3 pm

Separation T-GPS
Monday, October 31-Friday, November 4 · 7:15 am-4 pm

NOVEMBER

Career Technical Track
Tuesday, November 8-Wednesday, November 9
8 am-4 pm

Capstone Event
Thursday, November 10
9-11 am

Survivor Benefits Plan Brief
Thursday, November 10
11 am-Noon

Tricare Retirement Brief
Thursday, November 10
11 am-Noon

Capstone Event
Thursday, November 10
1-3 pm

Retirement T-GPS
Monday, November 14-Friday, November 18
7:15 am-4 pm

Separation T-GPS
Monday, November 28-Friday, December 2
7:15 am-4 pm

DECEMBER

Separation T-GPS
Monday, December 5-Friday, December 9
7:15 am-4 pm

Separation T-GPS
Monday, December 12-Friday, December 16
7:15 am-4 pm

Entrepreneur Track
Tuesday, December 20-Wednesday 21
8 am-4 pm

Capstone Event
Thursday, December 22
9-11 am

Survivor Benefits Plan Brief
Thursday, December 22
11 am-Noon

Tricare Retirement Brief
Thursday, December 22
11 am-Noon

Capstone Event
Thursday, December 22
1-3 pm

WEBINARS

Attend live workshops from the comfort and convenience of your home computer!

OCTOBER

Car Buying
Thursday, October 20
11 am-Noon

NOVEMBER

Writing Your Best Resume
Thursday, November 17
11 am-Noon

DECEMBER

Marketing Yourself Using Social Media
Wednesday, December 21
11 am-Noon



Rainier Cup



Snowinga Trip

RECREATION PROGRAMS

Convergence Zone
(360) 257-2432
Gallery Golf (360) 257-2178
General Quarters Paintball
(360) 257-2432
Navy Community
Recreation (360) 257-2432

Activity Difficulty Ratings:

I= EASY: Equivalent to being able to walk 3 miles on a treadmill at 2.5 mph. Slight inclines.

II= AVERAGE: Equivalent to being able to walk for an hour at 3 mph. Varying inclines.

III= STRENUOUS: Equivalent to being able to maintain a brisk pace on a step stepper for up to 45 minutes. Extreme inclines.

For most up-to-date information, visit whidbey.navylifepnw.com.

Prices, dates and times may be subject to change without prior notice.

ONGOING EVENTS

Rent-a-Lane Sundays

Sundays · 11 am-6 pm
Convergence Zone
Rent a lane for \$11 an hour, for up to five bowlers, for as many games as you can bowl. Shoe rental included.

Lunch and Bowl Special

Monday-Friday · 11 am-2 pm
Convergence Zone
Show us your lunch receipt from Kegler's Bar & Grill, from that day, and receive one FREE game of bowling. Shoes regular price. (360) 257-2432

Baby Signing Time

Mondays
11:30 am-12:30 pm
Convergence Zone
Multipurpose Room · FREE
A complete list of weekly activities can be found at www.navylifepnw.com. Click on 'Recreation' then 'Convergence Zone'. (360) 257-2432

Monday Madness Bowling

Mondays · 3-9 pm
Convergence Zone
50¢ games, shoes regular price. (360) 257-2432

USBC Bowling League Nights

Tuesdays, Wednesdays, & Thursdays, October 4-December 15 · 6-9 pm
Convergence Zone
\$12 weekly league fee
Join one of our Whidbey Island Bowling Association leagues or sub in for a night. There will be no open bowling available on league nights. (360) 257-2432

Toddler Time Wednesdays

11:30 am-12:30 pm
Convergence Zone
Multipurpose Room · FREE
Ages 3-5. Join us each week for a themed story time, an activity and craft. Caregiver must be present and stay/assist the child during all activities. (360) 257-2432

Crazy Cosmic Bowling Fridays · 8-11 pm (Closed Veterans Day, Nov. 11)

Convergence Zone
\$12 per person, shoes regular price.
(Almost) anything goes! DJ spinning your requests all night. Minute-to-Win-It-style contest and games with prizes. Bring your craziest friends, and showcase YouTube-worthy moments! (360) 257-2432

Family Fun Pack Bowling

Saturdays · 6-11 pm
Convergence Zone
\$30 for up to four bowlers
Enjoy two hours of bowling, single-topping pizza, and pitcher of soda. Shoes regular price. (360) 257-2432

OCTOBER

Family Farm & Craft Beer Festival

Saturday, October 1
10:30 am-6:30 pm
Convergence Zone Trips & Tours · \$18, ages 3 and up
Register by Thursday, September 29
Thomas Family Farms has something for everyone! Enjoy

the Fall Harvest festivities such as pumpkin picking, corn mazes, kid's paintball, gemstone mining and ride a real monster truck! Or for 21 and older, attend the Annual Beer in the Barn Craft Beer Festival with 30 plus local and national breweries! myFFR #9916275, (360) 257-2432

Mountain Bike Maintenance Class

Wednesday, October 5
4-6 pm
Register by Monday, October 3
Convergence Zone · \$5, ages 14 and up
This class will teach basic mountain bike maintenance and tune-ups, understanding of bike anatomy, parts, and why they are important to maintain. myFFR #403109-11, (360) 257-2432

Corks & Canvas

Friday, October 7
7:30-10 pm
Convergence Zone
Multipurpose Room · \$25
Join us for a wine and canvas painting lesson. Fee includes all materials, instruction and two drinks. Need someone to watch the kids? We have the answer! Be sure to



Wine Tasting and Painting Social



RECREATION PROGRAMS

New Year's Celebration, Convergence Zone

register by Wednesday, October 5 for Parents' Night Out offered at Clover CDC during the event. For details, visit the CYP Parents' Night Out section on page 19.
myFFR #406281-01,
(360) 257-2432

Wilderness/Remote First Aid 3-Session Course

**Friday, October 7
6-10 pm, Saturday, October 8, 8 am-5 pm, & Sunday, October 9
8 am-5 pm**

Register by Wednesday, October 5.
Convergence Zone
Multi-Purpose Room · \$119
This is an ideal course for the outdoor recreation enthusiast or those that live or work in remote environments.
myFFR #406112-01,
(360) 257-2432

Leavenworth Oktoberfest

**Saturday, October 8
7:30 am-9:30 pm**
Register by Thursday, October 6.
Convergence Zone Trips & Tours · \$44, ages 3 and up
Oktoberfest in Leavenworth is the next-best thing to being in Munich! Enjoy live music, entertainment, great food, arts and crafts, activities for the whole family, and of course real German beer!
myFFR #9916282,
(360) 257-2432

USBC Youth Bowling League Saturdays, October 8-November 26

11:30 am-2 pm
Register at the Convergence Zone by Saturday, October 1
\$10 per week · ages 5-18
League fee includes bowling, awards, participant shirts and an end of season celebration! Participants must be able to bowl with one hand and without ramp or bumpers. (360) 257-2432.

Oktoberfest Brats and Brew

**Saturday, October 8
9 am Shotgun start**
Gallery Golf Course · \$20 per person (Green fees and rental carts not included)
We will have local brewers sampling their Oktoberfest specials and serving up some Brats fresh off the grill.
(360) 257-2178

Road Bike Whidbey Island Sunday, October 9 8 am-4 pm

Register by Thursday, October 6
Convergence Zone · \$24 ages 14 and up
Grab your road bike and join us as we leave the Convergence Zone and ride down Whidbey's Scenic Isle Way to the waterfront village of Langley, on the south end of the island. There you can enjoy lunch and

views of Saratoga Passage and Puget Sound before riding back by vehicle.
myFFR #4016283,
(360) 257-2432

Fire Prevention Week Celebration Wednesday, October 12

11:30 am-1 pm
Convergence Zone · FREE
Learn about fire safety from our very own NASWI Fire Department. Sparky the Dog will be here along with our firefighter crew, reading us a story and doing activities. They will also have their fire truck on site for us to explore.
(360) 257-2432

General Quarters Paintball: Frankenstein's Army vs. The Villagers Saturday, October 15

11 am-4 pm
Convergence Zone
\$15 each. Price includes all-day air, field fee and 200 paintballs.
For all authorized DoD ID holders and their guests ages 10 and up. Frankenstein has risen and has assembled his own army. The villagers must get together to take down Frankenstein and his army. Will the villagers prevail or will they turn into the army?
(360) 257-2432

Homeschool Happening Tuesday, October 18

11:30 am-1:30 pm
Register by Thursday, October 13 at Convergence Zone front counter or call (360) 257-2432.
Convergence Zone
Multipurpose Room · FREE
Learn about homeschooling and meet other homeschooling families during our fun, interactive learning event, with the NASWI School Liaison Officer. Enjoy information, resources and networking, and children's activities, facility tour, and door prizes! FREE lunch served at 11:30 am and includes one slice of pizza and one drink.
(360) 257-2432

Mountain Bike Maintenance Class Wednesday, October 19

4-6 pm
Register by Monday, October 17.
Convergence Zone · \$5, ages 14 and up
This class will teach basic mountain bike maintenance and tune-ups, understanding of bike anatomy, parts, and why they are important to maintain.
myFFR #403109-12,
(360) 257-2432

Family Harvest Fest Saturday, October 22

Noon-3 pm
Convergence Zone · FREE
Face painting, costume parade, costume contest, prizes, craft station and FREE bowling for kids. (360) 257-2432

Spooktacular Cross-Country Golf Tournament

**Saturday, October 22
9 am Shotgun Start**
Gallery Golf Course · \$20 per person (Green fees and rental carts not included). Best tournament of the year so, register early! (360) 257-2178

Northwest Railway Museum Halloween Train Ride

**Saturday, October 22
8 am-6 pm**
Register by Thursday, October 20
Convergence Zone Trips & Tours · FREE ages 2 and under, \$37 ages 3-12, \$48 ages 13 and up
Travel on a steam locomotive that departs from the historical Snoqualmie depot and marvel at the scenic views of the lower river valley. Festive Fall activities are provided at the depot!
myFFR #9916296,
(360) 257-2432



HALLOWEEN MONSTER MASH

Friday, October 28 • 8 pm • Ages 18+ • FREE

Kegler's Bar & Grill



SWANSON'S REINDEER FESTIVAL

Saturday, November 12 • 11 am-7 pm

Register by Thursday, November 10

Convergence Zone Trips & Tours



TURKEY SHOOT GOLF TOURNAMENT

Saturday, November 19 • 9 am Shotgun start

\$20 per person (Green fees and rental carts not included) Gallery Golf Course



Deception Pass Bridge



SEATTLE WINTERFEST AND MAGIC IN THE MARKET

Saturday, November 26 • 10 am-8 pm

Register by Thursday, November 24

Convergence Zone Trips & Tours

WARM BEACH: THE LIGHTS OF CHRISTMAS

Saturday, December 3 • 5-11 pm • FREE

Register by Thursday, December 1

Convergence Zone Trips & Tours



Cliffside RV Park

Anacortes Cranberry Lake Loop & BBQ

Saturday, October 22

9 am-4 pm

Register by Thursday, October 20.

Convergence Zone • \$25 ages 14 and up

Enjoy riding mostly single-track trails through thick forests, around the lake and over several ridges. Great for all skill levels! Before heading back, BBQ lunch at Washington Park. myFFR #4016357, (360) 257-2432

Paranormal Hike

Saturday, October 22

2-11:30 pm

Register by Thursday, October 20

Convergence Zone • \$24

This is a hike designed with the aspiring ghost hunters and Railroad Buffs in mind! Explore America's worst avalanche disaster site and learn the tales of the unsettled spirits that linger there. This hike is great for the whole family to enjoy! myFFR #4016357W, (360) 257-2432

Couponing 101 Class

Tuesday, October 25 • 6-7 pm

Convergence Zone

Multipurpose Room • FREE Whidbey Coupon Club will be here to show us how to save some money while getting the most out of our money. They will instruct us on how to cut coupons as well as find paper-free digital coupons, explain store policies on coupon uses, and how to find the best deals. Please complete the survey monkey once you register so we can find out which coupons appeal to you most. <https://www.surveymonkey.com/r/P8BCB7M>. myFFR #406299-01, (360) 257-2432

Cosmic Bowling Halloween

Friday, October 28 • 8-11 pm

Convergence Zone • \$12 per person, shoes regular price.

This is Cosmic Bowling Halloween-Style with themed games throughout the night, costume contest and prizes plus, (almost) anything goes! DJ spinning your requests all night. Minute-to-Win-It-style contest and games with prizes. Bring your craziest friends, and showcase YouTube-worthy moments! (360) 257-2432



Holiday Tree Lighting Celebration



General Quarters Paintball, Convergence Zone

Galbraith Mountain Biking

Saturday, October 29

10 am-6 pm

Register by Thursday, October 27

Convergence Zone · \$26

ages 18 and up

Galbraith Mountain has some of the finest trails in the Pacific Northwest! This is for advanced riders only. myFFR #4016303, (360) 257-2432

NOVEMBER

Healthy Military Families on a Budget Series

Tuesdays, November 1, 8, 15, 22 & 29 · 5-6 pm

Convergence Zone

Multipurpose Room · FREE

Join other military families as we learn how to shop on a budget and still provide healthy options for our family meals.

myFFR #406306-01, (360) 257-2432

Mountain Bike Maintenance Class

Wednesday, November 2 4-6 pm

Register by Monday, October 31

Convergence Zone · \$5

ages 14 and up

This class will teach basic mountain bike maintenance and tune-ups, understanding of bike anatomy, parts, and why they are important to maintain.

myFFR #403109-13, (360) 257-2432

Bottoms Up Wine Glass Painting

Friday, November 4

7:30-10 pm

Convergence Zone

Multipurpose Room · \$25

Fee includes all materials, instruction, and two drinks. Need someone to watch the kids?

We have the answer! Be sure to register by Wednesday, November 2 for Parents' Night Out, offered at Clover CDC during the event. For details, visit the

CYP Parents' Night Out section on page 19. myFFR #9916309, (360) 257-2432

Scotch Doubles Bowling Tournament

Saturday, November 5

2-6 pm

Convergence Zone

\$15 per person

Each person will bowl a different frame consecutively. Two-person teams can be made up of parents and children, spouses, or bowling buddies! Prizes will be given to the winning team and other winners of various fun activities happening throughout the tournament. (360) 257-2432

Mountain Bike Cascade Trail & Lunch at Train Wreck

Saturday, November 5

10 am-6 pm

Register by Thursday, November 3.

Convergence Zone · \$27

ages 21 and up

Enjoy a leisurely 14-mile round-trip ride on the crushed-stone Cascade Trail, with a lunch stop at Burlington's Train Wreck, where you can purchase your own lunch! myFFR #4016310, (360) 257-2432

General Quarters Paintball Annual Turkey Shoot

Saturday, November 12

11 am-4 pm

Convergence Zone · \$15

Price includes all-day air, field fee and 200 paintballs. For all authorized DoD ID holders and their guests ages 10 and up.

Celebrate Thanksgiving this year at General Quarters Paintball with the annual Turkey Shoot Out. Will you rack up more points than the competition, or just get gobbled up in all the fun? (360) 257-2432

Swanson's Reindeer Festival

Saturday, November 12

11 am-7 pm

Register by Thursday, November 10

Convergence Zone Trips & Tours · \$19, ages 3 and up

Experience the holiday pavilion, filled with décor, ornaments, stocking stuffers and gifts for kids and adults. Watch trains speed through snowy landscapes in the themed model-train village and visit some special holiday guests: Curley the Camel and Dasher and Blitzen for a magical photo op! myFFR #9916317, (360) 257-2432

Road Bike San Juan Island

Saturday, November 12

8 am-6 pm

Register by Thursday, November 10

Convergence Zone · \$42 ages

14-18, \$49 ages 19 and up

You'll discover something new around every bend in the road on San Juan Island—an alpaca ranch, a sweeping valley dotted with cows and sheep, the terraces of a lavender farm, vineyards, and a historic schoolhouse. myFFR #4016317, (360) 257-2432

Mountain Bike Maintenance Class

Wednesday, November 16

4-6 pm

Register by Monday, November 14

Convergence Zone · \$5, ages

14 and up

This class will teach basic mountain bike maintenance and tune-ups, understanding of bike anatomy, parts, and why they are important to maintain.

myFFR #403109-14, (360) 257-2432

America Recycles Day

Wednesday, November 16

11:30 am-12:30 pm

Navy Recycling Center · FREE NASWI Recycling Center and Community Recreation will be hosting a one-of-a-kind recycling event. Event includes a tour, a Mr.

Recycle craft, and sorting activity with prizes. All ages welcome! Caregiver must be present and stay/assist the child during all activities. (360) 257-2432

Turkey Shoot Golf Tournament

Saturday, November 19

9 am Shotgun start

Gallery Golf Course · \$20

per person (Green fees and rental carts not included)

No need to go shopping for that Thanksgiving turkey! A par three on any hole will win you one! (360) 257-2178

Month of the Military Family Show

Saturday, November 19

1-3 pm · Doors open at

12:30 pm

Convergence Zone

Multipurpose Room · FREE

This family-friendly interactive magic show is sure to dazzle and amaze the entire family. Light refreshments available after the show. (360) 257-2432

Skagit Wine and Beer Festival

Saturday, November 19

2-9 pm

Register by Thursday, November 17

Convergence Zone Trips & Tours · \$72 per person or \$134

per couple, 21 years and older

You will be delighted with wines, beer and spirits from regions throughout Washington, including local Skagit County wineries, microbrews and spirits, as well as, gourmet appetizers, divine chocolate and delectable cheese sampling made right in Skagit County. Enjoy VIP treatment with an exclusive sampling hour and access to the VIP lounge! myFFR #9916324, (360) 257-2432

Seattle Winterfest & Magic in the Market

Saturday, November 26

10 am-8 pm

Register by Thursday, November 24

Convergence Zone Trips & Tours · \$25, ages 3 and up A wonderland of sparkling lights and spirited entertainment will brighten Seattle Center this holiday season! Check out the Winterfest ice rink, the enchanting village and train exhibit, ice sculpting and more. myFFR #9916331, (360) 257-2432

DECEMBER

Holiday Tree Lighting

Friday, December 2 · 4-7 pm

Convergence Zone · FREE

At 4 pm, Ole' Saint Nick will arrive to light NAS Whidbey Island's holiday tree with his magical touch! Enjoy caricature and balloon artists, face painters, horse-drawn carriage rides, children's crafts and refreshments. From 6-7 pm, we will close the evening with a special family-friendly variety show for all to enjoy! (360) 257-2432

Lord Hill Mountain Biking

Saturday, December 3

10 am-8 pm

Register by Thursday, December 1

Convergence Zone · \$33,

ages 18 and up

Located just outside Monroe, Lord Hill holds many trails to choose from to explore this unique wilderness park. From the higher points within the park, one can capture panoramic views of the surrounding Snohomish River valley and distant mountain ranges. Advanced riders only. myFFR #4016338, (360) 257-2432

Warm Beach: The Lights of Christmas

Saturday, December 3

5-11 pm

Register by Thursday, December 1

Convergence Zone Trips & Tours · FREE ages 0-3, \$27

ages 4-13, and \$28 ages 13

and older

It is the largest holiday light display in the Pacific Northwest

WIZARDING WORLD Jim OF Creek

JIM CREEK
Navy Community Recreation Area

Free

NOVEMBER 12 • Noon-4 pm

NAVY
RECREATION

(425) 304-5315/5363



- SORTING HAT
- LESSONS
- DESIGN-YOUR-OWN-WAND
- HORCRUX HUNT
- WIZARD DUEL
- FLYING LESSONS
- COSTUME CONTEST
- ARTS & CRAFTS
- GAMES & ACTIVITIES
- CARE OF MAGICAL CREATURES LESSON
- OWL POST

NAS Whidbey Island **GALLERY** Golf Course *Open to the public!*

GALLERY GOLF COURSE HAS YEAR-ROUND TOURNAMENTS!

**Oktoberfest
Brats & Brew**
Saturday, October 8

Spooktacular Cross Country
Saturday, October -22

Turkey Shoot
Saturday, November 19

12 Months of Christmas
Saturday, December 17

Tournaments start at 9 am, Shotgun start.
\$20 per person (Greens fee and cart rental not included).
Sign up at Gallery Golf Pro Shop.
For more information, call (360) 257-2178



Weekend Holiday Celebration

HOLIDAY TREE LIGHTING

Friday, December 2 • 4-7 pm • FREE

At 4 pm, Ole' Saint Nick will arrive to light NAS Whidbey Island's Holiday tree with his magical touch! Enjoy caricature and balloon artists, face painters, horse-drawn carriage rides, children's crafts and refreshments. From 6-7 pm, we will close the evening with a special family-friendly variety show for all to enjoy!

SANTA STORY & FUN TIME

Sunday, December 4 • Noon-2 pm • FREE

Ole' Saint Nick returns to the Convergence Zone to read a special story. After story time, enjoy photos with Santa! After photos, enjoy watching Santa bowl a few games!



(360) 257-2432

that combines live entertainment, children's activities, holiday shopping and more!
myFFR #9916338, (360) 257-2432

Santa Story & Fun Time Sunday, December 4

Noon-2 pm

Convergence Zone · FREE
Ole' Saint Nick returns to the Convergence Zone to read a special story. After story time, enjoy photos with Santa! After photos, enjoy watching Santa bowl a few games!
(360) 257-2432

Leavenworth Tree Lighting

Saturday, December 10

7:30 am-9:30 pm

Register by Thursday,
December 8

Convergence Zone Trips & Tours · \$44, ages 3 and up
The holiday spirit is everywhere in the Bavarian town of Leavenworth! Filled with old-world charm, thousands of sparkling lights, Christmas music echoing through the air, and over 100 unique shops to explore!
myFFR #9916345, (360) 257-2432

General Quarters Paintball Elf's Revenge

Saturday, December 10

11 am-4 pm

Convergence Zone · \$15 per person, includes all-day air, field fee and 200 paintballs. For all authorized DoD ID holders and their guests ages 10 and up
The elves are fed up from working every day of the year and have decided to rebel. It's up to Santa and his reindeer to stop the revolt and get them back to work. If they can't manage it, there might not be Holiday this year. (360) 257-2432

Road Bike Fidalgo Island

Saturday, December 10

8 am-6 pm

Register by Thursday,
December 8

Convergence Zone · \$31 per person, ages 14 and up
We will head to the city of Anacortes where we will start our ride around the city to explore Mt. Erie, lakes and more. Before heading back, stop at Washington Park for a BBQ! myFFR #4016345, (360) 257-2432

Mountain Bike Maintenance Class

Wednesday, December 14

4-6 pm

Register by Monday,
December 12

Convergence Zone · \$5, ages 14 and up
This class will teach basic mountain bike maintenance and tune-ups, understanding of bike anatomy, parts, and why they are important to maintain.
myFFR #403109-15, (360) 257-2432

12 Months of Christmas Golf Tournament

Saturday, December 17

9 am Shotgun start

Gallery Golf Course · \$20 per person (Green fees and rental carts not included)
There will be a drawing for all participants prior to the tournament for a chance to win the best gift of the year. Santa will be gifting a lucky someone, an annual golf pass! (360) 257-2178

Leavenworth Tree Lighting

Saturday, December 17

7:30 am-9:30 pm

Register by Thursday,
December 15

Convergence Zone Trips & Tours · \$44, ages 3 and up
The holiday spirit is everywhere in the Bavarian town of Leavenworth! Filled with old-world charm, thousands of sparkling lights, Christmas music echoing through the air, and over 100 unique shops to explore!
myFFR #9916352, (360) 257-2432

New Year's Celebration Saturday, December 31

8 pm-12:30 am

Register and pay to reserve
your lane.

Convergence Zone
Three packages to choose
from!

- FREE - Baby New Year Package: Fun Zone activities, hats, noise makers, games, prizes, and children's show.
- \$25 per person - Father Time Package: Crazy Cosmic Bowling, hats, noise makers, an appetizer, games and prizes.
- \$125 - Ball Drop Package for up to 6 people: Crazy Cosmic Bowling, hats, noise makers, an appetizer, single-topping pizza and pitcher of soda as well as games and prizes.

We also will have a DJ, a professional photo booth, with all the props, live entertainment, games and door prizes all night. Then, celebrate the new year with a champagne or sparkling-cider toast.
(360) 257-2432

USBC YOUTH BOWLING LEAGUE

Ages 5 - 18

Participants must be able to bowl with one hand and without a ramp or bumpers.

Saturdays, Oct. 8 - Nov. 26

11:30 am - 2 pm
Register at the Convergence Zone by October 1.

\$10/week

Includes bowling, awards, participant shirts and end-of-season celebration!

NAVY
COMMUNITY
RECREATION

CONVERGENCE
ZONE

(360) 257-2432

COUPONING 101 CLASS

Tuesday, October 25 · 6-7 pm · FREE

Convergence Zone Multipurpose Room

Whidbey Coupon Club will be here to show us how to save some money while getting the most out of our money. They will instruct us on how to cut coupons as well as find paper-free digital coupons, explain store policies on coupon uses, and how to find the best deals. myFFR #406299-01

FREE

HEALTHY MILITARY FAMILIES ON A BUDGET SERIES

Tuesdays, November 1, 8, 15, 22, 29 · 5-6 pm · FREE

Convergence Zone Multipurpose Room

Join other military families as we learn how to shop on a budget and still provide healthy options for our family meals. myFFR #406306-01

(360) 257-2432



Princess Tea Party



Military Spouse Appreciation
Cooking Demonstrations

ENTERTAINMENT & DINING

Please check the website for more information and updates: whidbey.navylifepnw.com. Prices, dates and times may be subject to change without prior notice.

ONGOING EVENTS

Monday Night Football

Mondays • 4 pm

Kegler's Bar & Grill

Featuring a tailgate menu and Happy-hour specials.

(360) 257-4847

Thursday Night Football

Thursdays • 5 pm

Kegler's Bar & Grill

Featuring a tailgate menu and Happy-hour specials.

(360) 257-4847

Friday Dinners

Fridays • 5-8 pm

Bakerview Restaurant

Enjoy one following (three)

options: Prime Rib (10 oz.)

\$19.95, Plank Salmon \$16.95 or

Chicken Marsala \$13.95. Dinner

comes with potatoes, vegetable, salad and dinner roll. Open to all hands! (360) 257-2505

Be-a-Star

Karaoke Night

Fridays • 8 pm

Kegler's Bar & Grill • FREE

(360) 257-4847

All Request Night and Trivia

Saturdays • 8 pm

Kegler's Bar & Grill • FREE

(360) 257-4847

NFL Sunday Ticket

Sundays • 9 am

Kegler's Bar & Grill

Featuring a tailgate menu and beverage specials all day long!

(360) 257-4847

OCTOBER

Pub Game Night

Wednesday, October 12

6 pm

Kegler's Bar & Grill • FREE

Pool tournament prizes awarded

to first and second place!

(360) 257-4847

Oktoberfest

Friday, October 14 • 4-11 pm

CPO Club • FREE • Open

to members and member

guest(s) only.

Door prizes and appetizers at

4 pm. Live music starts at 5 pm!

(360) 257-2505

AOSC Children's Halloween Party

Friday, October 28 • 5-8 pm

All-Hands Event

M.T. McCormick's Officers' Club • FREE

Games, treats, photo booth and

appetizers! (360) 257-2521

CPO Children's All-Hands Halloween Party

Friday, October 28 • 6-8 pm

All-Hands Event

CPO Club Ballroom • FREE

Costume contest, games and

FREE appetizers! (360) 257-2505

Halloween Monster Mash

Friday, October 28 • 8 pm

Ages 18 and up

Kegler's Bar & Grill • FREE

Costume contest, food and

beverage specials, games,

prizes and DJ! (360) 257-4847

NOVEMBER

Mongolian BBQ

Friday, November 4 • 5-8 pm

M.T. McCormick's Officers' Club •

Reservations required.

\$7.95 ages 5-12; \$17.95

Members; \$19.95 Non-members

(360) 257-2521

4th Annual Princess Tea Party

Saturday, November 12

2-5 pm • All-Hands Event

M.T. McCormick's Officers' Club •

\$10 per person,

required at reservation

Cinderella, Sleeping Beauty and

Jasmine will be telling stories,

singing songs, playing games

and taking photos.

(360) 257-2521

Pub Game Night

Wednesday, November 16

6 pm

Kegler's Bar & Grill • FREE

Dart Tournament prizes will be

awarded for first and second

place! (360) 257-4847

Boss's Night

Friday, November 18 • 7 pm

CPO Club • FREE • Open

to Members and Member

Guest(s) only.

DJ, appetizers, and door prizes!

(360) 257-2505 or (360) 257-2891

Wine Tasting and Painting Social

Friday, November 18

5-9 pm • All-Hands Event

M. T. McCormick's Officers' Club •

\$30 per person

required at reservation

Enjoy local winery offering

tastings along with an array of

appetizers to enjoy with your red

or white of choice. After wine

tasting and social, enjoy painting

your own masterpiece with

guided instruction.

(360) 257-2521

Monthly Birthday Party

Friday, November 25 • 9 pm

Kegler's Bar & Grill • FREE

Karaoke and DJ playing all your

favorite hits, food and drink

specials, games and fun!

(360) 257-4847

DECEMBER

Santa Brunch

Saturday, December 3

10 am-1 pm • All-Hands

Event

M.T. McCormick's Officers' Club, Reservations required.

\$8 ages 5-12; \$16 Members;



Brunch with Santa



ENTERTAINMENT & DINING

Children & Family Deployment Fun Fair

\$18 Non-members
Pictures with Santa, holiday
crafts, cookie decorating and
treats! (360) 257-2521

Life-Size Game Night Wednesday, December 7 6 pm

Kegler's Bar & Grill · FREE
Try your hand at Giant Chess,
Checkers, Jenga or Pick-up
Sticks! (360) 257-4847

Army/Navy Game Viewing Party

Saturday, December 10
11 am-4 pm · All-Hands
Event

M. T. McCormick's Officers' Club . Prepayment due at
time of reservation.
Watch the game on big screens,
childrens activities, face painters,
trivia, giveaways and a Tailgate
Buffet. (360) 257-2521

Winter Break Skywarrior Theater Movie Schedule

Monday, December
19-Thursday, December
22, Monday, December
26-Thursday, December 29
6 pm showtime; Doors open
at 5:30 pm

\$4 per person for First Run
Movies/FREE for Navy
Motion Picture DVD showing.
(360) 257-5537

Monthly Birthday Party

Friday, December 30 · 9 pm
Kegler's Bar & Grill · FREE
Karaoke and DJ playing all your
favorite hits, food and drink
specials, games and fun!
(360) 257-4847

Celebrate New Year's Eve under the Stars

Saturday, December 31
9 pm
Kegler's Bar & Grill · FREE
(360) 257-4847

New Year's Eve Party Saturday, December 31 6 pm-midnight · All-Hands Event

CPO Club Ballroom· \$35.95
per person
Prime Rib dinner, includes
potatoes, vegetables, dinner
roll, and side salad. Champagne
toast at midnight, live music,
party favors, and door prizes!
Reservations required at
(360) 257-2505 or
(360) 257-2891.

AOSC Children's HALLOWEEN PARTY

Friday, October 28 · 5-8 pm

All-Hands Event

M.T. McCormick's Officers' Club

Games, treats, photo booth
and appetizers!

FREE

(360) 257-2521



Friday, October 14 at 4-11 pm

Open to Members and Member guest(s) only.

Door prizes and appetizers at 4 pm.

Live music starts at 5 pm!

(360) 257-2505

Regatta Child Development Center



Youth Activities Center



CHILD & YOUTH PROGRAMS



Child & Youth Programs

Navy Child and Youth Programs (CYP) provide developmental childcare and youth recreational programs and services for eligible children and youth ages 4 weeks to 18 years of age. Programs and services are specifically designed and operated to meet the unique needs of the military mission and Service members and their families.

For most up-to-date information, visit whidbey.navylifepnw.com.

Prices, dates and times may be subject to change without prior notice.

OCTOBER

Super Saturday Open Recreation
Every Third Saturday
1-4:30 pm (Grades K-5) and
1-9 pm (Grades 6-12)
Youth Center · FREE
Must be a registered member.
(360) 257-0889

Haunted Halloween Dance
Friday, October 14 · 7-10 pm
Grades 6-12
Youth Center · \$2 Members
\$4 Non-Members
Come join us for a little Monster Mash and get your scary groove on. Youth Sponsorship event! Members, bring your friends!
(360) 257-3150

Homeschool Happening
Tuesday, October 18
11:30 am-1:30 pm
Register by Thursday, October 13 at the Convergence Zone Front Counter or call (360) 257-2432.
Convergence Zone Multipurpose Room · FREE
Learn about homeschooling and meet other homeschooling families during our fun, interactive learning event with the NASWI School Liaison Officer. Enjoy information, resources and networking and children's activities, facility tour, and door prizes! FREE lunch, served at 11:30 am includes one slice of pizza and one drink.
(360) 257-2432

NOVEMBER

CPR Class for Current CYP Parents/Guardians
Saturday, November 19
1-4 pm
Register by Monday, November 14
Youth Center · FREE
Drop off your youth at Super Saturday Open Recreation and learn CPR (Hands Only).
(360) 257-1038

DECEMBER

Teen Snow Bus Trip
Wednesday, December 21
8 am-6 pm · Grades 6-12
Register by Friday, December 16
Youth Center · Must be a registered member.
Only transportation provided at

no cost. Join us as we head off to Mount Baker to find the snow!
(360) 257-3150

SCHOOL LIAISON OFFICER

The School Liaison Officer is the primary point of contact between the military installation, the local schools and school districts, transitioning families and the community at large. Call (360) 257-6863 or email whidbey.slo@navylifepnw.com.



Saturday, November 12

2-5 pm | All-Hands Event

M.T. McCormick's Officers' Club

RSVP by Wednesday, November 12

\$10 per person required at reservation

Cinderella, Sleeping Beauty and Jasmine will be telling stories, singing songs, playing games and taking photos.

(360) 257-2521

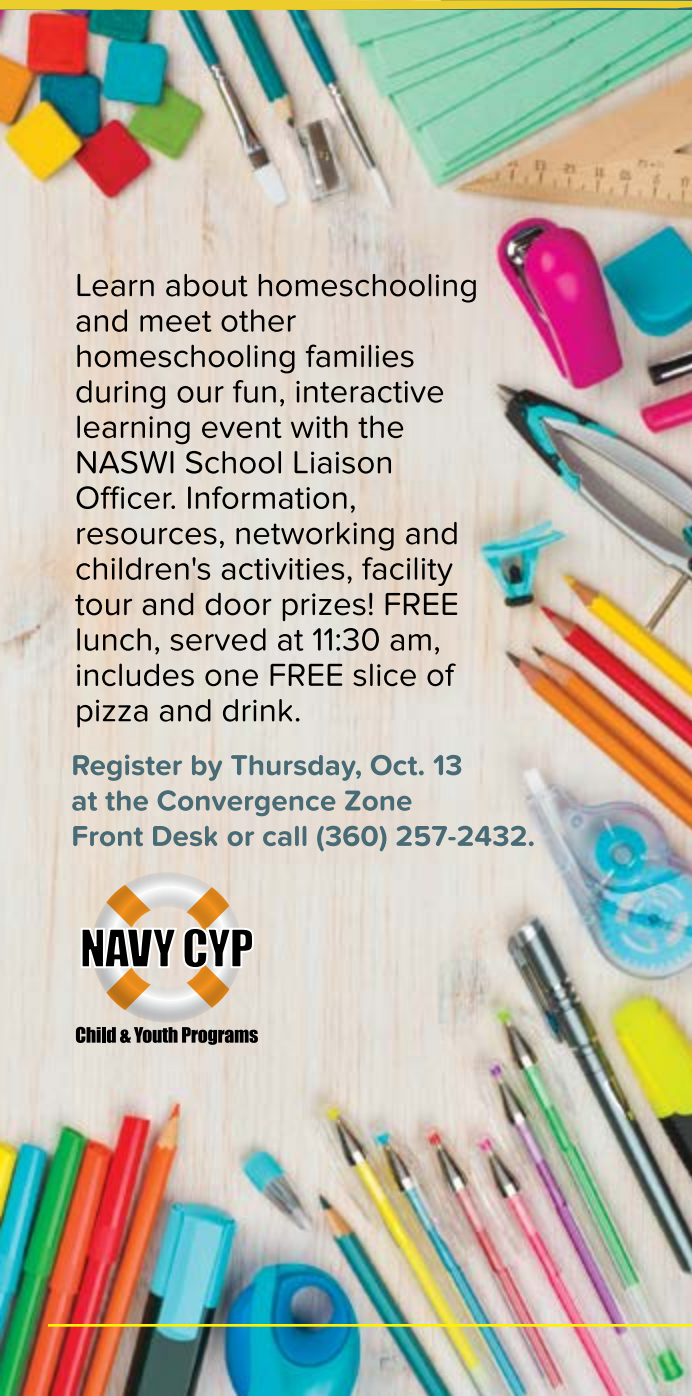


Homeschool Happening

Tuesday, Oct. 18, 2016
11:30 am-1:30 pm

Convergence Zone
Multipurpose Room

FREE



Learn about homeschooling and meet other homeschooling families during our fun, interactive learning event with the NASWI School Liaison Officer. Information, resources, networking and children's activities, facility tour and door prizes! FREE lunch, served at 11:30 am, includes one FREE slice of pizza and drink.

Register by Thursday, Oct. 13
at the Convergence Zone
Front Desk or call (360) 257-2432.



Child & Youth Programs

October-December 2016

Parents' Night Out!

Eligible families with children,
ages 6 weeks to 12 years,
can reserve care.

\$4 per child,
per hour

Do you need time to enjoy a movie,
dinner or just to run some errands
without your children?

- ★ Sponsor must complete registration prior and advanced reservations are required.
- ★ ★ **Tuesdays & Fridays**
 - Friday, October 7 • 6:30-10:30 pm • Clover CDC
 - Friday, October 14 • 6:30-11:30 pm • Regatta CDC
 - Friday, October 21 • 6:30-10:30 pm • Clover CDC
 - Tuesday, October 25 • 5:30-9 pm • Regatta CDC
 - Friday, November 4 • 6:30-10:30 pm • Clover CDC
 - Friday, November 18 • 6:30-10:30 pm • Clover CDC
 - Tuesday, November 22 • 5:30-9 pm • Regatta CDC
 - Friday, December 2 • 6:30-10:30 pm • Clover CDC
 - Friday, December 9 • 6:30-11:30 pm • Regatta CDC
 - Friday, December 16 • 6:30-10:30 pm • Clover CDC
 - Tuesday, December 27 • 5:30-9 pm • Regatta CDC

SPACE IS LIMITED, DON'T DELAY!
(360) 257-6572 or (360) 257-6573



Flight Line 5K



Turkey Spin

* * * * *

SPORTS, FITNESS & AQUATICS

NAVY Sports & Fitness

The Navy Fitness Program offers a variety of fitness, and intramural sports programs that enhance the readiness, retention and quality of life of the entire Navy family.

Sailors who possess the athletic skills to compete above the intramural level, in team or individual sports, have the chance to represent the Navy at higher-level athletic competitions through the All-Navy Sports Program.

Although NAS Whidbey Island does not have a recreational swimming facility, MWR has partnerships with two local pools.

At Anacortes's
Fidalgo Pool

Active Duty - Swim FREE
(subsidized by MWR)

Active Duty Family Members
- FREE
Open Swim

🏆 = Captain's Cup Event

For most up-to-date
information and
fitness classes visit
whidbey.navylifepnw.com.

Prices, dates and times may
be subject to change without
prior notice.

SPORTS

OCTOBER

**Racquetball
Tournament**
Saturday, October 15
9 am-4 pm
Register by Wednesday,
October 12.

There will be men's and women's
divisions. myFFR #610103,
(360) 257-4320

NOVEMBER

Wallyball Tournament
Friday, November 18
11 am-4 pm
Register by Wednesday,
November 16
NASWI Fitness Center
Turn in your roster at the gym
front desk, four-man teams with
a five-person roster limit.
(360) 257-4320

DECEMBER

**Knockerball
Tournament**
Friday, December 2
11 am-4 pm
Register by Wednesday,
November 30.
Turn in your roster at the gym
front desk, five-man teams with
an unlimited roster.
(360) 257-4320

FITNESS

OCTOBER

**NOFFS Operational
Training Class**
Friday, October 7
7-11 am
Must register two days prior
to course.
This four-hour course allows the
Active Duty individual to lead
NOFFS for their command. This
course is open to all eligible
patrons. Email whidbey.fitness@navylifepnw.com or
(360) 257-6936.

🏆 **Break the Cycle Spin**
Wednesday, October 12
11 am-Noon
Register by Friday, October 7
NASWI Fitness Center
Spin Room
This event is a one-hour indoor
cycling class. Support making
a difference in the lives and
relationships of Domestic
Violence victims and survivors.
myFFR #610116, (360) 257-6936

**Command Fitness
Leader (CFL) Course**
Monday, October 17-Friday,
October 21
Sign up at
www.navyfitness.org

🏆 **Howl at the Moon
5K Run/Walk**
Wednesday, October 26
6-7 pm

Register by Monday,
October 24
Seaview Trail
Walk/run outside, under the
stars. Event is outdoors on the
Seaview Trail. Bring your family,
friends, strollers, and pets. Treats
provided too! myFFR #610117,
(360) 257-2420

NOVEMBER

**NOFFS Operational
Training Class**
Friday, November 4
7-11 am
Must register two days prior
to course.
This four-hour course allows the
Active Duty individual to lead
NOFFS for their command. This
course is open to all eligible
patrons. Email whidbey.fitness@navylifepnw.com or
(360) 257-6936.

🏆 **Turkey Trot
5K/10K Run**
Saturday, November 19
9-10:30 am
Register by Wednesday,
November 16 for chip-timed
race number!
Nordzgate Trail (5K) portion and
Seaview and Nordzgate Trail
(NEW layout) for 10K portion.
Random drawing for three
turkeys! Being active is KEY,
especially during the holidays.

Join us for our family-friendly
walk/run event. Strollers and
pets welcome. Rain or shine, this
annual event will be one that you
won't want to miss!
myFFR #610119, (360) 257-2420

Turkey Spin
Wednesday, November 23
11 am-12:30 pm
Register by Friday,
November 18
Fitness Center Spin Room
Join the fun and burn some
SERIOUS calories before the
holidays! Ninety minutes of high
energy, music, and challenges.
Space is limited to the first 30
people who sign up.
myFFR #610118, (360) 257-2420

DECEMBER

**NOFFS Operational
Training Class**
Friday, December 2
7-11 am
Must register two days prior
to course.
This four-hour course allows the
Active Duty individual to lead
NOFFS for their command. This
course is open to all eligible
patrons. Email whidbey.fitness@navylifepnw.com or
(360) 257-6936.



Polar Plunge



Turkey Trot

SPORTS, FITNESS & AQUATICS

Outdoor Winter Obstacle Course

Friday, December 9

11 am-Noon

Register by Friday,
December 2

Fitness Center-OUTSIDE area

A fun and challenging event for everyone! Many obstacles to hurdle that will focus on strength, core, balance, agility, and more. Not a team event, single participant, Best time will win the GOLD! Age limit is 18 and up. myFFR #610120, (360) 257-2420.

Outdoor Glow Winter 5k Run/Walk

Wednesday, December 14

5:30-6:30 pm

Register by Friday,
December 9

Seaview Trail

Our first ever glow-in-the-dark event! This will be an event you won't want to miss. Fun, interactive, and good for the body too! Bring the whole family, strollers and pets welcome. NOT A TIMED EVENT. myFFR #610124, (360) 257-2420

Polar Bear Plunge

Sunday, January 1

10 am event kick-off

10:30 am group plunge

Rocky Point Recreation Area Giveaways, hot cocoa and s'mores. Individual and team costumes highly encouraged! myFFR #610125, (360) 257-2420

NAVY Sports

RACQUETBALL TOURNAMENT

OCTOBER 15

Register by
October 12
Whidbey Fitness Center
(360) 257-4320

FREE!

9 am to 4 pm

Pre-register online at
myFFR
At navylifepnw.com!
(#610103)

2017 POLAR BEAR Plunge

JANUARY 1 * 10 AM
Rocky Point Recreation Area * FREE
myFFR #610125, (360) 257-2420





Avengers: Age of Ultron Movie Viewing Event



Liberty Center

★ ★ ★ ★ ★

LIBERTY SINGLE SAILOR PROGRAM



Whidbey's Liberty Center is located within the Admiral Nimitz Hall Galley, a convenient distance from the barracks and work centers. Single Sailors, single Marines and geographical bachelors, who are looking for something to do, should start here. We want to get you out of the barracks, off the base and out to enjoy the great Pacific Northwest.

Fun, affordable activities for single service members!

Call (360) 257-3309.

For most up-to-date information, visit whidbey.navy.mil/life/pnw.com.

Prices, dates and times may be subject to change without prior notice.

OCTOBER

Liberty Shuttle
Saturday, October 1
1-4 pm • Departs from
Admiral Nimitz Hall Galley
Register by Friday,
September 30

Liberty Northwest Center
FREE
Shuttle to Seaplane Base and
into town with a stop at
Wal-Mart.

Texas Hold 'em
Tuesday
Tuesday, October 4 • 6 pm
Liberty Northwest Center
FREE
Join us for a fun game of poker
as we play Texas Hold'em.

MWR Info Day at the
Galley
Wednesday, October 5
10:30 am-1 pm
Admiral Nimitz Hall Galley
FREE
Stop by our display
information booths on your
way into the galley for lunch!
Giveaways, games, and
gear on display each month!

Command Info Day
Friday, October 7 • 2-4 pm
NASWI Flightline • FREE
We're coming to you with all of
the great trips and events MWR
has planned! Check out your
work-space bulletin boards for
the latest information!

Last Buck Spooky
Bingo & Treat Night
Thursday, October 13 • 6 pm
Liberty Northwest Center
FREE
It's right before payday and
you're down to your last buck!
Spend the evening playing bingo
and partaking in some spooky
snacks and prizes.

Haunted Halloween at
Stalker Farms
Saturday, October 15
5-11:30 pm
Register by Thursday,
October 13
\$40 Liberty, \$45 Guest
Help control the Zombie
population on a Paintball Stalker
Hunt for Zombies, then go
through two haunted attractions!
This trip is not intended for the
faint of heart. myFFR #5116289

Cornhole Tournament
Tuesday, October 18
5:30 pm
Liberty Northwest Center
FREE
Sign up at the counter prior to
the event start time. Prizes will
be awarded to the winner.

Haunted Halloween at
Carlton Farms
Saturday, October 22
5-11:30 pm
Register by Thursday,
October 20
\$46 Liberty, \$51 Guest
Go on a Zombie Paintball Frenzy
prior to visiting the Zombie
Farm. If you survive the farm,
navigate through the Haunted
Swamp. Need a breather from
the haunts? Head on through the
No-haunt Dark Maze. Bravery is
required. myFFR #5116296

Adopt-a-Highway
Volunteer Opportunity
Sunday, October 23
11 am-3 pm
Register by Thursday,
October 20
FREE
Adopt-a-Highway is a
roadside clean-up program

that promotes pride and local
ownership in Washington. Join
Liberty Northwest and become
an Adopt-a-Highway Volunteer
and you will be doing something
great for our community. We
even have our own section of
highway with our very own
roadside sign. Trash bags,
hard-hats, vest, and bottled
water provided. Please dress for
the weather and wear closed-
toe shoes. myFFR #5116269

Candy Corn Treat
Creations 101
Wednesday, October 26
6 pm
Liberty Northwest Center
FREE

These festive, candy corn-
inspired sweets are a perfect
way to celebrate the season!

Jack-o'-Lantern
Carving Contest
Thursday, October 27 • 6 pm
Liberty Northwest Center
FREE
All supplies included (while
supplies last). Prize will be
awarded to the scariest, most
creative and most original
jack-o'-lantern created!

2016 HALLOWEEN EVENTS

Liberty October Birthday Celebration

Friday, October 28 • 9 pm

Kegler's Bar & Grill • FREE

Join us as we celebrate you! Karaoke and a DJ playing all your favorite hits, food and drink specials, games and fun!

Fright Fest Movie Marathon

Monday, October 31

All-Day Event

Liberty Northwest Center

FREE

Horror fans, rejoice! Enjoy movies featuring spooky, scary and bloody horror all day long.

NOVEMBER

MWR Info Day at the Galley

Wednesday, November 2

10:30 am-1 pm

Admiral Nimitz Hall Galley

FREE

Stop by our display information booths on your way into the Galley for lunch! Giveaways, games, and gear on display each month!

Command Info Day

Friday, November 4 • 2-4 pm

NASWI Flightline • FREE

We're coming to you with all of the great trips and events MWR has planned for you! Check out your work-space bulletin boards for the latest information!

Go-Kart Racing Trip

Saturday, November 5

10 am-6 pm

Register by Wednesday, November 2

\$56 Liberty, \$61 Guest

Enjoy a racing adventure to Traxx Racing with three racing sessions. Spend some time shopping at the Alderwood Mall afterwards, before we head back!

myFFR #5116310

Help House Food Drive Volunteer Opportunity

Sunday, November 6

11 am-2 pm

Register by Thursday, November 3

FREE

Help gather nonperishable food items at local grocery stores for the North Whidbey Help House.

myFFR #5116311

Scrabble Game Night

Tuesday, November 8

5:30 pm

Liberty Northwest Center

FREE

Test your word knowledge and join us for some fun games of scrabble!

Last Buck Spooky Bingo & Treat Night

Thursday, October 13 • 6 pm

Liberty Northwest Center • FREE

Haunted Halloween at Stalker Farms

Saturday, October 15 • 5-11:30 pm

Register by Thursday, October 13

\$40 Liberty, \$45 Guest

myFFR #5116289

Haunted Halloween at Carlton Farms

Saturday, October 22 • 5-11:30 pm

Register by Thursday, October 20

\$46 Liberty, \$51 Guest

myFFR #5116296

Candy Corn Treat Creations 101

Wednesday, October 26 • 6 pm

Liberty Northwest Center • FREE

Jack-O'-Lantern Carving Contest

Thursday, October 27 • 6 pm

Liberty Northwest Center • FREE

Fright Fest Movie Marathon

Monday, October 31 • All-Day Event

Liberty Northwest Center • FREE

• Liberty-eligible patrons may bring a guest, 18 or older, on any trip.

• Liberty programs are open to single service members and geographical personnel, regardless of rank.

(360) 257-3309

Taste of Home HOME-BAKED GOODS

Fill up on homemade sweets, relax, play games, and watch movies at the Liberty Center!

Thursday, November 24 • 1-6 pm

Saturday, December 24 & Sunday, December 25 • 1-6 pm



KNOCKERBALL TOURNAMENT

FRIDAY,
DECEMBER 2

11 AM - 4 PM

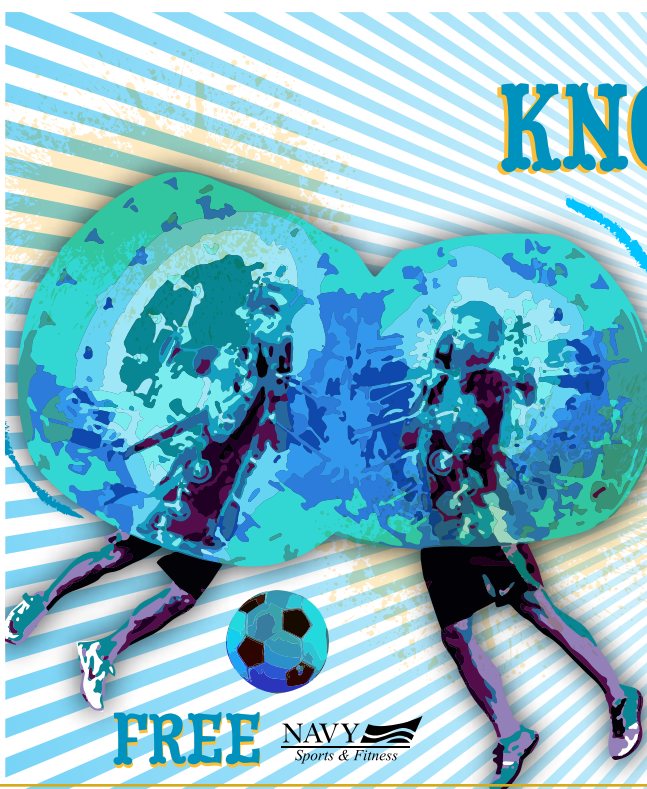
REGISTER BY

WEDNESDAY, NOVEMBER 30

Turn in your roster at NASWI Fitness Center front desk
Five-man team with an unlimited roster.

Must be 18 years of age to participate.

(360) 257-4320



FREE

NAVY
Sports & Fitness

Life-Size Game Night Thursday, November 10

5:30 pm

Liberty Northwest Center
FREE

Come try your hand at giant Connect Four, Checkers, Jenga, or Chess!

Liberty Shuttle

Saturday, November 12

1-4 pm

Register by Friday,
November 11

Liberty Northwest Center
FREE

Shuttle to Seaplane Base and
into town with a stop at
Wal-Mart.

Ping Pong Tournament

Monday, November 14

5:30 pm

Liberty Northwest Center
FREE

Sign up at the counter any
time prior to event start time.
Prize awarded to the winner.

DIY Movember Mustache Sharpie Mug

Wednesday, November 16

6 pm

Liberty Northwest Center
FREE

Will your mustache be skinny,
bushy, or curled? All supplies
included in this fun activity!

Caramel Apple Dessert Night

Friday, November 18 • 6 pm

Liberty Northwest Center
FREE

Join us: We will have all the
supplies and teach you how to
make some tasty treats.

Bill Speidel's Seattle Underground Tour

Saturday, November 19

9 am-7 pm

Register by Thursday,
November 17

\$28 Liberty, \$33 Guest

Roam the subterranean
passages that once were the
main roadways and first-floor
storefronts of old downtown
Seattle. Spend time exploring
the area on your own after the
tour. myFFR #5116324

Minute-To-Win-It Challenge

Wednesday, November 23

5:30 pm

Liberty Northwest Center
FREE

Complete the assigned task
within the allowed minute to
earn a chance at winning prizes!

Taste of Home: Home-Baked Goodies

Thursday, November 24

1-6 pm

Liberty Northwest Center
FREE

Fill up on homemade sweets,
relax, play games, and watch
movies!

Liberty November Birthday Celebration

Friday, November 25 • 6 pm

Kegler's Bar & Grill • FREE
Join us as we celebrate you!
Karaoke and a DJ playing all
your favorite hits, food and drink
specials, games and fun!

Last Buck Game Night Tuesday, November 29

6 pm

Liberty Northwest Center
FREE

It's right before payday and
you're down to your last buck!
Spend the evening playing bingo
and partaking in some spooky
snacks and prizes.

DECEMBER

Deck the Halls of Liberty

Thursday, December 1

10:30 am

Liberty Northwest Center
FREE

"Deck the halls with boughs of
holly, Fa-la-la-la-la, la-la-la-la,
'Tis the season to be jolly, Fa-la-
la-la-la, la-la-la-la..." Join us as
we decorate the Liberty Center
for the holiday season. Hot cider
and snacks provided.

12 Sporadic Days of Christmas

December 2, 3, 4, 6, 8, 12, 14,
16, 17, 18, 20, & 21

Each day is highlighted with a
different, fun holiday activity.
For each activity or trip you
participate in, you will be
entered in the Santa drawing on
Sunday, December 25. The more
you participate, the better your
chances of winning!

Command Info Day

Friday, December 2 • 2-4 pm

NASWI Flightline • FREE

We're coming to you with all of
the great trips and events MWR
has planned! Check out your
work-space bulletin boards for
the latest information!

DIY Sharpie Coasters Friday, December 2 • 6-8 pm

Liberty Northwest Center

FREE

Put some Pinterest ideas to the
test and create a fun easy craft
to decorate your space using
sharpies, rubbing alcohol and
tiles.

Holiday Shopping and Lights of Christmas Trip

Saturday, December 3

Noon-10 pm

Register by Thursday,
December 1

\$14 Liberty, \$19 Guest
Check everyone off your holiday
list with over 125 outlet stores
at Seattle's Premium Outlets.
After a stop for dinner on your
own, we will be heading over
to The Lights of Christmas at
Warm Beach in Stanwood for
their spectacular holiday lights
display. myFFR #5116338

HomePlace Volunteer Opportunity

Sunday, December 4

11 am-2 pm

FREE

Register by Thursday,
December 1

Head to Oak Harbor's
HomePlace Senior Living to
spread some holiday cheer and
enjoy a meal. myFFR #5116339

Design Your Own Ugly Sweater Contest

Tuesday, December 6

6-8 pm

Liberty Northwest Center
FREE

We will supply all the sweaters
and supplies; you provide the
creativity to see who can make
the best ugly sweater. Prizes

will be awarded for the ugliest
sweater and the most creative!

MWR Info Day at the Galley

Wednesday, December 7

10:30 am-1 pm

Admiral Nimitz Hall Galley
FREE

Stop by our display information
booths on your way into the
galley for lunch! Giveaways,
games, and gear on display
each month!

Reindeer Games Thursday, December 8

5-7 pm

Liberty Northwest Center
FREE

Pin the tail on Rudolf, wreath
toss, cookie decorating, holiday
trivia and gift-card decorating!

Liberty Shuttle

Saturday, December 10

1-4 pm • Departs Admiral
Nimitz Hall Galley

Register by Friday,
September 30

Liberty Northwest Center
FREE

Shuttle to Seaplane Base and
into town with a stop at
Wal-Mart.

Holiday Ornament Making

Monday, December 12

6-8 pm

Liberty Northwest Center
FREE

Make your own holiday
keepsake ornament with just
a few supplies and a few easy
steps.

Saturday, November 19 9 am-7 pm

Roam the subterranean passages of what
was once ground-level Pioneer Square.
Well-informed guides will regale you with
stories the pioneers didn't want you to
hear, recounting tales of seduction and
scandal, and the role of modern plumbing,
as they take you to places where ghosts
are said to still hang out!

Register by Thursday, November 17

\$28 Liberty, \$33 Guest

- Liberty-eligible patrons may bring a guest, 18 or older, on any trip.
- Liberty programs are open to single service members and geographical personnel, regardless of rank.

(360) 257-3309

Holiday Lip-Sync Competition**Wednesday, December 14****5:30-7:30 pm**

Liberty Northwest Center

FREE

Come battle it out in a holiday music-themed Lip Sync Competition.

Where's Santa Holiday Scavenger Hunt**Friday, December 16****6-8 pm**

Liberty Northwest Center

FREE

Teams of two will be given clues to find hidden Santa. Take photos with all the Santa to win. Best time wins! Liberty will partner you up.

Leavenworth Christmas Lighting Festival**Saturday, December 17****9 am-11 pm**

Register by Thursday, December 15.

\$15 Liberty, \$20 Guest

In this magical winter wonderland you'll find carolers strolling through town, the smell of roasted chestnuts filling the air, sledding in Front Street Park, and more! myFFR #5116352

Holiday Movie Marathon**Sunday, December 18****All-Day Event**

Liberty Northwest Center

FREE

Come watch holiday movies with us and get in on the Holiday cheer. Kick back, relax, and enjoy the movies. Hot cocoa, cider, and snacks provided.

Gingerbread House-building Contest**Tuesday, December 20****5:30-7:30 pm**

Liberty Northwest Center

FREE

Let your creativity run wild! See who can make the best gingerbread house using graham crackers for your frame, frosting for your glue and candy for your windows. Prizes will be awarded for: longest standing, most decorations and most creative.

Jingle Bell Bingo**Wednesday, December 21****6 pm**

Liberty Northwest Center

FREE

It's BINGO with a holiday twist. Get into the holiday spirit with some lively bingo games.

Taste of Home: Home-Baked Goodies**Saturday, December 24 & Sunday, December 25****1-6 pm**

Liberty Northwest Center

FREE

Fill up on homemade sweets, relax, play games, and watch movies!

Liberty December Birthday Celebration**Friday, December 30 • 6 pm**

Kegler's Bar & Grill • FREE

Join us as we celebrate you! Karaoke and a DJ playing all your favorite hits, food and drink specials, games and fun!



TRAXX RACING

GO-KART RACING

TRIP

SATURDAY, NOVEMBER 5

10 AM-6 PM

How fast will you drive? Come with Liberty on a racing adventure to Traxx Racing and enjoy three racing sessions. Spend some time shopping at the Alderwood Mall afterward, before we head back to base.

\$56 Liberty-eligible • \$61 Guest

Register by Wednesday, November 2

(360) 257-3309



• Liberty-eligible patrons may bring a guest, 18 or older, on any trip.
• Liberty programs are open to single service members and geographical personnel, regardless of rank.

HOLIDAY SHOPPING AND LIGHTS OF CHRISTMAS TRIP**Saturday, December 3 • Noon-10 pm**

Register by Thursday, December 1

\$14 Liberty, \$19 Guest • myFFR #5116338

Liberty-eligible patrons may bring a guest, 18 or older, on any trip. Liberty programs are open to single service members and geographical personnel, regardless of rank.

LEAVENWORTH CHRISTMAS LIGHTING FESTIVAL**Saturday, December 17 • 9 am-11 pm**

Register by Thursday, December 15

\$15 Liberty, \$20 Guest • myFFR #5116352

Liberty-eligible patrons may bring a guest, 18 or older, on any trip. Liberty programs are open to single service members and geographical personnel, regardless of rank.





Cliffside RV Park Friendly Staff



Cliffside RV Park Furnished Yurts

* * * * *

HOUSING, LODGING & NAVY GETAWAYS

Navy Housing
(360) 257-2038
wi-housing@navylifepnw.com



Navy Gateway
Inns & Suites
877-NAVY-BED
DoDLodging.net



877-NAVY-BED
NavyGetaways.com



Pacific Beach Resort & Recreation
Center: (360) 276-4414
pacbeach.navylifepnw.com

Jim Creek Reservations:
(425) 304-3167
jimcreek.navylifepnw.com

Cliffside RV Park: (360) 257-2649
cliffside.navylifepnw.com

*Indicates a community event

Prices, dates and times may be subject to change without prior notice.

Navy Getaways and Navy Gateway Inns & Suites (NGIS) are open to active duty, retirees, reservists, DoD civilians, base contractors, families, and accompanied guests, unless otherwise noted.

UNACCOMPANIED HOUSING

UH Maintenance Request

Do you have a maintenance request? Two easy ways to do it: call (360) 257-2038 or see the Front Desk Clerk in Bldg. 2029. Front Desk is open 24/7. (360) 257-2038

Resident Satisfaction Survey September-November 2016

Pick up the survey in Bldg. 2029
Let your voice be heard! We care about what you think, please take this opportunity to speak up and allow us to help you. (360) 257-2038

NAVY GETAWAYS

OCTOBER

Jim Creek Family Oktoberfest & Fall Festival

Saturday, October 15
Noon-4 pm

Jim Creek Community Recreation Area • FREE
Celebrate the changing season

with our first event of the season! Visit our pumpkin patch, carve pumpkins, take photos in the photo booth, see the area on a hay ride, enjoy the Oktoberfest Halle, and more! (425) 304-5363/5315

Haunted Weekend at the Beach

Friday, October 28-Monday, October 31

Pacific Beach Resort • FREE
For a SPOOKY good time, come to Pacific Beach Resort! Starting at 5 pm, Saturday, October 29-Monday, October 31, confront your fears at the haunted house. (360) 276-4414

NOVEMBER

Veterans Day at the Beach

Friday, November 11 • 5 pm
Pacific Beach Resort • FREE
Come enjoy a November weekend, celebrating our Veterans with a buy-one entrée, get one-FREE dinner entrée at the Ocean Mist. (360) 276-4414

Wizards World of Jim Creek

Saturday, November 12
Noon-4 pm

Jim Creek Community Recreation Area • FREE
Put on your best robe for a day of everything Harry Potter! Let our Sorting Hat assign you a house, take lessons such as potions or history of magic, design-your-own-wand, search for Horcruxes, attend a Wizard duel, take flying and Quidditch lessons, and more! (425) 304-5363/5315

Thanksgiving Day at the Beach

Thursday, November 24

Doors open at 2 pm
Pacific Beach Resort • FREE
Come and enjoy our annual Thanksgiving dinner, with all the trimmings, at the Ocean Mist. (360) 276-4414

DECEMBER

Holiday Celebration at Jim Creek

Saturday, December 3
Noon-4 pm

Jim Creek Community

Recreation Area • FREE

A family tradition for many! Meet and share stories with Santa, make holiday crafts and ornaments, take a hay ride, enjoy cookies and cocoa, s'mores, games, scavenger hunts and more! (425) 304-5363/5315

Holiday Fun at the Beach

Friday, December

16-Saturday, December 17

Pacific Beach Resort • FREE
It's never too early to plan for the holidays. Enjoy Friday Night Bowling with prizes, kids' activities and breakfast with Santa on Saturday morning. (360) 276-4414

New Year's at the Beach

Saturday, December 31-Sunday, January 1

Pacific Beach Resort • FREE
Bring in the new year with us at the beach! Enjoy a buffet dinner in the Ocean Mist, followed up by a fun-filled party at the Windjammer Lounge (21+) with karaoke, then a breakfast buffet with drink specials on the 1st. (360) 276-4414



www.navylifepnw.com
NGIS.DoDLodging.net

NGIS Smokey Point is just five minutes from outlet shopping and casino fun, with **quality, comfortable rooms** starting at just **\$60/night**

Whether on business or leisure travel,
We're here for you worldwide.

Call 1-877-NAVY-BED or visit NGIS.DODLodging.net to reserve TODAY!





TEEN SNOW BUS TRIP

Wednesday, December 21 • 8 am-6 pm

Grades 6-12 • Register by Friday, December 16

Youth Center, only transportation provided at no cost.

Must be a registered member. Join us as we head off to

Mount Baker to find the snow! (360) 257-3150

Outdoor Glow Winter 5k Walk/Run

December 14
5:30 pm-6:30 pm

Fun, interactive,
and good for the
body too! Bring
the whole family!

**Strollers and
pets welcome.**

Free

Register by Friday, December 9

Seaview Trail – Not a timed event

(360) 257-2420



HOUSING, LODGING & NAVY GETAWAYS

JIM CREEK

Navy Community Recreation Area

- RV Sites
- Tent Campsites
- Hike-in Campsites
- Group Campsites
- Cabins Lodge
- Apartment-Style Accommodations
- Deluxe Cabins

Book Today!



NAVY
Getaways

NAVY
RECREATION

For more information or reservations, call:

Toll Free: 1 (877) NAVY-BED

Direct: 1 (425) 304-5315/5363

21027 Jim Creek Road, Arlington, WA 98223-8559



2017 UPCOMING CALENDAR OF EVENTS

Pacific Beach

RESORT & RECREATION CENTER

BOOK YOUR STAY TODAY!

Some events are so spectacular that we keep them on the books each and every year. Check out our calendar for new events and those that you can always count on coming back to. From a Polynesian Luau to a Kids' Carnival, you'll find something that will make your trip to Pacific Beach an annual affair.

DECEMBER 2015-APRIL 30, 2017

Pacific Beach Resort's BOGO:

Stay 1 Night, Get 1 Night FREE at Pacific Beach Resort!

Not valid on holidays or school breaks. Cannot be combined with any other promotions or discounts.

DECEMBER 2016

16-17 Holiday Weekend at the Beach

31 New Year's Eve at the Beach

JANUARY 2017

01 New Year's Day at the Beach

FEBRUARY 2017

05 Touchdown Party at the Beach

10-12 Sweetheart Weekend at the Beach

*24-26 Annual Chocolate Festival on the Beach

MARCH 2017

17-19 Irish Heritage Weekend at the Beach

18 Glass Float Frenzy Weekend

APRIL 2017

Month of the Military Child

15-16 Eggstravaganza at the Beach

*TBD Washington Coast Cleanup

30-May 6 Customer Appreciation Week

MAY 2017

05 Cinco de Mayo at the Beach

13-14 Mother's Day Weekend at the Beach

20 Armed Forces Day Dinner Special

27 Memorial Day Weekend Summer Kickoff

JUNE 2017

17-18 Father's Day at the Beach

24 Kids Carnival at the Beach

JULY 2017

15 Jamaican Me Crazy at the Beach

AUGUST 2017

05 Annual Polynesian Luau

SEPTEMBER 2017

TBD* Kelpers' Day Parade at the Beach

TBD* Annual Up Your Wind Kite Festival

TBD* Sand Fest

23 Glass Float Frenzy Weekend

24-October 14 Oktoberfest at the Beach

OCTOBER 2017

27-31 Haunted Weekend at the Beach

NOVEMBER 2017

11 Veterans Day at the Beach

23 Thanksgiving at the Beach

DECEMBER 2017

TBD* Pacific Beach Community Christmas Tree Lighting

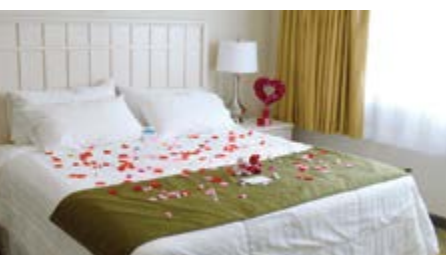
15-16 Holiday Fun at the Beach

31-January 1, 2018 New Year's at the Beach

**Indicates a Pacific Beach Community event and are subject to change. Call the Resort to see what's happening in the area when booking your stay!*

Events are subject to change. Please check with Front Desk with booking your stay regarding resort Special Deals & Events

For more information on Windjammer events or to make a reservation, please call our Front Desk.



YOUR HOME AWAY FROM HOME

UNACCOMPANIED HOUSING

ARE YOU SATISFIED WITH YOUR
HOUSING FACILITIES AND SERVICES?
ARE THERE AREAS THAT NEED
IMPROVEMENT?

We strive to provide you with safe, clean,
comfortable housing and want to know we have
met your expectations. Let your voice be heard! We
care about what you think, please take this
opportunity to speak up and allow us to help you.

RESIDENT SATISFACTION SURVEY (RSS): SEPTEMBER-NOVEMBER 2016 YOUR OPINION COUNTS!



Cliffside
NAVY
A Getaways Destination
Stay! Play! Relax!
RV PARK • CAMPING • YURTS

PARK
OFFICE:

(360) 257-2649

cliffside@navylifepnw.com

Reservations: 1-877-NAVY BED | www.navygetaways.com

NAS Whidbey Island
Oak Harbor, WA 98278

May-Sept.: Sunday-Thursday, 10 am-6 pm
Friday & Saturday, 10 am-8 pm
Oct.-April: Open daily, 10 am-6 pm



POSITIVE PARENTING

Wednesday, October 26 - Thursday, October 27
9 am - 3:30 pm • FREE

FFSP Nor'Wester • (360) 257-NAVY (6289)

Learn how children develop self-discipline, problem solving skills, responsibility and self-esteem. Walk-ins welcome. Registration highly encouraged.



FEDERAL JOB APPLICATION PROCESS/Writing YOUR BEST RESUME

Tuesday, December 13 • FREE
Nor'Wester • (360) 257-NAVY (6289)

FEDERAL JOB APPLICATION PROCESS CLASS

8:30-10:30 am

Writing YOUR BEST RESUME

11 am - 1 pm

Holiday LOCKER CHEER for Your Deployed

Tuesday, December 6 • 5-7 pm • FREE

Event will focus on decorations to be mailed to deployed members and displayed on their locker. Light snacks will be provided. Feel free to bring your favorite holiday snack.

Register by Thursday, December 1. (360) 257-NAVY (6289)

Friday,
October 14

7-10 PM
YOUTH CENTER
For Grades 6-12

HAUNTED HALLOWEEN Dance



(360) 257-3150

Youth Sponsorship event!
Members, bring your friends.



\$2 MEMBERS
\$4 NON-MEMBERS

SUPER SATURDAY

OPEN RECREATION

Every Third Saturday at the Youth Center
• 1-4:30 pm • Grades K-5 • 1-9 pm • Grades 6-12



Must be a registered member.
No day-of registration.
(360) 257-0889



TURKEY TROT

5k/10k Event

SATURDAY, NOVEMBER 19 • 9 AM-10:30 AM

Register by Wednesday, November 16 for timed race number! Nordzgate Trail (5k) portion and Seaview and Nordzgate Trail (NEW layout) for 10K portion. Random drawing for (three) turkeys! Strollers and pets welcome. Rain or shine. myFFR #610119

TURKEY SPIN Event



WEDNESDAY, NOVEMBER 23 • 11 AM-12:30 PM

Register by Friday, November 18. Fitness Center Spin Room. Join the fun and burn some SERIOUS calories before the holidays! Ninety minutes of high energy, music, and challenges. Space is limited to the first 30 people who sign up. myFFR #610118



THIS IS A CAPTAIN'S CUP EVENT

FREE
(360) 257-2420

We care for your children
while you protect America



MILITARY
CHILDCARE  **COM**

A Department of Defense (DoD) program that makes it easier
to find the child and youth care your family needs.



Connect with Us!

*Explore Navy Life in the Pacific Northwest
like never before!*



navylifepnw.com/ICE



navylifepnw.com



navylifepnw.com/myffr



NavyLife PNW app



Experience
Navy Life Magazine



navylifepnw.com/subscribe



Like us on facebook!
KitsapFFR | EverettFFR | WhidbeyFFR



@navylifepnw



@navylifepnw



navylifepnw

Navylifepnw.com...

because it's not just a job, it's a way of life.