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EXPERIENCE

NAVY LIFESTYLE MAGAZINE · WHIDBEY

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EXPERIENCE NAVY LIFE

APRIL-JUNE 2021

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Experience Navy Life is your go-to guide to the world of services available to authorized DoD personnel through the U.S. Navy Region Northwest Fleet & Family Readiness (FFR) program. We make every effort to ensure that the information herein is accurate at the time of publication; however, all activities, events and hours of operation are subject to change. For the most up-to-date information, please visit our website at navylifepnw.com or contact the facility directly. A digital version of this magazine is available at: whidbey.navylifepnw.com/magazine.

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April is the Month of the Military Child. Check out our expert tips to help you and your children adapt and thrive.



Spring into Whidbey Island's splendid community gardens.

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AROUND THE COMMUNITY

MESSAGE FROM THE FFR DIRECTOR



Greetings Team Whidbey! With the grass starting to turn a little greener and the flowers starting to bloom, it is time to start thinking about spring! We are looking forward to seeing you at some of our top notch programs and facilities.

A majority of our facilities are open, so please come see and experience the new and exciting things we have done during the winter months. Each and every one of our facilities within FFR and N9 have the proper mitigations in place to keep you and your family safe. We have a lot to offer while you are stationed here at NAS Whidbey Island, so please come see us.

Since we are getting close to PCS season, don't forget about our programs at FFSC that can assist you with your move and our Housing office which is standing by to assist you with finding a home if you are arriving in Oak Harbor.

For those of you who are Active Duty, our award-winning Cliffside RV Park is accepting reservations. As the days are starting to get longer, why not spend them while you are enjoying the fresh sea air? Cliffside includes state-of-the-art facilities and an interactive trail that takes you through the forest as you enjoy a beachfront view. No RV? Cliffside welcomes campers with tents too! The sandy beaches are perfect for building sand castles.

In addition to our many great facilities, we also have a lot of fun and informative events planned for the year. No matter what time of the year it is, we have spectacular programs planned to keep you busy. Our great FFR and N9 team have spent countless hours planning engaging activities for all ages that will be sure to put a smile on your face.

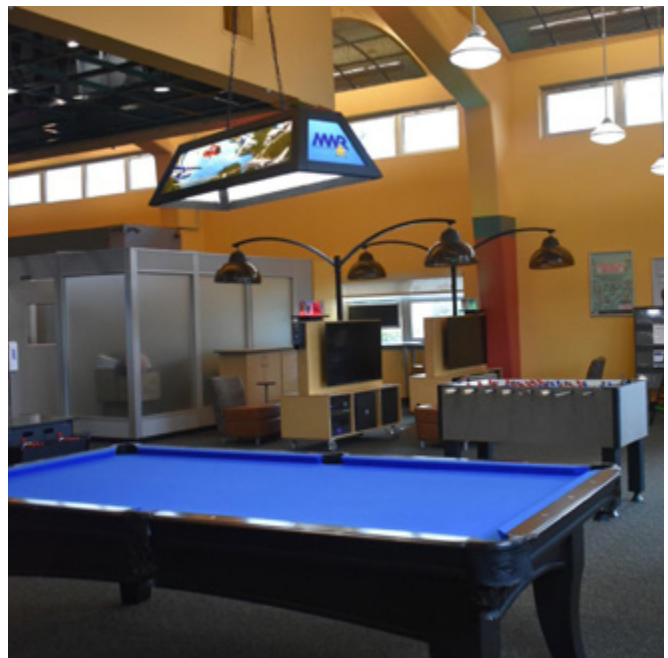
In closing, the NASWI FFR and N9 team is here to serve you and your family. Please do let us know if there is anything we can do to make your stay here at NASWI more enjoyable. Do not hesitate to reach out to any of our facilities and it's team members if you have any questions. We are eager to hear any of your ideas that you would like to see planned for the future!



Stephen Pohrivchak
CNRNW N9 | FFR Director
NAS Whidbey Island



Run, walk, play or camp alongside Cliffside RV Park and enjoy gorgeous views of the water.



Welcome back to the newly renovated LIBERTY Center! We're excited to now offer you reclining theater chairs, gaming stations, new flooring and more.



Looking forward to some dry days ahead! Rent a fat tire bike or snowshoe kits from MWR Outdoor Recreation located in the Convergence Zone.



SHARE YOUR PICS

There's so much to see and do around NAS Whidbey Island. Show us your favorite places using #navylifepnw!



"I love my Navy family and exploring Washington with them through our Outdoor Recreation Program. I hope you can join us on our next trip. Stop by the Convergence Zone or follow us on Facebook to see what's coming up next!"

- Josh Goldsborough,
Recreation Assistant, MWR

5 SIMPLE STEPS TO REGISTERING WITH MYFFR

1 VISIT

www.navylifepnw.com/myFFR

2 LOG IN

Enter your User Name and Password or request a household account.

3 BROWSE

Enter the Class, Trip or Activity myFFR number in the search bar. If you don't have the myFFR #, use the drop-down menus to search by base then scroll until you find what you are looking for.

4 PURCHASE

Add the Class, Trip or Activity in the shopping cart and pay using your credit or debit card.

5 ENJOY!

Rest easy knowing your reservation is complete!



FOOD, FUN & RECREATION



Community Garden at the Convergence Zone



We're proud to offer you and your family a wide variety of dining, entertainment and recreation options conveniently located on and near base.

Dining & Entertainment



Admiral Nimitz Hall Galley

Located on Ault Field
360-257-2469



CPO Lounge

Located within the MWR Event & Conference Center
1080 W. Ault Field Rd.
Oak Harbor
360-257-2505



M.T. McCormick's Officers' Lounge

Located on Ault Field
360-257-2521



Kegler's Bar & Grill

Located in the Convergence Zone
360-257-1567

Closed holidays

Check out new menu.

You can also order online through our Dine on the Go app.



Community Recreation Facilities

Auto Skills Center

Located on Ault Field
360-257-2295

Hours: Friday-Sunday
10 a.m.-6 p.m.

Closed holidays



CONVERGENCE ZONE

Located on Ault Field
360-257-2432

Hours: please call for information

Closed holidays

Equipment Rentals

Our experienced staff stands ready to outfit your next outdoor adventure.

Tickets, Trips & Tours

Come see us for military discounts on travel and advice on local hot spots. We also offer a wide variety of day and weekend trips. Let us do the driving while you travel in style.

Wheels & Deals

Selling a vehicle? Park it in our Wheels & Deals Lot on the Seaplane Base and it will get plenty of visibility.

Outdoor Parks and Recreation Areas

Costen-Turner Recreation Area

Located on Ault Field
360-257-2432

This expanse of land is named for Lt. Tom Costen and Lt. Charlie Turner of VA-155, whose A-6 Intruder was shot down over Iraq on the first night of Desert Storm. The park was dedicated in 1995.

Disc Golf Course

Located on Ault Field
360-257-2432

The 18-hole disc golf course starts and ends at PSD,



Health Protection Notice: FFR activities and services may require advanced registration and are subject to change or cancellation without prior notice. Contact the facility directly for confirmation or visit navylifepnw.com for current hours of operation and updates.



located across the parking lot from the Convergence Zone. Disc sets available for rent.

General Quarters Paintball

Located on Ault Field
360-257-2432

Adrenaline, strategy, skill and speed combine in exhilarating thrills on two separate fields.

The Grind Skate Park

Located on the corner of Intruder and Princeton Streets (across from the Chapel).
Oak Harbor, WA 98278
360-257-3309

Open daily, dawn to dusk.

The Grind features a series of challenging obstacles, including a half pipe, quarter pipe, grind box, pyramid and stairs.

Rocky Point Recreation Area

Located on Ault Field
360-257-2432

Adjacent to the Gallery Golf Course, located just footsteps from the Strait of Juan de Fuca and Rocky Point beach. Rental reservations available.



Gallery Golf Course

3065 N Cowpens Rd.
Oak Harbor
360-257-2178

Hours: please call for information

Open to the public.

- Challenging 18-hole course tournaments
- Grass driving range
- Pro Shop
- Lessons and clinics
- Online tee times for expedited check-in

Vehicle Storage

Operated through
Cliffside RV Park
360-257-2649

Hours: Monday-Sunday, 10 a.m.-6 p.m.

Theaters

Skywarrior Theatre

Located on Ault Field
360-257-6684

Hours: please call for show times

LIBERTY Lounges

LIBERTY Northwest Center

Located inside Admiral Nimitz Hall Galley
360-257-3309
Hours: please call for information

Open to junior service members (E1-E6) who seek high-energy recreation and entertainment in an alcohol- and tobacco-free environment. Eligible users may escort up to two guests over the age of 18.

APRIL-JUNE 2021

EVENT	DATE/TIME	HOST/VENUE
Bowling Specials & Tournaments Check out the ever-changing daily bowling specials, events and league nights at the Convergence Zone.	Monday-Sunday, Ongoing	Convergence Zone
Leisure Skills Classes Community Recreation teaches many different leisure skills with a wide range of skill level. From pumpkin painting to Wilderness First Aid, there is something for everyone. Prices vary. Call or stop by for more details.	Monday-Sunday, Ongoing	Convergence Zone
Special Activities Community Recreation offers activities throughout the week such as Toddler Reading Time and contests. Call or stop by for a list of activities we have throughout the month. FREE Events.	Monday-Sunday, Ongoing	Convergence Zone
Trips Community Recreation offers a variety of trips each month for you to experience and explore the great Northwest. Call or stop by for more details.	Monday-Sunday, Ongoing	Convergence Zone

FOOD, FUN & RECREATION

APRIL-JUNE 2021

EVENT	DATE/TIME	HOST/VENUE
Hoppy Hunting , A Scavenger Egg-Stravaganza Hoppy Hunting NASWI! Follow the clues around base for the chance to win some EGG-cellent prizes! Each colored egg will represent a different tier of prizes. Follow us on NavyLifePNW for all the details. FREE Event.	Saturday, April 3, 8 a.m.-4 p.m.	Convergence Zone
Month of the Military Child Movie Special Stop by the Skywarrior Theatre for a day of magic! Watch a free movie showing of a Disney classic, say 'hello' to some of your favorite characters, and enjoy crafts and activities. Follow us on NavyLifePNW for all the details! FREE Event.	Saturday, April 10, Noon-2:30 p.m.	Skywarrior Theatre
	Saturday, April 17, 2:30 p.m.	
	Saturday, April 24, 2:30 p.m.	
Seven Days of Leave No Trace In honor of Earth Day, learn how to keep our wild places wild. We will teach you Leave No Trace principles that will help you leave less of an impact while exploring the great outdoors! FREE Event.	Thursday, April 15- Thursday, April 22	Facebook: @WhidbeyFFR
Comic Book Day Kids will receive a DIY comic book kit, enjoy various activities, and have the opportunity to meet their favorite comic book characters! The event will wrap up with a free showing of Spiderman at the Skywarrior Theatre. FREE Event.	Saturday, May 1, Noon-3 p.m.	Convergence Zone, Skywarrior Theatre
iRead Summer Kickoff Party Win prizes this summer for reaching your reading milestones when you join the Reading Colors Your World challenge! Our kick-off will be held at the Skywarrior Theatre with a showing of the classic, "Charlotte's Web." All in attendance will receive a goody bag with information on joining the reading challenge. FREE Event.	Saturday, June 12, Noon (movie begins at 1 p.m.)	Skywarrior Theater





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- Work/life balance
- Work with a team of people passionate for doing work that matters

PERKS

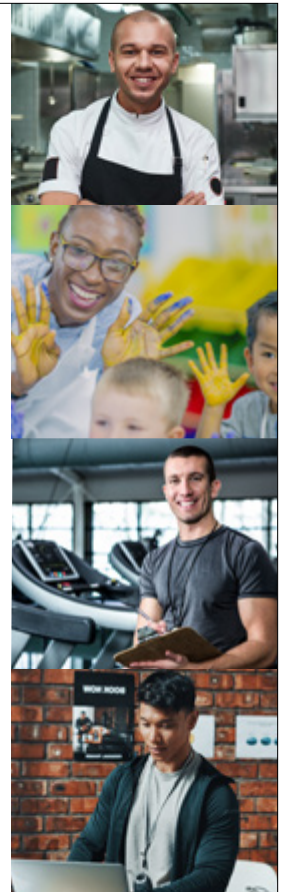
- Space-available child care
- Access to on-base recreation centers, gyms, movie theaters and more
- Discounts on travel

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POSITIONS FOR:

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- ✓ Cooks and Servers
- ✓ Maintenance/Laborers
- ✓ Recreation and Fitness Specialists
- ✓ Supervisors/Management
- ✓ and more!



LEARN MORE BY VISITING: WWW.NAVYLIFEPNW.COM/JOBS • WWW.USAJOBS.COM

NAS WHIDBEY ISLAND SKYWARRIOR THEATRE

PARTY

PACKAGES

STARTING AT \$300

All packages include the theater for one (1) hour before the showing and one (1) hour after the showing, one (1) staff member on-site, one (1) 6 ft. table, your choice of movie from the A-List movie program and you choose the date and time.

For more information call: 360-257-1977



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*Navy Gateway Inns & Suites (NGIS) is the preferred lodging choice for all TDY travel, military and civilian, helping you meet your fiscal and mission goals, while simultaneously delivering comfort and readiness to your personnel! Call to make your reservation TODAY!
Whether on business or leisure travel, we're here for you worldwide.*

NGIS is professionally managed and staffed, has all the amenities and features of a commercial hotel, and is conveniently located near duty or training sites and base amenities. NGIS creates welcoming, comfortable, 5-star guest services for those we serve.

YOUR VACATION *Navy* *Getaways* CLOSE TO HOME



We are open!
Say yes to a getaway and
book your stay today.



Pacific Beach, WA
pacbeach.navylifepnw.com
360-276-4414



Oak Harbor, WA
cliffside.navylifepnw.com
360-257-2649



Arlington, WA
jimcreek.navylifepnw.com
425-304-5315

LODGING & LEISURE



Navy Gateway Inns and Suites (NGIS) and Navy Getaways welcomes you with a wide range of comfortable and affordable accommodations across the Pacific Northwest.



Cliffside RV Park & Campground

Located on Ault Field.
360-257-2649

Nestled along the shoreline of Whidbey Island, Navy Getaways Cliffside offers an awe-inspiring location, the ambiance of shoreline living, ever-changing marine environment and unparalleled sunsets. Rent one of our RV campers or bring your own. We also rent tent sites and yurts.



Jim Creek Recreation Area & Campground

21027 Jim Creek Rd.
Arlington, WA 98223
425-304-5315/5361

Located just outside of Arlington, WA, about 90 minutes north of Seattle, and nestled in the foothills of the North Cascades, Jim Creek serves as a Naval Radio Station and regional outdoor recreation facility that is open year-round. Seasonal activities include fishing, boating and the Alpine Tower climbing adventure (open Memorial Day through Labor Day).



Pacific Beach Hotel, Cottages, RV Park & Campground

108 First St. N
Pacific Beach, WA 98571
360-276-4414

Located on the Pacific coast, 15 miles north of Ocean Shores, Pacific Beach features reasonably priced hotel accommodations as well as fully furnished 3-, 4- and 5-bedroom cottages lining the ocean bluff, providing guests with panoramic ocean vistas. On-site amenities include Pacific Beach Café & Gift Shop, Raindrop Lanes Bowling Center, a bar and more.



Navy Gateway Inns & Suites

Navy Gateway Inns & Suites combines all the comforts of a hotel, while specializing in official business accommodations. For reservations, call 877-NAVY-BED (628-9233).

Bangor

2750 Sargo Circle
Silverdale, WA 98315

Bremerton

120 S Dewey St.
Bldg. 865
Bremerton, WA 98314

Whidbey Island

1175 W Midway St.
Bldg. 973
Oak Harbor, WA 98278

Amenities include:

- FREE Internet access
- Refrigerator
- Housekeeping
- Fitness rooms
- FREE premium cable TV
- Complimentary Coffee
- Guest laundry
- Business center
- Microwave
- NGIS also offers pet-friendly accommodations. Call for details.




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UPCOMING PROGRAMS & EVENTS

APRIL-JUNE 2021

EVENT	DATE/TIME	HOST/VENUE
Eggstravaganza at the Beach Egg hunts, Easter crafts, Easter breakfast. Say yes to a weekend getaway and get \$10 off any two-night hotel stay. FREE Event.	Saturday, April 3	Navy Getaways Pacific Beach
Superhero Day at the Beach Fly into April as your favorite superhero! Get \$10 off any two-night hotel stay and enjoy super activities, specials and photo ops all weekend long. FREE Event.	Saturday, April 10 Noon-2 p.m.	Navy Getaways Pacific Beach
Princess Tea Party at the Beach Get \$10 off any two-night stay and enjoy FREE activities and craft projects all weekend long. FREE Event.	Saturday, April 17 Noon-2 p.m.	Navy Getaways Pacific Beach
Mother's Day Weekend Package Show Mom some love with a getaway to the beach. Get \$10 off any two-night hotel or RV stay, and enjoy activities and specials all weekend long.	Friday, May 7- Sunday, May 9	Navy Getaways Pacific Beach
Tie-Dye Saturdays at the Beach Learn to tie-dye! Includes supplies to create your own Pacific Beach souvenir. \$12 adult tees, \$10 kid tees.	Saturday, May 22, Noon	Navy Getaways Pacific Beach
	Saturday, May 29, Noon	
Father's Day Weekend Package Treat Dad to a Father's Day trip to the beach. Get \$10 off any two-night hotel or RV stay. Activities and specials all weekend long.	Friday, June 18- Sunday, June 20	Navy Getaways Pacific Beach
Great Navy Campout Weekend & Kids' Carnival Kids' carnival, games, food, prizes, s'mores and archery! FREE Event.	Friday, June 25- Sunday, June 27	Navy Getaways Pacific Beach
Yoga in the Park Enjoy an hour-long yoga session with a beautiful view of the Puget Sound. Recommend you bring your own yoga mat, but there will be some available at the site. myFFR #610214. FREE Event.	Saturday, June 26, 11 a.m.	Navy Getaways Cliffside RV Park





MONTH OF THE MILITARY CHILD SPECIAL FEATURE

ADAPT & THRIVE

by **Kelly Joines**

Now more than ever, children look to their parents for guidance and trust. While you might not have all the right answers, Fleet & Family Readiness (FFR) is here for you. FFR Programs, located all across the world, exist to support our Navy families and their well-being. Although many Navy service members and their families are familiar with fitness, sports and outdoor recreation programs, not all recognize how they can benefit from services offered by the Fleet & Family Support Program (FFSP).

“People hesitate all the time, thinking they can only use our programs for a crisis,” says Rachel Wilson, Regional Counseling and Advocacy Program Manager at Navy Region Northwest. But that’s not the case. In fact, according to Wilson, programs are designed to support all stages of personal and professional development of Navy service members and their families.

The cornerstone of successful Navy life is founded on resiliency, which is the ability to bounce back and to adapt.

Inspired by this resilience, FFSP has also adapted to meet the needs of Navy families as they weather the COVID-19 storm. Fleet & Family Support Center (FFSC) resources include a 24-hour centralized scheduling phone line, access to one-on-one support, on-demand podcasts, weekly webinars and live-stream classes that are open to all eligible patrons, no matter where they are stationed.

“We want to empower people,” says Britt Feldman, Regional Work and Family Life Coordinator at Navy Region

Northwest. She explains that on top of having children at home more, rising unemployment rates and a competitive housing market, many parents are balancing careers (or trying to secure a new one) while also filling the roles of teacher and caretaker. Add to these the unique challenges of being part of a military family and it can become overwhelming.

“For job loss and financial insecurity, I would not only mention that we have classes, but also professional staff to help give [military families] the

WHILE YOU MIGHT NOT HAVE ALL THE RIGHT ANSWERS, FLEET & FAMILY READINESS (FFR) IS HERE FOR YOU.

tools they need for their next career or to establish financial security,” says Feldman. “We want to help them thrive and be resilient.”

FFSC specialists agree that the best place for any Navy service member or their spouse to start is with a phone call to their FFSC. The resident expert on the other end of the line will make recommendations for classes, podcasts or external resources that will help solve a problem, offer reassurance and even assist in getting solutions from experts in a particular field.

“If we know what’s going on, we can recommend specific programs such as Daddy Boot Camp or reintegration classes to help our Sailors and their families develop happier and healthier relationships,” says Wilson.

With more at-home time, predictions call for another baby boom. Wilson also heads the New Parent Support Program, which offers care to parents from pregnancy through their child’s third birthday. Wilson says she’s a big believer in utilizing the centralized scheduling line to talk with an expert. In the case of new parents, she explains that “it’s like having your own person — a nurse or social worker — who’s special to you, who prepares individualized assistance to whatever you might be experiencing.”

Wilson encourages all parents to prioritize their individual self-care. One parent may need the reassurance of a listening ear, but can’t reach their spouse because of deployment. Flip that coin, she explains, and the other spouse is likely feeling disconnected, missing nightly story times and major milestones.

FFSC services are not only created to make Navy life a little easier, but

also to add fun and fulfillment. Many Navy families aren’t aware that FFSC also offers opportunities for personal and professional development. Karen Boeve, Family Readiness Program Director for Navy Region Northwest, emphasizes that personal advancement isn’t selfish, but rather necessary for the advancement of our children and society.

“Better people become better parents,” says Boeve, adding that she encourages parents to utilize FFSC resources to become aware and empowered — for themselves, their families and their futures.

Additional FFR amenities such as the Child and Youth Program are also a valuable resource for Navy families.

“Due to stay-at-home orders, the demand for child care and child care providers has increased

exponentially,” says Vickie Ramsey, Child and Youth Program Analyst.

“Our main goal is to support those people who need to work and need child care,” she says. For parents who need temporary child care as a result of the pandemic, she recommends reaching out to militarychildcare.com to find local, certified care providers who have passed an extensive background check.

Now that vaccines are rolling out, more school districts are planning to transition back to in-classroom learning. Child and Education Services continue to keep the commands informed of school changes, which impact the workforce for both active duty and civilians.

“It’s a huge benefit to make a connection with the installation School Liaison since we monitor all surrounding school districts and hundreds of individual schools, to stay apprised of the latest COVID closures and re-opening plans,” says Kelly Scheese, Regional School Liaison for Navy Region Northwest.

Re-integration for children in schools will have its own set of challenges. Some children have moved or graduated in the last year, explains Scheese. “New families are always arriving, and we can quickly inform them of their local school status,” she says. “If they are PCSing out, we will connect them with the School Liaison at the new installation.”

As we look out for the futures of our Navy service members and their families, we know that there are brighter times ahead. With resiliency and support from services offered through your FFR family, we’ve got you covered and will navigate this next chapter together.

NEED HELP? START HERE

Call the FFSC Centralized Scheduling line at 866-854-0638 for help 24/7.

If you are new to the area or want the 411 for your child’s school district or particular school, contact your School Liaison office: 360-340-2824 (NBK), 425-304-3688 (NSE), 360-257-6863

For on-demand resources, whenever and wherever, go to NavyLifePNW.com/podcasts or NavyLifePNW.com/webinars.

Need help teaching kids the new way of doing math?

Check out Military Child Education Coalition at militarychild.org and Tutor.com for educational resources K-12 and college, plus they also offer proofreading for your child’s essays!

Are you a parent temporarily in need of child care during COVID?

Learn more about enrollment at militarychildcare.com

SPORTS, FITNESS & AQUATICS



Photo Credit: MC3 Colin Sens



Our state-of-the-art fitness centers offer individual and group instruction from certified professionals and a wide variety of equipment, classes and team activities for every age, interest and fitness level.

Whidbey Fitness Center

3755 N Wasp St.
Bldg. 117
Oak Harbor, WA 98278
360-257-2420

NAS Whidbey Island has one of the most expansive fitness centers in the Navy. Our amenities include:

- Extensive Cardio and Strength Equipment
- Life Fitness
- Treadmills
- Stairmaster
- Steppers
- Matrix Stepmill
- Concept2 Indoor Rowers
- Precor Elliptical
- Life Fitness Ellipticals
- Technogym Wave Ellipticals
- Recumbent Bikes

- Upright Bikes
- Free Motion
- Free-Weight Room
- Hammer Strength Line

Facility and Surrounding area features:

- Sauna
- Large Group Fitness Room
- Four Racquetball Courts
- Full Basketball Court
- Volleyball Court
- Tennis Court
- Boxing/Judo Room
- NOFFS Zone
- Rogue Rack
- Functional Training Equipment
- Family Fitness Room (Cardio)
- Functional Training Room
- Seaview Trail (leads to Cliffside or Nortz Gate)

- Costen-Turner Complex
- Football/Soccer Field with Running Track
- Three Softball Fields

Aquatics Facilities

Although NAS Whidbey Island does not have its own recreational swimming facility, MWR has partnerships with two local pools: Fidalgo Pool in Anacortes and the North Whidbey Parks & Rec Pool in Oak Harbor. For more information, see the Front Desk.

Intramural Sports

3755 N Wasp St.
Bldg. 117
Oak Harbor, WA 98278
360-257-4320

Participate in regularly scheduled leagues, including volleyball, flag football, golf, basketball, softball and more. In addition, there are opportunities to participate in tournaments and regional competitions throughout the year.

All-Navy Sports

This program allows Sailors who possess the athletic skills to compete above the intramural level, in team or individual sports, a chance to represent the Navy at higher-level athletic competitions. All-Navy

teams participate in the Department of Defense Sports program and compete in the Armed Forces Championships against teams from the Marine Corps, Army and Air Force.

Admiral's Cup

The Admiral's Cup provides Sailors an opportunity to represent their commands and installations in Navy Region Northwest (NRNW) tournaments.

Captain's Cup

The Captain's Cup provides Sailors an opportunity to represent their commands and installations in a variety of different team sports and activities, while earning points toward the cup.







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UPCOMING PROGRAMS & EVENTS

APRIL-JUNE 2021

 = Captain's Cup

EVENT	DATE/TIME	HOST/VENUE
2021 Get Fit, Stay Fit Challenge If you want to improve your fitness in 2021, this is the challenge for you! This 10-week event will consist of pre- and post-assessments, exercise, behavior modification and nutrition classes along with loads of motivation! Register via myFFR #610141 Free for Active duty; \$20 for all others	Thursday, April 1- Thursday, June 17, Various times	NASWI Fitness Center
Princesses and Pirates Strong As part of our Month of the Military Child celebration, pick up your Princess or Pirate activity bag via curbside pick-up to start the week-long adventure and a chance to earn prizes! Help your child choose a healthy fitness/nutrition activity, post a picture of your activity on our Facebook page with #PrincessandPiratesStrong and receive a Certificate of Success! In honor of Earth Day, children can also earn an additional prize by completing an Earth Day activity and posting it as well. FREE Event!	Monday, April 5-Friday, April 9	NASWI Fitness Center Facebook: @WhidbeyFFR
 Intramural Soccer All league and event registration will be done at the Gym Front Desk, 360-257-2420.	Coaches' Meeting: April 5, 2 p.m. League starts April 12	NASWI Fitness Center
Virtual SAPR Color Run Join us for a virtual color walk/run in recognition of the Sexual Assault Awareness and Prevention Month (SAAPM). Pick your route and post a video and/or photos of yourself, family and friends completing a 5K during the month of April on our Facebook page @WhidbeyFFR. Open to all eligible patrons. For more information contact NASWIMWRFitness.cnrw@navy.mil . FREE Event. Register via myFFR #610213.	Friday, April 1-30	Facebook: @WhidbeyFFR
 Intramural Bowling Every Thursday. Duration of league dependent on number of teams. Four-person teams (men, women or mixed) play at a time. All league and event registration will be done at the Gym Front Desk, 360-257-2420.	Coaches' Meeting: April 20, 2: p.m. League starts April 23, 6 p.m.	Coaches Meeting held at the NASWI Gym. League held at Convergence Zone.
NOFFS Operational Course This 4-hour course focuses on Navy Operational Fitness and Fueling System and includes functional training instruction, workouts and nutritional information. Open to all eligible patrons ages 18+. Register via myFFR #610251. FREE Event.	Tuesday, April 20, 7-11 a.m.	NASWI Fitness Center
	Tuesday, May 18, 7-11 a.m.	
	Tuesday, June 22, 7-11 a.m.	
Command Fitness Leader (CFL) Certification Course This week-long course teaches skills to CFLs to lead the way in establishing and maintaining a culture of fitness for their commands. Active Duty only. Register through CNIC by going to www.navyfitness.org/fitness/cfl-information/cfl-course-application-and-instructions . FREE Event	Monday, May 3-Friday, May 7, 7 a.m.-4:30 p.m.	NASWI Fitness Center
 Intramural Softball All league and event registration will be done at the Gym Front Desk, 360-257-2420.	Coaches Meeting: May 10, 2 p.m. League starts May 24	NASWI Fitness Center
Mission Nutrition Want to increase your understanding of food and weight relationships? Learn how to shop wisely, build meals and understand external factors that impact your eating habits. Other topics include fad diets, sports nutrition and supplements. Open to all eligible patrons ages 13+. Sign up via myFFR# 610208. FREE Event.	Tuesday, May 11, 8 a.m.-4 p.m.	NASWI Fitness Center
Gold Star Run to Remember 5k Help us honor our Gold Star families and run/walk in memory of a fallen hero. Same day registration available. Child- and pet-friendly. Register via myFFR #610228.	Wednesday, May 12, 11 a.m.	NASWI Fitness Center
 Dodgeball Tournament All league and event registration will be done at the Gym Front Desk, 360-257-2420. Register by May 13.	May 14, 11 a.m.	NASWI Fitness Center

SPORTS, FITNESS & AQUATICS



FITNESS INCENTIVE PROGRAM

**Earn prizes for time
spent working out!**

See Front Desk for details.



EARN PRIZES FOR WORKING OUT!

30 min. of activity = 5 points (max. 10 points daily). Sign up and turn in your log sheets at the NASWI Fitness Center Front Desk.

200 points = MWR drink bottle

500 points = MWR workout towel

1000 points = MWR Duffle bag

2000 points = Bluetooth mini speaker



We stand ready to serve you. **Get a quote today.**

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EVENT	DATE/TIME	HOST/VENUE
🏆 Intramural Golf All league and event registration will be done at the Gym Front Desk, 360-257-2420.	Coaches' Meeting: May 17, 2 p.m. League starts Jun 3	Coaches meeting held at NASWI Fitness Center. League held at Gallery Golf Course
NOFFS Strength/Endurance/Sandbag Course This 4-hour course builds onto the Navy Operational Fitness and Fueling System by incorporating different modalities and goals. This class includes workouts and instruction. Open to all eligible patrons ages 18+. Register via myFFR #610251. FREE Event.	Tuesday, May 25, 11 a.m.-3 p.m.	NASWI Fitness Center



PRINCESSES & PIRATES STRONG

Monday, April 5-Friday, April 9
Whidbey Fitness Center

As part of our Month of the Military Child celebration, pick up your Princess or Pirate activity bag via curbside pick-up to start the week-long adventure and a chance to earn prizes!

1. Help your child choose a healthy fitness/nutrition activity.
2. Post a picture of your activity on our Facebook page with [#PrincessandPiratesStrong](#).
3. Receive a Certificate of Success!

In honor of Earth Day, children can also earn an additional prize by completing an Earth Day activity and posting it as well.



@WhidbeyFFR



GOLD STAR MEMORIAL RUN

Saturday, May 1-Sunday, May 30

Help us honor our Gold Star families and run/walk in memory of their fallen hero. Register and pick up goody bag at front desk, which will have a bib and medal to run with (while supplies last). Take a pic and post @WhidbeyFFR. Register via myFFR #610228.



2021 GET FIT, STAY FIT CHALLENGE

If you want to improve your fitness in 2021, this is the challenge for you! This 10-week event will consist of pre- and post-assessments, exercise, behavior modification and nutrition classes along with loads of motivation! Register via myFFR #610141. Free for Active Duty; \$20 for all others.

SUPPORT PROGRAMS



We're here to support you and your family during every career and life change with caring counselors, classes, relocation assistance and deployment support.

Centralized Scheduling

866-854-0638

ffsp.cnnrw@navy.mil

Fleet & Family Support Center Nor'Wester

3675 W Lexington Bldg.
2556
Oak Harbor, WA 98278
360-257-6289



Navy Gold Star Call Center

888-509-8759

24/7 SAPR Advocate

360-914-7687/55

24/7 Sexual Assault Response Coordinator (SARC)

360-914-7834



DoD Safe Helpline

877-995-5247



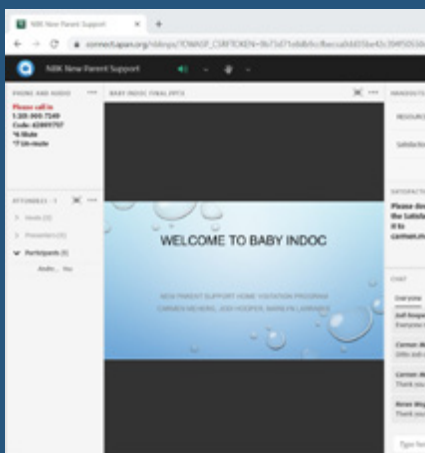
Health Protection Notice: FFR activities and services may require advanced registration and are subject to change or cancellation without prior notice. Contact the facility directly for confirmation or visit navylifepnw.com for current hours of operation and updates.

NEW! REGISTER FOR VIRTUAL FFSC CLASSES HOSTED ON APAN

Most of our online classes are hosted on the All Partners Access Network (APAN), a Dept. of Defense social networking website used for information sharing and collaboration.

If you already have an APAN account and Adobe Connect on your device, follow the link provided in the listing at least 15 minutes prior to the start of the class.

If you do not have an APAN account, allow time to follow the registration prompts for APAN and Adobe Connect prior to joining.



UPCOMING PROGRAMS & EVENTS



CLINICAL COUNSELING AND FAMILY ADVOCACY PROGRAMS

We offer individual, group and family counseling as well as victim intervention and related prevention, education and awareness programs. Classes and groups are scheduled based on demand. Call 866-854-0638 for registration and scheduling information.

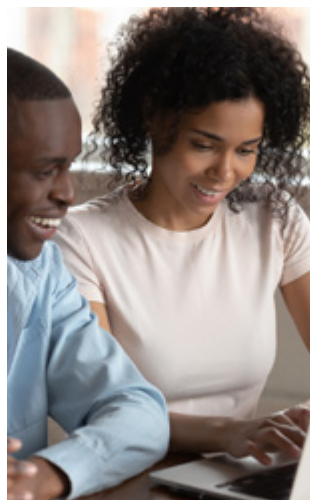


SEXUAL ASSAULT PREVENTION & RESPONSE (SAPR)

SAPR provides 24/7 services and support for victims of sexual assault and aims to eliminate sexual assault committed by or against military service members, their families and DoD civilians. Contact your installation SAPR office or call 866-854-0638 for more information about online and in-person class offerings. To register, contact the local installation SAPR office at NASWI.SAPR@navy.mil.

EVENT NAME	DATE/TIME
Domestic Violence (DV) and Sexual Assault (SA) Executive Leadership Training This training gives command leadership the tools needed to keep victims safe and hold offenders accountable for their actions.	Tuesday, April 13 8:30 a.m.-noon
April is Child Abuse Awareness Month and Month of the Military Child	
Military Spouse Appreciation Day Military Spouses are the backbone of their families. They support their service member, deployments and the mission. Saturday, May 1 is set aside to give thanks for everything military spouses do.	
May is Navy Gold Star Awareness Month The Navy Gold Star Program is the Navy's official program for providing long-term support to surviving families of Sailors who pass while on Active Duty. One of the greatest challenges faced by Survivors is the feeling of isolation after their loss. The Navy Gold Star Program strives to reassure Survivors that they are not forgotten - that they will always be part of the Navy Family.	
Living Intentionally, Fully and Effectively (LIFE) Connect with other people and share your journey of personal growth.	
Submerged This group gives military teens, ages 12-18, a safe space to talk about issues that matter most to them.	
Suicide Assist & Intercept for Life (SAIL) This voluntary program serves as a link between you, your providers and command leadership during your recovery.	
Survivors Overcoming Assault with Resiliency (SOAR) This is a 10-week, psycho-educational support group that aims to assist survivors of sexual abuse and violence.	

EVENT NAME	DATE/TIME
SAPR Initial Victim Advocate Training Required course to become a command-designated and credentialed SAPR victim advocate.	Monday, May 10-Friday, May 21, 7:30 a.m.-1 p.m. Monday, June 21-Friday, July 2, 7:30 a.m.-1 p.m.
SAPR Policy Summit and Advocate Appreciation Event Because April is Sexual Assault Awareness and Prevention Month (SAAPM), this month's 2-hour program is delivered in two parts: (1) "The SAPR Policy Summit", open to all SAPR personnel and command leadership teams, provides policy changes and updates for a constantly changing program, and (2) A "SAPR Advocate Appreciation" provides a well-deserved opportunity for Installation SAPR teams and commands to recognize and celebrate their command SAPR teams and individuals' amazing work and endless hours dedicated to support sailors impacted by sexual assault. To register, contact your local installation SAPR office by Tuesday, April 6.	Wednesday, April 7, 10 a.m.-noon
SAPR Primary Unit Victim Advocate Training Required course to become a command-designated SAPR Primary Unit Victim Advocate. To register, contact the local installation SAPR office by Wednesday, May 19	Wednesday, May 26 7:30 a.m.-4 p.m.
SAPR Victim Advocate Refresher Training Credentialed advocates must complete 32 hours of refresher training every two years.	Thursday, May 27, 2-4 p.m. Thursday, June 24, 2-4 p.m.



NOW OFFERING VIRTUAL SERVICES AND ONE-ON-ONE PHONE APPOINTMENTS

Visit navylifepnw.com/webinars or call 866-854-0638



Thursday, April 1-Friday, April 23

Chalk it Up Is a sidewalk (chalkboard, snow, quarterdeck display) art competition held during the month of April to raise awareness of sexual assault. Teams can be created from any command and be a combination of active duty and civilian. All art must be SAPR related. Winner(s) announced Friday, April 30.

Submit your team's photo entry by emailing NSE.SAPR@navy.mil.

SUPPORT PROGRAMS



VIRTUAL SAPR COLOR RUN

Join us for a virtual color walk/run in recognition of Sexual Assault Awareness and Prevention Month (SAAPM). Pick your route and post a video and/or photos of yourself, family and friends completing a 5K during the month of April on our Facebook page @WhidbeyFFR. Open to all eligible patrons. For more information contact NASWIMWRFitness.cnrnw@navy.mil. FREE Event. Register via myFFR #610213.



FAMILY SUPPORT SERVICES

Our Family Employment, Ombudsman Support, New Parent Support Home Visitation (NPSHV) Program and the Exceptional Family Member Program (EFMP) are here to offer the help you need, when you need it. To attend our upcoming classes, visit the APAN link (where provided) or call 866-854-0638. Additional formats may be available.

EVENT	DATE/TIME
Mid-Year Moves: Ensuring a Smooth School Transition Join NAS Whidbey's School Liaison in a virtual workshop for incoming families with school age children. Parents and Guardians will learn about local school options and receive information regarding registration and enrollment and best practices to prepare for a smooth transfer between schools. Hosted by NASWI School Liaison. For more information please email: naswi.slo.cnrnw@navy.mil . https://connect.apan.org/movingtowhidbey/	Wednesday, April 14, 10-11 a.m. Wednesday, May 5, 5:30-6:30p.m.
Moving to Whidbey Island: What Parents Need to Know Free parent webinars hosted by NAS Whidbey Island School Liaison for outgoing families who will PCSing before the end of school year 2020-21. The webinar will cover topics such as: challenges that accompany transitioning schools in the middle of the school year, documents and information to gather prior to departure, tips and resources to address academic, social and emotional challenges and ideas on getting your student connected at their new school and community upon arrival. Hosted by NASWI School Liaison. For more information please email: naswi.slo.cnrnw@navy.mil . https://connect.apan.org/midyearmoves/	Wednesday, April 7, 10-11 a.m. Thursday, May 13, 2-3 p.m. Wednesday, June 9, 10-11 a.m.
Moving with an EFM For a stressless PCS, find out more about benefits, relocation entitlements and school resources available for Exceptional Family Members. https://connect.apan.org/naswirelocation/	Tuesday, April 20, 5:30-7 p.m.
New Spouse Orientation Are you newly married or new to the Navy? Come learn the basics of Navy life and how to thrive as a military spouse! https://connect.apan.org/naswirelocation/	Thursday, June 3, 9 a.m.-noon
Ombudsman Assembly Call for details.	Tuesday, April 27, 6-8 p.m. Tuesday, May 25, 6-8 p.m. Tuesday, June 22, 6-8 p.m.
Overseas Transfer Workshop Explore cultural adaptation process issues and other items involved in preparing for relocating to an overseas location. The workshop includes information about household goods shipments, pay, allowances, spouse employment, schools, and pets. Hosted by NS Everett FFSC. https://connect.apan.org/nse-relo/*	*Wednesday, May 26, 9-11 a.m.

EVENT	DATE/TIME
EFMP Sensory Friendly Bowling Free bowling and shoe rental for EFMP families. No strobe lights, low and calm or no music. Bowl as much as you want in the time allotment. Reservation required. Register by Thursday, April 30.	Friday, April 30, 5-6:30 p.m. or 6:30-8 p.m.
Family Readiness Group (FRG) Roundtable The roundtable is a chance for FRG board members to discuss any issues or questions about the program. Advanced training at each session. Link to join virtually will be sent to each FRG.	Thursday, April 22, 5-6:30 p.m.
Family Sensory Friendly Movie This free, family movie will have the sound turned down and the lights on.	Thursday, April 8, 6 p.m. Thursday, May 13, 6 p.m. Thursday, June 10, 6 p.m.

UPCOMING PROGRAMS & EVENTS



FINANCIAL MANAGEMENT

A key contributor to fleet and family readiness is having a solid financial plan in place. We offer a variety of resources to keep you and your command up-to-date on issues that can impact your financial health. To register for our upcoming classes, visit the APAN link (where provided) or call 866-854-0638. Additional online, in-person and on-demand options may be available.

EVENT	DATE/TIME
Parenting Teens The holiday season is behind us and spring break is looming on the horizon. This workshop is designed to focus on how parents can assist teens during challenging times. Topics include inclusion and exclusion in family events and activities. https://connect.apan.org/naswilifeskills/	Tuesday, May 4, 9-10 a.m.
Sponsorship Training Get tips and advice that will help streamline the sponsorship process: benefits of sponsorship, a checklist of sponsor duties and responsibilities, and more. https://connect.apan.org/naswirelocation/	Thursday, April 29, 2-3:30 p.m.
Spouse Education and Employment Information Join us to explore some of the education and employment resources available to military spouses! https://connect.apan.org/naswiferp/	Tuesday, April 27, 5-6 p.m.
Spouse Sponsorship FFSC Relocation staff provides training (orientation) to spouses of active duty members, in accordance with OPNAVINST 1740.3D. This training prepares for spouses to support and sponsor in-bound spouses and families within their commands to aid in a successful transition to their new duty station at NASWI. Training includes an overview of available resources, history of the program, and the roles and responsibilities. https://connect.apan.org/naswirelocation/	Wednesday, April 28, 2-3 p.m.
Youth Sponsorship FFSC relocation specialists provide training and orientation to children of Active Duty families at the Youth Center. This training supports OPNAVINST 1740.3D by helping children be prepared to assist other children and successfully transition to their new community. Training includes an overview of available resources, roles and responsibilities of youth sponsors. Held at the NASWI Youth Center https://connect.apan.org/naswirelocation/	Tuesday, April 27, 4-4:30 p.m.

EVENT NAME	DATE/TIME
Caring For Aging Parents Are your parents getting older and unsure how you can help? This workshop provides education and resources to assist families in caring for parents as they age to include financial, emotional and legal issues. https://connect.apan.org/naswipfm/	Tuesday, June 15, 2-4 p.m.
Car Buying Want to buy a new set of wheels? Learn how to assess the true cost of a new vehicle and how to get the most for your money. https://connect.apan.org/naswipfm/	Wednesday, April 21, 2-4 p.m.
CFS and Leadership Financial Forum Once a quarter, we host a financial forum opened to all CFSs and command leadership to include command career counselors, first-line supervisors, senior enlisted advisors, and senior leadership. Various personal financial management hot topics will be discussed. https://connect.apan.org/naswicfsforum/	Tuesday, May 11, 2-4 p.m.
CFS Refresher This 8-hour refresher includes pre-class coursework, a review of the financial planning worksheet and the solution focused counseling model. Call for registration details.	Thursday, May 13, 8 a.m.-4 p.m.
Command Financial Specialist (CFS) CFS Initial training is a mandatory 40-hour course to become a CO-designated CFS. CFS candidates must be an E6 and above or an E5 with at least six years or obtain a waiver from CNIC plus have a minimum of one year left at the command. This is a 5-day virtual course and requires daily homework. Call for registration details.	Monday, June 21-Friday, June 25, 7:30 a.m.-4:30 p.m.
Credit... What's the Big Deal? Credit...What's the Big Deal? Come learn how credit is used, who can access it and why it's important to use credit responsibly. https://connect.apan.org/naswipfm/	Wednesday, May 26, 2-4 p.m.
Debt Rehab Is debt weighing you down? Unsure where to start? Discusses all types of debt from credit card to installment loans to collections and helps you design a recovery plan that best benefits you. https://connect.apan.org/naswipfm/	Tuesday, May 25 2-4 p.m.

SUPPORT PROGRAMS

EVENT NAME	DATE/TIME
Home Buying Planning to buy a home? Learn how much you can afford, how to select a loan and a realtor, and what to expect throughout the process. https://connect.apan.org/naswipfm/	Tuesday, June 8, 2-4 p.m.
Home Selling Getting ready to PCS or move, but you have a home here? Explore what to do prior to putting your house on the market, what to do after it's on the market, how to respond to an offer and what happens at closing. https://connect.apan.org/naswipfm/	Wednesday, June 9, 2-4 p.m.
Life After High School: Parents Edition Don't want your children living with you forever? Then you will need to teach them critical life principles to help them stand on their own and to be financially successful. https://connect.apan.org/naswipfm/	Tuesday, April 6, 1-4 p.m.
Life After High School: Young Adult Edition Don't want to live with your parents forever? Then you will need to take the initiative to learn critical life principles to be financially successful. This class is designed for ages 16-24. https://connect.apan.org/naswipfm/	Wednesday, April 7, 1-4 p.m.
Money and the Move Whether you're moving CONUS or OCONUS, this training will help you prepare for all phases of relocation, from financial entitlements to common family concerns. The School Liaison will be a guest speaker for any questions. https://connect.apan.org/naswirelocation/	Tuesday, May 25, 1-4 p.m.
Moving Out. What's the Cost? Moving off base? Not sure where to start? This workshop covers everything a sailor needs to know before they move out of the barracks from what you can afford to roommate pros and cons. https://connect.apan.org/naswipfm/	Tuesday, April 20, 2-4 p.m.
Navy Retirement... Is It Enough? Getting ready to retire and unsure if it will be enough? Explore the three stages of retirement, the five retirement steps and sources and types of income available in "real" retirement. https://connect.apan.org/naswipfm/	Tuesday, May 4, 2-4 p.m.
Now I'm the Landlord ... Moving or PCSing but can't sell your house here or just want to rent out a room? Prepare to become the landlord by getting financially ready, understanding the laws, hiring a property manager, finding good tenants, maintaining your property, and using your resources. https://connect.apan.org/naswipfm/	Thursday, June 10, 2-4 p.m.

EVENT NAME	DATE/TIME
Saving & Investing 101 Want to save and/or invest but not sure where to start? Learn the difference between saving and investing and the tools needed to get started. https://connect.apan.org/naswipfm/	Thursday, May 6, 2-4 p.m.
Semi-Annual Senior Leadership PFM Seminar This seminar for command senior leadership (CO/XO/CMC) is hosted twice a year and provides an overview of the PFM programs, services, assistance and initiatives to include current trends. https://connect.apan.org/naswipfm/	Thursday, April 8, 10-11 a.m.
Tackling Student Loans Is student loan debt interfering with your GPA (going places ability)? Come learn what options are available to include if you are in default. https://connect.apan.org/naswipfm/	Thursday, May 27, 2-4 p.m.
The Thrift Savings Plan and Blended Retirement System You signed up for it in boot camp but you have no idea how it works... Come learn the TSP details to include the various options and funds plus the BRS benefits. https://connect.apan.org/naswipfm/	Wednesday, May 5, 2-4 p.m.
Vacation Planning for ALL Need some R&R? Vacation without breaking the bank through planning tips and resources for a fun and financially sound trip. https://connect.apan.org/naswipfm/	Thursday, May 20, 11 a.m.-noon Thursday, May 20, 2-3 p.m.
Virtual Million Dollar Sailor MDS seminars meet all your financial literacy touch-points. Spouses and other family members welcome! This 2.5 day course covers all aspects of financial management.	Wednesday, April 14-Friday, April 16, 8a.m.-4p.m.



UPCOMING PROGRAMS & EVENTS



EMPLOYMENT/TRANSITION SUPPORT

Our Employment specialists are here to help guide you with career planning, transition assistance and support in finding a job you'll love. Classes are scheduled based on demand. Contact your Command Career Counselor or call 866-854-0638 for more information.

EVENT NAME

(TAP) Pre-Separation

This is an introduction to the Transition Assistance Program (TAP) curriculum and will assist service members in identifying programs and services available to them while on active duty and after separation.

(TAP) Managing Your (MY) Transition

Make your transition from military service to the civilian sector a successful one. This monthly class covers important military and civilian resources as well as "less obvious" issues, such as personal and family transition concerns, the differences in the culture of civilian and military workplaces, transition-related stressors, and the importance of effective communication. Registration required.

(TAP) Military Occupational Code (MOC) Crosswalk

Class demonstrates how to translate military skills, training and experience into civilian credentialing appropriate for civilian jobs. Service members will document their military career experience and skills, translate their military occupation experience to civilian sector occupations and skills, and identify any gaps in their training or experience that need to be filled to meet their personal career goals. Registration required.

(TAP) Financial Planning for Transition

Stay in control of your finances during your transition. This class covers helpful tools to help you calculate military-to-civilian income equivalence and the real cost-of-living for at least two geographical locations and an updated spending plan. Registration required.

(TAP) VA Workshop

This brief is designed to enable transitioning service members (TSMs) to make informed decisions regarding the use of VA benefits. The program is designed around the understanding that no two transitions are the same. Topics covered include disability benefits and compensation, memorial and burial benefits, education and economic support, housing benefits, and health-care options as well as physical and emotional health needs.

(TAP) Department of Labor Employment Fundamentals of Career Transition (DOLEFCT)

This class lays the foundation of the transition from military to civilian life. This workshop provides an introduction to the essential tools and resources needed to evaluate career options, gain information for civilian employment, and understand the fundamentals of the employment process.

(TAP) Managing Your (MY) Education (2-day)

Interested in pursuing higher education? This 2-day workshop covers tips for choosing a field of study, selecting an institution, and admission requirements. Target audience: service members attending college for the first time and those applying to graduate school programs.

EVENT NAME

(TAP) Managing Your (MY) Entrepreneurship (2-day)

Learn about the benefits and challenges of entrepreneurship and the steps required to launch a small business successfully. After completing the Small Business Association (SBA) Entrepreneur Track, participants can take advantage of follow-on training, counseling and mentorship opportunities designed to assist with business planning, market research, access to capital and all other aspects and stages of small business ownership.

(TAP) Employment Workshop (2-day)

This monthly class provides service members with a comprehensive 2-day workshop that covers emerging best practices in career employment, including in-depth training to learn interview skills, build effective resumes, and use emerging technology to network and search for employment.

(TAP) Department Of Labor Career and Credential Exploration (2-day)

This class offers a unique opportunity for participants to complete a personalized career development assessment and present them with tailored job recommendations that align with their occupational interests and abilities. Participants are guided through a variety of career considerations including labor market projections, education, apprenticeships, certifications and licensure requirements.

(TAP) Disabled American Veterans

Information regarding Benefits Delivery at Discharge (BDD) Claims. Describes procedures and requirements to file a VA disability claim prior to separation.

CONSEP Mid-Career

CONSEP gives you the opportunity to gather and understand information as you analyze your options to continue your service in the Navy or pursue a civilian career.

Department of Labor Vocational Career Track

This workshop offers the opportunity to identify skills, increase awareness of training and credentialing programs, and develop an action plan to achieve your career goals.

Transition Assistance Program (TAP) Capstone Event

The event takes place after you have completed Pre-assessment with your Command Career Counselor, and attended the 3-day workshop, as well as one of the four Career Tracks. During Capstone, your Individual Transition Plan (ITP) and E-form 2648 (Individual Transition Plan Checklist) will be reviewed to verify that you have met your transition Career Readiness Standards.

EVENT NAME

DATE/TIME

Acing the Interview

Let's talk about effective strategies that you can use to best prepare for an interview, improve interview performance, and make the most of your interview experience.

<https://connect.apan.org/naswiferp/>

Tuesday, June 8,
10-11 a.m.

Career Assessment and Exploration

Let us help you find your ideal career with O*NET Online. You'll learn about different industries and occupations and the skills and education/training necessary to land a job.

<https://connect.apan.org/naswiferp/>

Thursday, May 6,
10-11 a.m.

Tuesday, June 15,
10-11 a.m.

SUPPORT PROGRAMS



LIFE SKILLS EDUCATION

Make your life everything you imagined and start living by choice, not be chance. Join one of our many classes to find out the secrets to living a positive, empowered and fulfilled life! To register for our upcoming classes, visit the APAN link (where provided) or call 866-854-0638. Additional online, in-person and on-demand options may be available.

EVENT NAME	DATE/TIME
CIAC Roundtable FFSC IA Deployment Support Specialist will meet with Command Individual Augmentee Coordinators (CIAC) to discuss best practices, NFAAS updates and IA status. https://connect.apan.org/naswideployment/	Wednesday, April 21, 3-3:30 p.m.
Dressing for Interviews What you wear says a lot about you! This webinar discusses some Do's & Don'ts regarding interview attire that can help you make the right first impression. https://connect.apan.org/naswiferp/	Tuesday, May 25, 5-6 p.m.
Navigating the Federal Application Process This workshop will teach you the basics of applying for a federal job – from how to quickly find positions that interest you to making your application highlight key skills. https://connect.apan.org/naswiferp/	Thursday, April 15, 10-11 a.m.
	Tuesday, May 18, 10-11 a.m.
	Tuesday, June 29, 5-6 p.m.
Sponsor Coordinator and Relocation Round Table Updates to the Sponsorship Program, resources, and PCS entitlements. https://connect.apan.org/naswirelocation/	Thursday, June 10, 1-2 p.m.
Writing Your Best Resume Learn the different styles of resumes and when to use them. Discover ways to translate and highlight skill sets you possess and put them into words to let employers know why they should meet and ultimately hire you. https://connect.apan.org/naswiferp/	Thursday, April 15, 2-3 p.m.
	Tuesday, May 18, 2-3 p.m.
	Tuesday, June 29, 6-7 p.m.

EVENT NAME	DATE/TIME
Anger Management (Taming the Tiger Within) Discover better ways to respond to your own anger as well as that of others by examining family patterns, individual beliefs, and other issues that will challenge the common thoughts and beliefs of normal and healthy emotion. https://connect.apan.org/naswilifeskills/	Tuesday, April 6, 9-10 a.m.
	Tuesday, April 20, 9-10 a.m.
	Thursday, May 6, 9-10 a.m.
	Thursday, May 20, 3-4 p.m.
	Tuesday, June 1, 9-10 a.m.
Communication Skills Communication is powerful and directly affects our quality of life and relationships. Strengthen relationships at work and at home by practicing skills that build effective, two-way communication. https://connect.apan.org/naswilifeskills/	Thursday, April 8, 3-4 p.m.
	Tuesday, May 18, 3-4 p.m.
	Thursday, June 17, 9-10 a.m.
Conflict Resolution Learn how to create a peaceful environment by examining attitudes and behaviors when peace turns into conflict. Held at the Nor'Wester, Fidalgo. https://connect.apan.org/naswilifeskills/	Tuesday, April 6, 2-3 p.m.
	Tuesday, May 11, 10-11 a.m.
	Thursday, June 3, 2-3 p.m.
Lemons to Lemonade Is your new duty station not what you expected? Let's turn lemons in to lemonade! This class will cover positive thinking, working through challenging situations, and utilizing resources. Held at the Nor'Wester, Fidalgo. https://connect.apan.org/naswirelocation/	Wednesday, May 12, 2-4 p.m.
Stress Management 101 Learn how to recognize and cope with your personal stressors using easily accessible tools and resources. https://connect.apan.org/naswilifeskills/	Wednesday, April 7, 2-3 p.m.
	Thursday, April 22, 9-10 a.m.
	Thursday, May 13, 2-3 p.m.
	Tuesday, May 25, 9-10 a.m.
	Thursday, June 10, 2-3 p.m.
	Tuesday, June 29, 9-10 a.m.




PODCASTS

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CHILD & YOUTH PROGRAMS



We're committed to supporting military and DoD civilian families by recognizing the uniqueness of each family's lifestyle and needs. In addition to on-base child care options, we offer a wide variety of age-appropriate activities for school-age children and teens.

Child Development Centers (CDC)

Child Development Centers (CDCs) care for children 6 weeks to 5 years of age. All centers are accredited by the National Association for the Education of Young Children.

Clover Child Development Center (CDC)

365 W Clover Bldg. 2679
Oak Harbor, WA 98278
360-257-6861

Regatta Child Development Center (CDC)

220 NE Regatta Dr.
Bldg. 2936
Oak Harbor, WA 98278
360-257-6572

Child Development Homes (CDH)

Whidbey Child Development Homes (CDH)

260 W Pioneer Way
Bldg. 13
Seaplane Base
360-257-6861

Our certified Child Development Homes care for children from birth through 12 years of age. Off-base homes are additionally licensed by the State of Washington.

School-Age Care/Youth Center

Whidbey School-Age Care (SAC)

54 Wake Ave.
Bldg. 2874
Oak Harbor, WA 98278
360-257-0889

Our School-Age Care (SAC) program provides recreational and educational activities for children 6-12 years of age.

Youth Center

54 Wake Ave.
Bldg. 2874
Oak Harbor, WA 98278
360-257-3150

Open to eligible family members ages 12-18, in grades 7-12.

Child and Youth Education Services School Liaison

Whidbey School Liaison

260 W Pioneer Way
Oak Harbor, WA 98278
360-257-6863
Call for an appointment.



Health Protection Notice: FFR activities and services may require advanced registration and are subject to change or cancellation without prior notice. Contact the facility directly for confirmation or visit navylifepnw.com for current hours of operation and updates.



CHILD & YOUTH PROGRAMS

SEVEN CORE SERVICES of NAVY SCHOOL LIAISONS



Contact your School Liaison for help with:

- Inbound/outbound school transfers
- K-12 educational options and information: public, private and homeschool
- School support and other learning resources
- Understanding the special education process
- Graduation requirements and post-secondary options
- Military and community services information
- Deployment support for families and children

**NAS Whidbey Island
School Liaison**
360-257-6863
260 W Pioneer Way
Oak Harbor, WA 98278

1

School Transition Services (PCS cycle)

Assists families with school transfers, providing information on K-12 educational options and strategies to help "level the playing field" for military children and youth.

2

Deployment Support

Connects military families to the Navy's deployment-support system, inform educators about the cycle of deployment, and provide tools to assist educators working with Navy children.

3

Command, School and Community Communications

Serves as subject-matter experts for installation commanders on K-12 issues, helping to connect command, school and community resources and information.

4

Homeschool Linkage and Support

Provides Navy families with homeschooling resources and support, as well as information on homeschooling issues, policies and legislation.

5

Partnerships in Education (PIE)

Helps support the installation's PIE program, where military personnel volunteer in local schools to help foster the success of all students in the community.

6

Post-secondary Preparation

Provides military high-school students with post-secondary information, resources, and opportunities.

7

Special Needs System Navigation

Provides information to families with children of identified needs, to help them navigate the administrative systems within local education agencies. Also provides information about installation and community programs and services, and make referrals to the Exceptional Family Member Program (EFMP).



YOUR CAREER STARTS HERE

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SET YOUR OWN HOURS ●

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Naval Station Everett: 425-304-3046
Naval Base Kitsap: 360-731-1894
Naval Air Station Whidbey Island: 360-257-6861
Or visit www.navylifepnw.com/cdh-provider

HOUSING SERVICES



Your installation Housing Service Center (HSC) is your source for helpful and friendly information about housing options at any installation worldwide, including safe and affordable pre-screened community housing listings, personalized counseling and more.

Housing Service Center

Nor'Wester

3675 W Lexington
Bldg. 2556
Oak Harbor, WA 98278
360-257-3331

Monday-Friday:
7 a.m.-4:30 p.m.

Housing Services:

- Pre-screened community housing listings.
- Personalized counseling to find what will work best for your situation, including exceptional family member needs.

- Lease services, including review and explanation of lease terms and lease negotiation.
- Subject matter experts who can assist you with the Service members Civil Relief Act (SCRA) or any landlord/tenant disputes that you have been unable to resolve on your own.
- Housing representatives who can document basic health or safety conditions in the home.
- Outbound services to help you with

housing at your next destination.

- Local maps, fax services and more, all available to you at no cost!

Unaccompanied Housing

Check-in: Unaccompanied Housing Office

1040 Intruder Street
Building 2701
Oak Harbor, WA 98278
360-257-4163

After-hours
Emergency
Maintenance:
360-914-7347

Homes.mil, your FREE online resource

Check out [HOMES.mil](https://www.homes.mil), the only DoD-sponsored rental listing website used by Military Housing Offices around the world. Service members and their families can view property listing details, contact Property Managers by email, compare multiple listings and map rental properties. Property managers and landlords can also use this service to list their rentals. For more information, contact your installation HSC.

Online Barracks Maintenance Requests

Available 24/7, residents can submit non-emergency maintenance requests through the online maintenance request program at navylifepnw.com. Requests are sent to our Maintenance Tracking Program and are reviewed daily by UH Building Managers. Residents receive an email confirmation when their maintenance requests are received, assessed and completed.



Health Protection Notice: FFR activities and services may require advanced registration and are subject to change or cancellation without prior notice. Contact the facility directly for confirmation or visit navylifepnw.com for current hours of operation and updates.

HOUSING SERVICE CENTER

Let us
help
you!

**Naval Base Kitsap
Housing Service Center**

Bangor Plaza
2720 Ohio Street
Silverdale, WA 98315
360-396-4399

**NAVSTA Everett
Housing Service Center**

2000 W. Marine View Drive
Bldg. 2028
Everett, WA 98207
425-304-3402

**NAS Whidbey Island
Housing Service Center**

3675 W. Lexington St.
Bldg. 2556
Oak Harbor, WA 98278
360-257-3331

Visit any Housing Service
Center (HSC) for:

- Lease Services
- Referral Counseling
- Family Housing Application
- Landlord/Tenant Resolution 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.



May is Gold Star Awareness Month

Join us this month in paying tribute to the fallen
and honoring the families left behind.

www.NavyGoldStar.com
www.facebook.com/NavyGoldStar • 1-888-509-8759





Department of the Navy
Fleet & Family Readiness
1103 Hunley Rd. Bldg. 94
Silverdale, WA 98315



WE SERVE, TOO!

April is **Month** of the **Military** **Child**



#purpleup4militarykids