



EXPERIENCE NAVY LIFE
NAVAL AIR STATION

WHIDBEY

YOUR GUIDE TO ON-BASE RESOURCES AND ACTIVITIES

OCTOBER-DECEMBER 2020

SELF-CARE TIPS

NAVY GETAWAYS SPECIALS

CELEBRATING MILITARY FAMILIES

NEW HOLIDAY TRADITIONS



NAVY REGION NORTHWEST

NAS Whidbey Island

GALLERY

Golf Course

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Nov. 24-Dec. 24



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360-257-2178

EXPERIENCE NAVY LIFE NAVAL AIR STATION WHIDBEY

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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, contact the facility directly or sign up for the Navy Life Currents e-newsletter at navylifepnw.com/subscribe. A digital version of this magazine is available at: whidbey.navylifepnw.com/magazine.

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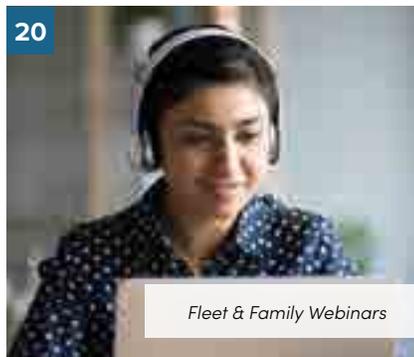
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360-535-9092
Sponsorship.cnrnw.pf@navy.mil

A MESSAGE FROM THE FFR DIRECTOR



With my personal favorite time of the year in full swing, I hope you are looking forward to all the great things that Naval Air Station Whidbey Island (NASWI) has to offer. Many of us will be pulling out our cold-weather clothes, getting vehicles ready for fall and winter driving conditions and thinking about the holidays. NASWI FFR has you covered no matter what your interests are.

Though we have all been experiencing changes to our daily lives, NASWI FFR continues to offer outstanding virtual programs in each and every facility. Our NASWI FFR Facebook page and this magazine are great places to find more information about our programs and events.

We have a good plan in place to continue to offer outstanding events that you have come to expect from us. Though many of our events may be virtual, they are going to get you in the holiday spirit, and remember, NASWI FFR has a team that stepped up to the plate during a challenging time. We are committed to making our holiday-themed events something that you and your family will always remember.

In closing, we at NASWI FFR are here to serve you and your family. Please let us know if there is anything we can do to make your time at NASWI more enjoyable.



STEPHEN POHRIVCHAK
CNRNW N9 | FFR Director
NAS Whidbey Island

FOLLOW US



@WHIDBEYFFR!

Special thanks to our NASWI families who participated in our recent virtual events.



Gina Rios-Santiago and Josh Goldsborough, Community Recreation Specialists at the Convergence Zone, handed out free craft kits for MWR customers to use at home.



Congratulations to John Blair for winning our MWR Nature Photography Contest with this spectacular shot of a Bald Eagle.



Congrats to the Fields family, winners of our 4th of July photo contest and a \$50 gift card and a prize basket, courtesy of our sponsor Sprint Military. No Navy endorsement of sponsor implied.

Caring for Yourself (And Your Loved Ones) This Holiday Season



Everyone knows the holidays can be stressful! For many of us, the holidays symbolize a time for gathering with family and friends, tradition, cultivating time to give to those less fortunate and most of all, focusing on the things for which we are grateful. However, for some, the holidays represent stress and chaos.

What Makes this Holiday Season Different?

Celebrating the holidays during these unprecedented times adds a completely new layer of stress and uncertainty to the equation. During hard times, the people closest to us become our primary source for nurturing and positivity. The pandemic has certainly made cultivating togetherness even more challenging. There are the concerns about traveling (especially air travel) and potentially exposing family members (some in high-risk categories) to the virus. You may have increasing worries about affording food, rent, and gifts for your children and other family members if you have been financially impacted by the pandemic.

Why Self-Care, Why Now?

We have all heard the saying, “You can’t pour from an empty cup. Take care of yourself first.” For some, practicing self-care seems selfish and unnatural. Many of us have so many responsibilities in life that we forget to take care of our personal needs or when we do put our needs first, we tend to feel guilty. This is especially true for mothers, caregivers, single parents and helping professionals. Self-care is not an indulgence; it is a form of self-love, self-respect, and an ethical obligation. An added bonus of self-care is that when you take time to invest in yourself, you gain more energy to take care of others. Caring for others promotes a sense of connection and belonging, which leads to more feelings of happiness and fulfillment in life and ultimately helps decrease our stress levels.

Self-Care Strategies that Work!

Here are some ways you can practice good self-care to ward off the stress that comes with the holiday season:

- Practice relaxing and calming exercises as a family. A simple deep breathing exercise can help to settle the mind and body.
- Homemade gifts are the best gifts! You and your family can use art supplies from home to make holiday-themed cards, crafts, and artwork.
- Create or start a new family tradition. Experiment with a new recipe, decorations, or rituals that include family members near and far.
- Host private holiday parties using social media outlets so that everyone can participate.
- Practice gratitude. Gratitude can help protect your brain from stress and depression. Just considering the question “What am I grateful for?” increases dopamine and serotonin, even without having an answer.
- Talk to a trusted person who can provide support about your worries and concerns. If you prefer to speak to a professional, counselors are available at the Fleet and Family Support Centers. Call the Centralized Scheduling line at 866-854-0638 to schedule an appointment.
- The last thing we want to leave you with is to stop, drop, and roll. It’s not just for fire but also for stress. Stop reacting to minor problems, and you only know what is or what isn’t a minor problem.

This article was contributed by the FFSC Counseling Team at Naval Station Everett consisting of Kima Tozay (Chief of Clinical Services); Master Level Clinical Counselors Duly Stout, LCSW; Jennifer Andrews, LMFT, Carla Koegen, LCSW, and Amber Noone, LPC; Victim Advocate, Holi Dahl; New Parent Support Home Visitor, Benilda Dauz and administrative staff Laurie Breed. Clinical Counseling is available at all installations in Navy Region Northwest, providing direct support to Sailors and their families with counseling services, victim safety planning and consultation, parenting education and visitation, as well as liaison with command leadership. Call 866-854-0638 for more information.



FOOD, FUN & RECREATION

We're proud to offer you and your family a wide variety of dining, entertainment and recreation options conveniently located on base. Visit an MWR facility today to learn more about upcoming events, volunteer opportunities and daily specials and discounts.



Events, classes and trips may require advanced registration and are subject to change or cancellation without prior notice. For confirmation, contact the venue or host directly, or visit navylifepnw.com for current hours of operation and updates.

DINING & ENTERTAINMENT



Admiral Nimitz Hall Galley

1040 W Intruder St.
Bldg. 382
Oak Harbor, WA 98278
360-257-2469

Open seven days a week, Admiral Nimitz Hall is conveniently located in the center of Ault Field, near unaccompanied housing and flight-line workstations. We pride ourselves in offering high-quality food and service, and invite you to join us!



Chiefs' Club

1080 W Ault Field Rd.
Bldg. 138
Oak Harbor, WA 98278
360-257-2505



M.T. McCormick's Officers' Club

1185 W Midway St.
Bldg. 962
Oak Harbor, WA 98278
360-257-2521



Convergence Zone Recreation Center/ Keglars Bar & Grill

3535 N Princeton
Bldg. 2510
Oak Harbor, WA 98278
360-257-8541

A great place to hang out with family or enjoy the bar. We have a wide variety of food on the menu. You can eat in or order to go through our *Dine on the Go* app.

COMMUNITY RECREATION

Auto Skills Center

3455 N Princeton
Bldg. 2549
Oak Harbor, WA 98278
360-257-2295

We offer convenient motorcycle storage and everything you need to keep your ride running smoothly:

- Air tools, sockets, wrenches, pullers, etc.
- Lift and stall rental
- Work bench rental
- FREE oil disposal
- Floor jacks
- Motor stand
- All-Data Automotive Information System and Chilton/Haynes manuals

Convergence Zone Community Recreation Center

3535 N Princeton
Bldg. 2510
Oak Harbor, WA 98278
360-257-2432

HOLIDAY CLOSURES

Closed Monday, Oct. 12,
Wednesday, Nov. 11,
Thursday, Nov. 26
and Friday, Dec. 25

The Convergence Zone is your one-stop shop for all things recreation. Stop by and explore amenities such as:

- Indoor playground
- Toddler play area
- Bowling lanes, billiards, air hockey and more
- Online computers
- WiFi
- Xbox 360s and Nintendo Wiis
- Lending Library and Resource Center
- Fax, copy and printing services

Convergence Zone Facilities and Services

Costen-Turner Recreation Area

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. Contact the Convergence Zone for reservations.

Disc Golf Course

The 18-hole disc golf course offers a new and innovative way to explore Naval Air Station Whidbey Island, with a little competition. The course starts and ends at PSD, located across the parking lot from the Convergence Zone. Disc sets available for rent.

Equipment Rentals

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

Paintball

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

Rocky Point Recreation Area

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

Rental reservations available, contact the Convergence Zone.

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.

Vehicle Storage

360-257-2649
Drive a motor home on vacation? Or, perhaps a boat is your leisure vehicle of choice? If you don't want to keep it in your driveway during its downtime, store it in one of our two secured lots on the

Seaplane Base. Register at Navy Getaways Cliffside.

Wheels & Deals

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



Gallery Golf Course

3065 N Cowpens Rd.
Oak Harbor, WA 98278
360-257-2178

The Navy's one-and-only golf course in Region Northwest features tree-lined fairways, rolling hills and stunning views of the Strait of Juan de Fuca and Vancouver Island.

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



The Convergence Zone is your one-stop shop for family recreation and entertainment.

LIBERTY Northwest Center

Inside Admiral Nimitz Hall Galley
 1040 W Intruder St.
 Bldg. 382
 Oak Harbor, WA 98278
 360-257-3309
 Designed for LIBERTY-eligible 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.

Amenities include:

- FREE WiFi
- Xbox One, PS4 and Nintendo Switch consoles with Internet connection and surround sound dome
- Cyber Café with 10 CAC computers and laptops
- Music recording studio

- Classes: DIY, cooking, arts and crafts, knowledge and skills
- Regular weekly programming with prizes, tournaments and more!
- Pool tables
- Pop-a-shot table
- Table tennis
- Board game table
- Volunteer opportunities

Skywarrior Theatre

955 W Midway St.
 Bldg. 118
 Oak Harbor, WA 98278
 360-257-MOVI (6684)
 Skywarrior Theatre features the Navy's first digital projector, complete with a silver screen, 3-D capabilities and fully cushioned seats.

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.

SKYWARRIOR THEATRE



2ND THURSDAY OF EVERY MONTH 6 P.M.

FREE EVENT!

A unique sensory-friendly movie where you can be you! Lights are turned up and the sound is turned down. Get up and dance, walk, shout or sing!

For more information, call the Movie Hotline: 360-257-6684 or Skywarrior Office: 360-257-1977. Open to all DoD ID cardholders. Open to all ages.



BOWLING SPECIALS AND TOURNAMENTS

Monday-Sunday
 Fun for the whole family.
 Advanced lane reservations highly recommended.

CONVERGENCE ZONE



TRUNK OR TREAT

Saturday, Oct. 24 • 1-4 p.m.
 Curbside craft pickup, a photo booth, pumpkin painting and more! Make sure to vote for your favorite themed vehicle.

HOSTED BY COMMUNITY RECREATION



VIRTUAL HOLIDAY TREE LIGHTING CEREMONY

Thursday, Dec. 3 • 6 p.m.
 Take part in this annual holiday tradition from the comfort of your streaming device.

@WHIDBEYFFR

FOOD, FUN & RECREATION EVENT CALENDAR OCTOBER-DECEMBER 2020

■ = Activity ■ = Class/Leisure Skill ■ = Special Event
■ = Trips & Tours ■ = For Kids

DATE	EVENT	TIME	PRICE	VENUE/HOST	ALTERNATIVE DELIVERY*
OCTOBER					
Saturday, Oct. 24	■ Trunk or Treat	1-4 p.m.	FREE	(Venue TBD) Convergence Zone	Call for details
NOVEMBER					
Saturday, Nov. 7	■ Block Busters LEGO® Competition	2-5 p.m.	FREE	Convergence Zone	Call for details
Saturday, Nov. 14	■ ■ Month of the Military Family Bowling Tournament	11 a.m.-2 p.m.	\$25 per family (Limit 5 people)	Convergence Zone	Call for details
DECEMBER					
Thursday, Dec. 3	■ ■ Virtual December to Remember Tree Lighting	6 p.m.	FREE	Facebook @WhidbeyFFR and YouTube	No change
Friday, Dec. 4	■ ■ December to Remember Holiday Parade	4:30-7:30 p.m.	FREE	Convergence Zone	Call for details
Saturday, Dec. 5	■ ■ December to Remember Event Activities	Convergence Zone: 1-6 p.m. Skywarrior Theatre Movie Showing: 6:30 p.m.	FREE	Convergence Zone	Call for details

EVENT/CLASS DESCRIPTIONS

ACTIVITY

Block Busters LEGO® Competition

Your family competes for the best LEGO creation. Kits provided.

Bowling Specials and Tournaments

Check out the ever-changing daily Bowling Specials, events and league nights at the Convergence Zone.

December to Remember Event Activities

- Thursday, Virtual Tree Lighting
- Friday, Holiday Parade through housing
- Saturday, Curbside crafts, cookies and Santa. Then enjoy a movie at Skywarrior Theatre.

December to Remember Holiday Parade

Get an early glimpse of Santa and all his helpers during the Military Housing Holiday Parade! The parade will start in Maylor Point

and will then proceed to Victory Terrace and Crescent Harbor housing area. Check out our navylifePNW.com for specific routes!

Month of the Military Family Bowling Tournament

Think your family has what it takes to win the tournament? Come compete against the best families on the island and show off your bowling skills! Teams will be made up of no more than five players, shoes included in price. Register at the Convergence Zone.

CLASSES

Leisure Skills Classes

Community Recreation teaches many different leisure skills for a wide variety of skill levels. From crafts to climbing, there is something for everyone. Call or come by for details.

SPECIAL EVENT

December to Remember Tree Lighting

Check out our video with Command Leadership lighting our official Holiday Tree to kick off our December to Remember.

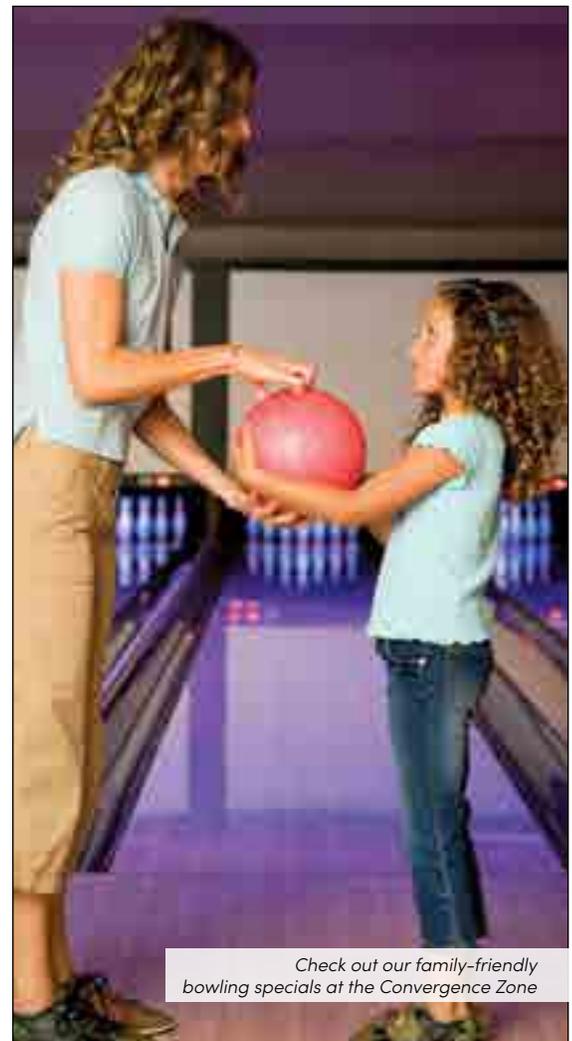
Trunk or Treat

Come dressed in your favorite costume and enjoy a command sponsored Trunk or Treat, curbside craft, photo booth and more.

TRIPS & TOURS

Trips

Community Recreation offers a variety of trips around the Northwest or build your own. Call or stop by for more details.



Check out our family-friendly bowling specials at the Convergence Zone



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www.wvu.edu/peninsulas

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- Discounts on travel

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- ✓ Recreation and Fitness Specialists
- ✓ Supervisors/Management
- ✓ and more!



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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.



LODGING & LEISURE

Whether you're looking to stay for business or pleasure, we have a lodging option for you! Centrally located on each base, our Navy Getaways and Navy Gateway Inns & Suites offer you a "home away from home" while traveling.



Events may require advanced registration and are subject to change or cancellation without prior notice. For confirmation, contact the venue or host directly, or visit navylifepnw.com for current hours of operation and updates. Eligibility subject to change. Currently open to Active Duty, Reservists, Retirees, NAF and DoD civilians and sponsored guests.



RV Park & Campground

Cliffside Park located on Ault Field. Watch for the directional signs on base. Oak Harbor, WA 98278 360-257-2649

Nestled along the shoreline of Whidbey Island, Navy Getaways Cliffside overlooks the Strait of Juan de Fuca, Vancouver Island, the San Juan Islands and the Olympic Peninsula. With its awe-inspiring location, Cliffside offers the ambiance of shoreline living, an open window on an ever-changing marine environment and unparalleled sunsets. Cliffside now has four Mallard RV rentals available.



Recreation Area & Campground

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

Jim Creek Recreation Area is located just outside of Arlington, WA, about 90 minutes north of Seattle. 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).



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, the facility 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 Pac Beach Market & Café, Raindrop Lanes Bowling Center, Lounge and more.



NAVY GATEWAY INNS & SUITES

Amenities include:

- FREE Internet access
- Refrigerator
- Housekeeping
- Fitness rooms
- FREE premium cable TV
- Coffee
- Guest laundry
- Business center
- Microwave

Navy Gateway Inns & Suites (NGIS) also offers pet-friendly accommodations. Call for details.

NGIS combines all the comforts of a hotel, while specializing in official business accommodations.

For reservations, call 1-877-NAVY-BED (628-9233).

Bangor

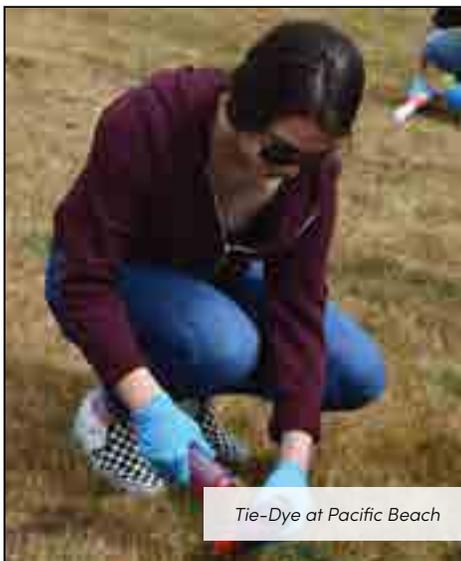
2750 Sargo Circle Silverdale, WA 98315

Bremerton

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

Whidbey Island

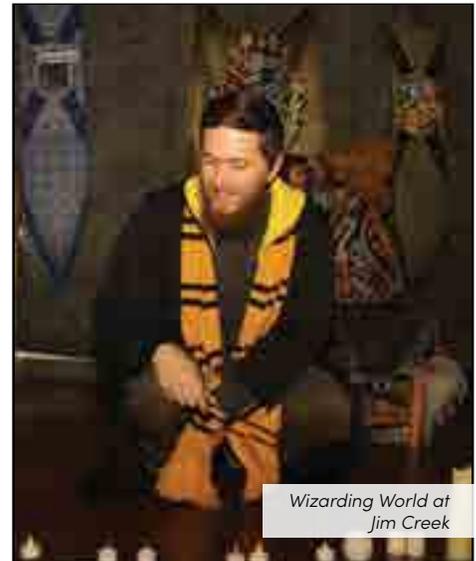
1175 W Midway St. Bldg. 973 Oak Harbor, WA 98278



Tie-Dye at Pacific Beach



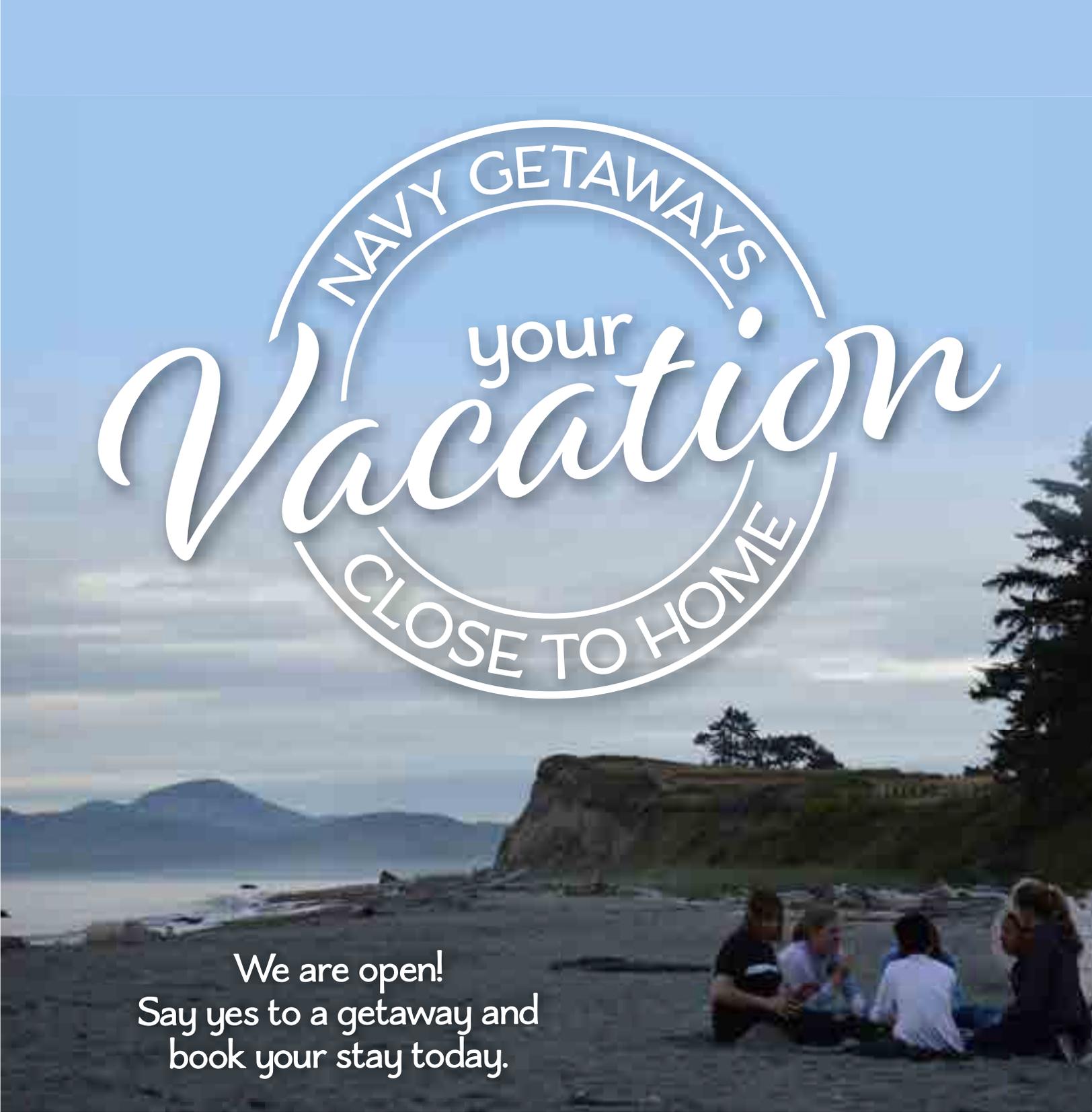
Spend the Holidays at Cliffside



Wizarding World at Jim Creek



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your
Vacation
CLOSE TO HOME



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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 EVENT CALENDAR OCTOBER-DECEMBER 2020

DATE	EVENT	TIME	PRICE	VENUE/HOST	ALTERNATIVE DELIVERY*
OCTOBER					
Saturday, Oct. 24	Tie-Dye at the Beach	Noon	\$10 adult tees, \$7 kid tees, \$2 for towel	Navy Getaways Pacific Beach	Call for details
Saturday, Oct. 31	Glass Float Frenzy at the Beach	8 a.m.	FREE	Navy Getaways Pacific Beach	Call for details
NOVEMBER					
Sunday, Nov. 1- Wednesday, March 31	BOGO Special (Exclusions apply)	All day	Buy one night, get one night FREE	Navy Getaways Jim Creek	Call for details
All Month Long	Month of the Military Family Weekend Specials	All day	Buy one night, get one night FREE	Navy Getaways Cliffside	Call for details
Friday, Nov. 6- Saturday, Nov. 7	November Getaway Package	All day	TBD	Navy Getaways Pacific Beach	Call for details
Wednesday, Nov. 11	Veterans Day Sale	All day	Stay two or more consecutive nights including the holiday and receive a discount	Navy Getaways Pacific Beach	Call for details
Saturday, Nov. 14	Wizarding World of Jim Creek	Noon-4 p.m.	FREE	Navy Getaways Jim Creek	Call for details
DECEMBER					
Tuesday, Dec. 1- Friday, Dec. 18	Light Your RV Contest	All day	FREE	Navy Getaways Cliffside	Call for details
Saturdays, Dec. 5, 12 & 19	Holiday Festivities	TBD	FREE	Navy Getaways Pacific Beach	Call for details
Friday, Dec. 18	Coloring Contest	All day	FREE	Navy Getaways Cliffside	Call for details
Friday, Dec. 18	Pictures with Santa	TBD	FREE	Navy Getaways Cliffside	Call for details
Saturday, Dec. 19	Glass Float Frenzy	8 a.m.	FREE	Navy Getaways Pacific Beach	Call for details
Thursday, Dec. 31- Friday, Jan. 1, 2021	New Year's Party and Specials	TBD	FREE	Navy Getaways Pacific Beach	Call for details

HOLIDAY BOGOS AND SPECIALS

PACIFIC BEACH

Cliffside
BY PARK - CAMPING - YACHTS

November Weekend Specials
Month of the Military Family
Buy one night, get one night FREE

November Getaway Package
Friday, Nov. 6-Saturday, Nov. 7
Call for details.

Veterans Day Sale
Wednesday, Nov. 11
Stay two or more consecutive nights including the holiday and receive a discount

JIM CREEK
Navy Community Recreation Area

Off-Season Special
Sunday, Nov. 1-Wednesday, March 31
Buy one night, get one night FREE
Exclusions apply.



FOR ACTIVE-DUTY FAMILIES & MILITARY RETIREES*

The US Family Health Plan at PacMed: A great TRICARE Prime® option.



An official, DoD-sponsored TRICARE Prime plan with an all-civilian network.

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Nearly nine out of ten members say they're "highly satisfied" with the Plan.† Learn why — request a free information package or attend an in-person briefing.

Call **866-486-0707** Visit **USFHPclinics.org**



*Military Retirees and eligible family members under age 65.

†2019 Consumer Assessment of Healthcare Providers and Systems (CAHPS)

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The Department of Navy does not endorse any company, sponsor or their products or services.

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.



Events and classes may require advanced registration and are subject to change or cancellation without prior notice. For confirmation, contact the venue or host directly, or visit navylifepnw.com for current hours of operation and updates.

Naval Air Station Whidbey 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

Admiral's Cup allows Sailors who possess the athletic skills to compete on an All-Navy Regional Installation team. They have the chance to represent their installation in Navy Region Northwest (NRNW) tournaments.

Captain's Cup

Represent your command in a variety of different

team sports and activities, while earning points toward the cup.

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 a partnership 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.



VIRTUAL MONSTER DASH 5K WALK/RUN

Dress up as your favorite monster (or anything you want) to participate in this virtual 5K.

FACEBOOK @WHIDBEYFFR



VIRTUAL TURKEY TROT

Sunday, Nov. 1

Take the family out for a 5K or 10K. Medals for first 200 participants. Complete by Nov. 21 to be eligible for FREE turkey drawing.

FACEBOOK @WHIDBEYFFR



RUN/BIKE/ROW CHALLENGE

Friday, Dec. 11 • 11 a.m.

Run 1 mile, bike 2 miles, and row 1000 meters! Lowest combined time wins!

NASWI FITNESS CENTER

SPORTS, FITNESS & AQUATICS EVENT CALENDAR OCTOBER-DECEMBER 2020

■ = Captain's Cup

■ = For Kids

DATE	EVENT	TIME	PRICE	VENUE/HOST	ALTERNATIVE DELIVERY*
ONGOING					
Through Dec.	Fitness Incentive Program	Minimum 30 min./day	FREE	NASWI Fitness Center	Call for details
OCTOBER					
Thursday, Oct. 1	■ Virtual Monster Dash 5K Walk/Run	Anytime	FREE	Facebook @WhidbeyFFR	No change
Wednesday, Oct. 14	NOFFS Operational Course	7-11 a.m.	FREE	NASWI Fitness Center	Call for details
Monday Oct. 19- Friday, Oct. 23	Command Fitness Leader (CFL) Certification Course	7 a.m.-4:30 p.m.	FREE	NASWI Fitness Center	Call for details
NOVEMBER					
Sunday, Nov. 1	■ Virtual Turkey Trot 5K/10K	Anytime	FREE	Facebook @WhidbeyFFR	No change
Wednesday, Nov. 4	Mission Nutrition	8 a.m.-4 p.m.	FREE	NASWI Fitness Center	Call for details
Friday, Nov. 13	NOFFS Operational Course	7-11 a.m.	FREE	NASWI Fitness Center	Call for details
Wednesday, Nov. 18	NOFFS Strength/Endurance/Sandbag Course	11 a.m.	FREE	NASWI Fitness Center	Call for details
DECEMBER					
Wednesday, Dec. 2	NOFFS Operational Course	7-11 a.m.	FREE	NASWI Fitness Center	Call for details
Friday, Dec. 11	■ Run/Bike/Row Challenge	11 a.m.	FREE	NASWI Fitness Center	Call for details



MISSION NUTRITION

Wednesday Nov. 4 • 8 a.m.-4 p.m.

This nutrition class will help you increase your understanding of food and weight relationships. Learn how to shop wisely, build meals and understand external factors that affect eating habits, as well as information on fad diets, sports nutrition and supplements.

NASWI FITNESS CENTER

EVENT/CLASS DESCRIPTIONS

SPORTS & FITNESS

Command Fitness Leader (CFL) Certification Course

Week-long course teaching 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/fitnesscfl-information/cfl-course-application-and-instructions.

NOFFS Operational Course

Four-hour course teaching Navy Operational Fitness and Fueling System, involving functional training instruction and workouts, and nutritional portion. Open to all eligible patrons ages 18 and up.

NOFFS Strength/Endurance/Sandbag Course

Four-hour course builds onto the Navy Operational Fitness and Fueling System by

incorporating different modalities and goals. Involves workouts and instructional portion. Open to all eligible patrons ages 18 and up.

Run/Bike/Row Challenge

Run 1 mile, Bike 2 miles, and Row 1000 meters! Lowest combined time wins! Prizes for 1st, 2nd and 3rd place. Teams and individual. Register by Wednesday, Dec. 7.

Virtual Monster Dash 5K Walk/Run

Dress up as your favorite monster (or anything you want) and get outside to walk/run. Can be done anywhere and anytime in October. Prizes for best adult costume and best child costume, so make sure you post those pictures using #navylifePNW or in the WhidbeyFFR Facebook event.

Virtual Turkey Trot 5K/10K

Burn those calories before the holidays hit us. Take the family out for a 5K or 10K. Medals for first 200 participants. Complete by Saturday, Nov. 21 to be eligible for FREE turkey drawing.



*In the event of health-related base closure or service limitations.



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INTRAMURAL SPORTS

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Experts and amateurs enjoy regularly scheduled leagues throughout the year, including volleyball, flag football, golf, basketball, softball, and more.

REGIONAL TEAMS: Play for Team Navy as our region takes on Soldiers and Airmen from Joint Base Lewis-McChord each year in Flag Football, Ice Hockey, and more.

ADMIRAL'S CUP: Lead your Base to victory by competing against the other Naval bases in our region.

CAPTAIN'S CUP: Represent your Command in a variety of different team sports and activities, while earning points toward the Cup.

TOURNAMENTS: Various tournaments are scheduled throughout the year, including Racquetball, Dodgeball, and Basketball.



For more information:
360-257-4320
www.navylifepnw.com

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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 recreational and educational programs for school-age children and teens.



Facility hours of operation may vary based on local command guidance. Please see navylifepnw.com for current hours of operation and updates.

CHILD CARE

Child Development Centers (CDC) 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

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-AGERS/ TEENS

Our School-Age Care (SAC) program is designed to provide piece of mind for children 5-12 years of age. We also offer safe activities for teens.

Whidbey School-Age Care (SAC)

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

Our School-Age Care (SAC) program is designed to provide piece of mind for children 6-12 years of age.

Whidbey School Liaison Officer (SLO)

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

Youth Center

54 Wake Ave. Bldg. 2874
Oak Harbor, WA 98278
360-257-3150
Our Youth Center is open to eligible family members ages 12-18, in grades 7-12 of Active Duty, retirees, DoD civilians and DoD contractors.



SEVEN CORE SERVICES of NAVY SCHOOL LIAISON OFFICERS (SLOs)



Contact your SLO 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 Officer
360-257-6863
260 W Pioneer Way
Oak Harbor, WA 98278

- 1 School Transition Services (PCS cycle)**
SLOs assist 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**
SLOs connect 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**
SLOs serve 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**
SLOs provide Navy families with homeschooling resources and support, as well as information on homeschooling issues, policies and legislation.
- 5 Partnerships in Education (PIE)**
SLOs help 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**
SLOs provide military high-school students with post-secondary information, resources, and opportunities.
- 7 Special Needs System Navigation**
SLOs provide information to families with children of identified needs, to help them navigate the administrative systems within local education agencies. SLOs also provide information about installation and community programs and services, and make referrals to the Exceptional Family Member Program.



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.



Events and classes may require advanced registration and are subject to change or cancellation without prior notice. For confirmation, contact the venue or host directly, or visit navylifepnw.com for current hours of operation and updates.

Centralized Scheduling

866-854-0638
ffsp.cnrnw@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
 360-914-7867/7855

DoD Safe Helpline

877-995-5247
24/7 Sexual Assault Response Coordinator (SARC)
 360-914-7834

SUPPORT PROGRAMS EVENT CALENDAR OCTOBER-DECEMBER 2020

DATE	EVENT	TIME	VENUE/HOST	ALTERNATIVE DELIVERY*
ONGOING				
On demand	Podcasts	On demand	Download from navylifepnw.com/podcasts	No change
On demand	Webinars	On demand	Online at navylifepnw.com	No change
By appointment	United Through Reading	By appointment	Call 360-257-8058 to schedule	No change
OCTOBER				
Thursday, Oct. 1	Now I'm the Landlord ...	2-4 p.m.	Nor'Wester, Seaview	Call for details



CAR BUYING

Thursday, Oct. 8
 2-4 p.m.
 Be prepared and plan now for your next car purchase with this class.

NOR'WESTER, SEAVIEW



CONFLICT RESOLUTION-PEACEFUL SOLUTIONS

Thursday, Nov. 12
 3-4 p.m.
 This workshop will help you manage conflict by examining the attitudes and behaviors of others.

NOR'WESTER, FIDALGO



KIDS' HOLIDAY CRAFT EVENT

Tuesday, Dec. 3
 5-7 p.m.
 Enjoy crafts, pizza and a chance for children to see Santa Claus.

NOR'WESTER, SAN JUAN



SUPPORT PROGRAMS EVENT CALENDAR OCTOBER-DECEMBER 2020

DATE	EVENT	TIME	VENUE/HOST	ALTERNATIVE DELIVERY*
OCTOBER CONTINUED				
Saturday, Oct. 3	Ombudsman Basic Training Parts 1-4	8 a.m.-5 p.m.	Nor'Wester, Seaview	Call for details
Monday, Oct. 5	Ombudsman Basic Training Part 5	5-8 p.m.	Nor'Wester, Seaview	Call for details
Tuesday, Oct. 6	Webinar: The Ghost of Christmas Present	11 a.m.-noon	Online at navylifepnw.com	No change
Tuesday, Oct. 6	Stress Management	1-2 p.m.	Nor'Wester, Fidalgo	Call for details
Tuesday, Oct. 6	Communication Skills	2-3 p.m.	Nor'Wester, Fidalgo	Call for details
Tuesday, Oct. 6	Moving Out ... What's the Cost?	2-4 p.m.	Nor'Wester, Seaview	Call for details
Tuesday, Oct. 6	Ombudsman Basic Training Part 6	5-8 p.m.	Nor'Wester, Seaview	Call for details
Wednesday, Oct. 7	Anger Management	1-2 p.m.	Nor'Wester, Fidalgo	Call for details
Wednesday, Oct. 7	Ombudsman Basic Training Part 7	5-8 p.m.	Nor'Wester, Seaview	Call for details
Thursday, Oct. 8	Dealing With Difficult People	8-9 a.m.	Nor'Wester, Fidalgo	Call for details
Thursday, Oct. 8	Semi-Annual Senior Leadership PFM Seminar	10-11 a.m.	Nor'Wester Seaview	Call for details
Thursday, Oct. 8	Time Management: Too Much to Do too Little Time	10-11 a.m.	Nor'Wester, Fidalgo	Call for details
Thursday, Oct. 8	Car Buying	2-4 p.m.	Nor'Wester, Seaview	Call for details
Thursday, Oct. 8	Ombudsman Basic Training Parts 8-9	5-8 p.m.	Nor'Wester, Seaview	Call for details
Thursday, Oct. 8	Sensory-Friendly Movie Night	6 p.m., Doors open at 5:30 p.m.	Skywarrior Theatre	Call for details
Tuesday, Oct. 13	Goal Setting-Steps to a Better Life	Noon-1 p.m.	Nor'Wester, Fidalgo	Call for details
Tuesday, Oct. 13	Money and the Move	1-4 p.m.	Nor'Wester, Seaview	Call for details
Tuesday, Oct. 13	Couples Communication	2-3 p.m.	Nor'Wester, Fidalgo	Call for details
Wednesday, Oct. 14-Friday, Oct. 16	Million Dollar Sailor	8 a.m.-4:30 p.m.	Nor'Wester, Seaview	Call for details
Wednesday, Oct. 14	Anger Management	1-2 p.m.	Nor'Wester, Fidalgo	Call for details
Wednesday, Oct. 14	EFMP Harvest Party	5-7 pm	Nor'Wester, San Juan	Call for details
Thursday, Oct. 15	Virtual DoD Military Spouse Career Employment Expo	9 a.m.-3 p.m.	TBD	Call for details
Monday, Oct. 19-Friday, Oct. 30	Virtual SAPR Initial Advocate Training	7:30 a.m.-12:30 p.m.	Virtual: MS CVR TEAMS, Register with your installation SAPR office 360-340-1340/360-257-3265	No change
Tuesday, Oct. 20	Conflict Resolution-Peaceful Solutions	Noon-1 p.m.	Nor'Wester, Fidalgo	Call for details
Tuesday, Oct. 20	Stress and Suicide Awareness	2-3 p.m.	Nor'Wester, Fidalgo	Call for details
Tuesday, Oct. 20	The Ghost of Christmas Past	2-4 p.m.	Nor'Wester, Seaview	Call for details
Tuesday, Oct. 20	Moving with an Exceptional Family Member	6-7:30 p.m.	Nor'Wester, Seaview	Webinar
Wednesday, Oct. 21	Lemons to Lemonade	2-4 p.m.	Nor'Wester, Seaview	Call for details
Wednesday, Oct. 21	CIAC Roundtable	3-3:30 p.m.	Nor'Wester, Fidalgo	Call for details
Wednesday, Oct. 21	Anger Management	1-2 p.m.	Nor'Wester, Fidalgo	Call for details
Thursday, Oct. 22	Sponsorship Training	2-3:30 p.m.	Nor'Wester, Seaview	Call for details
Thursday, Oct. 22	Virtual SAPR D-SACP CEU Refresher	2-4 p.m.	Virtual: MS CVR TEAMS, Register with your installation SAPR office 360-340-1340/360-257-3265	No change
Thursday, Oct. 22	Operational Stress Control	5-7 p.m.	Nor'Wester, Fidalgo	Call for details
Thursday, Oct. 22	Family Readiness Group Roundtable	5:15-6:30 p.m.	Nor'Wester, Fidalgo	Call for details
Tuesday, Oct. 27	Job Prep 101: Civilian Resume Writing	5-7 p.m.	Nor'Wester, Fidalgo	Call for details
Tuesday, Oct. 27	Thrift Savings Plan & BRS	5:30-7 p.m.	Nor'Wester, Seaview	Call for details
Tuesday, Oct. 27	Ombudsman Assembly	6-8 p.m.	Nor'Wester, San Juan	Call for details
Wednesday, Oct. 28	Saving & Investing 101	2-4 p.m.	Nor'Wester, Seaview	Call for details
Thursday, Oct. 29	Navy Retirement ... Is It Enough?	2-4 p.m.	Nor'Wester, Seaview	Call for details



*In the event of health-related base closure or service limitations.

SUPPORT PROGRAMS EVENT CALENDAR OCTOBER-DECEMBER 2020

DATE	EVENT	TIME	VENUE/HOST	ALTERNATIVE DELIVERY*
NOVEMBER				
Monday, Nov. 2- Friday, Nov. 6	Command Financial Specialist (CFS)	7:30 a.m.-4:30 p.m.	Nor'Wester, Seaview	Call for details
Tuesday, Nov. 3	Command EFMP POC Training	9-11 a.m.	Nor'Wester, Fidalgo	Call for details
Thursday, Nov. 5	Webinar: Holiday Employment	11 a.m.-noon	Online at navylifeepnw.com	Call for details
Tuesday, Nov. 10	EFMP Roundtable	10-11 a.m.	Nor'Wester, Seaview	Call for details
Tuesday, Nov. 10	Stress Management	Noon-1 p.m.	Nor'Wester, Fidalgo	Call for details
Tuesday, Nov. 10	Sponsor Coordinator and Relocation Roundtable	1-2 p.m.	Nor'Wester, Seaview	Call for details
Thursday, Nov. 12	Anger Management	1-2 p.m.	Nor'Wester, Fidalgo	Call for details
Thursday, Nov. 12	Conflict Resolution: Peaceful Solutions	3-4 p.m.	Nor'Wester, Fidalgo	Call for details
Thursday, Nov. 12	Sensory-Friendly Movie Night	6 p.m., Doors open at 5:30 pm	Skywarrior Theatre	Call for details
Tuesday, Nov. 17	Federal Resume & Application Process	8:30-9:30 a.m.	Nor'Wester, Fidalgo	Call for details
Tuesday, Nov. 17	Writing Your Best Resume	9:30-10:30 a.m.	Nor'Wester, Fidalgo	Call for details
Tuesday, Nov. 17	Couples' Communication	Noon-1 p.m.	Nor'Wester, Fidalgo	Call for details
Tuesday, Nov. 17	Debt Rehab	2-4 p.m.	Nor'Wester, Seaview	Call for details
Thursday, Nov. 18	Anger Management	1-2 p.m.	Nor'Wester, Fidalgo	Call for details
Wednesday, Nov. 18	Credit ... What's the Big Deal?	2-4 p.m.	Nor'Wester, Seaview	Call for details
Thursday, Nov. 19	Stress Management	8-9 a.m.	Nor'Wester, Fidalgo	Call for details
Thursday, Nov. 19	Dealing With Difficult People	10-11 a.m.	Nor'Wester, Fidalgo	Call for details
Thursday, Nov. 19	Tackling Student Loans	2-4 p.m.	Nor'Wester, Seaview	Call for details
Friday, Nov. 20	Sensory-Friendly Bowling Night	5-7 p.m.	Convergence Zone	Call for details
Monday, Nov. 23	Stress and Suicide Awareness	Noon-1 p.m.	Nor'Wester, Fidalgo	Call for details
Tuesday, Nov. 24	Job Prep 101: Navigating the Federal Application Process	5-7 p.m.	Nor'Wester, Fidalgo	Call for details
Tuesday, Nov. 24	Now I'm the Landlord ...	5:30-7 p.m.	Nor'Wester, Seaview	Call for details
Tuesday, Nov. 24	Ombudsman Assembly	6-8 p.m.	Nor'Wester, San Juan	Call for details
DECEMBER				
Tuesday, Dec. 1	New Spouse Orientation	9 a.m.-noon	Nor'Wester, Seaview	Call for details
Tuesday, Dec. 1	Communication Skills	Noon-1 p.m.	Nor'Wester, Fidalgo	Call for details
Tuesday, Dec. 1	Stress Management	2-3 p.m.	Nor'Wester, Fidalgo	Call for details
Tuesday, Dec. 1	Newly Married? Let's Talk Money	2-4 p.m.	Nor'Wester, Seaview	Call for details
Wednesday, Dec. 2	Anger Management	Noon-1 p.m.	Nor'Wester, Fidalgo	Call for details
Wednesday, Dec. 2	CFS and Leadership Financial Forum	2-4 p.m.	Nor'Wester, Seaview	Call for details
Thursday, Dec. 3	CFS Refresher	7:30 a.m.-4:30 p.m.	Nor'Wester, Seaview	Call for details
Thursday, Dec. 3	Stress and Suicide Awareness	8-9 a.m.	Nor'Wester, Fidalgo	Call for details
Thursday, Dec. 3	Conflict Resolution	10-11 a.m.	Nor'Wester, Fidalgo	Call for details
Tuesday, Dec. 3	Kids' Holiday Craft Event	5-7 p.m.	Nor'Wester, San Juan	Call for details
Tuesday, Dec. 8	Webinar: Real Talk-Couples Communication	Noon-1 p.m.	Nor'Wester, Fidalgo	No change
Tuesday, Dec. 8	Time Management: Too Much to Do too Little Time	2-3 p.m.	Nor'Wester, Fidalgo	No change
Tuesday, Dec. 8	Home Buying	2-4 p.m.	Nor'Wester, Seaview	Call for details
Wednesday, Dec. 9	Holiday Stress	Noon-1 p.m.	Nor'Wester, Fidalgo	Call for details
Wednesday, Dec. 9	Home Selling	2-4 p.m.	Nor'Wester, Seaview	Call for details
Thursday, Dec. 10	Sensory-Friendly Movie Night	6 p.m., Doors open at 5:30 p.m.	Skywarrior Theatre	Call for details
Saturday, Dec. 12	EFMP Holiday Celebration	9 a.m.-noon, 1-4 p.m.	Nor'Wester	Call for details



*In the event of health-related base closure or service limitations.



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WEBINARS

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Questions?

866-854-0638 or

ffsp.cnrrw@navy.mil



SUPPORT PROGRAMS CALENDAR OCTOBER-DECEMBER 2020

DATE	EVENT	TIME	VENUE/HOST	ALTERNATIVE DELIVERY*
DECEMBER CONTINUED				
Tuesday, Dec. 15	Conflict Resolution	Noon-1 p.m.	Nor'Wester, Fidalgo	Call for details
Tuesday, Dec. 15	Communication Skills	2-3 p.m.	Nor'Wester, Fidalgo	Call for details
Tuesday, Dec. 15	Career Assessment and Exploration	2-3 p.m.	Virtual	Call for details
Thursday, Dec. 17	Stress Management	8-9 a.m.	Nor'Wester, Fidalgo	Call for details



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Season's Greetings



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EVENT/CLASS DESCRIPTIONS

CLINICAL

G.R.I.T.- Growing Resiliency in Time

This 8-week group will teach skills to enhance perseverance and build resiliency. Learn to implement cognitive behavioral strategies to adapt and overcome life challenges, large and small. Walk-ins welcome, registration is preferred. Please call 360-257-4215 to register.

SOAR Survivors

Overcoming Assault with Resilience: SOAR is a 10-week educational support group for women (18 and over) who are survivors of sexual assault and abuse. The group will discuss ways to aid the healing process including coping, regaining trust, strengthening intimate relationships and personal empowerment. Call 360-257-8895 if interested in joining.

DEPLOYMENT

CIAC Roundtable

FFSC IA Deployment Support Specialist will meet with Command Individual Augmentee Coordinators (CIAC) to discuss best practices, NFAAS updates and IA status.

FRG Roundtable

The roundtable is a chance for FRG board members to discuss any issues or questions about the program. There will be advanced training at each session.

EFMP

Command Point of Contact (POC) Training

This class discusses the benefits of the EFMP program, program eligibility, enrollment process for eligible sponsors of EFM and the role of the Command POC in facilitating navigation through the EFM program.

EFMP Roundtable and Training

The roundtable is a chance for all EFMP POCs, CMCs and any other person the command deems pertinent to discuss any issues or questions about the EFMP program. Also, there will be advanced training at each session.

EMPLOYMENT

Career Assessment and Exploration

Not sure what career path to pursue or are you looking for a change? We will utilize the website O*NET Online to assess your interests in different industries or occupations, as well learn the job skills and education/training required for them.

Job Prep 101: Civilian Resume Writing

Learn the different styles of resumes and when to use them. Discover ways to translate and highlight skill sets you possess to let employers know why they should meet and ultimately hire you.

Interviewing Techniques at WorkSource

FFSC staff will partner with WorkSource for this workshop. We will discuss valuable interviewing tips and provide an opportunity to practice frequently asked interviewing questions in a supportive, realistic environment.

Federal Resume & Application Process

Class will cover the USAJobs website, federal resume formats and tips to focus your resume.

Virtual DoD Military Spouse Career Empowerment Expo

Featuring a panel discussion with various employers along with breakout sessions to address a variety of topics related

to career research and preparation.

LIFE SKILLS

Anger Management I-IV is a four-part, activity rich, non-sequential series with each workshop independent of the others.

Anger Management I

This workshop assists learners with understanding anger as a secondary emotion. Learners look at family patterns, individual beliefs, society and media impacts on anger and aggression.

Anger Management II

This workshop assists learners with defining anger, aggression, emotional response and "payoff." Learners discuss and review the basics of how to develop anger action plans.

Anger Management III

This workshop assists learners with identifying personal triggers, define emotional, physical, behavioral and cognitive cues. Learn strategies for self-regulation and turning negative self-talk into positive self-talk.

Anger Management IV

This workshop discusses the anger cycle, setbacks and victories, empathy and sacrifice as alternatives to anger, and four categories for lifestyle changes.

Assertive Communication: "Say What You Mean and Mean What You Say"

The ability to express ideas and feelings in an open, honest and direct way can strengthen your relationships significantly. This workshop discusses the importance of acknowledging individual boundaries.

Bullying at Work and School

This workshop discusses different types of bullying

—work, school and cyber. Learn why people exhibit bullying behavior, how to handle a bully and what to do if you or someone you care about is the victim of bullying.

Communication Skills: "You said WHAT?!" There's a Better Way to Say It

Communication is powerful and directly affects our quality of life and relationships. This workshop helps people use the power of communication to strengthen relationships at work and at home.

Communicating with Tact and Diplomacy

Communication is powerful and directly affects our quality of life and relationships. This workshop will discuss the importance of being truthful, mindful and consistent in our interactions.

Couples' Communication

Covers blocks to communication, provides insights and a working knowledge of gender differences, and creates a process to resolve conflicts and improve lines of communication.

Conflict Resolution—Peaceful Solutions

Unmanaged conflict has caused many hardships in the workplace and at home. This workshop will help people to manage conflict by examining their attitudes and behaviors when faced with conflicting situations.

Dealing with Difficult People

This course provides information about interacting with challenging people, identifies types of difficult people and elements of effectively

communicating with them.

Decision Making

We make decisions every waking moment of our lives. Those decisions impact all aspects of your life, career, family and friends. This workshop helps people identify and learn the process of solid decision making and how to assimilate it into their everyday lives.

Depression: It's More Than Just Feeling Sad

Everyone, at various times in life, feels sad. This is normal. This workshop is designed to provide introductory information about depression, how to recognize the symptoms, how to develop a wellness lifestyle, what resources are available and how to access those resources.

Emotional Intelligence

Emotional Intelligence is the ability to recognize and assess the emotional temperature in social and workplace settings. This workshop provides an overview and introduction to the two primary competencies: personal competence and social competence. Decades of research point to emotional intelligence as the critical factor that sets star performers apart from the rest of the pack.

Goal Setting—Steps To a Better Life

In this workshop, attendees will learn the steps for successful goal setting, identify and prepare a plan for a specific goal, recognize potential barriers to successful completion and develop a mitigation plan to respond and overcome potential roadblocks.

Descriptions continue on page 28.

Transition Assistance Program



The Transition Process:

Four Steps to Success

STEP 1

If you are within 12 to 24 months of separating or retiring from the Navy, contact your Command Career Counselor (CCC) or local Fleet and Family Support Center (FFSC). You will receive information about the Transition Assistance Program and available supportive services.

STEP 2

A CCC or FFSC staff member will conduct your Initial Self-Assessment Counseling (IC), which is a tool that is used to help reflect your personal circumstances, needs and transition goals to meet your Career Readiness Standards (CRS). After completing the IC, you will need to register for the TAP Workshop and select your career track.

STEP 3

The TAP Workshop will assist you with your CRS. It also includes a veterans' benefits brief; employment information; guidance on financial planning; and the mandated Pre-Separation Counseling Briefing, which must be completed no less than 365 days prior to separation.

STEP 4

To achieve a balanced and smooth transition, attend the Capstone briefing no less than 90 days prior to your official retirement or separation from military service.

Start early. Preparing for life after the military is a process. The Transition Assistance Program will help you take the right steps for a successful transition to civilian life.



www.ffsp.navy.mil



EVENT/CLASS DESCRIPTIONS CONTINUED

“Opportunist” is Not a Bad Word

This workshop is designed to clarify and discuss the definition of an opportunist and why it's actually not a bad thing. What are the attributes, skills and strengths consistent with opportunistic people? How can being an opportunist improve your outlook and quality of life?

Parenting Middle Schoolers (Middle School Mayhem)

Middle school is a time filled with hormones, intellectual and social growth, stress and mountains of uncertainty. This workshop is designed to discuss the specific milestones associated with this age group and provide tools for parents to navigate these deep waters as smoothly as possible.

STRESS MANAGEMENT I-IV

A four-part, activity-rich, non-sequential series with each workshop independent of the others.

Stress Management I- Personal Awareness

This workshop assists learners with identification and

awareness of personal stressors, including the ability to understand what it looks like, how it effects the body and mind, and tools and resources available to support effective coping skills throughout challenging events.

Stress Management II- Thoughts in Action

This workshop assists learners with acknowledging thoughts are things and learn how to transform their negative thinking into positive beliefs, as well as painting and incorporating a different picture of stress.

Stress Management III- Needs and Trust Continuum

This workshop assists learners with building new perceptions and helping them apply universal and unconventional stress management strategies.

Stress Management IV- “SMART” Stress Management

This workshop assists learners with detecting the source of problems, establishing problem-solving goals and creating greater self-awareness to help make decisions that minimize the stress.

Time Management: “Too Much to Do too Little Time”

This workshop discusses time management for individuals, including parents. This workshop addresses time wasters, tips and why it's important to know when to say no to something or someone.

OMBUDSMAN

Ombudsman Basic Training

Ombudsmen are required to attend Ombudsman Basic Training (OBT) within six weeks of their appointment per OPNAVINST 1750.1G. OBT is standardized and any ombudsman, Active Duty or reservist, can attend any training as approved by their commanding officer.

PERSONAL FINANCIAL MANAGEMENT

Car Buying Class

Want to buy a new set of wheels? Learn about researching a car purchase, determining how much you can afford and negotiating effectively.

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 including financial, emotional and legal issues.

Command Financial Specialist Initial Training

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 course and requires daily homework.

CFS and Leadership Financial Forum

Once a quarter, we host a financial forum open to all CFSs and command leadership, including command career counselors, first-line supervisors, senior enlisted advisors and senior leadership. Various personal financial management hot topics will be discussed.

CFS Refresher

Per the OPNAVINST 1740.5D, Enclosure (6), page 2, all CFSs must attend a refresher course at a minimum of every three years. This is a comprehensive 8-hour course with pre-class coursework to review the financial planning worksheet and the solution-focused counseling model.

Credit ... What's the Big Deal?

Is credit really that important? Learn how credit is used, who can access it and why it's important to use credit responsibly.

Debt Rehab

Is debt weighing you down? Unsure where to start? Discuss all types of debt from credit card and installment loans to collections. Design a recovery plan that best benefits you.

The Ghost of Christmas Past and Present

Is holiday debt ruining your new year? Explore the true cost of our happy holidays, which often results in debt, and learn tips on how to avoid the debt trap in the future.

Home Buying

Planning to buy a home? Not sure of the process? Learn how much you can afford, selecting the right

loan, selecting a realtor and your ideal home, plus making the offer and the closing process.

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.

Million Dollar Sailor

MDS seminars meet all your financial literacy touch points and are open to all hands including spouses and other family members. This course covers all aspects of financial management.

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 they can afford to roommate pros and cons.

myFICO Credit Score/Report

It's more than a 3-digit number. This workshop assists service members and their family members in examining their credit score and report, plus the program utilizes a score simulator to help improve your score.

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.

Newly Married? Let's Talk Money

Talking about money can be stressful! Add in the military lifestyle and it becomes more



Don't let holiday debt ruin your new year. Take The Ghost of Christmas Present Class on Tuesday, Oct. 6.

stressful. Learn tips, tricks and resources to master managing your finances.

Now I'm the Landlord ...

Moving or PCSing, but can't sell your house 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.

Saving and 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.

Tackling Student Loans

Is student loan debt interfering with your GPA (going places ability)? Learn what options are available including if you are in default.

Thrift Savings Plan and Blended Retirement System (TSP & BRS)

You signed up for it in boot camp, but you have no idea how it works. Learn the TSP details including the various options and funds, plus BRS benefits.

RELOCATION ASSISTANCE PROGRAM

Sponsor Training

FFSC Relocation staff provides training (orientation) to Active Duty members, upholding OPNAVINST 1740.3D. This training prepares sailors to effectively sponsor in-bound sailors and their families within their commands for 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 of sponsors.

New Spouse Orientation

Are you newly married or new to the Navy? Learn the basics of Navy life and how to thrive as a military spouse! Explore the military lifestyle and many of the resources available to military families.

Money and the Move

Training provides an overview of the PCS process to assist sailors and their families in preparing to move CONUS and OCONUS. This workshop provides an overview of the phases of relocation, financial entitlements, creating a plan of action, packing tips, family concerns and resources available.

TRANSITION ASSISTANCE PROGRAM

21st Century CONSEP

Career Options & Navy Skills Evaluation Program instruction for first-term sailors. This course will enhance mission readiness by giving sailors the tools to make informed decisions about their educational and career options in the Navy and future as a civilian. The 21st Century CONSEP course provides six modules of instructor-led training that support the Military Life Cycle (MLC) model by providing instruction on military and civilian career options, Veteran Affairs (VA) benefits, financial planning and professional networking.

Capstone Event

Capstone must be completed no later than 90 days prior to separation in order to verify that service members have met their Career Readiness

Standards (CRS) and received the transition services that are mandated by the Department of Defense. During Capstone, an FFSC Transition Counselor will review all CRS requirements to verify that you have met CRS and have a viable transition plan.

My Education

Provides guidance on choosing an educational institution, to prepare for the application process and expectations upon attendance.

My Employment Workshop

Provides an in-depth knowledge of the topics covered during the DOL One-Day that is provided during the three days of the Transition Workshop.

My Entrepreneurship Workshop

Provides information on business ownership and self-employment in the private or non-profit sectors.

My Vocational Workshop

Provides guidance and assistance in conducting several self-assessments to determine a career path to align with skills, interests and abilities to identify a vocational post-transition career and in locating a technical school.

Spouse Transition Class

Focuses on topics that military spouses need to know or have questions about as their service member prepares to transition out of the military.

Transition Assistance Program (TAP) Workshop (Separation/Retiree)

FFSC staff will facilitate a 3-day mandatory TAP workshop with additional 2-day workshops (My Education, My

Vocational, My Employment and My Entrepreneurship) available for Active Duty members and spouses. This workshop provides transition resources and services, and is designed to build skills to allow sailors to depart "career ready" and meet mandatory Career Readiness Standards (CRS).

WEBINARS

Interview Types and How to Dress for Them

Learn the different types of interviews that you could encounter and the do's and don'ts of interview wear.

Getting a Tax Refund? What's Next?

Wondering how to best use that tax refund? Learn what to do with a tax refund and how to manage it for the future.

WORK/LIFE BALANCE SERIES

Emergency Preparedness, Tips and Tools-Work/Life Balance

Did the house run without a hitch when the winds and snow came

and blew out the lights? No? Hmm. Let's embrace the fact that "stuff" will happen in the Pacific Northwest. This workshop will help you to establish a level of emergency preparedness your family has never seen before.

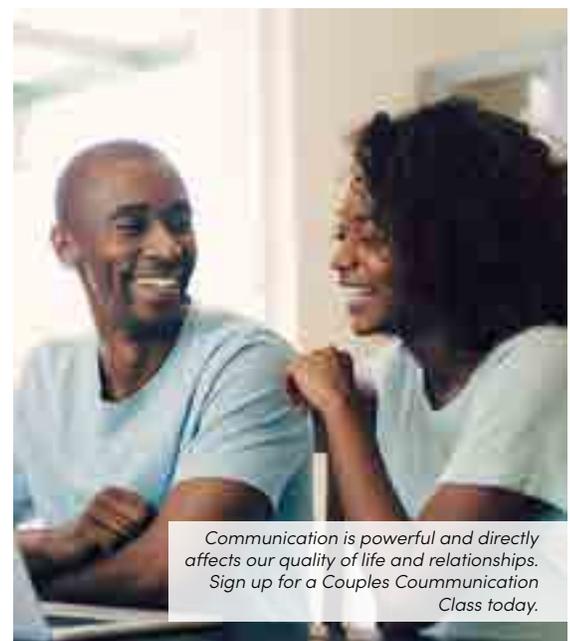
Mind Over Money-Financial Management

Managing money isn't as hard as we think it is ... WE make it harder than it really is. Come learn some simple management tips and tricks.

Self-Care, It's All About You

Self-care is one of our most important needs. This workshop explores different types of self-care opportunities and how to maximize their value in our daily life.

If you see a class description that you're interested in that is not offered in this quarter's listings, please contact the Fleet and Family Support Center. We may be able to accommodate you or your group with a similar offering.



Communication is powerful and directly affects our quality of life and relationships. Sign up for a Couples Communication Class today.



HOUSING SERVICES

Your installation Housing Service Center (HSC) is your source for helpful and friendly information about available 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
800-876-7022
Monday-Friday:
7 a.m.-4:30 p.m.

Unaccompanied Housing

Check-in: Navy Gateway
Inns & Suites
1175 W Midway St.
Bldg. 973
Oak Harbor, WA 98278
360-257-2038

After-hours Emergency Maintenance

360-914-7347

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!

Homes.mil, your FREE online resource

Check out 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 without logging in. 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. It's fast and easy. 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.

HOUSING SERVICE CENTER

Let us help you!

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.



**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

800-876-7022



MyNavy Family App

We are here for you & your family!

New resources are available on the MNF app covering a wide variety of topics including: **Family Emergencies and Pandemic Resources.**



Visit applocker.navy.mil to learn more about Pandemic Resources.

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

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/EVERETTFFR
/WHIDBEYFFR



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VIRTUAL

Holiday Tree Lighting

 **LIVE**
FACEBOOK LIVE EVENT



THURSDAY
DEC. 3
EVERETT 5 P.M.
KITSAP 5:30 P.M.
WHIDBEY 6 P.M.

*Take part in this annual holiday tradition
from the comfort of your streaming device.
Follow your base Facebook page for details:
@EverettFFR, @KitsapFFR or @WhidbeyFFR.*