

FLEET & FAMILY READINESS (FFR)

MWR RECREATION & FITNESS • CHILD & YOUTH PROGRAMS • FLEET & FAMILY SUPPORT

winter/spring

**2023**



# navylifepnw

THE OFFICIAL RESOURCE GUIDE FOR EVERYTHING  
NAS WHIDBEY ISLAND AND NAVY REGION NORTHWEST

## WHAT'S INSIDE:

*Finding Community With MWR*

*Strengthening Resilience  
In Your Military Family*

*Explore Quality Of  
Life The FFR Way*

*MWR Fitness Specialists:  
The Key To Reaching  
Your Fitness Goals*

*The Bridge To Ease: How The  
School Liaison Supports Parents*

*Easy Ways You Can Help  
Save The Planet*

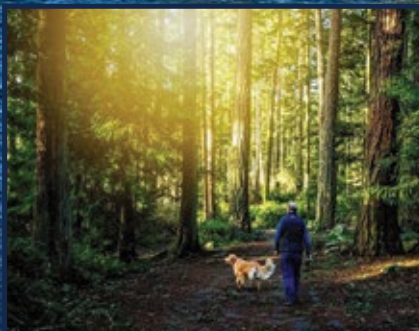
*Faces Of FFR*





# Ottmazing Island Escape

*on beautiful Whidbey and Camano Islands*



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**OakHarborChamber.com**  
32630 SR 20, Oak Harbor, WA 98277



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\*2020 Consumer Assessment of Healthcare Providers and Systems (CAHPS) \*\*Military retirees and eligible family members under age 65  
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**Stephen Pohrivchak**

CNRNW N9 | FFR Director  
NAS Whidbey Island

**G**reetings Team Whidbey! With 2022 in our rearview mirror, let's look forward to all the great things that 2023 will bring us. During this time of the year, the beautiful State of Washington has many exciting things for you to do. Whether it is heading to one of the world-class ski resorts or traveling to a town you have never been before, NASWI FFR has you covered no matter what your interests are.

If you are looking to stay local, we have an array of programs on base for you to partake in. We have Skywarrior Theatre, which offers outstanding concessions and the latest movies. Our Convergence Zone not only offers bowling, but also an excellent dining operation, featuring Kegler's Bar and Grill and its newly renovated menu. We also have a state-of-the-art Fitness Center with selections of the latest and greatest workout equipment.

In addition to our great facilities, we also have a variety of exciting events planned for the year. No matter what time of year it is, we have amazing programs planned to keep you entertained. Our talented FFR teams have spent countless hours planning great activities for all ages that will put a smile on your face during the coming months.

Your NASWI FFR team – Fleet and Family Support Programs, Morale, Welfare and Recreation, Galley, Child and Youth Programs, Housing (Unaccompanied Housing and Family), and Wounded Warrior – are here to serve you and your family. Please let us know if there is anything we can do to make your time with us more enjoyable. Do not hesitate to reach out to any of our great facilities if you have questions and/or have any ideas that you would like to see us explore in the future.

Let's make 2023 a great year!

JANUARY-JUNE 2023  
**FEATURES**

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### FINDING COMMUNITY

*FFR programs and services are the catalyst for something greater. We are a community. Find out how our community can leave a lasting impression on your stay in the Pacific Northwest.*

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### WELCOME BACK

*As we traverse past the "new normal," Fleet & Family Readiness programs are back and better than ever. Explore life the FFR way and see how quality-of-life programs can make an impact for you.*

**WELCOME FROM THE FFR DIRECTOR**





# navylifepnw

Official Resource Guide for everything Navy Region  
Northwest Fleet & Family Readiness (FFR)

Unless otherwise noted, the FFR programs described herein are intended for authorized patrons only. We make every effort to ensure that the information is accurate at the time of publication; however, all activities, events and hours of operation are subject to change.

FFR activities and services may require advanced registration and are subject to change or cancellation without prior notice. Contact the facility directly or visit [navylifepnw.com](http://navylifepnw.com) for current hours of operation and health precautions in effect. For the most up-to-date information, please visit our website at [navylifepnw.com](http://navylifepnw.com). A digital version of this guide is available at: [whidbey.navylifepnw.com/magazine](http://whidbey.navylifepnw.com/magazine).



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## WHAT'S INSIDE

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### MWR

MWR is proud to offer you dining, entertainment and recreation options conveniently located on base, as well as three DoD lodging facilities in Navy Region Northwest. MWR fitness centers offer state-of-the-art equipment, expert instruction and team sports and activities for every age, interest and fitness level.

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### CHILD & YOUTH

Child & Youth Programs (CYP) provide high-quality child care and support services close to home.

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### FFSC

FFSC is here to meet the needs of Navy families at home and at sea with helpful programs and resources

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### HOUSING

Your Housing Services Center team knows the area and will help you make the most of your housing benefits.

**To use this guide, find a QR code and scan the QR code for quick access to:**

- Activity/event registration
- Event details and maps
- Support resources
- On-base restaurant apps
- Our social media pages
- and more!

[navylifepnw.com](http://navylifepnw.com)

Give it a try! Scan the QR code on your phone to visit our website





## FOOD, FUN & RECREATION

MWR is proud to offer you dining, entertainment and recreation options conveniently located on base. Visit [whidbey.navylifepnw.com/events](http://whidbey.navylifepnw.com/events) or scan this code to find out about our upcoming specials and promotions. Open to anyone with base access including retirees, guests and contractors unless otherwise noted.



### ADMIRAL NIMITZ HALL GALLEY

360-257-2469  
1040 W Intruder St., Bldg. 382

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. Call or scan this code to learn more.



### CHIEFS' CLUB

360-257-2505  
Located within MWR Bakerview Event & Conference Center  
1080 W. Ault Field Rd., Bldg. 138

The finest Chiefs' Club in the fleet with members spanning all generations, from the World War II era to present day. Call or scan this code to learn more.



### M.T. MCCORMICK'S OFFICERS' CLUB

360-257-2521  
Located on Ault Field. 1185 W Midway St., Bldg. 962

The Officers' Club is a deep dive into the history of NAS Whidbey Island and Naval Aviation! The O'Club displays military memorabilia dating from World War II through the Gulf War. The full-service bar offers a variety of cocktails, specialty beers, and more. Call or scan this code to learn more.



### KEGLER'S BAR & GRILL

360-257-1567  
Located in the Convergence Zone,  
3535 N Princeton, Bldg 2510

A casual eatery located in the community recreation center (Convergence Zone), offering lunch, snacks, happy hour and more from our large selections of crafter beers.

Bring your friends for a round of pool or darts at Kegler's Bar. So long as you are 18 and older, stop on in and always be on the look out for themed nights and evening specials. Scan this code to download our [Dine on the Go PNW](#) app for convenient online ordering!



### CONVERGENCE ZONE

360-257-2432  
Located on Ault Field. 3535 N Princeton, Bldg. 2510

Convergence Zone is truly a place where a range of interests, an array of people and a variety of entertainment come together. We have bowling lanes, an indoor playground with toddler play area, a multipurpose room and gathering areas for groups and organizations, pool tables, air hockey, table tennis, computers, video gaming, and a library and resource center with faxing/printing/copying services.

Featuring:

- Arcade Games
- Bowling
- Tickets & Travel
- Indoor Playground
- Pool tables
- Paintball
- Outdoor rentals



### SKYWARRIOR THEATRE

360-257-6684  
Located on Ault Field. 955 W Midway St., Bldg. 118

Skywarrior theatre features box office movies, a snack bar, comfortable seating, a private room for families with young children, and private party packages. Call or scan this code to learn more.





## MWR OUTDOOR PARKS AND RECREATION AREAS

360-257-2432

Various Locations | More info at Convergence Zone:  
3535 N Princeton, Bldg. 2510

**Costen-Turner Recreation Area** - Playground, gazebo, and plenty of picnic tables.

**Disc Golf Course** - The 18-hole disc golf course starts and ends at PSD.

**General Quarters Paintball** - Adrenaline, strategy, skill and speed on two separate fields.

**The Grind Skate Park** - Challenging obstacles, including a half pipe, quarter pipe, grind box, pyramid and stairs.

**Rocky Point Recreation Area** - Located just footsteps from the Strait of Juan de Fuca and Rocky Point beach.



## GALLERY GOLF COURSE

360-257-2178

3065 N Cowpens Rd., Oak Harbor, WA

A challenging 18-hole course layout with tree lined fairways, rolling hills and stunning views of the Strait of Juan de Fuca and Vancouver Island. Call today to schedule your tee time reservation.





### MWR LIBERTY PROGRAM

The LIBERTY Program offers low cost or free activities and entertainment to junior service members (E1-E6 single or geobachelor). Eligible users may escort up to two guests 18+. LIBERTY is here to get you out of the barracks and out to enjoy the great Pacific Northwest. Transportation is included in the cost of all of our trips.

Our facilities feature the latest video gaming stations with large screen TVs and comfortable seating, FREE Wi-Fi and CAC-enabled workstations, movie theater, Copy/scan/fax services. LIBERTY offers regular weekly programming such as prize giveaways, tournaments and competitions, volunteer opportunities, birthday celebrations, e-sports and more!

Want to know more about LIBERTY? Join our Facebook group page.

### LIBERTY NORTHWEST CENTER

360-257-3309  
Located inside Admiral Nimitz Hall Galley,  
1040 W Intruder St, Bldg 382





**trips**  
**events**  
**exclusives**





*The Convergence Zone is truly a place where a range of interests, an array of people and a variety of entertainment come together! It offers bowling lanes, gear rental, indoor playground, toddler play area, pool tables, air hockey, ping pong, computers, video gaming, resource center, faxing/printing/copying services, a multipurpose room, and gathering areas for groups and organizations.*

## FEATURES

- Bowling Lanes
- Bowling Packages
- Party Packages
- Command Party
- Indoor Playground
- Library and Toddler Story Time
- Billiards, Air Hockey, Ping Pong
- Xbox 360's & Nintendo Wii's
- Kegler's Bar & Grill
- General Quarters Paintball
- Outdoor Recreation Rentals
- Tickets, Trips & Tours


SCAN for  
CONVERGENCE ZONE  
INFORMATION



# GET THE CLAN BACK TOGETHER



*Play the latest in games and consoles or join the Navy Region Northwest eSports team at your local LIBERTY Center*

Join our Discord  servers or visit [navylifepnw.com/esports](https://navylifepnw.com/esports) for upcoming Region- and Navy-wide tournaments

**ESPORTS**  
MEET | PLAY | COMPETE





# PLAY. OR WATCH.

Worldwide Online Tournaments

**SIGN UP NOW**



[navymwr.org/esports](http://navymwr.org/esports)



[twitch.tv/NavyMWR](https://twitch.tv/NavyMWR)



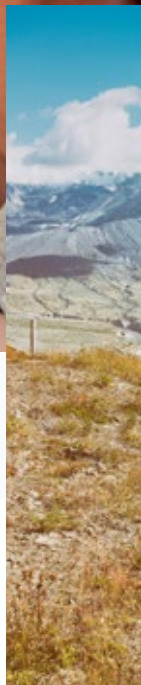
# FINDING COMMUNITY

with MWR

*"There are so many opportunities for Sailors and families to seek out through the Community Recreation Center that people have no idea about, most of which are free!"*

- Curran Johnson, Community Recreation Director  
NAS Whidbey Island

Contributed by navylifepnw Staff





Do you know what the most powerful resource center for connection is? Community - comprised of compassionate individuals who deeply care and hold the compass to align us with resources when we feel lost. It can be found within all the programs at Fleet and Family Readiness (FFR), you – the Sailor, the spouse, the retiree are the most important customer.

When life gets busy, it can be easy to forget that you are the very reason FFR exists. From mitigating stress, and sharpening the tools in the mental health toolbox, to enriching your life with activities within Morale, Welfare, and Recreation (MWR), the opportunities for connection are endless. At Naval Station Everett, there are several benefits and perks of being in the Navy family that we always want you to remember. What better way to hear of these benefits than straight from your and our community?



NAS Whidbey Island Community Recreation Director, Curran Johnson, shares the center for it all.

“The Community Recreation Center is the one-stop shop for all things MWR – the Convergence Zone acts as a hub for our community,” Johnson says. “There are so many opportunities for Sailors and families to seek out through the Community Recreation Center that people have no idea about, most of which are free!”

“We have an indoor playground, table games, arcade and video game systems, a full-fledged

library, in addition to bowling specials for Active Duty in uniform,” she says. “We have discounted tickets, travel and outdoor recreation equipment to enhance their experiences when they go out exploring on their own.”

Johnson wants military community members to know more about her favorite program offering.

“I want our customers to know more about the Design-A-Trip Program,” she says. “It’s available to customers or commands that can create their own experience and have MWR take the lead on the trip planning! We offer 22 or 47 passenger buses that can take your group just about anywhere.”

But perhaps her favorite testimonials are from those who have participated in the mountaineering program.

[READ MORE →](#)





"It's so cool to hear how they overcame their physical doubt and were able to accomplish their goal of summiting (Mt. St. Helens)."

As seasons transition here in the great Pacific Northwest, remember MWR will take you outside with other like-minded individuals, offering avenues and outlets to participate, enjoy and engage with activities and your surroundings.



Your Community is comprised of compassionate individuals who deeply care and hold the compass to align us with resources when we feel lost. We ask you; how will you choose to engage with your community while here?



# TRIPS & TOURS

YOU RIDE, WE DRIVE

Sit back, relax, and let the community recreation team drive you to the best of Washington's sights and events.




SCAN for DETAILS





# **NEW** DoDMWR Libraries.org

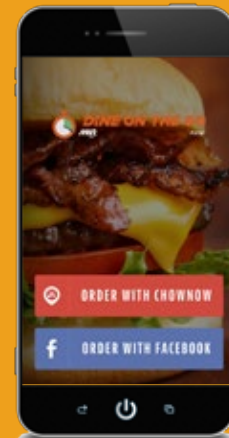


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- Ancestry Research
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[www.DineOnTheGoPNW.com](http://www.DineOnTheGoPNW.com)

ORDER ON THE GO  
Text DOTGPNW to 33733



# GREAT MEMORIES START *with* MWR!

**CLASSES • DESIGN-A-TRIP  
EQUIPMENT RENTALS**

*Visit your local Community Recreation  
office to start your next adventure!*



**#GreatMWRMemories**







**SKYWARRIOR THEATRE**

**FAMILY MOVIE Night**

2nd TUESDAY of Every Month  
6 P.M.

FREE • Sensor-Friendly • Open to All Ages

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

SCAN for DETAILS



NAS WHIDBEY ISLAND  
ADMIRAL NIMITZ HALL GALLEY

**Special Meals**



11 A.M.-1 P.M. • OPEN TO ALL HANDS




# 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.

**A-List Package:** Great for a family day and/or group functions, the package features a private and affordable movie experience.

Seating	Theater	Concessions	
		Credit	Total
1-50 Guest	\$220	\$80	\$300
50-150 Guest	\$275	\$100	\$375

**The Award Winner:** Features private screening of a box office premier (based on current options) and two (2) 6 ft. tables and up to ten (10) chairs.

Seating	Theater	Concessions	
		Credit	Total
1-50 Guest	\$450	\$100	\$550
50-150 (two (2) staff-onsite)	\$600	\$150	\$750

**\*\*The Award Winner package includes the cost of the movie ticket for box office movies\*\***

**Box Office Package:** Perfect for a birthday party and/or special occasions, this package features a private party room, with bathrooms, 30 balcony seats with (2) 6 ft. tables, 24 chairs, the showing of the Box Office movie, one (1) one-topping large pizza, two (2) pitchers of soda, and two (2) bags of popcorn. Total: \$350.00



## RECREATIONAL LODGING

MWR proudly operates three DoD lodging facilities in Navy Region Northwest. Visit [www.dodlodging.net](http://www.dodlodging.net) or scan this code to explore these and hundreds of other DoD-owned properties around the world. Open to anyone with base access including retirees, guests and contractors unless otherwise noted.



### CLIFFSIDE RV PARK & CAMPGROUND

Front Desk: 360-257-2649

Located on Ault Field at the end of Intruder Street.  
Watch for the directional signs on base

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. Enjoy the seasons with us in your very own RV camper or relax in our RV campers, yurts, and tent sites with exciting programming all year long.



### JIM CREEK RECREATION AREA & CAMPGROUND

Front Desk: 425-304-5315/5361

21027 Jim Creek Rd., Arlington, WA

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

Front Desk: 360-276-4414

108 First St. N, Pacific Beach, WA

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, a bar and more.





# YOUR VACATION *Navy* *Getaways* CLOSE TO HOME

Say yes to a getaway and  
book your stay today!

Photo featuring Jim Creek



Pacific Beach, WA  
[pacbeach.navylifepnw.com](http://pacbeach.navylifepnw.com)  
360-276-4414



Oak Harbor, WA  
[cliffside.navylifepnw.com](http://cliffside.navylifepnw.com)  
360-257-2649



Arlington, WA  
[jimcreek.navylifepnw.com](http://jimcreek.navylifepnw.com)  
425-304-5315



# explore quality of

*We're back and ready  
to help you create  
long-lasting memories and  
forge a stronger you.*

## life the FFR way

Your quality of life is a feeling – an innate assessment of your overall well-being and life satisfaction. Navy Region Northwest Fleet & Family Readiness teams are here to offer you some of the highest value programming you can find, so your quality of life is better than ever. It has been quite the journey back to normalcy the last couple years, but FFR is back with no limitations and we're ready to help you create long-lasting memories and forge a stronger you.

Great memories start with Morale, Welfare and Recreation. Whether you're staring at the road to definitive health at one of our fitness facilities or looking to shape lasting friendships through a wide array of recreational activities, we can help guide you through it. You can discover new leisure activities, bolster your connection with lifelong hobbies or just get out and explore the outdoors in one of the military's most charming locales.

Contributed by  
navylifePNW Staff







Support and resiliency are at the backbone of all personal journeys, and every journey requires learning and individual growth and development. Our Fleet & Family Support Center staff can give you the knowledge and tools to reduce the impact of stressors you might encounter along the way in life. Educational, preventative, and therapeutic services through the FFSC help promote improved quality of life as you maneuver your time at Navy Region Northwest.

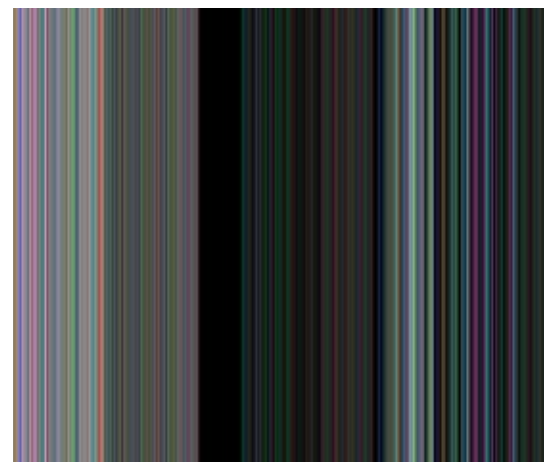
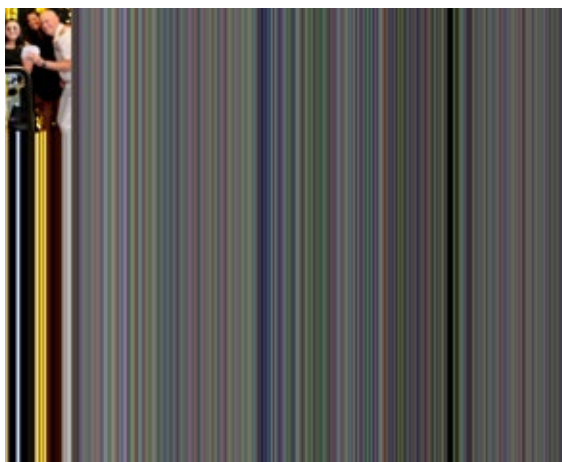
The FFSC offers family assistance and life skills classes for what might be life's toughest personal challenges. They also provide counseling services for every phase of your

personal development, and personal finance guidance classes help ensure the conclusion of your military life is just the beginning of all the best parts of life's journeys.

Looking for a break from the everyday? Expand your horizons at any of our Navy Getaways locations. Breathtaking waterside views and activities await you at Navy Getaways Pacific Beach. If the rugged outdoors is more your style, take a trek up to Jim Creek Community Recreation Area instead, or surround yourself with majestic views of the San Juan Islands and Vancouver, Canada, at Cliffside RV Park.

If it interests you, boosts your morale or personally enriches your everyday life, you can bet we have services that help set you on the right path to exploring it. No matter what journey you are on, or where it might take you – FFR will be there with you, every step of the way.

Dive deeper into our quality-of-life programming by visiting our website at [whidbey.navylifepnw.com](http://whidbey.navylifepnw.com), or stop by one of our locations. Our staff is happy to chat with you about what's new in our programs.





## SPORTS, FITNESS & AQUATICS

MWR fitness centers offer state-of-the-art equipment, expert instruction and team sports and activities for every age, interest and fitness level. Visit [Whidbey.navy.mil/epnw](http://Whidbey.navy.mil/epnw) or scan this code to find out about our upcoming specials and promotions. Open to anyone with base access including retirees, guests and contractors unless otherwise noted.



Whidbey Fitness Center offers new cardio machines from Life Fitness, Precor, Technogym Wave and the Hammer Strength line in our weight room. Additional indoor amenities include a sauna, racquetball courts, a basketball court, volleyball court, tennis court, a boxing/Judo room, a family fitness room, and a NOFFS Zone. The Seaview Trail by our facility leads to Cliffside or Norts Gate. We also have a football and soccer field with running track and three softball fields.

While we do not have aquatics facilities on-base, we have partnered with two local pools — the Fidalgo Pool in Anacortes and the North Whidbey Parks & Rec Pool in Oak Harbor to offer you access to those facilities at no charge for active duty.

We also offer regularly scheduled team sports leagues and opportunities to participate in tournaments and regional sports competitions throughout the year, such as the Admiral's Cup, the Captain's Cup and All-Navy Sports, a program for Sailors who possess the athletic skills to compete above the intramural level to compete against teams from the Marine Corps, Army and Air Force.

### WHIDBEY FITNESS CENTER

360-257-2420  
3755 N Wasp St., Bldg. 117

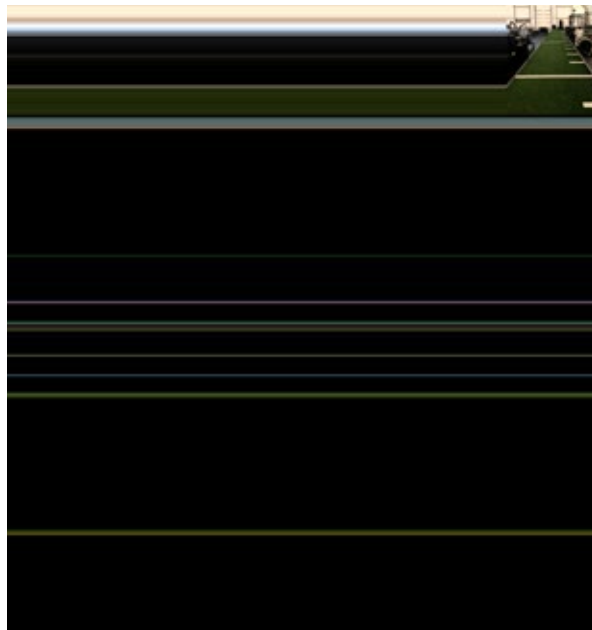
### INTRAMURAL SPORTS

360-257-4320  
3755 N Wasp St., Bldg. 117

**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.

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

**All-Navy Sports** - For 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 such as the Armed Forces Championship.





## ALL NAVY SPORTS: 2023 SPORTS CALENDAR

For details and an updated calendar, visit: [www.navyfitness.org/all-navy-sports](http://www.navyfitness.org/all-navy-sports)



The very best Navy athletes may be selected to compete as members of the All-Armed Forces Team, and participate in the Military World Games, national and international competitions. All-Navy teams compete in the Armed Forces Sports Championships against teams from the Marine Corps, Army and Air Force.

The Navy Sports Program fields all-Navy teams in bowling, cross country, wrestling, basketball, soccer, triathlon, volleyball, softball, golf, rugby and marathon.

The Navy Sports Program also assists athletes who participate at the national or international level in activities that are not normally offered on a base, such as rowing, archery and shooting.

To apply, see your base Fitness/Athletic Director or from the Navy Sports website. Ensure you have your command's endorsement.

## 5 SIMPLE STEPS TO REGISTERING WITH MYFFR

**1 VISIT**

[www.navylifepnw.com/myFFR](http://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're 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!



# MWR FITNESS SPECIALISTS THE KEY TO REACHING YOUR FITNESS GOALS

*Contributed by navylifepnw Staff*

*The Navy MWR Fitness Program aims to create "Fitness for Life" for the entire Navy community, this includes active-duty Sailors, family members, retirees, and DoD civilians. The MWR Fitness Specialists are the people who will help you reach your fitness and lead a healthy lifestyle. Your MWR Fitness Specialists are your go-to subject matter experts for fitness, nutrition resources, and living a healthy lifestyle. Stop at your fitness center to meet with an MWR Fitness Specialist and see how they can help you meet your fitness goals.*

## **SO, WHAT IS THE ROLE OF THE MWR FITNESS SPECIALIST?**

The number one priority for the Fitness Specialist is to serve our active-duty Sailors for mission readiness and physical readiness for those on our Fitness Enhancement Program.

The primary role of the specialist is to assist Sailors and ensure they can stay within the Navy standards and maintain a fit and healthy lifestyle.

The next priority is to take care of families, dependents, retirees, and other MWR-eligible patrons. That can be accomplished through the support services we offer and could include exercise classes, nutritional counseling, fitness coaching, aquatics, and more.

The services we provide to Sailors are always FREE and most services for dependents, retirees or eligible patrons are as well, although, select programs and services do have a minimal cost.

## **WHAT VALUE DO THE FITNESS SPECIALISTS OFFER TO THE SAILORS AND FAMILIES?**

Our Fitness Specialists have a genuine passion and dedication for the Navy Physical Readiness Program, and all it encompasses, and for the work they do. And the high level of education and qualifications our fitness specialists must have to deliver our programs is invaluable.

All the different programs and services we can offer our military community are substantial.

We offer one-on-one personal training for

individuals who want specialized workouts, small group training, functional movement training for injury prevention, and equipment orientation for people new to the gym. We also provide mobility and flexibility training and exercise classes. Look at all the different services we have for our Sailors and their families. If people were looking for similar services outside the Navy Fitness Program, it would cost them a lot to be able to access the same thing out in town.

## **STUCK IN A WORKOUT RUT OR NEED SOME EXTRA HELP? FITNESS SPECIALISTS CAN HELP.**

The job of a Fitness Specialist is more than just prescribing a workout. It involves some insight to determine what it is you enjoy doing. What's your passion; how do you like to spend your time? Once our specialists determine what that is, then they can help train you in a workout that you will more likely commit to.

Most people will not be successful if they don't enjoy their workout. It's an important step for the Fitness Specialists to find out what you're passionate about and then develop a program around that. Some people may need motivation from a workout buddy or work out with a group of people, so their workout plan includes group classes. It could also be someone who needs to get back into shape or improve their fitness levels for an upcoming PRT. The Fitness Specialist will help you be successful with a workout program that you will enjoy.

GET STARTED ON REACHING YOUR HEALTH GOALS BY STOPPING BY THE FITNESS CENTER  
**WHIDBEY FITNESS CENTER** 3755 N WASP STREET, BLDG. 117, OAK HARBOR, WA 98278



# Admiral's Cup Sports CHAMPIONSHIP

*The NRNW Admiral's Cup Sports  
Championship is a competition  
between NBK, NSE & NASWI.*



SCHEDULE AVAILABLE ONLINE AT  
**WWW.NAVYLIFEPNW.COM**



## 2023 RUN SERIES

*Get ready for another  
great year of MWR runs:*

**Luck of the Irish 5k/10k**

**Gold Star Memorial 5k**

**Tides Out Dash**

**Color Run 5k**

**Growler 8k**

**Flight Line 5k**

**Turkey Trot 5k/10k**

**... and more!**



## FITNESS INCENTIVE PROGRAM

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 Seismos Fitness Center Front Desk.

200 points = MWR drink bottle

500 points = MWR workout towel

1000 points = MWR Duffel bag

2000 points = Bluetooth mini speaker



## CHILD & YOUTH PROGRAMS

*The mission of Child & Youth Programs (CYP) is to make sure you can do yours by providing high-quality child care and support services close to home. Visit [Whidbey.navylifepnw.com/child-youth](http://Whidbey.navylifepnw.com/child-youth) or scan this code to learn more about our programs and services.*



### CHILD DEVELOPMENT CENTERS (CDC)

Our Child Development Centers (CDC) are open to children ages 6 weeks to 5 years, for full-time or part-time care. Our classrooms provide fun, inclusive, and engaging environments as we strive to meet each child's social, emotional, and intellectual needs.

#### CLOVER CHILD DEVELOPMENT CENTER (CDC)

360-257-3302, 365 W Clover Bldg. 2679

#### REGATTA CHILD DEVELOPMENT CENTER (CDC)

360-257-6572, 220 NE Regatta Dr. Bldg. 2938

### CHILD DEVELOPMENT HOMES (CDH)

When you need professional care with the comfort of home, our Child Development Homes (CDH) are here to help. CDH Providers are self-employed individuals, certified by the state of Washington, operating a child-care business in their own home, and often have previous early childhood education experience. They're here to promote overall social, emotional, cognitive and physical growth – all while building school readiness skills.

#### NASWI CHILD DEVELOPMENT HOMES

360-257-1877, 260 W Pioneer Way Bldg. 13, Seaplane Base

### SCHOOL-AGE CARE (SAC)

We provide quality before-and-after school activities for children in kindergarten through 12 years old. Our programs are designed to enhance rather than duplicate the school day, and we work with dynamic organizations such as the Boys & Girls Clubs of America and 4-H to offer the best available programming.

#### SCHOOL-AGE CARE (SAC)

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

### YOUTH CENTER

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

Our teen programs not only offer fun learning activities that go above and beyond the regular school day, but they also provide a sense of community and a healthy social outlet. These programs are affiliated with Boys & Girls Clubs of America and often feature 4-H programming. We're proud to offer an important opportunity for teens to mature socially and emotionally, while focusing on character development, leadership skills, communication and self-esteem.

### SCHOOL LIAISON

When it's time to relocate, we're here to help the transition to go smoothly as possible for your children. Our School Liaisons help families with children in pre-kindergarten through 12th grade. They assist with everything from a school transfer and homeschool support, to meeting graduation requirements. For our elementary, preteen and teen community, the Youth Sponsorship Program adds in element of social support. We strive to contact youth before they move, so when they arrive, we can immediately connect them with peers who are already participating in the installation, school or community programs. Call for an appointment.

#### NAS WHIDBEY ISLAND SCHOOL LIAISON

360-257-6863, 260 W Pioneer Way Bldg. 13, Seaplane Base



# Military Child Care in Your Neighborhood

## Fee Assistance for Community-Based Child Care

Serving U.S. Navy Families

As a military parent, you want access to affordable, quality child care. You may be eligible to receive fee assistance through Military Child Care in Your Neighborhood (MCCYN). The Department of Defense offers fee assistance to reduce the out-of-pocket expense of child care in the community.

*Paying full price for community-based child care? Your caregiver may be eligible to join the DoD program.*



**MILITARY**  
CHILDCARE.com

Scan here to get started



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DIFFERENCE.  
BUILD A  
CAREER.**



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**Apply Today! [www.navylifeonw.com/jobs](http://www.navylifeonw.com/jobs)**





## NAVY HOUSING

*Your Housing Services Center team knows the area and will help you make the most of your housing benefits. Visit [Whidbey.navylifepnw.com/housing/](http://Whidbey.navylifepnw.com/housing/) or scan the QR code to learn more about this free service.*



### HOUSING SERVICE CENTER

877-340-9055 or 360-257-3331  
Nor'Wester, 3675 W. Lexington, Bldg. 2556

We offer free maps and faxes, pre-screened inbound and outbound community housing listings, personalized counseling to find what will work best for your situation, including any exceptional family member needs you may have, and free review and a plain English explanation of your lease terms. We can also help you negotiate favorable leasing terms. You can also access listings 24/7 via [HOMES.mil](http://HOMES.mil), the only DoD-sponsored rental listing website used by Military Housing Offices worldwide. Use it to view pre-screened properties, compare listings and contact property managers directly.

### HUNT MILITARY COMMUNITIES

888-597-8174 or 360-679-4241  
[whidbeyislandfamilyhousing.com/](http://whidbeyislandfamilyhousing.com/)

### UNACCOMPANIED HOUSING

#### CHECK-IN: UNACCOMPANIED HOUSING OFFICE

360-257-5513  
1040 Intruder Street Bldg. 2701

*After-hours Emergency Maintenance: 360-257-5513*

### ONLINE BARRACKS MAINTENANCE REQUESTS

Available 24/7, residents can submit non-emergency maintenance requests using the building-specific QR code located on the inside of your barracks room main door and on flyers located throughout your barracks buildings' common areas.





# Your Feedback Matters.

Living in the Barracks?  
Take the Tenant  
Satisfaction Survey

Coming Spring 2023

See your Building Manager or go to  
[navylifepnw.com](http://navylifepnw.com) for more info.



## Transferring? PCSing? Looking for local rentals?



or contact your local  
Housing Services Office



[navylifepnw.com](http://navylifepnw.com)



usa.mil

360-257-3331

[whidley\\_housing@navy.mil](mailto:whidley_housing@navy.mil)  
[evanm\\_housing@navy.mil](mailto:evanm_housing@navy.mil)  
[krisap\\_housing@navy.mil](mailto:krisap_housing@navy.mil)



Veterans with Veteran Health Identification Cards (VHIC) have expanded access to commissaries, military exchanges and MWR retail privileges on U.S. military installations.



Eligible veterans must have a VHIC that states service-connected disability, a Purple Heart recipient or former prisoner of war. Also eligible are individuals approved and designated as the primary family caregivers of eligible veterans under the Veterans Affairs Program of Comprehensive Assistance for Family Caregivers.

Visit [www.va.gov](http://www.va.gov) on how to qualify for a Veterans Health Identification Card or visit:

**MWR Facilities & Locations:** [www.navylifepnw.com](http://www.navylifepnw.com)

**Commissary:** [www.mycommissaries.com](http://www.mycommissaries.com)

**Navy Exchange:** [www.mynavyexchange.com](http://www.mynavyexchange.com)



[navylifepnw.com](http://navylifepnw.com)  




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 THE FACT SHEET







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**Month  
 of the  
 Military  
 Child**

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 BY COMPLETING A COMMENT CARD OR GOING ONLINE TO:

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JUST CLICK ON THE ICE LOGO! YOUR FEEDBACK IS IMPORTANT TO US IN HELPING  
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 MEMBER OR MANAGER.



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 360-535-9082  
[Sponsorship.cnmw.pf@navymil](mailto:Sponsorship.cnmw.pf@navymil)

# 10 EASY WAYS YOU CAN HELP SAVE THE PLANET

Contributed by  
navylifeponw Staff

**1. PICK UP LITTER:** Help out in your community, pick up litter at a local park, beach or around your home.

**2. CONSERVE WATER:** Turn off the water when you brush your teeth, fix any leaky faucets or wash your car at a car wash instead of in your driveway.

**3. SWITCH YOUR BILLS:** Sign up to receive e-bills or use online bill payments rather than paper bills. This will save trees and limit your household paper waste.

**4. BE CAR-CONSCIOUS:** Try car-pooling or car sharing, take public transportation, combine your errands—hit the school, grocery store and doggy day care in one trip, maintain your vehicle, fix fluid leaks and keep your tires properly inflated to improve gas mileage, saving you money and reducing greenhouse gas emissions and pollution.

**5. REDUCE ENERGY USE:** Install LED or energy-efficient light bulbs, turn off lights when you leave a room, turn off TVs, computers, monitors and other electronic devices when not in use.

**E**arth Day was first celebrated in 1970 and now 50 years on, more than 193 countries will celebrate the day alongside the United States on April 22. Many communities look to Earth Day as an opportunity to clean up litter, plant trees and to reflect on how they can be better stewards of the Earth's resources and the environment. There are also many things you can do on your own or with your family not just on Earth Day, but every day to help your community and the planet.

**6. LIMIT SINGLE-USE PLASTICS TO REDUCE PLASTIC WASTE:** Reduce the amount of plastic waste with a reusable bag when shopping or at the supermarket, use a reusable water bottle instead of plastic bottled water. Cut down on the use of plastic cups, straws, and utensils.


**7. USE GREEN CLEANING PRODUCTS:** Reduce the number of harmful chemicals that can end up in the water supply and harm fish and wildlife. Try to use non-toxic cleaning products whenever possible.

**8. REDUCE, REUSE, RECYCLE:** Reduce waste by putting that soda can or old electronic device in the recycling bin, donate clothing or other items, pack lunches in reusable containers instead of using plastic bags and buy products made from recycled material.

**9. VOLUNTEER YOUR TIME:** Join a local organization or participate in a local event that puts effort into making your community and the world a better place and helping the environment.

**10. PLANT A TREE:** If you don't have space, donate money to a charity focused on tree-planting or your time with a local organization.





**N**avigating your child's school can be difficult enough but adding something as overwhelming as a Permanent Change of Station move can make it feel impossible. But it doesn't have to be. The School Liaison Department can assist and guide you through the list of tasks to ensure you feel confident and at peace with providing your child a seamless transition between school districts. Even if you aren't PCSing, the School Liaison can aid in your child's most important scholastic experiences.

# The Bridge to Ease

## HOW THE SCHOOL LIAISON SUPPORTS PARENTS

Contributed by navylifepnw Staff

In conversation with NRNW's Regional School Liaison, Kelly Scheese, she shares insights that all parents should know.

"School Liaisons can assist families with the school registration process, special education system navigation, senior year moves, credit and graduation requirements, post-secondary preparation, scholarship opportunities, homeschooling, deployment support and youth sponsorship," Scheese says. "(It's) an entire department dedicated to ensuring the success of your school-age child."

Concerning PCS-ing, Scheese offers the following advice.

"Before you PCS, connect with the School Liaison at your current location. The sending SL will make sure you have everything you need before you leave and can identify any potential issues," she says. "The SL will also provide a warm hand-off to the SL at the new location."

"The Youth Sponsorship Program can connect your teen to a youth sponsor at your new location," she says.

When moving to a new place and all boxes packed, Scheese recommends parents hand carry school records, vaccination records, birth certificates and any additional school-related documentation, such as IEPs or 504s.

Year-round, the SL Department hosts a variety of in-person events and webinars and partners with local government and non-governmental programs to provide and deepen knowledge to ensure your child's success while in school.

"SLs support the Partnerships in Education program," Scheese says. "Commands can partner with a local school and volunteer to support the school children. SLs work with the installation volunteers and command volunteer coordinators

to encourage in-school volunteering. Interested Sailors or commands can contact their local SL to find out how they can be part of the PIE program."

The SL Department is incredibly useful not only for the future but for the present. In an ever-evolving life with the Navy, it is imperative to know the information before needing it, rather than needing the information and not knowing it. The School Liaisons can help with that.

Your local School Liaison,

Naval Base Kitsap: 360-340-2824

Naval Station Everett: 425-304-3688

NAS Whidbey Island: 360-257-6863

For more information about the School Liaison visit [whidbey.navylifepnw.com/child-youth/school-liaison](http://whidbey.navylifepnw.com/child-youth/school-liaison).

# Support Programs

Fleet & Family Support Center



## FLEET & FAMILY SUPPORT CENTER - NOR'WESTER

360-257-2271  
360-257-6289  
3675 W Lexington Bldg. 2556  
Oak Harbor, WA

## NAVY GOLD STAR CALL CENTER

888-509-8759

## 24/7 SAPR ADVOCATE

360-914-7867/55

## 24/7 SEXUAL ASSAULT RESPONSE COORDINATOR (SARC)

360-914-7834

## DOD SAFE HELPLINE

877-995-5247



### Urgent reaction



988 provides instant access to the 24/7, free and confidential Lifeline network and related crisis resources, which are distinct from 911 (which is for dispatching Emergency Medical Services, fire and police as needed).

### There to help



The Lifeline sample calls, text, chat from anyone who needs support – a direct connection to compassionate, accessible care for anyone experiencing mental health-related distress.



## FLEET & FAMILY SUPPORT

FFSC is here to meet the needs of Navy families at home and at sea with helpful programs and resources. Visit [Whidbey.navylifepnw.com/fleet-family/fleet-family-support-center/](http://Whidbey.navylifepnw.com/fleet-family/fleet-family-support-center/) or scan this QR code to learn more about current classes and offerings.



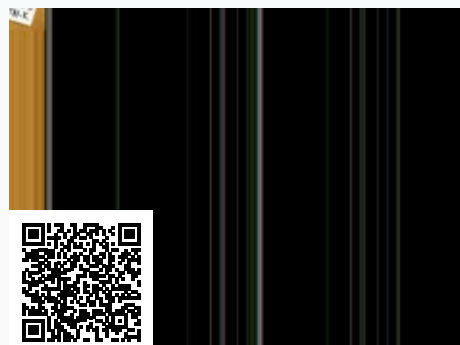
## NEW SPOUSE

So, you married a Sailor? Congratulations, and welcome aboard!

The Navy has its own language, traditions and customs. Everything can seem so different! How are you supposed to understand? Fleet and Family Support Centers (FFSC) are an invaluable resource for your new Navy adventure. You can attend a workshop and meet other new Navy spouses, gather informational materials, get help with finding a job or a volunteer opportunity or learn about educational opportunities.

FFSC is able to help connect you to your duty station Ombudsman. The Ombudsman communicates on behalf of the command to give timely information, through social media posts, care-line/info-lines, telephone trees, and e-mails.

You are setting forth on an exciting journey as a member of the Navy Family. We hope to connect you to fellow service-member families, and help you learn together, grow together, and succeed together. Visit your FFSC or scan the QR code to learn more.



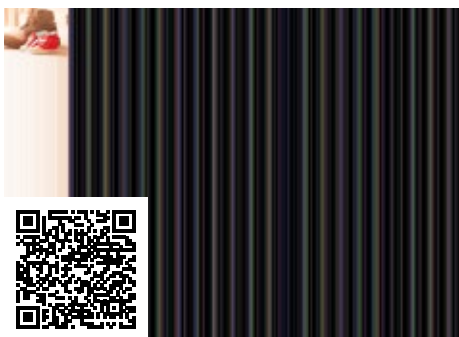
## EMOTIONAL SUPPORT SERVICES

We all experience ups and downs in life. At some point, just about everyone needs help coping with stress caused by life's many challenges. Stress can be caused by work, family hardships, marital conflicts, parent/child issues, money concerns, frequent moves, health and environmental factors and other difficulties. Talking about our problems with family or friends can be helpful, but often this just isn't enough. Sometimes it helps to talk to an experienced counselor.

Fleet and Family Support Centers (FFSC) offer confidential (the command is not notified) counseling by professional, licensed clinicians. FFSC clinical counselors hold a master's or doctorate-level degree in counseling, social work or psychology. Their professional services are free of charge to active-duty personnel and family members.

If you are troubled and need someone to talk to, just ask FFSC for an appointment. You do not need a referral from your command or healthcare provider. Visit your FFSC or scan the QR code to learn more.





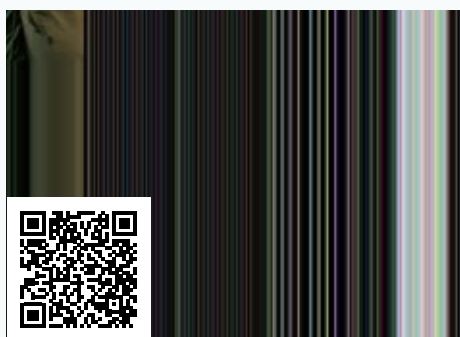
## PARENTHOOD

Becoming a new parent is a time for excitement and joy as well as confusion and anxiety. So many questions come up and even worse, there are usually a million different answers! If you are feeling anxious, this is common, you are NOT alone.

Fleet and Family Support Centers (FFSC) can support you with in-home visits after the baby is born to help smooth the transition to new parent.

To better prepare for the changes in the family dynamic, FFSC offers comprehensive parenting programs and early child development education classes to help foster healthy parenting practices so you can thrive as a healthy family.

Visit your FFSC or scan the QR code to learn more about classes such as Positive Parenting, Daddy Boot Camp, Baby Talk and pregnancy support groups.

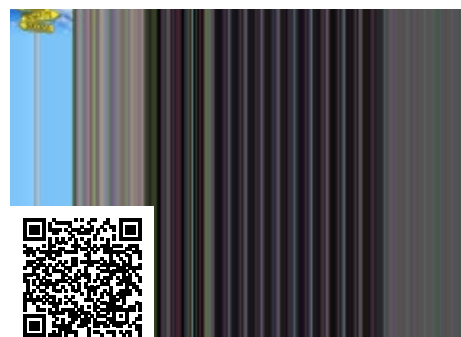


## SERVICE MEMBER DEPLOYMENT

Deployments are a way of life for military service members and their families. Whether single or married, there are effective ways of meeting the unique challenges of a Navy lifestyle. Fleet & Family Support Centers (FFSC) work closely with commands, Ombudsmen, Family Readiness Groups, individuals, and families to provide resources and assistance during all phases of the deployment cycle.

Pre-deployment information is presented around five core elements that sailors and their families should review and update as they prepare for deployment: documents, finances, communication, relationships, and resources. Mid-deployment help for the family includes stress-reduction classes, mind and body mental fitness classes and countless other resources. Homecoming can also emphasize problems in a relationship, so FFSC understands those hurdles too.

Any point of a deployment can be uniquely difficult, FFSC is here to help you get through it. Visit your FFSC or scan the QR code to learn more.



## EMPLOYMENT

Fleet and Family Support Centers (FFSC) can help you pursue the career of your dreams! We understand the frustrations that are common to military families such as frequent moves. We can help you focus on a career that can follow you from base to base.

If you already have a career, FFSC has a wide variety of resources including information on how occupational licenses from one state can be recognized in another.

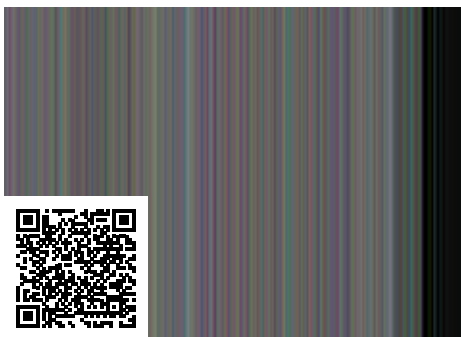
We also offer FREE support with resume writing, interview techniques, job search strategies and workshops for teen employment and WA state employment among others. Visit your FFSC or scan the QR code to learn more.



## DOWNLOAD THE MYNAVYFAMILY APP, DESIGNED FOR NAVY SPOUSES AND SAILORS' FAMILIES

Combining authoritative information and resources from about two dozen websites, and covering a wide variety of topics, MyNavyFamily puts everything you need to know in a single, convenient application.

Go to [www.applocker.navy.mil](http://www.applocker.navy.mil) to download this app and many other helpful Navy apps for free.



### TRANSITION & RETIREMENT

The Transition Assistance Program (TAP) is designed to make the move to civilian life smooth and successful. Fleet and Family Support Centers (FFSC) ensure service members and their families are well prepared for civilian life with extensive tools, education and support needed for a successful transition into the civilian community.

Regardless of how long you have served, FFSC understands the difficulties ahead, and how to help you find a new role in your community. The time you have spent in the military has extraordinary value in the civilian workforce, and there are resources to help you climb your next career ladder. Navy leadership is committed to effective transition assistance for all Sailors separating from the Navy. Note: Active duty must sign up through their Command Career Counselors.

Retirement planning might not be as easy as you think. Wherever your transition takes you, FFSC can help. Visit your FFSC or scan the QR code to learn more.

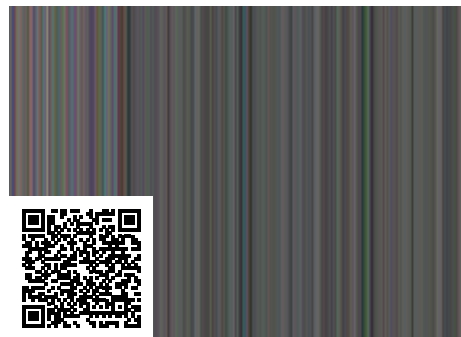


### FINANCIAL PLANNING

Poor financial health can lead to diminished operational readiness, loss of security clearance, decreased choice of duty locations, administrative discharge, anxiety, stress and other negative effects. Compare this to the positive effects of good financial health that comes from knowing how to managing your personal finances: Freedom from anxiety. Freedom from stress. Freedom to do your best at your job in the Navy and advance on time.

Fleet and Family Support Center (FFSC) has Association for Financial Counseling & Planning Education (AFCPE) accredited financial counselors on staff to assist you! Our highly qualified Personal Financial Managers (PFMs) provide courses and individual consultations for personal financial management, as well as provide General Military Trainings (GMTs) and Command Financial Specialist (CFS) Training.

Once your budget is managed, learn about your TSP and retirement goals for next-level financial planning! Visit your FFSC or scan the QR code to learn more.



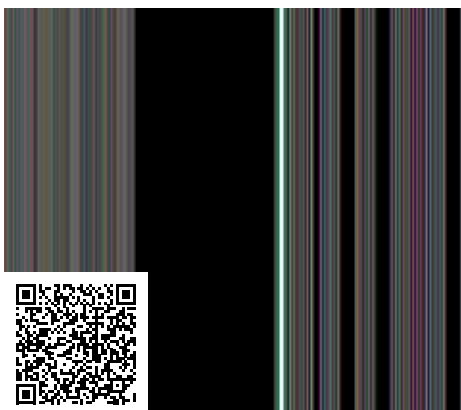
### MOVING & RELOCATION

Everyone in the military moves at one point or another. Preparation for such a big change is essential to the well-being of every military household. Whether you are settling in or departing, Fleet and Family Support Centers (FFSC) can help ease your transition to a new base.

If you are new to the area, FFSC should be your first stop. Grab a hospitality kit, brochures, maps, and phone directories for the local area. We have a career center with Internet access and classes to help you find the right career for your family. We understand the housing, schools, and resources you need to settle into your new home.

For those leaving the area, we offer Smooth Move classes and relocation workshops can help plan for success. We have counselors for individuals or families who have trouble transitioning. Our career center can help you transfer your license to a new state or the tools to look for a new job when you get there.

Visit your FFSC or scan the QR code to learn more.



### EXCEPTIONAL FAMILY MEMBER SUPPORT

The Exceptional Family Member Program (EFMP) ensures service members will be assigned to a location where the special needs of the family will be met. EFMP is a mandatory program for spouses, children, and dependent family members, who require special medical, psychological, or educational services.

The Exceptional Family Member will then be assigned a category according to diagnosis, availability of care, and intensity of care. Category 1 is the least complex, while 5 is the most complex; Category 6 is for temporary placement in the EFM program, for example, high-risk pregnancy or a premature infant.

The category assigned to a family member will impact what duty stations a family can accompany their service member, however, enrollment in EFMP does not affect one's career, as promotion boards are unaware of EFM status.

Fleet and Family Support Center can help with the needs of the whole family and the challenges families might face. Visit your FFSC or scan the QR code to learn more.



# NAVY WOUNDED WARRIOR



**Supporting seriously wounded, ill and injured Sailors and Coast Guardsmen, their families and caregivers**

Through proactive leadership, NWYW provides individually-tailored assistance designed to optimize the success of the wounded warriors' recovery, rehabilitation and reintegration activities.



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[navywoundedwarrior@navy.mil](mailto:navywoundedwarrior@navy.mil)  
[www.navywoundedwarrior.com](http://www.navywoundedwarrior.com)





**strengthening**

**resilience**

**in your *military family***

**B**y nature, almost without any planning at all, military individuals and families develop a resiliency many others will never understand. While others may be blessed to encounter stability and less strenuous careers in their daily lives, military individuals and families must meet the challenges that arise with the responsibility of a military career.

It takes a special type of person to cope with the many stressors one encounters in military life. Fortunately, Navy Region Northwest offers numerous services and resources to help military individuals and families build and reinforce their resiliency. One of those services – the Fleet & Family Support Centers – offers FREE classes and support for all military life's unique challenges.



Contributed by  
navylifepnw Staff

The FFSC are a collection of highly qualified licensed masters and doctorate-level clinicians who can assist with life crises or complex circumstances. Those who have suffered the trauma of sexual assault can find support and victim referral information through the Sexual Assault Prevention and Response Program. The caring professionals know precisely how to help navigate the aftershock of such a distressing life event, helping victims seek answers post-trauma.

FFSC professionals' scope of knowledge goes far beyond just life crisis management. Many of the classes and services provided help bolster the skills and strengths military individuals and families inherently have. Informative life skills courses include stress, anger, and conflict management, as well as communication skills building. Financial management education and transition assistance classes can help prepare individuals and families for life after the military as well.

Studies show a principal factor in building resiliency is having caring and supportive relationships within, and outside the family. For young people, these relationships stem from loving and trusting role models who help them cope with the rigors of military life. For adults, these

relationships provide the encouragement and reassurance necessary for meeting the demands of everyday life. The FFSC is ready to fill every gap in these relationships that one might have. Whether you need individual, marriage, or family counseling, or you just need encouragement while your military member is deployed, the FFSC stands ready to educate and support.

The FFSC staff is highly trained and passionate about helping military individuals and families build their skills for resiliency. But being resilient does not mean you will never experience difficulty or stress, just that building your resilience will help you learn and grow. So, take advantage of everything your FFSC has to offer – you and your family will be better prepared for everyday life because you did.

**LEARN MORE ABOUT YOUR FLEET AND FAMILY SUPPORT CENTER ON OUR WEBSITE AT  
[WHIDBEY.NAVYLIFEPNW.COM/FLEET-FAMILY](http://WHIDBEY.NAVYLIFEPNW.COM/FLEET-FAMILY).**



Michelle has been a bartender at M.T. McCormick's Officers' Club and various MWR events for more than a year now. While she has only been bartending for us for a year, she is not new to providing services to the fighter and family as she previously worked at the Child Development Center and for golf course at Joint Base Andrews.

She says her favorite part of her job is getting to know people and learning about all the communities at NAS Whidbey Island. Her favorite work perk is having flexible hours, leaving her plenty of time for whale watching.



Sandra is the Exceptional Family Member Case Liaison at with the Fleet & Family Support Center. She has been a part of our team for nearly a year now. But has held various civil service positions over the last 15 years stateside and overseas for the Department of Defense and Veteran's Affairs.

Sandra enjoys helping families connect to services and resources they may not know are available to them. When asked what is her favorite benefit of being an FFR employee, she note the opportunity to attend MWR events and getting to meet new people.



Love the idea of working for an organization that gives back to your military community? Join one of our FFR teams by visiting [navylifepnw.com/jobs](http://navylifepnw.com/jobs).

# the FACES of FFR

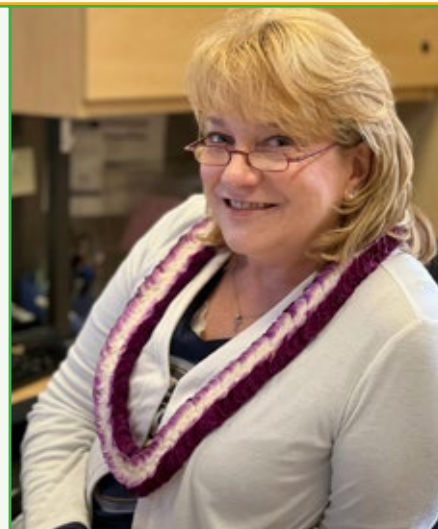
Contributed by navylifepnw Staff

Last September, our Marketing team bid farewell to Pam Green as she officially retired after 34 years with FFR.

If you have seen our promotional efforts – read our magazine in the past; viewed our posters and social media publicity – you have seen her wonderful work. She as provided designs for every program on our organization and numerous activities and events across all region installations for more than 20 years! She was the Fleet & Family Service Center's principal designer and her superb eagle eye during proofing has saved us from mistakes more times than we can count (so if you've caught a mistake in this edition, it's her fault for leaving!).

Pam is a talented, loyal, and gracious individual. In her retirement she loves traveling, tackling home projects, and enjoying one of her favorite past-times, couch laying – which she hilariously calls "practicing the luge!" We at FFR Marketing miss having Pam in the office, dearly.

Pam, if you're reading this, we left two intentional mistakes in your goodbye, just for old times' sake. Because we just aren't right without you!





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# FFR WORK PERKS



## 10 Great Reasons to Work for FFR

Get in on the Navy Life as a federal government employee! Fleet & Family Readiness (FFR) jobs offer competitive pay, medical insurance, retirement savings, and tons of other perks.

### As an FFR Employee ...

**1. Competitive Pay.** Federal Civil Service positions on base aim to be equivalent to similar positions in the local community. Full-time and regular part-time employees are also eligible for a retirement plan, 401(k), annual leave, sick leave, military leave, administrative leave, parental leave, court leave, overtime pay, holiday pay, Sunday premium pay and shift differential.

**2. Affordable outdoor rentals and trips to explore the Pacific Northwest.** MWR Outdoor Recreation Centers are your one-stop shop for outdoor activities — from helping plan a trip to renting snowshoes, kayaks, tents, and bikes. They also have backyard party items like horseshoes, barbecues and ice chests. Visit with friendly staff and get info on where to go and what to do. They'll make sure you are properly outfitted with gear to make your adventure complete

**3. Free gym membership.** The state-of-the-art fitness centers on each base give you access to cardio equipment, free weights, TRX, spin bikes, outstanding

group fitness classes and much more! Fitness equipment orientations, fitness assessments and facility tours are also available to ensure you know what to do to achieve your desired fitness goals

**4. Extra savings toward retirement.** FFR offers a 401K plan (an additional retirement savings account). For every dollar you put in the plan, they will match it, up to 3% of your salary. That's a pretty good deal: You can automatically double your money

**5. Military Discounts apply to you.** Most companies that give military discounts also give discounts to DoD employees. You are eligible for services that cater to military personnel, such as American Forces Travel, GovX and shop.id.me. Several hotels will also allow you to get the military rate, even if not traveling on military orders. On base you can shop tax free and fill up your gas tank for less at the Navy Exchange (NEX). Always be prepared to show your ID

**6. Career planning and training available; never feel stuck.** FFR offers on-going training and professional development. Once a part of the federal work force, you can also take classes at a Fleet & Family Support Center to improve your skills or rebuild your resume

**7. TSP PreCheck® for free.** Federal civilian employees are able opt-in

to TSA PreCheck®. Save your DoD ID number as your known traveler number when booking a ticket and travel through the airport with ease

**8. Keep your kids having fun.** As a federal civilian employee, your base access allows your kids to play! Some bases have bowling, fishing ponds, playgrounds, STEM kits, crafts, libraries, the Child & Youth Programs have Youth & Teen Centers available, and movie theaters have family films. Most on-base activities for the family applies to you too!

**9. Getaways all over world.** DoD lodging offers hotels, cabins, cottages and more, anywhere a U.S. military base is located. A cottage in Pacific Beach or hotel in Italy, the reasonable rates make traveling a breeze. Check availability at <https://www.dodlodging.net>

**10. 10 paid holidays!** Depending on your job, you'll either get paid to enjoy the day off or earn extra holiday pay if you are scheduled to work on one of the 10 Federally recognized holidays. Regular full-time and regular part-time workers also start earning sick leave and vacation leave each pay cycle. Regular full-time employees start to earn 13 vacation days per year. The longer you stay in federal service, the more vacation days you earn.

# IMPORTANT PHONE NUMBERS

*As a member of the Navy community, you are never alone. There are programs to support you in a variety of situations, including victim assistance, emergencies en route and service-specific relief societies.*

**FOR EMERGENCIES 911 OR 360-257-3333 (FROM A CELLPHONE)**

## EMERGENCY ASSISTANCE

**FFSC Centralized  
Scheduling &  
Urgent Respite Care**

866-854-0638

[ffsp.cnrnw@navy.mil](mailto:ffsp.cnrnw@navy.mil)

**FFSC Support Center  
Nor'Wester**

360-257-6289

Information and Referral is available at the  
Fleet & Family Support Center

**Base Information Line**  
360-257-1080

**Base Operating Support Calls**  
360-257-3358

**Emergency Operations** 360-257-3337

**Fire Department** 360-257-2532  
**Fire Prevention/Inspection** 360-257-6110

**NASWI Quarterdeck** 360-257-2631

**Poison Control Center** 800-222-1222

**TRICARE Appointment Line** 800-404-4506

**Health Clinic** 360-257-9500

**Health Net Federal Services** 844-866-9378

**TRICARE Nurse Advice Line** 800-874-2273

**Active Duty Dental Program** 866-984-2337

**Retirees' Dental Program** 888-838-8737

**Base Security** 360-257-3893

**Suicide & Crisis Lifeline** 988

Scan this code for  
more information  
about the resources  
listed here.





#### ADDITIONAL BASE RESOURCES

**Air Terminal/Space-A Flights** 360-257-2604

**Air Mobility Command**

JBLM-McChord/SEATAC 253-982-7259/0555

NAS Flight Recording 360-257-2328

**Squadron Information**

Electronic Attack Wing 360-257-1303

Patrol and Reconnaissance Wing 360-257-0375

**Autoport & Hobby Shop (Gas/Parts/Repair)**  
360-257-0629

**Base Access/DBIDS** 360-257-5620  
**DEERS/ID Card Office (Ault Field)**  
360-257-1390/6770

**Chapel** 360-257-2414

**Commissary** 360-257-3318

<b>Funeral Services</b>	<b>Honor Guard</b>
360-315-3456	360-315-3273/3275

**Human Resources** 360-257-2979

**Legal Office** 360-257-2126/2127

**Lodging**

Navy Gateway Inns & Suites (NGIS)  
360-257-2529

Navy Lodge 800-NAVY-INN or 360-257-0633

**Navy Exchange** 360-257-0600

Fleet Store 360-257-0503

Dry Cleaning/Uniform/Tailor Shop 360-257-0507

**Personal Property** 360-257-3104

**Public Affairs** 360-257-2286

<b>Public Works</b>	<b>Recycling</b> 360-257-5481
360-257-3348	

**Tour Information** 360-257-2286

**Veterinary Clinic** 360-257-2001

#### ADDITIONAL RESOURCES

**Fraud, Waste & Mismanagement** 800-522-3451

**Navy Family Accountability and Assessment System (NFAAS)**  
1-877-414-5358 or navyfamily.navy.mil

**Madigan Army Hospital** 253-968-1110/1145

**Military OneSource**  
800-342-9647 or www.militaryonesource.com

**Ready Navy** (202) 433-9348/DSN 288-9348 or  
email readynavy@navy.mil, www.ready.navy.mil/

**Veterans Affairs** 800-827-1000

#### NON-DOD RESOURCES

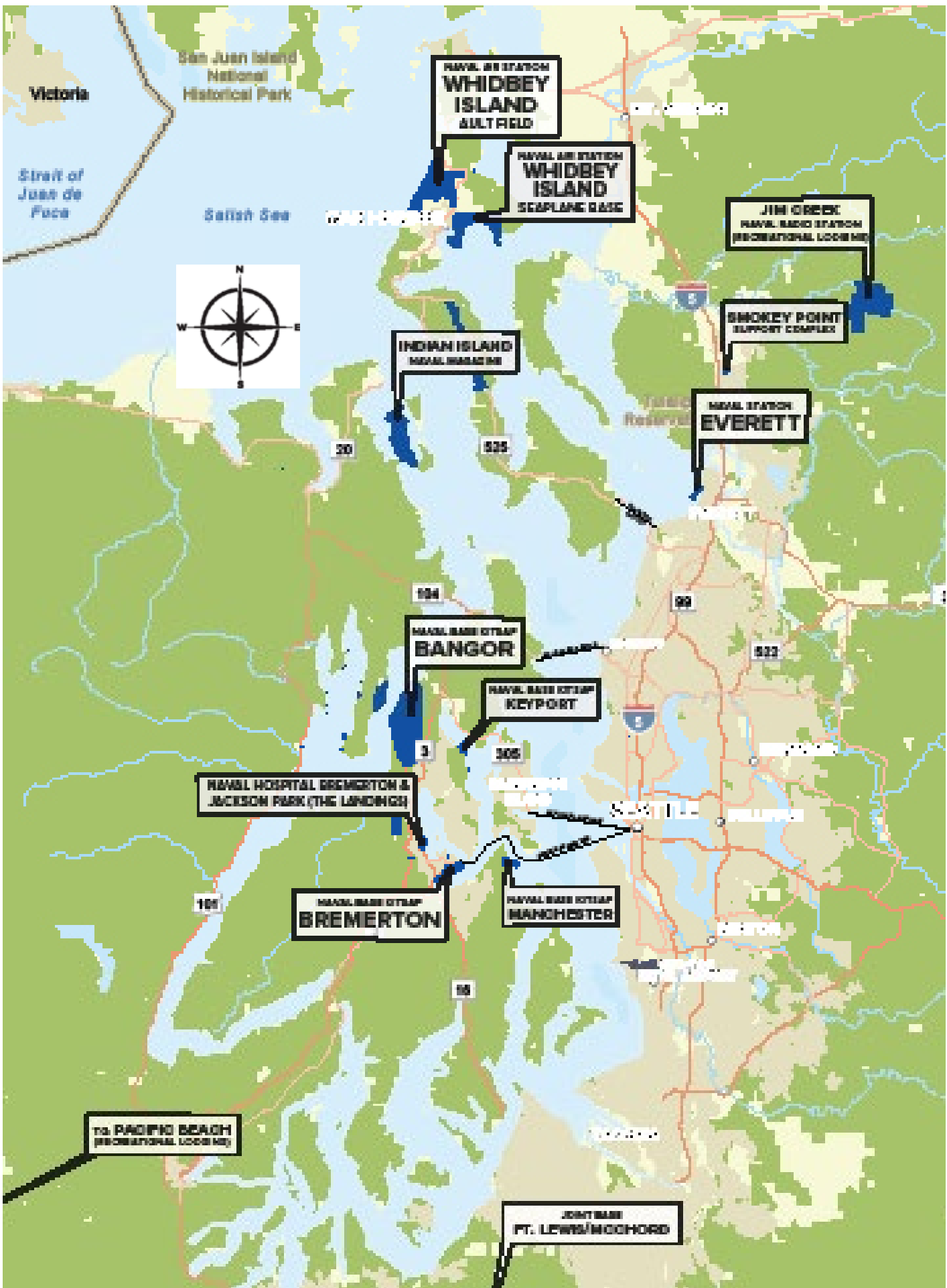
**American Red Cross** 1-877-272-7337

**DSHS/Food Stamps** 877-501-2233

**Immigration & Naturalization Service-Military Helpline** 877-247-4645

**Victims Services Specialist** 360-479-6188

**Washington State Dept. of Health**  
**Emergency Contacts** 1-877-539-4344 (24/7)  
or 1-206-418-5500 (24/7) or www.doh.wa.gov/  
Emergencies

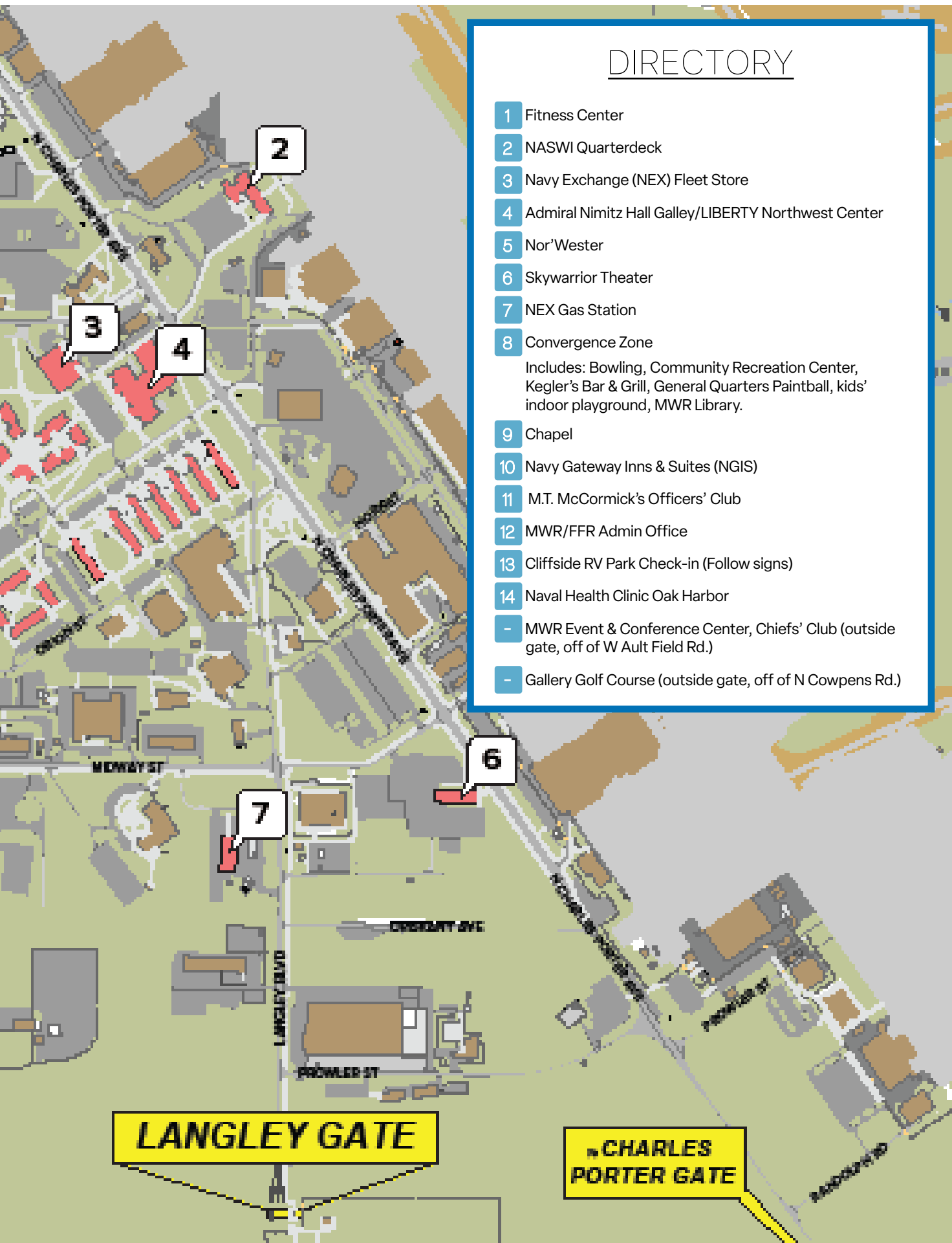




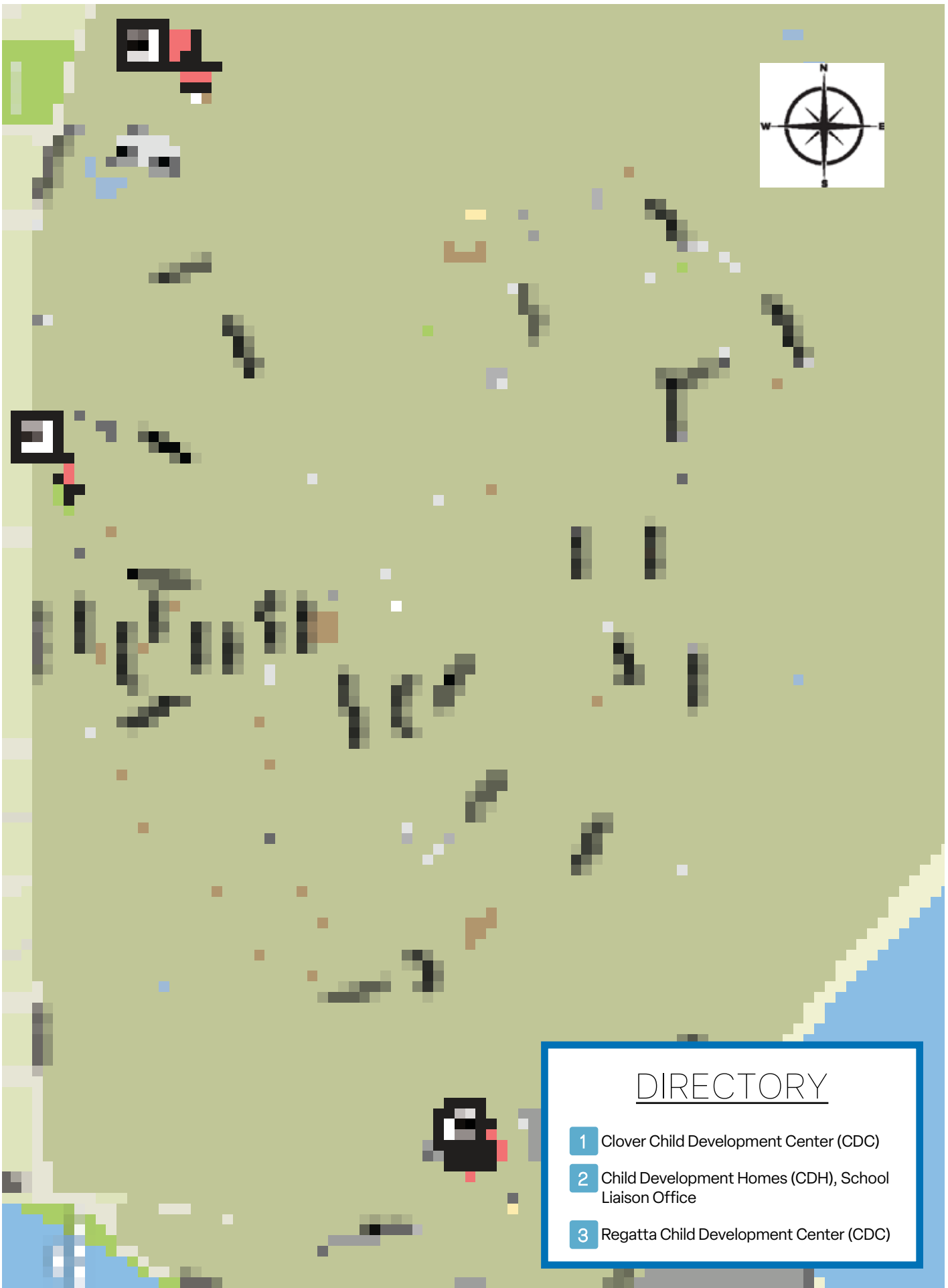


## DIRECTORY

- 1 Fitness Center
- 2 NASWI Quarterdeck
- 3 Navy Exchange (NEX) Fleet Store
- 4 Admiral Nimitz Hall Galley/LIBERTY Northwest Center
- 5 Nor'Wester
- 6 Skywarrior Theater
- 7 NEX Gas Station
- 8 Convergence Zone  
Includes: Bowling, Community Recreation Center, Kegler's Bar & Grill, General Quarters Paintball, kids' indoor playground, MWR Library.
- 9 Chapel
- 10 Navy Gateway Inns & Suites (NGIS)
- 11 M.T. McCormick's Officers' Club
- 12 MWR/FFR Admin Office
- 13 Cliffside RV Park Check-in (Follow signs)
- 14 Naval Health Clinic Oak Harbor
- MWR Event & Conference Center, Chiefs' Club (outside gate, off of W Ault Field Rd.)
- Gallery Golf Course (outside gate, off of N Cowpens Rd.)







## DIRECTORY

- 1 Clover Child Development Center (CDC)
- 2 Child Development Homes (CDH), School Liaison Office
- 3 Regatta Child Development Center (CDC)









**“I would have  
medications that  
were \$150 and  
they would go  
down to 9.99.”**

**Kiara G. Mom**

---

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