EXPERIENCE NAVY LIFE
NAVAL AIR STATION
WHIDBEY
YOUR GUIDE TO ON-BASE RESOURCES AND ACTIVITIES

SUMMER ADVENTURE GUIDE
STRESS RELIEF TIPS
NAVY FAMILY COLORING CONTEST

I AM READY & RESILIENT

SPECIAL EDITION

JULY-SEPTEMBER 2020
PLAY. OR WATCH.
Worldwide Online Tournaments

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

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Greetings, I wanted to take this time to introduce myself. My name is Stephen Pohrivchak, and I get the honor of being the Fleet and Family Readiness Director, N9, at one of the top-notch organizations in the enterprise.

Being born and raised in the Virginia Beach area, and having a father that was a Naval Flight Officer (NFO), I understand what service members and their families expect from the N9 team here at NAS Whidbey Island. You can expect from me a continued effort in providing outstanding facilities and programs to keep the morale of our service members and their families stationed at NAS Whidbey Island at the highest level possible.

With summer in full swing, and our daily lives starting to get a little bit more on track, please get outdoors, and enjoy the vast opportunities that the beautiful state of Washington has to offer us. Whether it is going on a hike, or maybe paddle boarding for the first time, we have you covered. We offer an amazing array of rental equipment. Please contact the Convergence Zone Recreation Center to speak with a highly-trained and knowledgeable team member about the gear we have to offer.

In closing, I look forward to being a part of the NAS Whidbey Island family. This installation should be one of your most memorable duty stations, and I am looking forward to ensuring that it takes place.

STEPHEN POHRIVCHAK
CNRRNW N9 | FFR Director
NAS Whidbey Island

FOLLOW US @ WHIDBEYFFR!

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

Thank you Fagan Family for supporting the Virtual SAPR 5K Run.

Thank you Riefkohl Family for supporting the Navy Gold Star Virtual Cycle to Remember event.

Thank you Perdun Family for supporting the Virtual SAPR 5K Run.
Thank you Riefkohl Family for supporting the Navy Gold Star Virtual Cycle to Remember event.

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.
WHAT WE’RE DOING TO KEEP YOU AND YOUR FAMILY SAFE

The Navy’s health protection measures may be more stringent than surrounding community requirements based on mission and other risk considerations. In addition to rigorous cleaning standards, Navy FFR programs are implementing base-wide precautions and procedures that will help ensure the well-being of everyone in our community. Here are some of the things you can expect when you visit Navy FFR facilities on base.

APPLICABLE AT ALL FFR FACILITIES

- Carry an approved facial covering with you when entering an FFR facility and wear it when 6 feet of physical distancing cannot be maintained.
- Please use hand sanitizer upon entering and exiting FFR facilities.
- Observe physical distancing markers and posted room occupancy limits.
- No cash transactions. Electronic payments only.
- Patronage may be limited to Active Duty personnel based on local installation guidance.
- Use FFR facilities may be contingent upon completion of a screening questionnaire, temperature check and/or other measures based on local installation guidance.

navylifepnw.com
HEALTH PROTECTION NOTICES

APPLICABLE AT SPORTS, FITNESS AND AQUATICS FACILITIES

- Sanitize equipment before and after use.
- No complimentary towel service. Please bring your own clean towel.
- No use of drinking fountains or bottle-filling stations. Please bring your own water in a clean container.
- No use of showers, hot tubs, saunas or steam rooms.
- Swim lessons and aquatics classes suspended.
- Where pools are open, no more than one (1) swimmer per every other lane.
- Swimmers must also use pool deck rinse showers and appropriate shower shoes.
- No weightlifting activities that require the use of a “spotter.”
- Group exercises and intramural sports limited to those in which physical distancing can be maintained.
- Workout times may be limited to accommodate all patrons.
- Physical distancing must also be observed when using outdoor sport courts (tennis, sand volleyball, basketball), skate parks, tracks and trails, or when fishing from the shore.
- Sanitize rental equipment upon return.

APPLICABLE AT INDOOR MWR RECREATION FACILITIES

- No use of drinking fountains or bottle-filling stations. Please bring your own water.
- Trips, tours, events and class offerings may be limited based on physical distancing guidelines.
- No birthday parties or other large gatherings permitted.
- Fleet Laundry Room usage limited to three (3) patrons at a time.
- Indoor children’s playground equipment will be closed.
- Music Rooms are limited to one person at a time and must be sanitized after every use. Use of certain instruments may be limited due to cleaning requirements.
- Leave all bowling balls and rental shoes at the lane for disinfecting. Do not return these items to the service counter.
- Sanitize all other rental equipment upon return.

APPLICABLE AT MWR FOOD & BEVERAGE FACILITIES

- No self-service fountain drinks, coffee stations, salad bars or buffets.
- Staff will provide you with utensils and serve your food on a tray or in to-go packaging.
- Single-serve condiments served by staff only.
- Families may sit together in dining areas; all other guests must maintain 6 feet of physical distance from one another.
- Event and catering services (where available) may be limited.

APPLICABLE AT MWR GOLF FACILITIES

- Families can sit together, but all other patrons must sit at least 2 (two) rows apart with at least 3 (three) seats between one another.
- No popcorn or fountain drinks available. Pre-packaged snacks and canned/bottled drinks will be available for purchase.

APPLICABLE AT THEATER FACILITIES

- Families may sit together in dining areas; all other guests must maintain 6 feet of physical distance from one another.
- Event and catering services (where available) may be limited.

APPLICABLE AT GALLEGES AND ALL-AMERICAN RESTAURANTS (ESM FEEDERS)

- No self-service fountain drinks, coffee stations, salad bars or buffets.
- Staff will provide you with utensils and serve your food on a tray or in to-go packaging.
- Single-serve condiments served by staff only.

APPLICABLE AT NAVY GETAWAYS PACIFIC BEACH

- Accommodations cleaned at check-out only.
- Single-serve condiments provided by cashier.
- Families may sit together in dining areas; all other guests must maintain 6 feet of physical distance from one another.
- Bowling lanes available by appointment only. Bowlers must use every other lane unless they are members of the same family.
- Cardio room closed.

APPLICABLE AT NAVY HOUSING FACILITIES

- Customer are seen by appointment only. Please contact 1-800-876-7022 to schedule an appointment.
- Counselors can only see one customer at a time. If you require someone to accompany you to your appointment, please inform the receptionist in advance.
- Upon check-in, please return to your vehicle until called for your appointment.
- Use of waiting rooms is limited to clients who do not have their own transportation or are unable to wait outside.

APPLICABLE AT FLEET & FAMILY SUPPORT CENTERS

- Wear an approved facial covering upon entering this facility and for the duration of your appointment.
- Career Centers will remain closed.
- Upon check-in, please return to your vehicle until called for your appointment. Use of waiting rooms is limited to clients who do not have their own transportation or are unable to wait outside.
HOW TO MAKE A SEWN CLOTH FACE COVERING

Materials
- Two 10”x6” rectangles of cotton fabric
- Two 6” pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

Tutorial
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.

2. Fold over the long sides ¼ inch and hem. Then fold the double layer of fabric over ½ inch along the short sides and stitch down.

3. Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight.

Don’t have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the mask behind your head.

4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.
HOW TO MAKE A NON-SEWN CLOTH FACE COVERING

Materials
- Bandana, old t-shirt, or square cotton cloth (cut approximately 20”x20”)
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

Tutorial
1. Fold bandana in half.
2. Fold top down. Fold bottom up.
3. Place rubber bands or half ties about 6 inches apart.
4. Fold side to the middle and tuck.

Make sure your cloth face covering:
- Fits snugly but comfortably against the side of the face
- Completely covers the nose and mouth
- Is secured with ties or ear loops
- Includes multiple layers of fabric
- Allows for breathing without restriction
- Can be laundered and machine dried without damage or change to shape

Source: Centers for Disease Control and Prevention (CDC)
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!

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

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:
- Lift and stall rental
- Work bench rental
- FREE oil disposal
- Floor jacks
- Motor stand
- Air tools, sockets, wrenches, pullers, etc.
We also offer the All-Data Automotive Information System and Chilton/Haynes manuals in our resource center.

Convergence Zone Community Recreation Center
3535 N. Princeton Bldg. 2510
Oak Harbor, WA 98278
360-257-2432

HOLIDAY CLOSURES
Closed Saturday, July 4
Monday, Sept. 7
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 Wils
- 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. Brand new playground.

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.
Call the Convergence Zone at 360-257-2432 for more information.

Rocky Point Recreation Area
Adjacent to the Gallery Golf Course, located just footsteps from the Strait of Juan de Fuca and Rocky Point beach.
- Barbecue
- Horseshoe pits
- Picnic tables
- Playground area
- Restrooms
- Volleyball area
- Beach access

Rental reservations available, contact the Convergence Zone.

Library
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. For details, see the Front Desk at the Convergence Zone or call 360-257-2432.

Galley 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
- Golf Shop, special orders
- ADA rental carts
- Lessons and clinics
- Online tee times for expedited check-in

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 Cafe 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.

## FOOD, FUN & RECREATION EVENT CALENDAR JULY 2020

<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
<th>TIME</th>
<th>PRICE</th>
<th>VENUE/HOST</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>JULY</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thursday, July 2</td>
<td>Kids’ Patriotic Curbside Craft</td>
<td>10 a.m.–Noon</td>
<td>FREE</td>
<td>Convergence Zone Parking Lot Community Recreation</td>
</tr>
<tr>
<td>Saturday, July 11-12</td>
<td>Great Navy Campout Virtual Event</td>
<td>Begins Saturday, 4 p.m. — Ends Sunday, 11 a.m.</td>
<td>No Cover</td>
<td>Facebook/WhidbeyFFR Community Recreation</td>
</tr>
<tr>
<td>Wednesday, July 15</td>
<td>Leave No Trace</td>
<td>TBD</td>
<td>FREE</td>
<td>Facebook Live/WhidbeyFFR Community Recreation</td>
</tr>
<tr>
<td>Thursday, July 16</td>
<td>Door Hanger Curbside Craft</td>
<td>10 a.m.–Noon</td>
<td>FREE</td>
<td>Convergence Zone Parking Lot Community Recreation</td>
</tr>
<tr>
<td>Saturday, July 25</td>
<td>Garden to Kitchen Virtual Event</td>
<td>TBD</td>
<td>FREE</td>
<td>Facebook/WhidbeyFFR Community Recreation</td>
</tr>
<tr>
<td>Wednesday, July 29</td>
<td>Back Packing Basics Virtual Event</td>
<td>TBD</td>
<td>FREE</td>
<td>Facebook Live/WhidbeyFFR Community Recreation</td>
</tr>
</tbody>
</table>

**FREE KIDS’ PATRIOTIC CRAFT KIT**
Thursday, July 2
10 a.m.–Noon

We’re back with an adorable patriotic curbside craft.

**CONVERGENCE ZONE PARKING LOT**

**GREAT NAVY CAMPOUT**
Saturday, July 11, 4 p.m.– Sunday, July 12, 10 a.m. • FREE
We will be hosting classes and activities on Facebook while you enjoy camping in your backyard or living room!

FACEBOOK/WHIDBHEYFFR

**LEAVE NO TRACE**
Wednesday, July 15 • Time TBD

Learn the seven principles to help protect our wilderness areas.

FACEBOOK LIVE/WHIDBHEYFFR
EVENT/CLASS DESCRIPTIONS

CURBSIDE CRAFT
DIY Door Hanger
We’ll be outside the center with fun hanger crafts. Drive up and easily pick up a kit for creative summer enjoyment! One kit per child, while supplies last.

Kids’ Patriotic Craft
Our curbside craft delivery is back! We’ll be outside the center with adorable patriotic craft kits. Drive up and easily pick up a kit for creative summer fun! One kit per child, while supplies last.

VIRTUAL EVENTS
Back Packing Basics
When going on a day hike or a backcountry hike, there are basics everyone needs to know.

Garden to Kitchen
We will post a video on Facebook and our Youtube channel (navylifepnw) sharing our garden tips and what grows best in the Pacific Northwest!

Leave No Trace
Let us teach you the seven Leave No Trace principles to help protect our wilderness areas for generations to come.

Great Navy Campout
Join us for a fun weekend of camping in your backyard or living room! Crafts, s’mores kits and other supplies with be supplied to the first 50 families who register. Make sure to keep an eye out on Facebook for educational videos during the event.

FREE DOOR HANGER CURBSIDE CRAFT KIT
Thursday, July 16
10 a.m.–Noon
Drive up and easily pick up a kit for creative summer enjoyment!

CONVERGENCE ZONE PARKING LOT

GARDEN TO KITCHEN
Saturday, July 25
3 p.m.
Learn gardening tips and what grows best in the Pacific Northwest!

FACEBOOK/WHIDBEYFFR

BACK PACKING BASICS
Wednesday, July 29
Learn backpacking basics for a day hike or a backcountry hike.

FACEBOOK/WHIDBEYFFR
Motorcycle Storage
 LOCATED AT THE AUTO SKILLS CENTER

Registration, drop-off, and pick-up times available at the Auto Skills Center.

Contact the Auto Skills Center for more information:
360-257-2295

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

For over 75 years, we’ve stood by the men and women dedicated to protecting our country. That’s been GEICO’s mission since day one. We understand your needs and we’re here to provide you with great coverage, flexible payment options, numerous discounts and overseas coverage to fit your unique lifestyle.

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Cliffside 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.

Jim Creek Recreation Area & Campground
21027 Jim Creek Rd. Arlington, WA 98223 425-304-5315/5363
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, an exercise room and more.

NAVY GATEWAY INNS & SUITES
Eligibility: Active Duty, Reservists, Retirees, NAF and DoD civilians and sponsored guests.
Amenities include:
• FREE Internet access
• Refrigerator
• Housekeeping
• Fitness rooms
• FREE premium cable TV
• Coffee
• Guest laundry
• Business center
• Microwave
NGIS also offers pet-friendly accommodations. Call for details.

Navy Gateway Inns & Suites 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

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 Gateways Inns & Suites offer you a “home away from home” while traveling.

Facility hours of operation may vary based on local command guidance. Please see navylifepnw.com for current hours of operation and updates.
We are excited to share our newest

COTTAGE RENOVATIONS

13 COTTAGES
NEW FURNITURE • FRESH INDOOR PAINT
UPGRADED FLOORING

AVAILABLE SUMMER 2020
The recent closures and disruptions in service because of the COVID-19 response did have one silver lining. It allowed the MWR staff to make much needed upgrades and improvements to some of their facilities and programs.

As we return to a new sense of normalcy, take this opportunity to check out and experience some of the new upgrades and improvements.

**JIM CREEK NAVY COMMUNITY RECREATIONAL AREA**

**Adventure Pass**

Jim Creek is starting a new program this summer to allow families to purchase an all-inclusive pass for rentals and paid activities such as the Jumping Pillow, Alpine Tower and tie-dye. Families can now choose what they want to rent and fill out all the required forms during check-in: freeing parents from the hassle of having to go to the Rental Office and pay for equipment or to fill out release forms when their children want to rent equipment or participate in an activity. Not all rentals are included in the pass and á-la-carte rental are still offered.

**Trail Work**

Jim Creek’s staff improved their seven hiking trails. They repaired footbridges, cleared debris, removed downed trees, added trail markers and signage, and created trail handouts that include trail data, restrictions and points of interest. They also added interpretive signage to Grouse Trail for people to identify the different trees, ferns and other flora on the trail. For all you anglers, Jim Creek continued their trout restocking program at Twin Lakes.

**Cabin and Lodge Maintenance**

Jim Creek’s maintenance staff pressure washed the playgrounds, picnic tables, walkways, parking lots and retaining walls. They stained the cabins, cleaned and fixed cabin roofs, and made repairs inside the cabins. The staff also had the time to complete work on many other projects.

**NAVY GETAWAYS PACIFIC BEACH**

**Cottage Upgrades**

Navy Getaways Pacific Beach recently upgraded their cottages with all new flooring, furnishings and fresh indoor paint. Preview the new accommodations via the photo galleries on their website at pacbeach.navylifepnw.com. Need a change of scenery? The friendly staff welcomes you and your family to come to the beach to play, stay and relax!

**NAVY GETAWAYS CLIFFSIDE RV PARK**

**Beautification Projects**

Cliffside RV Park looks forward to sharing new and updated improvements to include new Ladderball game, new rustic log swings, and newly renovated by nature beachfront sandbars for guests to enjoy. The Main Office Cabin and other items in the park have been freshly spruced up. Due to popular demand, Cliffside RV Park has added two more staged Mallard Trailers! Patrons will now have the opportunity to rent one of the four staged trailers to enjoy at Cliffside! The Cliffside family also has new team members who look forward to hosting you.
MEET YOUR MISSION
SAVE TRAVEL DOLLARS

TRAVELING ON TDY? STAY WITH US!

With over 24,000 guest room locations worldwide, we are where you need to be. Call (877) NAVY-BED or visit NGIS.DoDLodging.net to reserve TODAY!

Navy Gateway Inns & Suites (NGIS) is the preferred lodging choice for all TDY travel, military and civilian, helping you meet your fiscal and mission goals, while simultaneously delivering comfort and readiness to your personnel! Call to make your reservation TODAY!

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

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

www.navylifepnw.com
NGIS.DoDLodging.net
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 & 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 ULTRA MARATHON CHALLENGE
Wednesday, July 1–Friday, July 31
Run/walk/hike or treadmill to 60 miles. All finishers will receive a FREE completion medal.
FACEBOOK/WHIDBEYFFR

VIRTUAL DOWN ‘N’ DIRTY DASH TIDES OUT RUN/WALK
Monday, July 6–Monday, July 20
FACEBOOK/WHIDBEYFFR

MINUTE-TO-WIN-IT CHALLENGE
Monday, July 6–Friday, July 17
How many push-ups can you do in a minute?
FACEBOOK/WHIDBEYFFR
INTRAMURAL SPORTS
LEAGUES AND TOURNAMENTS TO FIT YOUR INTERESTS!

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, Dodge ball, and Basketball.

ATTENTION!
CALLING ALL JUNIOR SERVICE MEMBERS
FREE, DISCOUNTED, FUN, AFFORDABLE ACTIVITIES
to get you out and enjoying the GREAT PACIFIC NORTHEAST.

LIBERTY provides high-energy recreation programs, entertainment experiences and development of personal leisure skills exclusively for our Navy Junior Sailors and Marines. Most LIBERTY Centers include FREE use of computers, Internet and wireless Internet, state-of-the-art video game systems, movies and TV rooms, book collections and special events and trips!

CHECK US OUT AT:
LIBERTY Northwest Center
360-257-3309

For more information, contact 360-315-2132
or visit navylifepnw.com
Attention Run Routes

**Route 1** 2 mile home return
- Take off from the Fitness Center
- Make right at the stop sign at the corner of Princeton and Enterprise St.
- Turn right on Intruder St.
- Continue straight past the ball fields
- Just past NOPF, Bldg. 2700, curve to the left
- Continue on Franklin St. to Fire School, Bldg. 2649 (1 mi.)
- Run back to Base Fitness Center

**Route 2** 2 mile home return
- Take off from the Fitness Center
- Run north and turn right on Charles Porter Ave.
- Just before Skywarrior Theater, turn right on Midway Ave. (1 mi.)
- Turn right on N. Saratoga St. just past the Officers' Club (.75 mi.)
- Turn right on Enterprise St. (1 mi.)
- Turn right on Wasp St. (.25 mi.)
- Run back to Base Fitness Center

**Route 3** 3.5 mile out and back
- Take off from the Fitness Center
- Take Seaview Trail located on Northside of NASWI Fitness Center
- Stay to the right at the lollipop loop
- Just after the first set of stairs, continue along the fence line to gravel path (1.5 mi.)
- Cross Saratoga St.
- Just after N. Saratoga, turn right on the paved trail (Coyote Trail) (.5 mi.)
- Turn right on N. Saratoga St. (.25 mi.)
- Just past the Officer’s Club, turn right on Midway St. (.5 mi.)
- Just past the NEX fuel station, turn right on Langley Blvd. (.25 mi.)
- Just past the Supply Building, turn left on Prowler St. (.5 mi.)
- Turn left on Charles Porter Ave. (1 mi.)
- Run back to NASWI Fitness Center

**Route 4** 3.2 miles Fire House Run
- Start at NASWI Fitness Center
- Turn right on Wasp St. heading south (.1 mi.)
- Turn right on Lexington St. (.3 mi.)
- Turn left on Princeton St., just before CNATTU, Bldg. 976 (.2 mi.)
- Turn right on Intruder St., just after the skate park
- Continue straight past the ball fields
- Just past NOPF, Bldg. 2700, curve to the left
- Continue on Franklin St. to Fire School, Bldg. 2649 (1 mi.)
- Run back to Base Fitness Center

**Route 5** 3.2 miles Seaview Trail
- Start at NASWI Fitness Center
- Take Seaview Trail located on Northside of NASWI Fitness Center
- Follow trail as it leads to the Cliffside RV Park
- Return back to NASWI Fitness Center

For safety reasons, during the hours between dusk and dawn we recommend reflective accessories which are available for check out at the Fitness Center.
When we open... join the club!

GALLERY’S

Player’s Club

$37.95/month

• Unlimited range balls
• $18 for 18 holes and a cart, anytime after 1 p.m. (Subject to seasonal adjustments)

For more information, call:
360-257-2178

navylifepnw.com
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.

**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

**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 5-12 years of age. We also offer safe activities for teens.

**Whidbey-School Liaison Officer (SLO)**
260 W. Pioneer Way
Oak Harbor, WA 98278
360-257-3150
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.

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

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**SEVEN CORE SERVICES of NAVY SCHOOL LIAISON OFFICERS (SLOs)**

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.
Child Care is in High Demand.

START YOUR CAREER with Navy Child Development Homes

- Run your own business while developing your professional career
- Ability to stay at home with your children
- Provide support for military families by providing quality care

BENEFITS
- Military Subsidy Program
- MilitaryChildCare.com
- Low-premium Liability Insurance
- Free Lending Library - Toys and Equipment
- Free On-site Support
- Educational Enhancement Program

Learn More by Calling 360-257-1877

The NASWI Community is Proud of its Graduates!

Congratulations 2020 GRADS

NEither the Navy nor any other part of the federal government officially endorses any company, sponsor, or their products or services. Active Minds Changing Lives • AA/EO

Earn Your Bachelor's Degree

with Western Washington University on the Peninsulas.

Learn more about special tuition rates for active duty personnel, veteran tuition waivers and credit for military training.

wwu.edu/peninsulas

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

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

Centralized Scheduling
866-854-0638
ffsp.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

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.

SPORTS, FITNESS & AQUATICS EVENT CALENDAR JULY-SEPTEMBER 2020

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Thursday, July 16
Webinar: Credit … What’s the BIG Deal?
11 a.m.–Noon
See events calendar at navylifepnw.com

Thursday, Aug. 20
Webinar: Welcome to Whidbey
11 a.m.–Noon
See events calendar at navylifepnw.com

Thursday, Sept. 17
Webinar: Ready or Not
11 a.m.–Noon
See events calendar at navylifepnw.com

UNITED THROUGH READING

This is a fantastic FREE program to help keep service members and families connected through the power of reading!

WEBINARS

On Demand
FFSC provides a convenient way for customers to attend support workshops. All you need is a computer and a phone or speakers with a microphone!

SEE EVENTS CALENDAR AT NAVYLIFEPNW.COM

FFSC PODCASTS

On Demand
Download podcasts in MP4 format at any time and listen on your own audio device!

NAVYLIFEPNW.COM/PODCASTS
Supporting seriously wounded, ill and injured Sailors and Coast Guardsmen, their families and caregivers

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

1-855-628-9997 (24/7)
navywoundedwarrior.ett@navy.mil
www.navywoundedwarrior.com
Mobile devices and apps are wonderful resources at our disposal to help us stay connected, cope and grow more resilient during stressful times in our lives. The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. This time of uncertainty and global change can cause great stress and emotional uneasiness. While we can’t control when this pandemic will be behind us, we can control how we cope with the challenges of change and uncertainty by concentrating on things within our control—our feelings, thoughts, and actions.

This following is a compilation of popular apps for Sailors and their families to consider. All of these apps are free to download, but note some may offer in-app purchases.

1. **VIRTUAL HOPE BOX**  
   Teaches problem solving, emotion control and mood and coping skills

2. **PTSD COACH**  
   Helps track and manage symptoms related to Post Traumatic Stress Disorder

3. **CALM**  
   Provides relaxation and calming tools to manage stress

4. **STOP BREATHE & THINK**  
   Teaches ways to assess how you are feeling and thinking using mindfulness techniques

5. **MINDFULNESS COACH**  
   Provides resources for mindfulness skills training and stress reduction techniques

6. **MY3**  
   Creates a safety net for those who are feeling suicidal, includes resources for safety planning and coping tools

7. **BREATHE2RELAX**  
   Teaches deep breathing techniques and relaxation skills

8. **AIMS FOR ANGER MANAGEMENT**  
   Focuses on skill building for managing irritability and anger

9. **COVID COACH**  
   Helps build resilience, manage stress, and increase well-being during this pandemic crisis

10. **PARENTING2GO**  
    Teaches child development, parenting skill, tips, and provides tools to help military parents
READY & RESILIENT

COLORING CONTEST

Coloring is not just for kids! Studies show that it’s also an effective means of relaxation for adults. Take a few moments to unwind by filling in this page with colored pencils, markers or crayons and then share your creation with us on Facebook @WhidbeyFFR. Be sure to vote for your favorite. The entry with the most likes by Sept. 30, 2020 will win an MWR prize pack valued at $100!

Contest is open to all MWR-eligible patrons 18 and up. Other restrictions may apply.
STRESS RELIEF TIPS

Stress is a normal part of life. At times, it serves a useful purpose. But if you are not able to manage your stress, it can seriously interfere with your job, family life, and health. One of the important things to remember about stress management is that it affects everyone differently. For some people; it’s in the mind, how they think, how they feel. Someone might become anxious, overwhelmed, irritable, or even become distracted. For others, it can affect their body. They might get fatigued, have headaches, suffer dizziness, nausea, muscle tightness, sweating, a rapid heart rate, and even teeth grinding. For some people it affects their behavior; they become withdrawn, have difficulty resting, talk too much, have an increased or decreased appetite. Stress can also affect you in the workplace; it can show up as low morale or apathy, lack of communication, low productivity, or makes you be seen as aggressive.

Here are a few strategies for better stress management:

• Exercising 30 minutes or more of continuous exercise, for five to six days a week, can help lower stress levels.

• Eating a healthier diet; includes healthy fats, a good variety of fruits and vegetables, lean proteins, and just drinking water. Not putting anything in your water, just plain clear healthy water.

• Having better time management; sometimes better time management can make your whole day feel a lot better and you feel that you get more done.

• Time outs; time outs are not a perfect solution, but they are taking yourself out of a situation that your stress levels have reached a point to were you become angry. This does not mean you leave the situation. It just means you pull yourself out of it for a set period. Please note that in a military setting, this may not always work. If you are in that setting, please ask for permission.

• Look for the humor in the situation. It may not always be apparent at the time, but one of the things that happen when we think back to a stressful time, we can feel that stress again. If you can find the humor in the situation, it will take the stress out of the memory.

• Know your limits. Know when your stress has gotten out of hand and when you need to reach out for help. There are a lot of sources of help available; your family, your co-workers, the Chaplain, Fleet and Family Support Centers, or Medical. If you need these resources, please reach out.

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.

If you can’t stop reacting, maybe just try to drop your irritation and anger. If you can’t stop reacting or dropping your irritation and anger, roll with the situation. Keep moving forward and know that it will be over soon.
The Transition Process:
Four Steps to Success

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.

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.

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.

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

CNIC
FLEET. FIGHTER. FAMILY.
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 Services Center
Nor’Wester
3675 W. Lexington
Bldg. 2556
Oak Harbor, WA 98278
800-876-7022

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 Servicemembers 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 www.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.

Tell Us What You Think
Your Unaccompanied Housing Office offers a Continuous Improvement Survey (CIS). We highly encourage your participation in the CIS. A hard copy of the survey can be obtained from any UH staff member. The survey can also be found online at www.surveymonkey.com/r/9DFXZ6C

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.

Let us help you!

800-876-7022
An official, DoD-sponsored TRICARE Prime plan with an all-civilian network.

If you're an active-duty family or military retiree, choose TRICARE Prime with the US Family Health Plan at PacMed, your all-civilian network. Choose and build a relationship with a primary care doctor. Get access to an extensive network of specialists. And enjoy exclusive health and wellness benefits available only through the Plan.

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.
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☑ Cooks and Servers
☑ Maintenance/Laborers
☑ Recreation and Fitness Specialists
☑ Supervisors/Management
☑ and more!

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BENEFITS

• Competitive salaries
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• Spouse and dependent life insurance
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• Retirement and 401(k) savings plan
• Paid vacation/sick days (leave)
• Employee Assistance Program
• Career growth and development opportunities, including ongoing training and tuition reimbursement
• Work/life balance
• Work with a team of people passionate for doing work that matters

PERKS

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

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