



EXPERIENCE NAVY LIFE

NAVAL AIR STATION

WHIDBEY

OCTOBER-DECEMBER 2019

**HARVEST &
SPOOKTACULAR FUN**

**HOLIDAY FESTIVITIES &
TREE LIGHTING CEREMONIES**

COUNTING DOWN TO 2020

**CELEBRATING
FAMILY TRADITIONS**





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*Thank you to our community
for your continued support of
our military service members
and their families!*

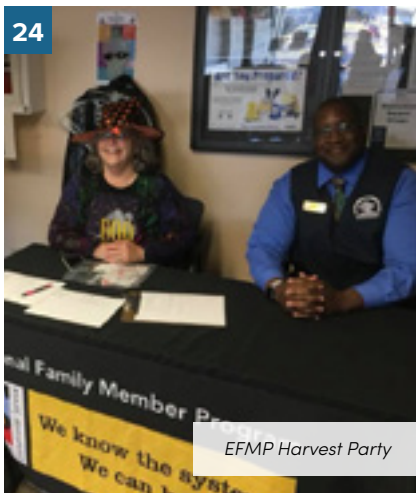
Your support enhances MWR programs and events, such as the R&R Challenge, while providing your business or organization with a unique opportunity to tout your company, product and/or services directly to the military market.



JOIN IN THE FUN!

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to partner with us TODAY!





24

EFMP Harvest Party



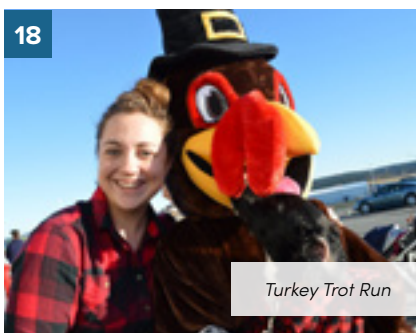
18

Haunted Hustle Glow Run



6

U.S. Navy Birthday Celebration
at Adm. Nimitz Hall Galley



18

Turkey Trot Run



24

DV Prevention Obstacle Course



10

Trunk-or-Treat

EXPERIENCE NAVY LIFE NAVAL AIR STATION WHIDBEY

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Experience Navy Life is your go-to guide to the world of services available to authorized DoD personnel through the U.S. Navy Region Northwest Fleet & Family Readiness (FFR) program. We make every effort to ensure that the information herein is accurate at the time of publication, however, all activities, events and hours of operation are subject to change. For the most up-to-date information, please visit our website at 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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**Sponsorship and advertising with MWR
is a rare WIN-WIN opportunity.**

CONTACT US TODAY!

360-535-9092

Sponsorship.cnrnw.pf@navy.mil



A MESSAGE FROM THE FFR DIRECTOR

I am not sure about the rest of you, but it seems summer was over before it ever got started. It was an unusual one for sure, but the good news is more rain and milder temperatures did help keep the trails a little less dusty and provided for some pleasurable temperatures for long hikes and bike rides. I hope that everyone took maximum advantage of another beautiful Pacific Northwest summer. Now that we turn our focus to winter, keep in mind that our MWR programs are standing by to provide the very best in skills and safety training for your cold weather recreational pursuits.

If you choose to stay a little closer to the heat, spend that time taking in some fantastic movies at the Skywarrior Theater, or round up the family and visit the Convergence Zone for family fun out of the elements. Regardless of your favorite past time, you should have no problem using this issue of Experience Navy Life to fill your calendars for the coming months. As always, the FFR team looks forward to serving you and your family in the coming year. We are thankful every day for your service and we are committed to providing the very best services for you and your family. Make the most of these last few months in 2019, and we will see you in 2020.



WAYNE SHORT

CNRNW N9 | FFR Director

NAS Whidbey Island

HOW TO REGISTER FOR FFR ACTIVITIES ONLINE



5 SIMPLE STEPS

1 VISIT

www.NavyLifePNW.com/myFFR

2 LOG-IN

Enter your User name/
Password or Request Account.

3 BROWSE

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

4 PURCHASE

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

5 ENJOY!

Rest easy knowing that your reservation is complete!



NAVY GETAWAYS JIM CREEK: A NORTHWEST FAMILY TRADITION

BY HILLARY COLLINS

Navy Getaways Jim Creek continues to raise the bar on exceptional hospitality. Over the last five years, this Navy-operated recreation facility, nestled in the foothills of the North Cascades, has become a staple attraction in the Pacific Northwest, drawing thousands of visitors annually. We asked two veteran Jim Creek families to tell us more about what keeps them coming back time and time again.

What led to your first visit?

Ryan and Jennifer Roberson were first drawn by the scenery. "We loved it so much, after we had children, we have made it a tradition to take our kids as often as possible," says Roberson, who comes every year for the fishing derby "rain or shine!"

The Cardenas family first visited Jim Creek while they were stationed at NAS Whidbey Island after seeing a social media post for Jim Creek's FREE Family Fun Day. "The kids could climb the Alpine Tower and do other activities, so it seemed like something fun to do," says Andre Cardenas, a retired Navy Senior Chief and father of three.

What keeps you coming back?

"The reality for us here is that we are on a budget and there often isn't extra to do super fun things together as a family. Jim Creek makes that possible for us," says Cardenas, who regularly attends Jim Creek's special events, which are usually free of charge.

"The events are truly fantastic, but honestly what keeps us coming back is how dedicated the staff is," says Cardenas. "Just when we think an event is incredible, the following one surpasses it. There is such quality in all that they do."

"Just when we think an event is incredible, the following one surpasses it. There is such quality in all that they do."

- Retired Senior Chief Andre Cardenas

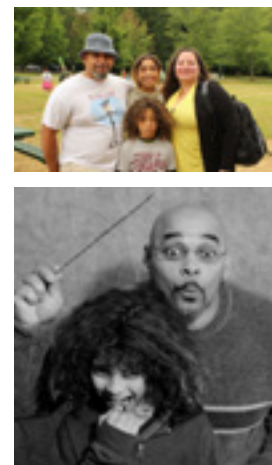
"We have made some of our best memories at Jim Creek ... It's our absolute favorite spot to camp."

- Jennifer Roberson, Military Veteran and Spouse

Cardenas says he especially appreciates how the staff puts their heart into each event, from creating complete replicas from iconic movies, to joining in with the kids during a water balloon fight, or dressing up in full costume so that youth can meet their heroes. "I just want to express to you how much we absolutely enjoy Jim Creek," he says. "We feel honored, valued

and appreciated as military [members]." Jim Creek also offers a variety of accommodations for visitors who wish to stay overnight or for the weekend. "Our children's first choice for vacation is always Jim Creek," says Roberson. "When we are

there, we go exploring and hike all around, the kids love looking for bugs and seeing the deer up close. We have made some of our best memories at Jim Creek." The Robersons have also made an adventure out of experiencing Jim Creek's diverse accommodations. "From tenting, to bringing our RV, staying in a small cabin and trying out the luxurious ones, you really can't go wrong," she says, "It is our absolute favorite spot to camp."



ABOVE: Andre Cardenas, his wife Michelle, and two of their three children, Gabriella (19), and Joshua (8).

BELOW: Andre and Joshua Cardenas at Jim Creek's annual Wizarding World event, which will take place on Nov. 9 this year.



The Roberson family, Ryan and Jennifer and their two children, Luke (5) and Zoie (7), stand in front of their winning entry at a recent Jim Creek Snowman Building Contest.

What is your favorite event?

"Honestly it is extremely difficult to pick just one," says Cardenas. "Each event is so unique. Even though the events are geared mostly towards children, the truth is we enjoy them just as much, if not more!" If they had to choose, however, Wizarding World is their top pick. The Robersons are fans of friendly competition: "We love when they do contests ... our family really gets into it and we have a wonderful time bonding through working together,"

says Roberson. "One of my favorite times is when they do the Christmas decorating competition, we spend the entire Friday decorating and listening to Christmas music and then the next day enjoying all the festivities MWR has put on. It's truly magical."

Start your own family tradition

Now is a great time to experience Jim Creek for yourself. See page 16 to learn more about upcoming events, specials and amenities available at all three Navy Getaways locations in the Pacific Northwest!



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.

DINING



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!



Bakerview Restaurant

1080 W Ault Field Rd.,
Bldg. 138
Oak Harbor, WA 98278
360-257-2505
Open Fridays
Lunch: 11 a.m.-1 p.m.
Dinner: 5-8 p.m.
Come enjoy the best view of Naval Air Station Whidbey Island, while indulging in 5-Star healthier lunch and dinner options, and the unique flavors of the Pacific Northwest!
Bakerview is open to all hands. Carry out, gluten-FREE and kid-friendly options available. Sunday Brunch offered 1st Sunday of every month, 10 a.m.-1 p.m.



Chiefs' Club

1080 W Ault Field Rd.,
Bldg. 138
Oak Harbor, WA 98278
360-257-2505
Tuesday-Thursday:
1-7 p.m.
Friday: 11 a.m.-11 p.m.
Welcome aboard the finest Chiefs' Club in the fleet. Currently, the NAS Whidbey Island Chief Petty Officers' Club has more than 950 active duty and retired service members, spanning all generations, from the World War II era to present day. The Chiefs' Club is reserved to members and their guests (including E-7 to E-9 TADs, for up to 30 days).



Convergence Zone Recreation Center/ Kegler's Grill/ Back Alley Bar

3535 N Princeton,
Bldg. 2510
Oak Harbor, WA 98278
360-257-2432 (CZ, see page 7 for hours.)

Kegler's

360-257-1567
Monday-Thursday:
11 a.m.-2 p.m. & 5-8 p.m.
Friday: 11 a.m.-2 p.m. & 5-9:30 p.m.
Saturday: 11 a.m.-9:30 p.m.
Sunday: 11 a.m.-5 p.m.

Back Alley Bar

360-257-8541
Monday-Thursday:
5-9 p.m.
Friday, & Saturday:
5-11 p.m.
Sunday: 10 a.m.-6 p.m.



M.T. McCormick's Officers' Club

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

Happy Hour

Friday: 3-6 p.m.
Events are held regularly at the club and include a weekly Friday happy hour, comedy shows, membership appreciation events, family nights, wine tasting, theme dinners, patio events and more! FREE appetizers for members. The club also offers catering.



SEATTLE SEAHAWKS GAME DAY SPECIALS

\$3 Coors Light and Bud Light Drafts plus a chance to win prizes. 18+ event. Must be 21+ to drink.

KEGLER'S BAR & GRILL



FRIENDS + FOOTBALL = SAVINGS

Groups of six or more get \$5 off pizza and \$2 off wing orders during any NFL game broadcast. 18+ event. Must be 21+ to drink.

KEGLER'S BAR & GRILL



OKTOBERFEST

Friday, Oct. 18 • 8-10 p.m.

Live music, themed drinks, and craft beer vendors. Traditional sausage and sauerkraut dinner, price TBA. Door prizes and prizes for best dressed. 18+ event. Must be 21+ to drink.

KEGLER'S BAR & GRILL

COMMUNITY RECREATION

Auto Skills Center

3455 N Princeton Bldg. 2549
Oak Harbor, WA 98278
360-257-2295
Friday-Sunday:
10 a.m.-6 p.m.

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
Monday-Thursday:
11 a.m.-9 p.m.
Friday, & Saturday:
11 a.m.-10 p.m.
Sunday: 11 a.m.-6 p.m.

HOLIDAY HOURS & CLOSURES

Closed the following holidays:

- Columbus Day
Monday, Oct. 14
- Veterans Day
Monday, Nov. 11
- Thanksgiving Day
Thursday, Nov. 28
- Christmas Day
Wednesday, Dec. 25
- New Year's Day
Wednesday, Jan. 1

Open Christmas Eve and New Year's Eve 11-4 p.m.

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

- Indoor playground
- Toddler play area
- Bowling lanes, billiards, air hockey and more
- Online computers
- WiFi

- Xbox 360s and Nintendo Wiis
- Lending Library and Resource Center
- Fax, copy and printing services

Convergence Zone Facilities and Services

Costen-Turner Recreation Area

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

Equipment Rentals

Equipment Rental Hours from 11 a.m.-6 p.m. 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.

During the winter season, paintball is only available to private parties by appointment. Open play resumes the first weekend of April. 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. Contact the Convergence Zone for reservations.

Tickets, Trips & Tours

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

Vehicle Storage

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

Wheels & Deals

Selling a vehicle? Park it in our Wheels & Deals Lot on the Seaplane Base, and it will get plenty of visibility. For details, see the Front Desk at the Convergence Zone, or call 360-257-2432.



Gallery Golf Course

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

Open Daily

Dawn to Dusk

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



SKYWARRIOR THEATER

360-257-MOVI (6684)

- Seats over 600 people, with a digital projector and 3-D capabilities
- Fully cushioned seats with drink holders
- Perfect for command/pre-deployment briefs, family nights, and private parties
- FREE advance screenings
- Snack bar with variety of choices

Download the Navy Life PNW mobile app from the App Store or Google Play Store for movie showtimes and special events.

LIBERTY Northwest Center

Inside Admiral Nimitz Hall Galley
1040 W Intruder St.
Bldg. 382
Oak Harbor, WA 98278
360-257-3309
Monday-Thursday:
11 a.m.-8:30 p.m.
Friday: 11 a.m.-9 p.m.
Saturday: 1-10 p.m.
Sunday: 1-9 p.m.
Public Holidays: 1-6 p.m.

Designed for LIBERTY-eligible*: junior service members (E1-E6) who seek high-energy recreation and entertainment in an alcohol- and tobacco-FREE environment. Eligible users may escort up to two guests over the age of 18.

Amenities include:

- FREE WiFi
- Xbox One, PS4, and Nintendo Switch consoles with internet connection and surround sound dome
- Cyber Café with 10 CAC computers and laptops
- Music Recording Studio
- Classes: DIY, cooking, arts and crafts, knowledge and skills

- Regular weekly programming with prizes, tournaments, and more!
- 2 pool tables
- 1 Pop-a-shot table
- Ping Pong
- Board game table
- Volunteer opportunities

Skywarrior Theater

955 W Midway St.
Bldg. 118
Oak Harbor, WA 98278
360-257-MOVI (6684)

Skywarrior Theater 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 OCTOBER-DECEMBER 2019

■ = Activity
■ = Trip/Tour


■ = Class/Leisure Skill
■ = For Kids
■ = Special Event

DATE	EVENT	TIME	PRICE	VENUE/HOST
ONGOING				
7 days a week	■ Lego® Time	All day	FREE	Resource Center (CZ)
Mondays	■ The 'Baby Bunch' Playgroup	Noon-2 p.m.	FREE	Convergence Zone
Monday-Friday	Lunch & Bowl Special	11 a.m.-2 p.m.		Convergence Zone
Tuesdays-Thursday	USBC Fall Bowling League Nights	6-9 p.m.	\$9.75 per person	Convergence Zone
2nd Wednesday of every month	All-hands Lunch at the O'Club	11 a.m.-1 p.m.		M.T. McCormick's Officers' Club
Wednesdays	■ Toddler Time	11:30 am.-12:30 p.m.	FREE	Convergence Zone
3rd Thursday of every month	Trivia Night	6-9 p.m.	FREE Admission, \$12.95 All-You-Can-Eat Pizza Buffet	Kegler's Bar
Fridays (except Dec. 2)	Crazy Cosmic Bowling	8-11 p.m.	\$15 per person, shoes included	Convergence Zone
Fridays	Night of Music	8 p.m.-Midnight		Kegler's Bar
Friends + Football = Savings	Friends + Football = Savings	Game Times		Kegler's Bar
Seattle Seahawks Game Days	Seattle Seahawks Game Days	TBA		Kegler's Bar
OCTOBER				
7 days a week	■ Fall Leaf Coloring Contest	All day	FREE	Resource Center (CZ)
Saturday, Oct. 5	■ SIMA Kart Racing	9 a.m.-4 p.m.	\$82, ages 7+	Community Recreation (CZ)
Saturday, Oct. 5	■ Make & Take: Ceramic Trinket Boxes	3-5 p.m.	\$5 per craft	Multipurpose Room (CZ)
Thursday, Oct. 10	Paint Social	6-9 p.m.	\$39.95 per person	Bakerview Restaurant
Saturday, Oct. 12	■ Seattle Pacific Science Center	8 a.m.-7 p.m.	\$57 ages 16+, \$48 ages 6-15	Community Recreation (CZ)

**FREE for active duty personnel eligible for Essential Station Messing (ESM). **LIBERTY-eligible: junior service members (E1-E6). Please note: FFR events, classes and trips may require advanced registration and are subject to change or cancellation without prior notice. To confirm, contact the venue or host directly or visit NavylifePNW.com/myFFR to view events that offer online registration.*


HUNGRY?

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KEGLER'S

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in the APP STORE™ or GOOGLE PLAY™



No Smartphone? No Problem!
ORDER ON OUR WEBSITE
www.dineonthegopnw.com



Eat | Play | Explore

BECOME A

NAVY REGION NORTHWEST

MYSTERY SHOPPER

Yes, it's true. You can actually get reimbursed to do the things that you already love to do.

For more information on becoming an MWR Mystery Shopper, please contact:
mysteryshopper.cnrnw@navy.mil





FAMILY-FRIENDLY MOVIE NIGHT

2nd THURSDAY every MONTH
6 P.M.

FREE • Sensory-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!

360-257-5530

FOOD, FUN & RECREATION EVENT CALENDAR

OCTOBER-DECEMBER 2019

 = Activity

 = Trip/Tour

 = Class/Leisure Skill

 = For Kids

 = Special Event

DATE	EVENT	TIME	PRICE	VENUE/HOST
OCTOBER CONTINUED				
Saturday, Oct. 12	 Paranormal Haunted Hike Iron Goat Trail	2-11 p.m.	\$30 per person	Community Recreation (CZ)
Friday, Oct. 18	Oktoberfest	8-10 p.m.		Kegler's Bar
Friday, Oct. 18– Sunday, Oct. 20	 Wilderness First Aid	Oct. 18, 6–9 p.m. CZ Oct. 19–20, 8 a.m.–5:30 p.m. Rocky Point	\$119 per person	Convergence Zone & Rocky Point Recreation Area
Saturday, Oct. 19	Murder in Sin City Murder Mystery Dinner	5–8 p.m.	\$39.95 per person	Bakerview Restaurant
Saturday, Oct. 19	  Halloween Train	9 a.m.–5 p.m.	\$44 ages 13+, \$30 ages 12 and under	Community Recreation (CZ)
Tuesday, Oct. 22	 CPR/First Aid Training	9 a.m.–3 p.m.	\$50 without manual; \$60 with manual	Multipurpose Room (CZ)
Friday, Oct. 25	 Kids' Halloween Party	5:30–8 p.m.	FREE! Open to all	M.T. McCormick's Officers' Club
Friday, Oct. 25	The Rocky Horror Picture Show & After Party	Doors open at 6 p.m. After party at Kegler's starts at 10 p.m.	FREE Admission, \$8.95 for prop bags	Skywarrior Theater & Kegler's Bar
Saturday, Oct. 26	 Command Trunk-or-Treat Contest	Noon–4 p.m.	FREE	Auto Skills Center
Saturday, Oct. 26	  Trunk-or-Treat Harvest Festival	Noon–4 p.m.	FREE	Convergence Zone
Saturday, Oct. 26	 Spooktacular Tournament	9 a.m.	Fees apply	Gallery Golf Course
Thursday, Oct. 31	18+ Halloween Costume Party	8 p.m.–Midnight		Kegler's Bar
NOVEMBER				
7 days a week	 How Many Jellies in the Jar?	All day	FREE	Convergence Zone
Saturday, Nov. 2	 Mountain Bike Fort Ebey	9 a.m.–4 p.m.	\$24 per person	Community Recreation (CZ)
Saturdays, Nov. 2–30	Bowling 2.0	Noon–2 p.m.	FREE	Convergence Zone
Wednesday, Nov. 6	Plank Painting	6–9 p.m.	\$39.95 per person	Bakerview Restaurant
Friday, Nov. 8	 Exceptional Family Member Bowling	5–7 p.m.		Convergence Zone
Saturday, Nov. 9	 Wallace Falls	8 a.m.–7 p.m.	\$28 per person	Community Recreation (CZ)
Saturday, Nov. 9	 Make & Take: Design your own Umbrella	3–5 p.m.	\$5 per craft	Multipurpose Room (CZ)
Saturday, Nov. 16	 Princess Tea Party	3–5 p.m.	\$20 per person	M.T. McCormick's Officers' Club, for reservations call 360-257-2505
Saturday, Nov. 16	 Skagit Wine & Beer Festival	2–9 p.m.	\$72 per person or \$130 per couple, 21+	Community Recreation (CZ)
Friday, Nov. 29– Sunday, Dec. 1	 Discover Portland	TBD	Fees apply	Community Recreation (CZ)
DECEMBER				
Sunday, Dec. 1–15	 Letters to Santa	All day	FREE	Resource Center (CZ)
Monday, Dec. 2	9-Pin No-Tap Bowling Tournament	1–4 p.m.	\$20	Convergence Zone
Saturday, Dec. 5	  Military Housing Holiday Parade	4:30–7:30 p.m.	FREE	Maylor Point, Victory Terrace and Crescent Harbor Housing
Thursdays, Dec. 6, 13, 20, 27	Countdown to the Holiday	6 p.m.	FREE	Skywarrior Theater & Kegler's Bar
Friday, Dec. 6	  Holiday Tree Lighting	4–7 p.m.	FREE	Convergence Zone
Saturday, Dec. 7	 Santa Brunch	10 a.m.–1 p.m.	\$22 adults, \$8 kids 5–12	Bakerview Restaurant
Saturday, Dec. 7	 Axe Throwing	10 a.m.–6 p.m.	\$40 per person	Community Recreation (CZ)
Saturdays, Dec. 14 & 21	  Leavenworth Tree Lighting	7 a.m.–9 p.m.	\$39 ages 13+, \$25 ages 12 and under	Community Recreation (CZ)

EVENT/CLASS DESCRIPTIONS

ARTS & CRAFTS

Make & Take Craft Events

Make a special craft and then take it home! Crafts are for all skill levels.

Paint Socials

\$39.95 per person, includes paint supplies, two glasses of wine, beer or soda, and light appetizers. 18+ event.

BOWLING

9-Pin No-Tap Bowling Tournament

9 Pin No-Tap means that we can even out the chances for all our bowlers to get those strikes! Along with prizes for first through third place, we will have a special Striker prize for the one who bowls the most strikes!

Bowling 2.0

All ages can join us to learn how to bowl for FREE! Each week, new topics will be covered, including bowling instruction, bowling basics, rules, and techniques. Courses are taught by a USBC certified Bowling Coach.

Crazy Cosmic Bowling

Enjoy the light show while you bowl. \$15 per person, shoes regular price.

Exceptional Family Member (EFM) Bowling

Write a letter to Santa this month during EFM Bowling. Advanced registration required. Call 360-257-5266 for details.

Lunch & Bowl Special

Show us your lunch receipt from Kegler's Grill and receive one FREE game of bowling. Valid on the day of purchase only. Shoe rental not included.

USBC Fall Bowling League Nights

League play only. See front desk for details.

FOOD & DRINK

Trivia Thursdays

3rd Thursday of every month, enjoy an All-You-Can-Eat pizza buffet. Fountain drink and salad bar included.

Friends + Football = Savings

Bring five friends to watch the game

and receive \$5 off a pizza! \$2 off wing orders! 18+ event.

Seattle Seahawks Game Days

\$3 Coors Light and Bud Light Drafts, play Football Bingo for prizes (must be present to win). 18+ event. Must be 21+ to drink.

Night of Music

Get the party started with DJ Duo, DJ Bud Fox and DJ Coyote Pots.

Trivia Night

Enjoy an All-You-Can-Eat Pizza Buffet, fountain drink and salad bar.

KID-FRIENDLY

Princess Tea Party

Bring your little prince or princess out for an afternoon of light appetizers, desserts, music, and more!

SKILL DEVELOPMENT

We offer three levels of skill development classes. Ask your Outdoor Recreation Specialist which one is right for you.

Level I = EASY:

Equivalent to being able to walk three miles

on a treadmill at 2.5 m.p.h. Slight inclines.

Level II = AVERAGE:

Equivalent to being able to walk for an hour at three m.p.h. Varying inclines.

Level III = STRENUOUS:

Equivalent to being able to maintain a brisk pace on a stair stepper for up to 45 minutes. Extreme inclines.

Note that locations and times are subject to change without prior notice depending on weather conditions.

CPR/First Aid Training

American Red Cross Training for adult, child CPR/AED and First Aid certification.

Wilderness First Aid

American Red Cross training for Wilderness First Aid 2-year American Red Cross certification. This is a 3-day course.

Red Cross Babysitting Course

The American Red Cross is the nation's leader in babysitting classes and childcare training, and will prepare you to be a

better babysitter in your neighborhood! (Does not include CPR/First Aid)

TRIPS & TOURS

Axe Throwing

Connect with your inner lumberjack and try something new and exhilarating at Blade and Timber Axe Throwing! No skills required.

Discover Portland

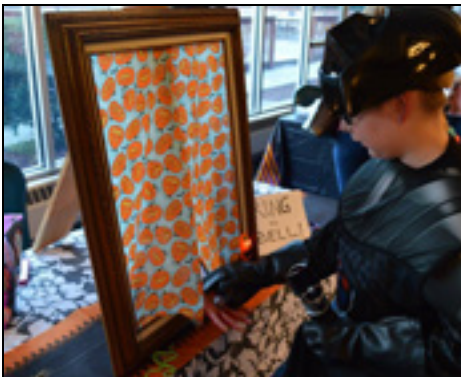
Join us as we Discover Portland during the opening weekend of the holiday merriment season! Home to America's largest Christmas bazaar!

Halloween Train

Begin your adventure aboard a historical railroad coach as it heads through the Upper Snoqualmie Valley. A stop at the train shed exhibit building will offer kid-friendly Halloween stories and apple cider press demonstrations! Halloween costumes encouraged!

Leavenworth Tree Lighting

The holiday spirit is everywhere in the



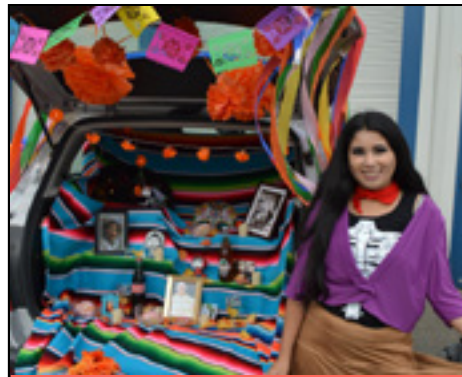
KIDS' HALLOWEEN PARTY

Friday, Oct. 25, 5:30-8 p.m.

FREE admission! Indoor fun for all ages!

Hosted by CPOSA & OSCWI.

M.T. MCCORMICK'S OFFICERS' CLUB



COMMAND TRUNK- OR-TREAT CONTEST

Saturday, Oct. 26 • Noon-4 p.m.

No entry fee. Bowling Party and free Design-a-Trip awarded to the best decorated space. Register at the Convergence Zone.

AUTO SKILLS CENTER
PARKING LOT



TRUNK-OR-TREAT HARVEST FESTIVAL

Saturday, Oct. 26 • Noon-4 p.m.

FREE admission and FREE bowling. Costume contest and a hayride to Trunk-or-Treat!

CONVERGENCE ZONE

Bavarian town of Leavenworth! Filled with old-world charm, thousands of sparkling lights, Christmas music echoing through the air, and over 100 unique shops to explore!

Mountain Bike Fort Ebey

There are over 25 miles of scenic trails just waiting to be discovered. Let our guides lead the way.

Paranormal Haunted Hike Iron Goat Trail

This is a hike designed especially for aspiring Ghost hunters and Railroad Buffs. We head to the Stevens Pass area to explore the rich history of Wellington, the site of America's worst avalanche disaster. Learn the history and tales of the unsettled spirits that linger there. This part of the trail is an awesome family hike!

Seattle Pacific Science Center

Ignite your curiosity and fulfill your passion for discovery, experimentation and

critical thinking with a day at the Seattle Pacific Science Center!

SIMA Kart Racing

Test your skills racing in a kart just $\frac{3}{4}$ of an inch off the ground while experiencing the thrill of head-to-head racing. The Grand Prix will include a drivers meeting, practice runs, heat races, and a final competition with Podium Ceremony for the winners!

Skagit Wine & Beer Festival

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

Wallace Falls

The hike to the falls is a moderate elevation gain

through thick overgrowth forest, overlooking the Skykomish River Valley and the Olympic Mountains.

SPECIAL EVENTS

Adult Halloween Costume Party

Drink specials, costume contest, spooky karaoke, and haunted games. Door prizes (must be present to win). 18+ event.

Command Trunk or Treat Contest

Bring a decorated vehicle or reserve a bay at the Auto Skills Center to decorate for trunk or treat on Oct. 26. A Command bowling party and trophy will be awarded to the best decorators. Register at the Convergence Zone by Friday, Oct. 18.

Countdown to the Holiday at Skywarrior Theater

Concessions will include hot chocolate and cookies on Thursdays in December. You can also enter to win a basket full of goodies! Winner will be announced at the Dec. 27 movie showing.

No purchase necessary and you do not need to be present to win.

Holiday Parade

Get an early glimpse of Santa this year and hand deliver your Santa letters during the Military Housing Holiday parade! The parade will start in Maylor Point and will then proceed to Victory Terrace and Crescent Harbor housing area. Check out our website for specific routes!

Holiday Tree Lighting

Festive music, food, drink, activities and a visit with St. Nick are sure to fill everyone with a merry holiday spirit!

Letters to Santa

Stop by the resource center and let us help you decorate your letter to Santa and deposit it in our official North Pole mail box.

Oktoberfest

German sausages and sauerkraut for dinner! Live music, themed drinks, and craft beer vendors pouring their seasonal best. Prizes

for best dressed! Door prizes (must be present to win). 18+ event.

Murder in Sin City Murder Mystery Dinner

\$39.95 per person, includes dinner and skits.

The Rocky Horror Picture Show & After Party

FREE Admission, \$8.95 for prop bags. MC will give cues on when to throw props, wave arms, shout, dance and more! 18+ event.

Trunk or Treat Harvest Festival

Join us for a costume parade, costume contest, a craft station and FREE bowling for kids. Then hop on our hay ride to the Command sponsored Trunk or Treat event. Enjoy trunk or treating and vote for your favorite themed vehicle!

Santa Brunch

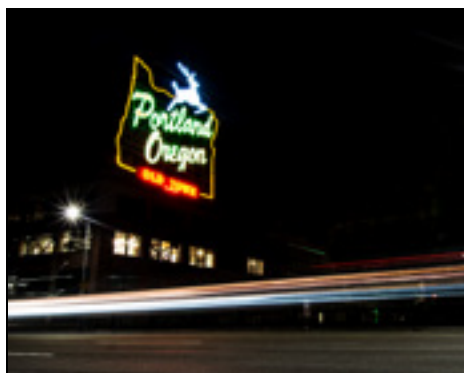
\$22 for adults, \$8 for kids ages 5-12. Enjoy a delicious buffet, a photo with Santa, light crafts and cookie decorating. Open to all!



THE ROCKY HORROR PICTURE SHOW & AFTER PARTY

Friday, Oct. 25, doors open 6 p.m.
FREE Admission, \$8.95 for prop bags.
Cosplay encouraged. 18+ event.
After party at Kegler's Bar & Grill.

SKYWARRIOR THEATER



DISCOVER PORTLAND

Friday, Nov. 29 - Sunday, Dec. 1
Experience America's largest
Christmas bazaar on this fun
weekend excursion in Oregon's
capital city. Call for pricing.

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RECREATION

EARN YOUR BACHELOR'S DEGREE

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University on
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veteran tuition waivers and credit for
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PENINSULAS

GET PAID TO DO
WHAT YOU LOVE

RECREATION INSTRUCTORS WANTED

Do you have a special talent or skill you would like to share? The Convergence Zone is looking for instructors to teach community members of all ages.



Call or visit the Convergence Zone for details.
360-257-2432

BRAND NEW
★★★★★
Motorcycle
STORAGE

LOCATED AT THE AUTO SKILLS CENTER



Only \$

15
/MONTH

Open to all eligible base patrons.

This is a SECURED covered storage facility just for MOTORCYCLES.

Registration, drop-off, and pick-up times
available at the Auto Skills Center:
Friday-Sunday: 10 a.m.-6 p.m.

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

Celebrate the Season with MWR

Holiday Tree Lighting



Holiday Tree Lighting Ceremonies

Join us for festive music, refreshments, activities and a visit from St. Nick!

Naval Base Kitsap

Thursday, Dec. 5, 5:30-6:30 p.m.
Bangor Plaza Parking Lot, FREE

NAVSTA Everett

Thursday, Dec. 5, 3:30-6:30 p.m.
The Commons, Bldg. 1950, FREE

NAS Whidbey Island

Friday, Dec. 6, 4-7 p.m.
Convergence Zone, FREE

Leavenworth Tree Lighting Festival Trip

*This quaint Bavarian town is a must-see for the holidays.
Join the MWR tour bus for a spectacular tree-lighting
event filled with old-world charm and holiday cheer.*

Register at any MWR Facility,

Pick-up/Drop-off: Off-base (Silverdale)

Saturday, Dec. 7, 7 a.m.-10 p.m.
\$69 for adults, \$64 ages 10 and younger

Registration & Pick-up/Drop-off: Community

Recreation, The Commons

Saturdays, Dec. 7 & 14, 9 a.m.-9 p.m.
\$25 adults (18+), \$15 youth (0-17)

Registration & Pick-up/Drop-off: Community

Recreation, Convergence Zone

Saturdays, Dec. 14 & 21, 7 a.m.-9 p.m.
\$39 ages 13+, \$25 ages 12 and under





LODGING & LEISURE

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

NAVY GETAWAYS

Stay! Play! Relax! The Navy's Recreational Lodging Program, Navy Getaways, offers three quality recreational getaway locations in the Pacific Northwest.

We are committed to providing world-class service from the moment you arrive. Our accommodations range from hotel rooms, cottages and deluxe cabins to yurts, RV parks and tent camping sites.

Eligibility: Active Duty, Reservists, Retirees, NAF or DoD civilians and sponsored guests.

Make a reservation at www.navygetaways.com or call 1-877-NAVY-BED (6289-233)!



RV Park & Campground

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

Customer Service Cabin Open Daily: 10 a.m.-6 p.m.

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.



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

Front Desk Hours Friday: 7:30 a.m.-8 p.m. Saturday-Thursday: 7:30 a.m.-6 p.m.

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, a lounge known for a variety of special events, Raindrop Lanes, an exercise room, volleyball and basketball courts, clam-cleaning stations, a whale-watching tower, and a recreation equipment rental center.



ASTRONOMY DAYS

Saturday, Oct. 5

Friday, Dec. 13

Telescopes provided

Weather permitting

NAVY GETAWAYS CLIFFSIDE



MOVIE WEEKENDS AT THE BEACH

Saturdays, Oct. 5, 12, 19, Dec. 7, 14, 21

Crafts, activities and movie fun for the whole family!

NAVY GETAWAYS PACIFIC BEACH



JIM CREEK'S HALLOWEEN SPOOKTACULAR

Saturday, Oct. 12 • Noon-4 p.m.

Activities for all ages

FREE Admission

NAVY GETAWAYS JIM CREEK



NAVY GATEWAY INNS & SUITES

Eligibility: Active Duty, Reservists, Retirees, NAF or DoD civilians and sponsored guests.

Traveling for weekends and holidays? Don't forget to check with NGIS for available rooms.

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.

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

Bangor

2750 Sargo Circle
Silverdale, WA 98315
877-628-9233

Nestled among the trees of Naval Base Kitsap Bangor, the Evergreen Lodge offers standard rooms and suites in a park-like setting. The new beds and upgraded linens ensure maximum guest comfort. Navy Gateway Inns & Suites combines all the comforts of a hotel, while specializing in official business accommodations.

Bremerton

120 S Dewey St.
Bldg. 865
Bremerton, WA 98314
877-628-9233

Located in the central hub of Naval Base Kitsap Bremerton, the facility offers an unobstructed view of Sinclair Inlet and is a comfortable home away from home. Standard rooms, suites with kitchenettes and extended-stay accommodations are available to meet a variety of needs and budgets. Navy Gateway Inns & Suites combines all the comforts of a hotel, while specializing in official business accommodations.

Smokey Point

13918 45th Ave. NE
Marysville, WA 98271
877-628-9233

Located approximately 20 minutes north of Naval Station Everett in the Smokey Point Navy Support Complex, the Navy Gateway Inns & Suites, Eagle's Nest Inn offers standard rooms and suites. Navy Gateway Inns & Suites combines all the comforts of a hotel, while specializing in official business accommodations.

Whidbey Island

1175 W Midway St.
Bldg. 973
Oak Harbor, WA 98278
877-628-9233

Conveniently positioned on Naval Air Station Whidbey Island's Ault Field, which overlooks the San Juan Islands and Strait of Juan de Fuca, Navy Gateway Inns & Suites combines all the comforts of a hotel, while specializing in official business accommodations.

WINTER SPECIALS

STAY 2 NIGHTS, GET YOUR 3RD NIGHT FREE

Friday, Nov. 1-Tuesday, March 31, 2020
Terms and conditions apply. Contact
425-304-5315/5363 for details.

NAVY GETAWAYS JIM CREEK

MONTH OF THE MILITARY FAMILY BOGO

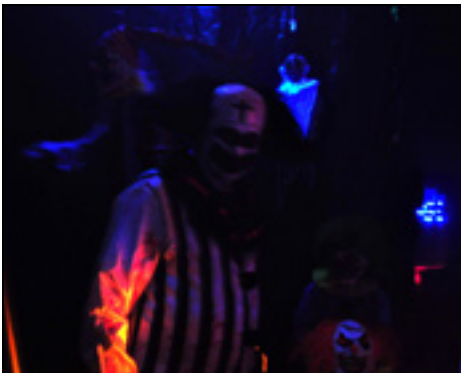
Friday, Nov. 1-Saturday, Nov. 30
Terms and conditions apply. Contact
360-257-2649 for details.

NAVY GETAWAYS CLIFFSIDE

SAVE UP TO 25% OFF YOUR STAY

Friday, Nov. 1-Tuesday, March 31, 2020
Terms and conditions apply. Contact
360-276-4414 for details.

NAVY GETAWAYS PACIFIC BEACH



HAUNTED WEEKEND

Friday, Oct. 25-Saturday,
Oct. 26 & Thursday, Oct. 31

Halloween scavenger hunt and crafts, karaoke in the bar on Saturday, and more. Activities also available on Halloween Day, Oct. 31.

NAVY GETAWAYS PACIFIC BEACH



WIZARDING WORLD OF JIM CREEK

Saturday, Nov. 9 • Noon-4 p.m. • FREE

Join us for lessons in potions, the history of magic, Quidditch, wizard duels, and more.

NAVY GETAWAYS JIM CREEK



THANKSGIVING AT THE BEACH

Thursday, Nov. 28

Traditional dinner with all of the trimmings, family crafts and activities, and bowling at Raindrop Lanes.

NAVY GETAWAYS PACIFIC BEACH

LODGING & LEISURE EVENT CALENDAR OCTOBER-DECEMBER 2019

DATE	EVENT	TIME	PRICE	VENUE/HOST
ONGOING				
Ongoing	Mallard RV Camper Rentals	Standard Reservation and Business Hours	\$95/night	Navy Getaways Jim Creek, Pacific Beach, and Cliffside
OCTOBER				
Saturday, Oct. 5	Fall Astronomy Day	TBA-Weather Permitting	FREE	Navy Getaways Cliffside
Saturday, Oct. 5	Spooktacular Movie Weekends	Daytime activities and movie showing at 8 p.m.	FREE	Navy Getaways Pacific Beach
Saturday, Oct. 12	Jim Creek's Halloween Spooktacular	Noon-4 p.m.	FREE	Navy Getaways Jim Creek
Saturday, Oct. 12	Spooktacular Movie Weekends	Daytime activities and movie showing at 8 p.m.	FREE	Navy Getaways Pacific Beach
Saturday, Oct. 19	Spooktacular Movie Weekends	Daytime activities and movie showing at 8 p.m.	FREE	Navy Getaways Pacific Beach
Friday, Oct. 25- Saturday, Oct. 26, & Thursday, Oct. 31	Haunted Weekend	Varies	FREE	Navy Getaways Pacific Beach

Please note: FFR events may require advanced registration and are subject to change or cancellation without prior notice. To confirm, contact the venue or host directly or visit Navylifepnw.com/myFFR to view events that offer online registration.



LIGHT YOUR RV CONTEST

Sunday, Dec. 1-Friday, Dec. 20
Be the new Clark Griswold of Cliffside!
Decorate your RV and stand by
for judging the night of Dec. 20.
Our talented judges will pick the
winners and award the prizes!

NAVY GETAWAYS CLIFFSIDE



JIM CREEK'S HOLIDAY CELEBRATION

Saturday, Dec. 7 • Noon-4 p.m.
Meet and share stories with Santa,
holiday crafts and ornaments, cookies
and cocoa, tree lighting, and more.

NAVY GETAWAYS JIM CREEK



NEW YEAR'S AT THE BEACH

Tuesday, Dec. 31-Wednesday, Jan. 1
Annual party with entertainment,
champagne toast, dinner buffet,
and New Year's Day breakfast with
a bloody Mary bar and mimosas.

NAVY GETAWAYS PACIFIC BEACH

LODGING & LEISURE EVENT CALENDAR OCTOBER-DECEMBER 2019

DATE	EVENT	TIME	PRICE	VENUE/HOST
NOVEMBER				
Friday, Nov. 1– Saturday, Nov. 30	Month of the Military Family BOGO	N/A	RV Sites/Yurts start at \$40/day	Navy Getaways Cliffside
Friday, Nov. 1–Tuesday, March 31, 2020	Stay 2 Nights, Get the 3rd Night FREE at Jim Creek	N/A	Cabin rates start at \$55/night	Navy Getaways Jim Creek
Friday, Nov. 8	Tongue Twister Day	N/A	FREE	Navy Getaways Cliffside
Saturday, Nov. 9	Wizarding World of Jim Creek	Noon–4 p.m.	FREE	Navy Getaways Jim Creek
Sunday, Nov. 17	National Take-a-Hike Day	Noon	FREE, transportation provided	Navy Getaways Cliffside
Thursday, Nov. 28	Thanksgiving at the Beach	TBD	TBD	Navy Getaways Pacific Beach
DECEMBER				
Sunday, Dec. 1– Friday, Dec. 20	Light Your RV Contest	N/A	FREE	Navy Getaways Cliffside
Saturday, Dec. 7	Holiday Movie Weekends	TBD	FREE	Navy Getaways Pacific Beach
Saturday, Dec. 7	Jim Creek's Holiday Celebration	Noon–4 p.m.	FREE	Navy Getaways Jim Creek
Friday, Dec. 13	Geminid Meteor Showers	TBA–Weather Permitting	FREE	Navy Getaways Cliffside
Saturday, Dec. 14	Holiday Movie Weekends	TBD	FREE	Navy Getaways Pacific Beach
Saturday, Dec. 21	Holiday Movie Weekends	TBD	FREE	Navy Getaways Pacific Beach
Tuesday, Dec. 31– Wednesday, Jan. 1	New Year's at the Beach	TBD	TBD	Navy Getaways Pacific Beach

Your Holiday Getaway Awaits...

OPEN YEAR-ROUND. BOOK YOUR COZY COTTAGE TODAY!

Visit pacbeach.navylifepnw.com for off-season specials

Call 360-276-4414 to BOOK YOUR STAY TODAY!

pacbeach.navylifepnw.com • navygetaways.com



SPORTS, FITNESS & AQUATICS

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

Whidbey Fitness Center

3755 N Wasp St.
Bldg. 117

Oak Harbor, WA 98278
360-257-2420

Monday-Thursday:
5 a.m.-10 p.m.

Friday: 5 a.m.-8 p.m.

Saturday, Sunday &
Holidays: 8 a.m.-5 p.m.

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 & 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.

Intramural Sports

360-257-4320

The sports coordinators regularly schedule intramural sports leagues throughout the year, such as volleyball, flag football, golf, basketball, bowling, soccer and softball. Various tournaments scheduled throughout the year are also available and allow friendly, competitive games to be played during the workday. Tournaments such as

racquetball, dodgeball, and 3-on-3 basketball are just some examples.

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.

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, Dodgeball, and Basketball.

SPORTS, FITNESS & AQUATICS EVENT CALENDAR OCTOBER-DECEMBER 2019

 = Admiral's Cup

 = For Kids

 = Captain's Cup

DATE	EVENT	TIME	PRICE	VENUE/HOST
ONGOING				
Now through Tuesday, Dec. 31	Fitness Incentive Program*	Minimum 30 min./day	FREE	Sign up at the NASWI Fitness Center Front Desk
Fridays, Oct. 4, Nov. 1, Dec. 6	NOFFS Operational Course*	7-11 a.m.	FREE	NASWI Fitness Center
OCTOBER				
Monday, Oct. 7- Friday, Oct. 11	Command Fitness Leader (CFL) Certification Course*	7 a.m.-4:30 p.m.	FREE	NASWI Fitness Center
Friday, Oct. 11	 Knockerball Tournament	9 a.m.	FREE	NASWI Fitness Center
Friday, Oct. 18	 DV Prevention Obstacle Course	11 a.m.	FREE	NASWI Fitness Center
Thursday, Oct. 24	 Haunted Hustle Glow 5K Run	5:30 p.m.	FREE	NASWI Fitness Center
NOVEMBER				
Saturday, Nov. 2	 Racquetball Tournament	9 a.m.	FREE	NASWI Fitness Center
Friday, Nov. 8	NOFFS Strength/Endurance/Sandbag Course*	7-11 a.m.	FREE	NASWI Fitness Center
Friday, Nov. 15	Mission Nutrition	8 a.m.-4 p.m.	FREE	NASWI Fitness Center
Saturday, Nov. 23	 Turkey Trot 5K/10K	9 a.m.	FREE	NASWI Fitness Center
Wednesday, Nov. 27	 I'm Thankful for Spin!	11 a.m.	FREE	NASWI Fitness Center
DECEMBER				
Friday, Dec. 13	 Run/Bike/Row Challenge	11 a.m.	FREE	NASWI Fitness Center

Please note: FFR events, classes and trips may require advanced registration and are subject to change or cancellation without prior notice. To confirm, contact the venue or host directly or visit Navylifepnw.com/myFFR to view events that offer online registration. Activities are open to authorized MWR patrons ages 18+, unless otherwise noted.



DV PREVENTION OBSTACLE COURSE

Friday, Oct. 18, 11 a.m.

FREE

Support a good cause at this Captain's Cup-eligible event.

NASWI FITNESS CENTER



HAUNTED HUSTLE GLOW 5K RUN

Thursday, Oct. 24, 5:30 p.m.

FREE

Come get your scary hustle on at this family-friendly fun run!

NASWI FITNESS CENTER



TURKEY TROT 5K/10K

Saturday, Nov. 23, 9 a.m.

FREE

Gobble up the miles and burn those calories!

NASWI FITNESS CENTER

ATTENTION!

CALLING ALL JUNIOR SERVICE MEMBERS!*

FREE, DISCOUNTED, FUN, AFFORDABLE ACTIVITIES

to get you out and enjoying the
GREAT PACIFIC NORTHWEST.



*Young Adult (E1-E6)

LIBERTY-eligible only.

**HOLIDAY
PARTIES**

PAINTBALL

**BARRACKS
BASH**

**VANCOUVER
TRIPS**

**RECREATION
TRIPS**

**VOLUNTEERING
OPPORTUNITIES**

ADVENTURE

**COOKING
CLASSES**

BUBBLE SOCCER

TOURNAMENTS

★★★★★
Visit your nearest LIBERTY Center
for more information and a
calendar of events. Or visit
LIBERTY online at
[whidbey.navylifepnw.com/
recreation/liberty-single-
sailor-program](http://whidbey.navylifepnw.com/recreation/liberty-single-sailor-program)
360-257-3309
Download the
NavyLife PNW App today!

show us your
**NAVY
LIFE!**



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#navylifepnw**

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Experience Navy Life Magazine!
Attend any FFR event, SNAP a photo, and
post it using #navylifepnw

Prefer to email it? Send it to info@navylifepnw.com.
Please include your name, PNW base, activity and
"Photo submission" in the subject line.



**@travel_bound First night
camping with the sis in years!**

Photo credits: @avocado_sunflower

Navy Getaways Cliffside At NAS Whidbey Island



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www.americanforcetravel.com

*For Eligible Patrons



CHILD & YOUTH PROGRAMS

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

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
365 W Clover, Bldg. 2679
Oak Harbor, WA 98278
360-257-3302

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

Whidbey Child Development Homes
260 W Pioneer Way
Bldg. 13, Seaplane Base
360-257-1877
Our certified Child Development Homes care for children from birth through 12 years of age. Off-base homes are

additionally licensed by the State of Washington.

SCHOOL-AGERS/TEENS

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

Whidbey School-Age Care
54 Wake Ave., Bldg. 2874
Oak Harbor, WA 98278
360-257-0889

Monday-Friday:
6 a.m.-6 p.m.
Our School-Age Care (SAC) program is designed to provide piece of mind for children 6-12 years of age.

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

School Year
Monday: 1:30-6 p.m.
Tuesday-Thursday:
2:30-6 p.m.
Friday: 2:30-10 p.m.

School Holidays
Monday-Thursday:
2-6 p.m.
Friday: 2-10 p.m.
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.

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

CHILD & YOUTH PROGRAMS EVENT CALENDAR OCTOBER-DECEMBER 2019

DATE	EVENT	TIME	PRICE	VENUE/HOST
OCTOBER-DECEMBER				
Saturday, Oct. 12	Nerf Wars	Noon-5 p.m.	\$20, ages 13-18	Youth Center
Saturday, Nov. 9	Vital Rock Gym Trip	8:30 a.m.-5 p.m.	\$20, ages 13-18	Youth Center
Saturday, Dec. 14	Ice Skating Trip	10 a.m.-5 p.m.	\$10, ages 13-18	Youth Center



NERF WARS

Saturday, Oct. 12

\$20, ages 13-18, Noon-5 p.m.

Friendly competition in a supervised setting. Bring your own lunch.
Call 360-257-3150 to register.



VITAL ROCK GYM TRIP

Saturday, Nov. 9

\$20, ages 13-18, 8:30 a.m.-5 p.m.

Challenge your teen to new heights! Bring your own lunch.
Call 360-257-3150 to register.



ICE SKATING TRIP

Saturday, Dec. 14

\$10, ages 13-18, 10 a.m.-5 p.m.

All skill levels welcome.
Bring your own lunch.
Call 360-257-3150 to register.



Contact your SLO for help with:

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

**NAS Whidbey Island
School Liaison Officer**
360-257-6863
whidbey.slo@navylifepnw.com
260 W. Pioneer Way
Oak Harbor, WA 98278

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.



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
Monday-Thursday:
7:30 a.m.-5 p.m.
Friday: 7:30 a.m.-4 p.m.

Navy Gold Star Call Center
888-509-8759
24/7 SAPR Advocate
360-914-7867/7855

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

SUPPORT PROGRAMS EVENT CALENDAR OCTOBER-DECEMBER 2019

DATE	EVENT	TIME	VENUE/HOST
ONGOING			
On Demand	Podcasts	On Demand	Download from navylifepnw.com
On Demand	Webinars	On Demand	Online at navylifepnw.com
By Request	United Through Reading	By Request	360-257-8058 to schedule
OCTOBER			
Tuesday, Oct. 1	myFICO Credit Score/Report	Noon-1 p.m.	Nor'Wester, San Juan
Tuesday, Oct. 1	BAH Approved ... Now What?	2-4 p.m.	Nor'Wester, Seaview
Wednesday, Oct. 2	Money Habitudes ... Money Personality, Habits & Attitudes	2-4 p.m.	Nor'Wester, Seaview
Thursday, Oct. 3	Car Buying	2-4 p.m.	Nor'Wester, Seaview



LAW ENFORCEMENT CAREER FAIR

Tuesday, Oct. 8, 2019
10 a.m. - 2 p.m.

CPO CLUB BALLROOM



EMOTIONAL INTELLIGENCE

Tuesday, Oct. 22, 2019
8-10 a.m.

NOR'WESTER FLEET AND FAMILY SUPPORT CENTER



EFMP HARVEST PARTY

Tuesday, Oct. 29, 2019
5-7 p.m.

Register by Oct. 23.

NOR'WESTER FLEET AND FAMILY SUPPORT CENTER

SUPPORT PROGRAMS EVENT CALENDAR OCTOBER-DECEMBER 2019

DATE	EVENT	TIME	VENUE/HOST
OCTOBER CONTINUED			
Saturday, Oct. 5	Ombudsman Basic Training, Modules 1-4	8 a.m.-5 p.m.	Nor'Wester, Seaview
Monday, Oct. 7- Friday, Oct. 11	Separation TGPS	7:30 a.m.-4 p.m.	Nor'Wester, San Juan
Monday, Oct. 7	Ombudsman Basic Training Part 5	5-8 p.m.	Nor'Wester, Seaview
Tuesday, Oct. 8	Law Enforcement Career Fair	10 a.m.- 2 p.m.	CPO Club Ballroom
Tuesday, Oct. 8	myFICO Credit Score/Report	Noon-1 p.m.	Nor'Wester, San Juan
Tuesday, Oct. 8	Ombudsman Basic Training Part 6	5-8 p.m.	Nor'Wester, Seaview
Wednesday, Oct. 9	Ombudsman Basic Training Part 7	5-8 p.m.	Nor'Wester, Seaview
Thursday, Oct. 10	SAPR Point of Contact Training (POC)	7:30 a.m.-4 p.m.	Nor'Wester, Seaview
Thursday, Oct. 10	Webinar: Ghost of Christmas Present	11 a.m.-Noon	Online
Thursday, Oct. 10	Ombudsman Basic Training Part 8 -9	5-8 p.m.	Nor'Wester, Seaview
Tuesday, Oct. 15	Communication Skills	8-10 a.m.	Nor'Wester, Fidalgo
Tuesday, Oct. 15	Financial Freedom Basics	8 a.m.-Noon	Nor'Wester, Seaview
Tuesday, Oct. 15- Wednesday, Oct. 16	Accessing Higher Education	8 a.m.-4 p.m.	Nor'Wester, San Juan
Tuesday, Oct. 15	Caring for Aging Parents	2-4 p.m.	Nor'Wester, Seaview
Wednesday, Oct. 16	Relationship Resources	1-3 p.m.	Nor'Wester, Fidalgo
Thursday, Oct. 17	Stress & Anger Management	8-10 a.m.	Nor'Wester, Fidalgo
Thursday, Oct. 17	Career Capstone	9-11 a.m. & 1-3 p.m.	Nor'Wester, San Juan
Thursday, Oct. 17	Semi-Annual Senior Leadership PFM Seminar	10-11 a.m.	Nor'Wester Seaview
Thursday, Oct. 17	Sponsorship Training	2-3:30 p.m.	Nor'Wester, Seaview
Monday, Oct. 21-Friday, 25	Retirement TGPS	7:30 a.m.-4 p.m.	Nor'Wester, San Juan
Tuesday, Oct. 22	Emotional Intelligence	8-10 a.m.	Nor'Wester, Fidalgo
Tuesday, Oct. 22	myFICO Credit Score/Report	Noon-1 p.m.	Nor'Wester, San Juan
Tuesday, Oct. 22	Debt Rehab	2-4 p.m.	Nor'Wester, Seaview
Tuesday, Oct. 22	Ombudsman Assembly	6-8 p.m.	Nor'Wester, San Juan
Wednesday, Oct. 23	Interview Techniques	1:30-4 p.m.	WorkSource, 265 NE Kettle St., Oak Harbor, WA
Wednesday, Oct. 23	Tackling Student Loans	2-4 p.m.	Nor'Wester, Seaview
Thursday, Oct. 24	Family Readiness Group Roundtable	5:30-6:30 p.m.	Nor'Wester. Seaview
Thursday, Oct. 24	Resident Advisor (RA) SAPR Training	9-11 a.m.	Nor'Wester, Seaview
Thursday, Oct. 24	D-SAACP UVA Refresher Training	2-4 p.m.	CNATTU Ready Room
Monday, Oct. 28- Friday, Nov. 1	Command Financial Specialist (CFS)	7:30 a.m.-4:30 p.m.	Nor'Wester, Seaview
Tuesday, Oct. 29	EFMP Harvest Party (by reservation only)	5-7 p.m.	Nor'Wester, San Juan, Call 360-257-5266 for details.
Wednesday, Oct. 30- Thursday, Dec. 31	21st Century First-Term CONSEP	7:30 a.m.-4 p.m.	Nor'Wester, San Juan

Please note: Most FFSC events are free of charge but require advanced registration and are subject to change or cancellation without prior notice. To confirm, contact the venue or host directly or call the toll-free FFSC central registration line at 866-854-0638.

SUPPORT PROGRAMS EVENT CALENDAR OCTOBER-DECEMBER 2019

DATE	EVENT	TIME	VENUE/HOST
NOVEMBER			
Friday, Nov. 1	EFMP Sensory-Friendly Bowling Night	5-7 p.m.	Convergence Zone, call 360-257-5266 for details.
Monday, Nov. 4- Friday, Nov. 8	Separation TGPS	7:30 a.m.-4 p.m.	Nor'Wester, San Juan
Monday, Nov. 5	Communication Skills	8-10 a.m.	Nor'Wester, Fidalgo
Tuesday, Nov. 5	Federal Resume & Application Process	8:30-9:30 a.m.	Nor'Wester, Fidalgo
Tuesday, Nov. 5	Writing your Best Civilian Resume	9:30-11 a.m.	Nor'Wester, Fidalgo
Tuesday, Nov. 5	myFICO Credit Score/Report	Noon-1 p.m.	Nor'Wester, San Juan
Tuesday, Nov. 5	Money and the Move	1-4 p.m.	Nor'Wester, Fidalgo
Tuesday, Nov. 5	Home Selling	2-4 p.m.	Nor'Wester, Seaview
Wednesday, Nov. 6	Now I'm the Landlord ...	2-4 p.m.	Nor'Wester, Seaview
Thursday, Nov. 7	Webinar: Seasonal Employment	11 a.m.-Noon	Online
Thursday, Nov. 7	Home Buying	2-4 p.m.	Nor'Wester, Seaview
Tuesday, Nov. 12- Wednesday, Nov. 13	Career Exploration and Planning Track	8 a.m.-4 p.m.	Nor'Wester, San Juan
Tuesday, Nov. 12	Stress & Anger Management	8-10 a.m.	Nor'Wester, Fidalgo
Wednesday, Nov. 13- Friday, Nov. 15	Million Dollar Sailor	8 a.m.-4:30 p.m.	Nor'Wester, Seaview
Thursday, Nov. 14	Career Capstone	9-11 a.m. & 1-3 p.m.	Nor'Wester, San Juan
Monday, Nov. 18- Friday, Nov. 22	SAPR Initial Advocate Training	7:30 a.m.-4:30 p.m.	Nor'Wester, Seaview
Monday, Nov. 18- Friday, Nov. 22	Separation TGPS	7:30 a.m.-4 p.m.	Nor'Wester, San Juan
Tuesday, Nov. 19	myFICO Credit Score/Report	Noon-1 p.m.	Nor'Wester, San Juan
Tuesday, Nov. 19	Dealing with Difficult People	8-10 a.m.	Nor'Wester, Fidalgo
Wednesday, Nov. 20	CIAC Roundtable	3-3:30 p.m.	Nor'Wester, Fidalgo
Thursday, Nov. 21	Command EFMP POC Training	8 -9:30 a.m.	Nor'Wester, Fidalgo
Thursday, Nov. 21	EFMP Roundtable	10-11 a.m.	Nor'Wester, Fidalgo
Tuesday, Nov. 26	Couples' Communication	8-10 a.m.	Nor'Wester, Fidalgo
Tuesday, Nov. 26	Ombudsman Assembly	6-8 p.m.	Nor'Wester, San Juan
Wednesday, Nov. 27	Interview Techniques	1:30-4 p.m.	WorkSource, 265 NE Kettle St., Oak Harbor, WA
DECEMBER			
Monday, Dec. 2- Friday, Dec. 6	Retirement TGPS	7:30 a.m.-4 p.m.	Nor'Wester, San Juan
Tuesday, Dec. 3	Conflict Resolution	8-10 a.m.	Nor'Wester, Fidalgo
Tuesday, Dec. 3	CFS and Leadership Financial Forum	9-11 a.m.	Nor'Wester, Seaview
Tuesday, Dec. 3	myFICO Credit Score/Report	Noon-1 p.m.	Nor'Wester, San Juan
Tuesday, Dec. 3	Newly Married? Let's Talk Money	2-4 p.m.	Nor'Wester, Seaview
Thursday, Dec. 5	CFS Refresher	7:30 a.m.-4:30 p.m.	Nor'Wester, Seaview
Tuesday, Dec. 10	Generational Leadership	8-10 a.m.	Nor'Wester, Fidalgo
Tuesday, Dec. 10	New Spouse Orientation	9 a.m.-Noon	Nor'Wester, Seaview
Tuesday, Dec. 10	Sponsor Coordinator and Relocation Roundtable	1-2 p.m.	Nor'Wester, Fidalgo
Tuesday, Dec. 10	Navy retirement ... Is It Enough!	2-4 p.m.	Nor'Wester, Seaview

SUPPORT PROGRAMS EVENT CALENDAR OCTOBER-DECEMBER 2019

DATE	EVENT	TIME	VENUE/HOST
DECEMBER CONTINUED			
Tuesday, Dec. 10	Military Kids Holiday Crafting Event	6-8 p.m.	Nor'Wester, San Juan
Wednesday, Dec. 11	Career Capstone	9-11 a.m. & 1-3 p.m.	Nor'Wester, San Juan
Wednesday, Dec. 11	TSP/BRS	2-4 p.m.	Nor'Wester, Seaview
Thursday, Dec. 12	SAPR Point of Contact (POC) Training:	7:30 a.m.-4 p.m.	Nor'Wester, Seaview
Saturday, Dec. 14	EFMP Holiday Party	9-11 a.m. & 1-3 p.m.	
Tuesday, Dec. 17	Life After High School ... Parent Version	8:30-11:30 a.m.	Nor'Wester, Seaview
Tuesday, Dec. 17	Dealing with Difficult People	8-10 a.m.	Nor'Wester, Fidalgo
Tuesday, Dec. 17	Life After High School ... Young Adult Version	1:30-4:30 p.m.	Nor'Wester, Seaview
Monday, 16-Friday, 20	Separation TGPS	7:30 a.m. -4 p.m.	Nor'Wester, San Juan
Thursday, Dec. 19	Stress & Anger Management	8-10 a.m.	Nor'Wester, Fidalgo

Please note: Most FFSC events are free of charge but require advanced registration and are subject to change or cancellation without prior notice. To confirm, contact the venue or host directly or call the toll-free FFSC central registration line at 866-854-0638.

EVENT/CLASS DESCRIPTIONS

Accessing Higher Education

This two-day hands-on workshop provides information on college selection factors, degree program selection tools, finance options, and the

applications process. Open to service and their family members.

BAH Approved ... Now What?

Moving off base? Not sure where to start? This workshop covers

everything a Sailor needs to know before they move out of the barracks from what you can afford to roommate pros and cons.

Career Capstone

Completion of this activity demonstrates that service members have met their Career Readiness Standards (CRS) and have received the transition

services mandated by Department of Defense.

Car Buying

Want to buy a new set of wheels? This workshop educates learners on the three deals of car buying: the purchase,



NEW SPOUSE ORIENTATION

Tuesday, Dec. 10
9 a.m.-Noon

NOR'WESTER FLEET AND
FAMILY SUPPORT CENTER



NEWLY MARRIED? LET'S TALK MONEY

Tuesday, Dec. 3
2-4 p.m.

NOR'WESTER FLEET AND
FAMILY SUPPORT CENTER



MILITARY KIDS HOLIDAY CRAFTING EVENT

Tuesday, Dec. 10
6-8 p.m.

NOR'WESTER FLEET AND
FAMILY SUPPORT CENTER

EVENT/CLASS DESCRIPTIONS

the financing and the trade-in, plus legal issues and laws. Learn about researching a car purchase, determining how much you can afford and negotiating effectively. Learn the three parts to a car deal and how to get the most for your money.

Career Exploration and Planning

Identify your individual skills and talents, and develop long-term professional goals.

Career Options & Navy Skills Evaluation Program (CONSEP)

This course gives Sailors the tools to make informed decisions about their career options and develop long-term professional goals. The 21st Century CONSEP course provides six modules of instructor-led training that support the Military Life Cycle (MLC) model. Available in two versions: first-term and mid-career Sailors.

Caring for Aging Parents

Are your parents getting older and unsure how you can help? This workshop provides education and resources to assist families in caring for parents as they age, including the financial, emotional and legal issues involved.

CFS Refresher

Learners are refreshed on the financial planning worksheet, the 8-step counseling model, and discuss financial hot topics. This workshop is required per OPNAVINST 1740.5D and CFSs must attend a minimum of every three years.

Command Financial Specialist (CFS) Basic Training

The purpose of this class is to educate and train future Command Financial Specialists

in how to best help other Sailors within their commands.

Command Financial Specialist (CFS)/Leadership Forum

This forum provides members with an opportunity to discuss financial hot topics and current initiatives.

Communication Skills

Communication is powerful and directly affects our quality of life and relationships. Our ability to express what we think and feel without clouding our ability to listen and respect how others think and feel is the greatest factor of success in our work and home life. Yet, communication is an everyday activity that is easily taken for granted. This workshop helps people use the power of communication to strengthen relationships at work and at home by practicing skills that build effective two-way communication.

Conflict Resolution

Unmanaged conflict has caused many hardships in the workplace and at home. It can cause people to suffer, missions to fail and families to separate. Yet, conflict is inevitable. This workshop helps people to manage conflict by examining their attitudes and behaviors when faced with conflicting situations; practicing skills that prevent conflict from escalating, and working with others to solve problems, allowing people to grow, missions to succeed and families to strengthen.

Credit ... What's the Big Deal?

Is credit really that important? This workshop looks at how credit is used, who can access it and why

it's important to use credit responsibly.

Dealing with Difficult People

This course provides information about interacting with the challenging people in our lives. This course identifies types of difficult people and elements of effectively communicating with them. The focus will be on five key areas for solving your people problems. We will also address nine tools that are useful in managing difficult relationships.

Debt Rehab

Is debt weighing you down? Unsure where to start? This workshop explores all types of debt from credit card to installment loans to collections and helps you design a recovery plan that best benefits you.

Entrepreneurship Track (B2B)

Two-day workshop for transitioning service and family members interested in starting their own business. In cooperation with the Small Business Administration, this workshop can assist service members in developing a business plan based on a self-assessment and marketing research.

Exceptional Family Member Program (EFMP) Command POC

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

Exceptional Family Member Program (EFMP) Roundtable and Training

The Roundtable is a chance for EFMP stakeholders to discuss any issues or questions about the program. There is advance training at each session.

Emotional Intelligence

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

Federal Resume & Federal Job Application Process

Understand the federal job application process and USA JOBS accounts, as well as federal resume tips.

Financial Freedom Basics

Money... We all need it but do we know who to use it effectively. Learn the basics of sound financial principles that if followed leads to financial freedom.

Home Buying

Planning to buy a home? Unsure of the process? This workshop discusses knowing how much you can afford, selecting the right loan, selecting a realtor and your ideal home plus making the offer and the closing process.

Home Selling

Getting ready to PCS or move... but you have a home here? This workshop will explore what to do prior to putting your house on the

market, what to do after it's on the market, how to respond to an offer and what happens at closing.

Life After High School...Parent Edition

Don't want your children living with you forever? Then you will need to teach them critical life principles to help them stand on their own and to be financially successful.

Life After High School...Young Adult Edition

Thinking about life after high school can be exciting and overwhelming. This workshop is designed for young adults (ages 16-25) and explores goal setting, college and careers, employment and basic financial planning.

Million Dollar Sailor

Want to satisfy all your financial literacy touch-points in 2 ½ days? Then attend Million Dollar Sailor. It's a 2 1/2-day seminar consisting of 11 modules from creating a spending plan to retirement planning. It's designed to educate and assist Sailors and their families in their quest to have a better quality of life with more financial choices.

Money and the Move

A look at the PCS process to assist Sailors and their families prepare to move CONUS and OCONUS. Training provides an overview of the phases of relocation, financial entitlements, creating a plan of action, packing tips, family concerns, and resources available.

Money Habitudes

Money issues have nothing to do with how much you make and everything to do with what you spend. Our spending habits come from our money habits... our habits and attitudes towards money.

EVENT/CLASS DESCRIPTIONS

myFICO Credit Score/Report

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

Navy Retirement ... Is It Enough?

Getting ready to retire and unsure if it will be enough? This workshop looks at the three stages of retirement, the five retirement steps and sources and types of income available in "real" retirement.

Newly Married? Let's Talk Money

Talking about money can be stressful. Adding the military lifestyle makes it even more stressful. Learn tips to get your money and marriage on track.

New Spouse Orientation

Get all the essential information you need for success: benefits, support services, military culture, and more.

Now I'm the Landlord ...

Moving or PCSing but can't sell your house here or just want to rent out a room? This workshop will prepare a homeowner

to become the landlord by getting financially ready, understanding the laws, hiring a property manager, finding good tenants, maintaining your property, and using your resources.

Ombudsman Basic Training

Ombudsmen are required to attend Ombudsman Basic Training (OBT) within six weeks of their appointment. For more information, call 360-257-8053.

Stress & Anger Management

This workshop covers the definitions, origins, and effects of stress and anger. The ability to identify individual internal and external stressors is key to self-management. Building an awareness of personal triggers, and how to minimize the impact of those triggers will also be discussed. Attendees learn tools and techniques to support healthy responses to situations that may occur at work and home.

Tackling Student Loans

Is student loan debt interfering with your GPA (going places ability)? Come learn what options are available to include if you are in default.

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

You signed up for it in boot camp but you have no idea how it works...This workshop explains in detail the Thrift Savings Plan to include the various options and funds, plus the Blended Retirement System benefits.

Transition GPS (Separation or Retirement)

Transition GPS is designed to build skills to prepare Sailors to depart the military and meet mandatory Career Readiness Standards (CRS).

Navy Gold Star Program

Navy Gold Star services provide support to surviving family members of Sailors who died while on Active Duty, no matter the cause of death. Survivors remain part of the Navy Family and are welcome at any Fleet & Family Support Center (FFSC) for as long as they desire.

Sexual Assault Prevention & Response (SAPR) Program

SAPR provides 24/7 services and support to assist victims of sexual

assault and aims to reduce the incidence of sexual assault committed by or against military service members, their families, and civilians.

Survivors Overcoming Assault with Resiliency (SOAR) Support Group

This is a 10-week, psycho-educational support group that

aims to assist survivors of sexual abuse and violence. It is trauma-informed, strength-based and provides a safe environment to begin the healing process. For women and men, 18 and older.

Fleet & Family Support Webinars

Attend live workshops from the comfort and convenience of your home computer! All you need is a computer and a phone.



For a schedule and to register:
www.navylifepnw.com
 Questions: 866-854-0638 or
ffsp.cnrnw@navy.mil



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



855-628-9997 (24/7)

www.navywoundedwarrior.com



HOUSING SERVICES

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

Housing Service Center

Nor'Wester
3675 W Lexington,
Bldg. 2556
Oak Harbor, WA 98278
800-876-7022
Monday-Friday:
7 a.m.-4:30 p.m.

Unaccompanied Housing

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

After-hours Emergency Maintenance
360-914-7347

Housing Services:

- Pre-screened community housing listings.
- Personalized counseling to find what will work best for your situation, including exceptional family member needs.
- Lease services, including review and explanation of lease terms and lease negotiation.
- Subject matter experts who can assist you with the Service Members Civil Relief Act (SCRA) or any landlord/tenant disputes that you have been unable to resolve on your own.

- Housing representatives who can document basic health or safety conditions in the home.
- Outbound services to help you with housing at your next destination.
- Local maps, fax services and more, all available to you at no cost!

Homes.mil, your FREE online resource

Check out HOMES.mil, the only DoD-sponsored rental listing website used by Military Housing Offices around the world. Service members and their families can view property listing details, contact Property Managers by

email, compare multiple listings and map rental properties without logging in. Property managers and landlords can also use this service to list their rentals. For more information, contact your installation HSC.

Online Barracks Maintenance Requests

Available 24/7, residents can submit non-emergency maintenance requests through the online maintenance request program at 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/9DFX26C

HOUSING SERVICE CENTER

Let us help you!

Visit any Housing Service Center (HSC) for:

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

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

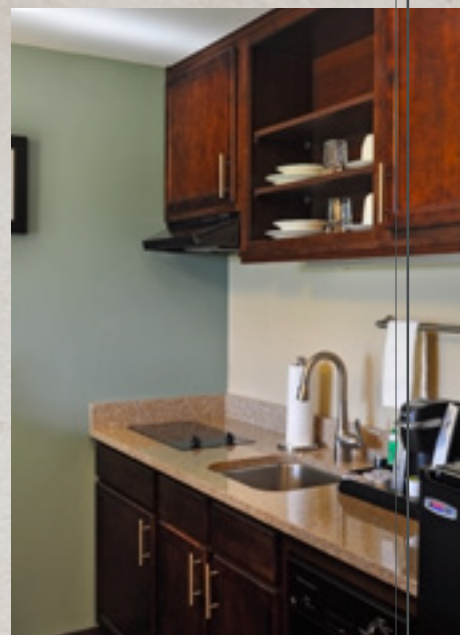
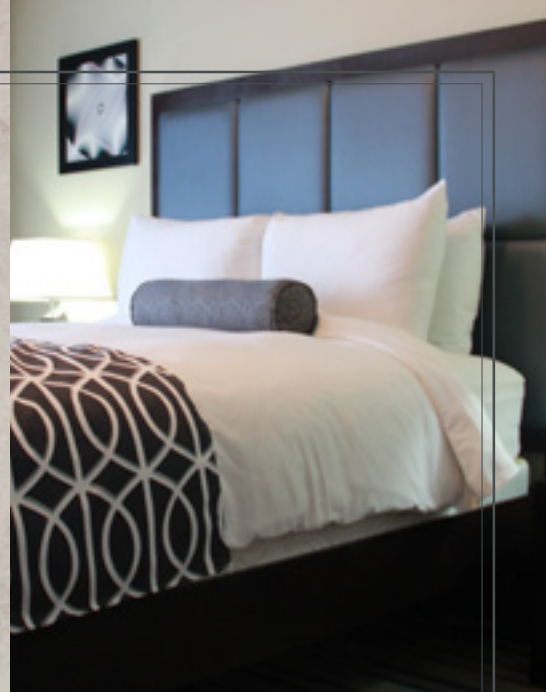


Naval Base Kitsap Housing Service Center
Bangor Plaza
2720 Ohio Street
Silverdale, WA 98315
360-396-4399
nbk-housing@navylifepnw.com

NAVSTA Everett Housing Service Center
2000 W. Marine View Drive
Bldg. 2028
Everett, WA 98207
425-304-3402
everett-housing@navylifepnw.com

NAS Whidbey Island Housing Service Center
3675 W. Lexington St.
Bldg. 2556
Oak Harbor, WA 98278
360-257-3331
whidbey-housing@navylifepnw.com

800-876-7022



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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.

Department of the Navy
Fleet & Family Readiness
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