



EXPERIENCE NAVY LIFE

NAVAL AIR STATION

WHIDBEY

YOUR GUIDE TO ON BASE RESOURCES AND ACTIVITIES

APRIL-JUNE 2019

UNDER THE STARS

FAMILY CAMPING ADVENTURES

STRONG, BRAVE, RESILIENT: MILITARY CHILDREN

REMEMBERING OUR HEROES

CELEBRATING MOM & DAD





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at your service

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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:

www.whidbey.navylifepnw.com/magazine.

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CONTACT US TODAY!

360-535-9092

Sponsorship.cnrnw.pf@navy.mil



A MESSAGE FROM THE FFR DIRECTOR

Hopefully by now the trademark Whidbey winds have subsided, and the longer days are looking a lot more springlike. I for one am looking forward to the additional daylight and the opportunity to spend more time outdoors during the week. One of the great benefits of living and working on Whidbey is the abundance of outdoor recreation opportunities only minutes from most locations on the island. Having the ability to sneak in a bike ride, trail run, or hike after work sure helps adjust the attitude and make us all a lot more productive during the day. If you find yourself needing some guidance on how to safely make the most of the outdoors, or some support clinging onto those ambitious resolutions you set, then make sure to thumb through this guide to check out all the classes and events we have scheduled for you over the next three months. From kayaking to team sports, I'm sure you will find what you are looking for.

We sincerely hope you make us a part of your spring planning, and please don't hesitate to let us know how we can better facilitate your ability to make the most of the beautiful Pacific Northwest. See you on the trails!

WAYNE SHORT

CNRNW N9 | FFR Director,
Naval Air Station Whidbey Island



SHARE YOUR PHOTOS! BE FEATURED!



PARTICIPATE in our programming, **SNAP** a photo, and **SEND** it to info@navylifepnw.com

Your photo could be featured in our next Experience Navy Life Magazine! Include your name, PNW base, activity and "Photo submission" in the subject line. **#navylifepnw**

HOW TO REGISTER FOR FFR ACTIVITIES ONLINE



5 SIMPLE STEPS

- 1 VISIT** <https://myffr.navyaims.com/nw.html>
- 2 LOG-IN** Enter your Username/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!

FAMILY CAMPING TRIP SURVIVAL GUIDE

CONTRIBUTED BY RYAN LEAVY

Summer and camping go hand in hand in Washington state. However, camping with kids can be daunting, even for a seasoned survivalist. To help you embark on your big family adventure with confidence, we've compiled some of the best tips and tricks from the outdoor experts at MWR.

Make Reservations Early: In Washington State, campgrounds tend to fill up fairly quickly. Most people begin planning and making reservations 6-9 months in advance and last-minute sites are few and far between. Luckily for the Military Community, you have access to three private campgrounds! Jim Creek Navy Community Recreation Area, Cliffside RV Park and Navy Getaways Pacific Beach are only accessible to those with base access and are routinely patrolled by base security. They all offer their own unique niche with Pac Beach on the Ocean, Jim Creek in the woods and Cliffside with sunset views of the Puget Sound.

Practice Makes Perfect: Before you go, pitch a tent in the backyard or even in your living room. Let the kids hang out and sleep in it so they become comfortable with this new environment. Once the kids are comfortable in a tent, go for a family outing at a park close to home. Set up the tent and see how your kids react to the experience.

Involve the Kids: Show them pictures of your destination and ask what they want to see or do while they are there. They will talk about it all the time leading up to the trip and build excitement. Ask about what foods they want to enjoy and be sure to indulge them a little bit. Who doesn't love s'mores? Let the kids pack some of the camping gear or even if it's just filling a small backpack with toys.

Get your Gear: If you're missing something (or everything), your MWR recreation center can help with a wide selection of rental items at an affordable price. Once you have what you need, establish locations for important items and remind everyone to return it back to its proper location or you'll be stubbing your toe at 2 a.m. looking for the lantern! And, don't forget to buy a few lightweight and inexpensive toys to keep on hand as a special reward or an emergency distraction for the little ones, just in case setting up the tent ends up being harder than you thought.

THE GREAT NAVY CAMPOUT

Adventure awaits this summer at this family-friendly camping tradition. Contact a participating Navy Getaways location for details.

Bring a Friend: Invite another family or bring along your child's BFF. Kids get bored of us eventually, but they never tire of their friends! Safety First: When you get to the campsite the first thing you'll want to do is let the kids run loose and explore the outdoors. However, be sure to establish some ground rules such as "always be in sight of a parent". You can give each child a whistle and access to a flashlight or headlamp. Also, be sure to learn about the local wildlife and if any precautions need to be taken such as proper food storage or how to react to an animal encounter.

Look for Wildlife: You're almost guaranteed to see the famous Deer of Jim Creek or the neighborly Bald Eagles of Cliffside. Check out bugs, examine rocks, identify birds, flowers, clouds or constellations.

Cash in on Geocaching: A GPS-guided treasure hunt engages kids in all sorts of ways and tends to lead you to unexplored and exiting parts of the campground. Search for GeoCache in the App Store or ask at the Front Desk of the campground if they have any GeoCaches hidden in the area. Toss Out the Schedule: If your kids want to skip rocks into Jim Creek or fly a kite at Pac Beach for four hours, let them! Tossing out that regimented schedule is part of the joy of camping.

Play King for a Day: Make the kids feel important. Assign them camp chores such as picking up sticks for kindling or stacking firewood near the firepit. Recognize their contributions and bust out a toy from your secret stash.

Expect the Unexpected: As much as we swear we go camping to rest and relax, acknowledge that camping with kids in tow can still be stressful. Go in prepared to cope with inconvenience. Keeping that upbeat, can-do attitude will make all the difference by the end of the trip. Even when things don't go as planned, remember that there's nothing like the great outdoors to bring everyone together and make memories that will last a lifetime.

FOOD & FUN

MWR-operated food and beverage facilities offer a variety of dining experiences, ranging from fast-casual to fine dining, as well as catering and special event services. Online ordering and delivery are also available at certain locations. All sales support MWR programs.



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
Friday:
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.-1 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).



Kegler's Grill & Back Alley Bar

Convergence Zone
3535 N Princeton
Bldg. 2510
Oak Harbor, WA 98278
360-257-1567
360-257-8541
Open seven days a week
Bar Hours
Monday-Thursday:
5-9 p.m.
Friday & Saturday:
5-11 p.m.
Sunday: 10 a.m.-6 p.m.

Kegler's Grill & Back Alley Bar is a casual eatery that is located in the Community Recreation Center (Convergence Zone) along Midway St. on Ault Field Base, which makes it an ideal meeting point for lunch or happy hour. It's most popular for its pizza, burgers, wraps, and bone-in wings.



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. Stop by and pick up an event planner and let us help you plan your next special event.

Whidbey Catering services are offered at any of our MWR facilities. Contact 360-257-2521.



EASTER BRUNCH

Sunday, April 21
10 a.m.-1 p.m.
\$11.95-\$28.95
Pre-paid reservations recommended.
Bakerview Restaurant
360-257-2505



MOTHER'S DAY BRUNCH

Sunday, May 12
10 a.m.-1 p.m.
\$11.95-\$28.95
Pre-paid reservations recommended.
Bakerview Restaurant
360-257-2505



MONGOLIAN BBQ


Thursday, May 2
5-8 p.m.
\$1.25 per ounce. Guess the weight and get half off your total meal!
Pre-paid reservations recommended.
Bakerview Restaurant
360-257-2505

FOOD & FUN EVENT CALENDAR APRIL-JUNE 2019

■ = For Kids

DATE	EVENT	TIME	PRICE	VENUE/HOST
ONGOING				
7 days a week	■ Kids' Birthday Club	All Day	Youth and teens, under age 17, earn a FREE game of bowling and (one) FREE book from our resource center on your birthday!	Resource Center Convergence Zone
7 days a week	■ Games for Grades	Daily	FREE	Convergence Zone
7 days a week	Take a Bit Out of Midday Hunger	2-5 p.m.	One-Topping Pizza Slice \$2.25, Specialty Pizza Slice \$3.25 Daily Fresh-baked Cookies.	Kegler's Grill
1st Sun. of the month	Sunday Brunch	10 a.m.-1 p.m.	\$18.95 adults/\$9.95 children 5-12/ FREE for 4 and under.	Bakerview Restaurant
Mon.-Fri.	Lunch & Bowl Special	11 a.m.-2 p.m.	Show us your lunch receipt from Kegler's Bar & Grill, from that day, and receive one FREE game of bowling. Shoes regular price.	Convergence Zone
Mon.	Monday Madness Bowling	11 a.m.-9 p.m.	50¢ games, shoes regular price.	Convergence Zone
Tue.	USBC Summer Bowling League	6-9 p.m.	Bowling lanes reserved for league play only during this time.	Convergence Zone
2nd Thu. of every month	■ Family-Friendly Movie Night	6 p.m.	Enjoy a sensory-friendly atmosphere where the lights are turned up and the sound is turned down.	Skywarrior Theater
3rd Thu. of every month	■ Throwback Thursday	6 p.m.	Enjoy a movie you haven't seen in a long time on the big screen!	Skywarrior Theater
Fri.	Bakerview Restaurant Service	11 a.m.-1 p.m. 5-8 p.m.	Menu available www.navylifepnw.com .	Bakerview Restaurant
Fri.	Flight Fridays	5-10 p.m.	\$15, beer flight & appetizer.	Back Alley Bar
Fri.	■ Crazy Cosmic Bowling	8-11 p.m.	\$13 per person, shoes regular price.	Convergence Zone
Sat.	■ Family Fun-Pack Bowling	6-11 p.m.	\$30 for up to four bowlers. Enjoy two hours of bowling, single-topping pizza, and pitcher of soda. Shoes regular price.	Convergence Zone
Sun.	■ Rent-a-Lane Sundays	11 a.m.-6 p.m.	Rent a lane for \$11 an hour, for up to five bowlers, for as many games as you can bowl. Shoe rental included.	Convergence Zone
Sun.	■ Kids' Cosmic Bowling	11 a.m.-2 p.m.	Regular fees apply.	Convergence Zone
APRIL				
Mon. 1-Tue. 30	■ Spring Flower Coloring Contest	Daily	FREE	Resource Center Convergence Zone
Mon. 1-Fri. 5	■ Spring Break Bowling Special	11 a.m.-5 p.m.	Ages 18 and under, \$1 games and \$1 shoe rental.	Convergence Zone
Wed. 3, Thu. 4 & Fri. 5	■ Spring Break Special	6 p.m.	Come in and watch a FREE family movie during spring break and receive 10% off a Skywarrior Combo.	Skywarrior Theater
Sat. 6	April Showers Paint Social	6-9 p.m.	\$30, two glasses of wine included. Additional purchase of food and drinks available throughout the evening.	Back Alley Bar, Pre-paid reservations recommended. 360-257-8541
Thu. 11	Dream Catcher Paint Social	6-9 p.m.	\$39.95 per person, includes paint supplies, two glasses of wine, beer, or soda and light appetizers.	Bakerview Restaurant, Pre-paid reservations recommended. 360-257-2505
Wed. 17	Murder Mystery Dinner: Sin City	6-9 p.m.	\$39.95	Bakerview Restaurant, Pre-paid reservations recommended. 360-257-2505
Sun. 21	■ Easter Brunch	10 a.m.-1 p.m.	\$28.95 adults, \$26.95 MWR Club Members \$11.95 kids ages 5-12, FREE for ages 4 and under.	Bakerview Restaurant, Pre-paid reservations recommended. 360-257-2505
Thu. 25	Disney® Trivia	6-9 p.m.	\$12.95, All-you-can-eat includes chicken strips, French fries, pizza, and salad bar!	Back Alley Bar, Pre-paid reservations recommended. 360-257-8541
Thu. beginning April 25	Bowling League	6-9 p.m.	Coaches' Meeting is April 15, 2 p.m., NASWI Fitness Center. Sign up for league through NASWI Fitness Center or Intramural Sports at 360-257-4320.	Convergence Zone


Events are subject to change or cancellation without prior notice. For the most up-to-date information, contact the venue/host directly or visit www.navylifepnw.com.



BOWLING 2.0
Sundays, June 2, 9, 16, & 23
Noon-2 p.m. • FREE
All ages welcome!
Convergence Zone
New topics covered each week.
Taught by a USBC Certified
Bowling Coach.
To register call 360-257-2432



SKYWARRIOR THEATER
**FAMILY-FRIENDLY
MOVIE NIGHT**
2nd THURSDAY every MONTH
6 PM
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



HUNGRY?
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Search For "DINE ON THE GO - PNW"
in the APP STORE™ or GOOGLE PLAY™
No Smartphone? No Problem!
ORDER ON OUR WEBSITE
www.dineonthegopnw.com

DATE	EVENT	TIME	PRICE	VENUE/HOST
MAY				
Thu. 2	Mongolian BBQ	5-8 p.m.	\$1.25 per ounce. Guess the weight and get half off your total meal!	Bakerview Restaurant, Pre-paid reservations recommended. 360-257-2505
Sat. 4	May the Fourth Be With You	6-9 p.m.	\$30, two glasses of wine included. Additional purchase of food and drinks available throughout the evening.	Back Alley Bar, Pre-paid reservations recommended. 360-257-8541
Thu. 9	Mommy & Me Paint Social	5-8 p.m.	\$39.95 adults; \$10 for kids 5-12. Please note-this event is for ages 5 and older.	Bakerview Restaurant, Pre-paid reservations recommended. 360-257-2505
Sun. 12	Mother's Day Brunch	10 a.m.-1 p.m.	\$28.95 adults, \$26.95 MWR Club Members \$11.95 kids ages 5-12; FREE for ages 4 and under.	Bakerview Restaurant, Pre-paid reservations recommended. 360-257-2505
Sun. 12	Mother's Day Special	TBD	Admission is FREE and all moms receive a FREE small popcorn.	Skywarrior Theater
Sun. 12	Bowl with Mom	11 a.m.-6 p.m.	Moms bowl FREE!	Convergence Zone
Thu. 23	Nerd Night Trivia	6-9 p.m.	\$12.95, All-you-can-eat includes chicken strips, French fries, pizza, and salad bar!	Back Alley Bar, Make pre-paid reservations at 360-257-8541
Fri. 24	Sensory-Friendly Bowling Night	5-7 p.m.	FREE	Convergence Zone Limited to EFMP Families only. RSVP at 360-257-5266.
JUNE				
Sundays 2, 9, 16 & 23	Bowling 2.0	Noon-2 p.m.	FREE, register at least two days prior each week. Registration is for the entire program.	Convergence Zone
Wed. 5	Plank Paint Night	6-9 p.m.	\$39.95 per person, includes paint supplies, two glasses of wine, beer, or soda and light appetizers.	Bakerview Restaurant, Pre-paid reservations recommended. 360-257-2505
Sat. 8	Fairy Enchanted Picnic	2-4 p.m.	\$15 per person, includes wand-making and flower headband crafts, face painting, light snacks, fire-fly catching, and bring home your own fairy dust.	Bakerview Restaurant, Pre-paid reservations recommended. 360-257-2505
Sat. 15	Daddy Daughter Dance	5-8 p.m.	Prime rib: \$28.92, crab cakes: \$18.95, chicken strips \$8.95, includes salad, sparkling cider, dessert, evening picture, and dancing.	Bakerview Restaurant, Pre-paid reservations recommended. 360-257-2505
Sun. 16	Bowl with Dad	11 a.m.-6 p.m.	Dads bowl FREE!	Convergence Zone
Thu. 20	Animal Kingdom Trivia	6-9 p.m.	\$12.95, All-you-can-eat includes chicken strips, French fries, pizza, and salad bar!	Back Alley Bar, Pre-paid reservations recommended. 360-257-8541
Fri. 21-Sun. 30	Kids Bowl FREE!	TBD	Program now includes a \$29.95 family pass to bowl all summer long. Ages 5-17, enjoy two FREE games of bowling every day!	www.kidsbowlfree.com Convergence Zone
Sat. 29	Dreaming of Summer	6-9 p.m.	\$30, two glasses of wine included. Additional purchase of food and drinks available throughout the evening.	Back Alley Bar, Pre-paid reservations recommended. 360-257-8541



FROM CASUAL TO FORMAL, *THE PREFERRED CHOICE* FOR MEETINGS & EVENTS

Hosting an event? The best place is on base!

Support Your Military: Profits from your event contribute to upgrades and enhancements of Quality-of-Life programs, facilities and equipment for Sailors, Marines and their families!

360-396-5466 Naval Base Kitsap

360-257-2521 NAS Whidbey Island

425-304-3906 Naval Station Everett

CONTACT US AT: CATER-CONFERENCE.CNRNW@NAVY.MIL





HOBBIES & RECREATION

Navy Community Recreation proudly offers you outdoor recreation, community events, discount tickets to attractions and vacation bookings, leisure skills development, recreation equipment rentals, parks and picnic areas and information and referral to a variety of recreational offerings in the Pacific Northwest.

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:

- Rental of stalls and lifts
- Tire changing and balancing
- Testing of starters, alternators and batteries
- Strut compressor
- Grease gun
- Drum and rotor turning
- Cooling-system work
- Computer diagnostics

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.-11 p.m.
Sunday: 11 a.m.-6 p.m.
Holidays: closed

Convergence Zone is your one-stop shop for all things recreation. Stop by and explore the many recreation and entertainment options conveniently housed under one roof.

Amenities include:

- Indoor playground
- Toddler play area
- Billiards, air hockey, foosball, ping-pong and shuffleboard
- Online computers
- Wi-Fi
- Xbox 360s and Nintendo Wiis

- Lending Library and Resource Center
- Fax, copy and printing services

Convergence Zone Facilities and Services Costen-Turner Recreation Area

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

Disc Golf Course

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

Equipment Rentals

From sleeping bags to boats, our experienced staff stands ready to outfit your next outdoor adventure.

Paintball

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

Rocky Point Recreation Area

Rocky Point Recreation Area, adjacent to the Gallery Golf Course, is 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 hotspots. We also offer a wide variety of day and week-end trips. Let us do the

driving while you travel in style.

Vehicle Storage

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 down-time, store it in one of our two secured lots on the Seaplane Base. Register at Navy Getaways Cliffside 360-257-2649.

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



EASTER HOPPENINGS

Saturday, April 20
8 a.m.-Noon • FREE
Navy Exchange
Hosted by Community Recreation
360-257-2432



MAY THE 4TH BE WITH YOU COMIC BOOK DAY

Saturday, May 4
1-3 p.m. • FREE
Convergence Zone
Hosted by Community Recreation
360-257-2432



MOTHER'S DAY CARD MAKING

Wednesday, May 1-Sunday, May 12
All Day • FREE card making
Convergence Zone
Multipurpose Room
360-257-2432

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, resale, 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
Monday-Friday:
10:30 a.m.-8:30 p.m.
Saturday: 1-9 p.m.
Sunday: 1-8 p.m.
Public Holidays: 1-6 p.m.

Designed for Liberty-eligible service members (young adults, E1-E6) who seek high-energy recreation and entertainment in an alcohol-and tobacco-FREE environ-

ment. Eligible users may escort up to two guests over the age of 18.

Amenities include:

- FREE Wi-Fi
- Xbox One, PS4, and Wii consoles with internet connection and surround sound dome
- Cyber Café with 18 CAC-accessible computers
- Music Room with professional instruments
- Classes: DIY, cooking, arts & crafts, knowledge and skills
- Regular weekly programming with prize giveaways, tournaments, mini games, regional base vs. base competitions, birthdays, and more!
- 2 pool tables
- 1 foosball table
- Ping pong
- Chess table
- Volunteer opportunities

Skywarrior Theater

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

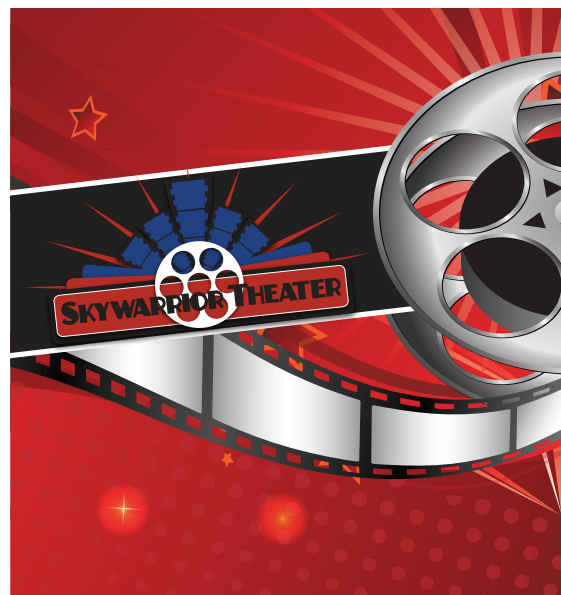
Skywarrior Theater features the Navy's first digital projector,

complete with a silver screen, 3-D capabilities and fully cushioned, reclining 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.



SKY WARRIOR THEATER

360-257-MOVI (6684)

- Seats over 600 people, with a digital projector and 3-D capabilities
- Fully cushioned, reclining 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 for movie showtimes and special events.



LADIES' WINE & GOLF NIGHT

Thursdays, June 20-Sept. 26
5 p.m. • \$20, includes glass of wine and golf lesson
Registration recommended.
Hosted by Gallery Golf Course
360-257-2178

PAID POSITIONS NOW OPEN!

RECREATION CLASS INSTRUCTORS

Do you have a special talent or skill you are interested in sharing? The Convergence Zone is looking for instructors to teach community members of all ages.

MUSIC **ARTIST**

Interested? Submit your proposal to the Convergence Zone
360-257-2432

FUN STARTS HERE

NAVY REGION NORTHWEST COMMUNITY RECREATION TICKETS OFFICE

Enjoy discounted tickets to some of the most popular attractions, amusement parks, and activities in the United States.



















Visit our Ticketing Office today!
Inside the Convergence Zone
360-257-2432

HOBBIES & RECREATION EVENT CALENDAR APRIL-JUNE 2019

■ = Activity ■ = Class ■ = Special Event
■ = Trip/Tour ■ = For Kids ■ = Captain's Cup

DATE	EVENT/CLASS	TIME	PRICE	VENUE/HOST
ONGOING				
Mon.	■ The 'Baby Bunch' Playgroup	Noon-2 p.m.	FREE	Convergence Zone
Tue.	■ Garden to Kitchen Series	5:30-6:30 p.m.	FREE	Convergence Zone
Wed.	■ Toddler Time		FREE	Convergence Zone
Thu.	■ Climbing Wall Thursdays	4:30-7:30 p.m.	FREE	May: Convergence Zone June: NASWI Fitness Center
Sat. & Sun.	■ General Quarters Paintball	11 a.m.-4 p.m.	Fees apply	Private Parties and Command Parties Available. Convergence Zone
APRIL				
Mon. 1- Tue. 30	■ Spring Flower Coloring Contest	Daily	FREE, prizes awarded!	Resource Center Convergence Zone
Sat. 6	■ SNOWINGA*	8 a.m.-7 p.m.	\$20 per person	Mount Baker Convergence Zone
Sat. 6	■ Men's Golf Association Tournament	9 a.m. shotgun	Format varies	Gallery Golf Course
Sat. 13	■ Iron Goat Trail*	8 a.m.-4 p.m.	\$16 per person	Stevens Pass CZ Community Recreation
Sat. 13	■ Make & Take: Ceramic Flower Pot*	3-5 p.m.	\$5 per craft	Convergence Zone Multipurpose Room
Sat. 13	■ Seattle Mariners Baseball Game Armed Forces Salute Night*	3-11 p.m.	\$48 per person	Downtown Seattle CZ Community Recreation
Sat. 20	■ Easter Hoppenings	9 a.m.-Noon	FREE	Navy Exchange
Mon. 22	■ Basics for Beginners: Auto Maintenance 101*	5-6 p.m.	\$5 per person	Auto Skills Center
Tue. 23- Wed. 24	■ First Aid CPR*	6-9 p.m.	\$50 without manual, \$60 with manual	Convergence Zone Multipurpose Room
Sat. 27	■ Snoqualmie Falls Wine & Chocolate Tour*	8 a.m.-8 p.m.	\$25 adults, \$15 child	Snoqualmie Falls, CZ Community Recreation
Sat. 27	■ Oyster Dome Trail Hike*	9 a.m.-4 p.m.	\$16 per person	Chuckanut Drive, CZ Community Recreation
Sat. 27	■ Glo Golf 2-Person Scramble*	Sunset	\$30 per person	Gallery Golf Course
MAY				
Wed. 1- Sun. 12	■ Mother's Day Card Making	ALL DAY	FREE card making	Convergence Zone Multipurpose Room
Sat. 4	■ Men's Golf Association Tournament*	9 a.m. shotgun	Format varies	Gallery Golf Course
Sat. 4	■ May the 4th Be With You Comic Book Day	1-3 p.m.	FREE	Convergence Zone
Tue. 7- Wed. 8	■ Basic Sea Kayaking*	May 7: 4:15-6:30 p.m. (ASTC Pool); May 8: 4:30-7:30 p.m. (Crescent Harbor by DECA)	\$45 per person	CZ Community Recreation
Sat. 11	■ NW Trek Wildlife Park*	7:30 a.m.-7 p.m.	\$35 ages 13+, \$30 ages 5-12, \$19 ages 3-4, \$10 ages 2 and under	Eatonville, WA CZ Community Recreation
Sat. 11	■ Spouse Appreciation Golf Clinic	1-3 p.m.	FREE to all military spouses	Gallery Golf Course
Fri. 17- Sun. 19	■ Wilderness First Aid*	May 17 6-9 p.m., CZ May 18-19 8 a.m.-5:30 p.m., Rocky Point Recreation Area	\$119 per person, includes 2-year ARC Wilderness/Remote Aid and First Aid/ CPR Card.	Convergence Zone & Rocky Point Recreation Area CZ Community Recreation

Events are subject to change or cancellation without prior notice. For the most up-to-date information, contact the venue/host directly or visit www.navylifepnw.com. (*) Requires advance registration.

DATE	EVENT/CLASS	TIME	PRICE	VENUE/HOST
MAY CONTINUED				
Sat. 18	 Spring Fling Cross-Country Individual Golf Tournament*	9 a.m. Format Varies	\$20 plus greens fees	Gallery Golf Course
Sat. 18	 Make & Take: Butterfly Necklace*	3-5 p.m.	\$5 per craft	Convergence Zone Multipurpose Room
Sat. 25- Mon. 27	 Victoria, BC Memorial Weekend Getaway*	TBD	\$499 Single Occupancy \$334 per person Double Occupancy \$130 per person (ages 13-17) \$99 per person (ages 12 and under)	Victoria, B.C. CZ Community Recreation
Sun. 26	 Lake 22 Trail Hike*	8 a.m.-4 p.m.	\$16 per person	Mountain Loop Highway CZ Community Recreation
Mon. 27	 Basics for Beginners: Auto Maintenance 101*	5-6 p.m.	\$5 per person	Auto Skills Center
JUNE				
Sat. 1- Sun. 30	 National Get Outdoors Month	Daily Special	10% off outdoor recreation equipment rentals, kayak classes, and rock climbing trips.	Convergence Zone CZ Community Recreation
Sat. 1- Sun. 16	 Father's Day Card Making	ALL DAY	FREE card making	Convergence Zone Multipurpose Room
Sat. 1	 Vancouver, BC Stanley Park*	7:30 a.m.-8 p.m.	\$44 ages 13+, \$31 ages 4-12, \$15 ages 3 and under	Vancouver, B.C. CZ Community Recreation
Thu. 6	 Intramural Sports Golf		Coaches' Meeting is May 20, 2 p.m., NASWI Gym. Sign up for league through NASWI Fitness Center or Intramural Sports at 360-257-4320.	Gallery Golf Course
Sat. 8	 Men's Golf Association Tournament	9 a.m. shotgun	Format varies	Gallery Golf Course
Sat. 8	 Whale-Watching Tour Meet-Up*	9:30 a.m.-3:30 p.m.	\$75 adults, \$55 ages 3-17, FREE 0-2	Meet up in Anacortes, WA CZ Community Recreation
Sat. 8	 Make & Take: Funky Wind Chimes*	3-5 p.m.	\$5 per craft	Convergence Zone Multipurpose Room
Tue. 11- Wed. 12	 Basic Sea Kayaking*	June 11: 4:30-6:30 p.m. (ASTC Pool), June 12: 4:30-7:30 p.m. (Crescent Harbor by DECA)	\$45 per person	Convergence Zone
Sat. 15	 iRead Summer Reading Program Launch	Noon-3 p.m.	FREE	Skywarrior Theater
Fri. 21- Sun. 23	 Rainier Cup Golf Tournament	8 a.m.	TBD	Gallery Golf Course
Thursdays, June 20- Sept. 26	 Ladies' Wine & Golf Night	5 p.m.	\$20, includes glass of wine and a golf lesson	Gallery Golf Course
Fri. 21	 Summer Solstice Climb*	4-10 p.m.	\$20 per person	Mount Erie, Anacortes CZ Community Recreation
Mon. 24	 Basic Sea Kayaking Excursion*	8 a.m.-4 p.m.	\$40 per person, *must have taken Basic Sea Kayaking Course	Whidbey Island CZ Community Recreation
Mon. 24	 Basics for Beginners: Auto Maintenance 101*	5-6 p.m.	\$5 per person	Auto Skills Center
Fri. 28- Sun. 30	 Great Navy Campout*	2 p.m., Friday, June 28-5 p.m., Sunday, June 30	FREE	Cliffside RV Park CZ Community Recreation

EVENT/CLASS DESCRIPTIONS

ARTS & CRAFTS

Father's Day Card Making

A card making station will be set up June 1-16 for patrons to create a hand-crafted card for Dad on his special day.

Make & Take Craft Events

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

Mother's Day Card Making

This month we will have a card making station set up May 1-12. Kids can come by the Resource Center and make a special card for their mom.

ENTERTAINMENT

Gallery Golf Course

Enjoy the only Navy Golf Course in the Puget Sound! Eighteen-hole course offers tournaments, lessons, Ladies' Wine & Golf Nights and more! Pro Shop on site!

KID-FRIENDLY

The 'Baby Bunch' Playgroup

Take this opportunity to meet up with other caregivers and their babies to socialize and make new friends at our baby sensory playgroup. Each week we will have a baby sensory play zone set up in our multipurpose room. Siblings welcome to join. For ages 0-2.

Climbing Wall Thursdays

Join us every Thursday to test your climbing skills at the wall! Program rotates between the NASWI Fitness Center and Convergence Zone. Gear available for all ages!

Easter Hoppenings

Come meet the Easter Bunny, gather eggs and have a great time! Egg hunts by age categories. Then, enjoy the bunnies at the petting zoo, kids crafts and more!

Games for Grades

Think you are doing well in school? Bring in your report card to show your good grades or improvement from previous report card and earn a FREE game of bowling!

Great Navy Campout

Celebrate June's National Get Outdoors Month with two free nights of fun-filled tent camping at Cliffside! Need gear? We got you covered! Just let us know at registration what you need. There will be plenty to do, such as fire safety and campfire building, crafts, guided nature hikes, campfire songs and more!

It's Showtime! – iREAD Kick-Off Party

Join us for our summertime reading program and a Whidbey Playhouse live performance. Get your FREE admission by registering for the 2019 Summertime Reading program and receive your goody bag. We will have door prizes, bounce houses, face painting, FREE popcorn and cotton candy. Registration is open to all ages 0-100. Weekly prizes are awarded at the Convergence Zone for those who meet their reading goals. Before and after the show, we will have information on the exciting program and resources offered by our local and online Navy Libraries. Our School Liaison Officer will also be on-site with educational resources and to answer any questions.

May the 4th Be With You Comic Book Day

Join us for National Comic Book Day with our Star Wars-themed comic event. Meet Darth Vader, get Jedi training by a Jedi Master trainer and make your very own lightsaber. Feel free to dress up as your favorite comic

character. Participate in our comic trivia and be eligible for door prizes. The School Liaison Officer will be on hand with educational resources and to answer any questions. We will also have an informational table on the exciting program and resources offered by our local and online Navy Libraries.

Toddler Time

Join us each week for a themed story time, an activity and craft. Caregiver must be present and stay/assist the child during all activities. For ages 3-5.

TRIPS & TOURS

Iron Goat Trail

Enjoy an early season day hike on the famous, paranormal activity trail, which follows old remnants of the Burlington Northern railroad track. Come experience one of the most accessible, history-filled hikes in Washington State.

Mariners Game – Salute to Armed Forces Night

The Salute to Armed Forces Night at T-Mobile Park is a special night honoring the United States Armed Forces and service veterans. This trip includes club-level seating and a limited-edition Mariners military coin.

NW Trek Wildlife Park

NW Trek Wildlife Park has over 40 species of native northwest animals from Bison to slugs! Discover all this park has to offer on either a tram ride through the free-roaming area, walking trails or keeper chats. Kids will love exploring at the Family Discovery Center and at Kids Trek, an adventure playground inspired by nature!

Lake 22 Trail Hike

The Lake 22 Trail snakes its way up to a pic-

turesque alpine lake, situated under the flanks of the popular Mount Pilchuck, off the Mountain Loop Highway. The trail is surrounded by old-growth trees and alpine wetlands that are not commonly seen at such a low elevation in the Cascades. This trail is also a good way to enjoy the early season wonders of the melting snow in a way that gets one's blood flowing. Whether it be for gorgeous photos, a training hike, or simply a day outdoors, a hike up the Lake 22 Trail may be the right choice for you!

Snoqualmie Falls Wine & Chocolate Tour

Escape to the beauty of Snoqualmie Falls, Washington's famous 270-foot waterfall! Then head to a chocolate factory before wine tasting!

SNOWINGA

Have you ever tried Yoga on top of a mountain in the snow? Come join us for our annual Snowshoe, Wine, and Yoga trip! After a few hours in the snow, enjoy a glass of wine from the local wineries near Mount Baker! Price includes experienced guide, all equipment, and transportation (wine tasting will be separate).

Summer Solstice Climb

Come celebrate the longest day of the year and the first day of summer with a beginner's after-work climb on the stellar Mount Erie, high above the rest of Fidalgo Island. One can take in the beautiful views of the surrounding islands and mountains during the spectacular first sunset of summer. Mount Erie offers an abundance of beginner-friendly routes and plenty of options for the more advanced climbers. Come have some after-work fun!

Vancouver, BC Stanley Park

There's no shortage of incredible things to see at the Vancouver Aquarium! Then, take a stroll through the magnificent green oasis of Stanley Park!

Victoria, BC Memorial Weekend Getaway

Includes accommodations for two nights with breakfast, round-trip transportation, entrance to the beautiful Buchart Gardens and trip host.

Whale-Watching Meet-Up Tour

This activity is a MEET ON LOCATION tour! The calm waters near the San Juan Islands are one of the best places in the world to view wild orcas! Humpback whales, minke whale, and gray whales are also frequently seen in these waters. This tour covers 60 miles of some of the most beautiful scenery in the world! Meet at the dock in Anacortes for this special discount! Details available upon registration.

SKILLS DEVELOPMENT

Basics for Beginners

Auto Maintenance 101

Learn basic auto maintenance skills and have the opportunity to work one-on-one and ask questions of our ASE certified mechanic.

Basic Sea Kayaking

This class is a pre-requisite to attend kayaking trips or rent sea kayaks from the Convergence Zone. The class will teach you the proper technique on how to enter/exit a touring kayak, how to do a buddy assist, learn proper paddle techniques, and more! The first evening will be at the ASTC pool. The second evening will be at the Seaplane Base, right

next to the boat ramps. Wet suits, life jackets, swim booties, and splash jackets are provided.

Garden-to-Kitchen Series

Learn how to start your own outdoor garden and incorporate local fresh produce into healthy family meals. Each week we will go over growing, harvesting tips, as well as provided seasonally based recipes. The last week of each month we will have a recipe party with samples where patrons can bring their own creations, with recipe cards to add to our community recreation cook

book. An instructor will provide you important tips of when and what to plant and how to maintain your garden space.

Volunteering Teens

Convergence Zone, FREE Volunteer opportunities for teens. Does your teen have a passion for community outreach or need to fulfill required volunteer hours for their school? Stop by the Convergence Zone and check out our current volunteer options. Teens can volunteer for activities such as event set-up, community outreach, and program support. Feel free to speak with

our programmer to see which opportunity is right for you.

We are looking for Recreation Class Instructors

Paid positions now open! Do you have a special talent or skill you are interested in sharing? The Convergence Zone is looking for instructors to teach community members of all ages. Interested? Submit your proposal to the Convergence Zone Front Desk or call 360-257-2432.

Wilderness First Aid

This is an ideal course for the outdoor recreation enthusiast or those that

live or work in remote environments. Wilderness/Remote First Aid (WRFA) is the assessment and treatment given to an ill or injured person, in a remote environment, where definitive treatment or transport to a clinic or physician is not readily available. Proper decision making at the incident scene, miles from facilities, can save time, resources and lives!



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 for JUST 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 and registration:
360-257-2295



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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. 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.

NAVY GETAWAYS

Stay! Play! Relax! The Navy's Recreational Lodging Program, Navy Getaways, offers three quality recreational getaway locations in the Pacific Northwest. 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 (6289-2333)!



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, Cliffside RV Park 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, Raindrop

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



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, housekeep-



AMERICAN SUPERHEROES EARTH DAY CLEAN-UP

Saturday, April 20 10 a.m.-4 p.m. • FREE Assist in the beautification of our Community Recreation Area. Navy Getaways Jim Creek 425-304-5315/5363



EGGSTRAVAGANZA

Saturday, April 20-Sunday, April 21 Time/Price TBD Annual egg hunt, pictures with the Easter Bunny, crafts, and more! Navy Getaways Pacific Beach 360-276-4414



LEGEND OF ZELDA: JIM CREEK ADVENTURES

Saturday, April 27 Noon-4 p.m. • FREE Complete the Triforce! Adventure awaits, and you're the missing "Link"! Navy Getaways Jim Creek 425-304-5315/5363

ing, fitness rooms, FREE premium cable TV, coffee, guest laundry, business centers and 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.

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MAY THE 4TH BE WITH YOU

Saturday, May 4
Noon-4 p.m. • FREE
Make Light Sabers,
build R2D2, battle the Galactic
Empire, and more.
Navy Getaways Pacific Beach
360-276-4414



SIPS @ SUNSET FOR NATIONAL WINE DAY

Wednesday, April 24
7-9 p.m. • Tasting Fee
Sample local wines and
meet the winemakers!
Navy Getaways Cliffside
360-257-2649



MEMORIAL DAY WEEKEND ACTIVITIES

Friday, May 24-Sunday, May 26
7-9 p.m.
Crafts, Tree Climbing Course,
Sips @ Sunset, and a Potluck.
Navy Getaways Cliffside
360-257-2649

NAVY GETAWAYS EVENT CALENDAR APRIL-JUNE 2019

Date	Event/Class	Time	Price	Venue/Host
ONGOING				
Ongoing	Mallard RV Camper Rentals	Standard Reservation and Business Hours	\$90/night	Jim Creek Navy Community Recreation Area Navy Getaways Pacific Beach and Cliffside RV Park
Daily, April–Sept. Road to Twin Lakes closes depending on weather	Twin Lakes at Jim Creek	7 a.m.–Dusk	Varies	Jim Creek Navy Community Recreation Area
Daily, April–Sept. Road to Twin Lakes closes depending on weather	Spring Activities at Jim Creek: Guided Hikes, Ice Cream Socials, Indoor and Outdoor Movies, and more.	Varies	Varies	Jim Creek Navy Community Recreation Area
Daily, Memorial Day–Labor Day	Jumping Pillow	Sunday–Thursday: 10 a.m.–4 p.m. Friday & Saturday: 9 a.m.–7 p.m.	\$5 daily, \$8 two-day or \$28 family two-day	Jim Creek Navy Community Recreation Area
Sat., Memorial Day–Labor Day	Alpine Tower Ropes Course	10 a.m.–3 p.m.	\$15	Jim Creek Navy Community Recreation Area
APRIL				
Mon. 15	Wild Guess Day	All Day	FREE	Cliffside RV Park
Wed. 17	National Cheesecake Day	All Day	FREE	Cliffside RV Park
Sat. 20	American Superheroes Earth Day Clean-Up	10 a.m.–4 p.m.	FREE	Jim Creek Navy Community Recreation Area
Sat. 20	Washington Coast Cleanup	All Day	FREE	Navy Getaways Pacific Beach
Sat. 20–Sun. 21	Eggstravaganza	TBD	TBD	Navy Getaways Pacific Beach
Mon. 22	National Jellybean Day	All Day	FREE	Cliffside RV Park
Sat. 27	Legend of Zelda: Jim Creek Adventures	Noon–4 p.m.	FREE	Jim Creek Navy Community Recreation Area
Sat. 27	Morse Code Day	All Day	FREE	Cliffside RV Park
Sat. 27	National Go Birding Day	All Day	FREE	Cliffside RV Park
MAY				
Sat. 4	May the 4th Be With You	Noon–4 p.m.	FREE	Navy Getaways Pacific Beach
Sat. 4	Star Wars Day	2–6 p.m.	FREE	Cliffside RV Park
Thu. 9	Jupiter at Opposition Star Party	8:45 p.m.	FREE	Cliffside RV Park
Fri. 10–Sun. 12	BOGO: Buy 1 Night, Get 1 FREE!	All Day	Varies	Cliffside RV Park
Sat. 11	Night Hike	9 p.m.	FREE	Cliffside RV Park
Sat. 11–Sun. 12	Mother's Day Weekend	TBD	TBD	Navy Getaways Pacific Beach
Sat. 18	BOGO: Buy 1 Night, Get 1 FREE!	All Day	Varies	Cliffside RV Park
Fri. 24	Sips @ Sunset for National Wine Day	7–9 p.m.	Tasting Fee	Cliffside RV Park
Fri. 24–Sun. 26	Memorial Day Weekend Activities	All weekend	Activities FREE	Cliffside RV Park
Fri. 24–Mon. 27	Memorial Weekend Summer Kickoff	TBD	TBD	Navy Getaways Pacific Beach
Sat. 25	Pacific Beach Tie-Dye Series	TBD	\$7 for supplies and customer Pacific Beach shirt, or \$2 for a towel, or \$2 for just supplies.	Navy Getaways Pacific Beach
Thu. 30	Neighbor day	All Day	FREE	Cliffside RV Park
JUNE				
Sat. 1	Ninja Warrior Day	Noon–4 p.m.	FREE	Navy Getaways Pacific Beach
Sat. 1	Star Party	9:30 p.m.	FREE	Cliffside RV Park

Date	Event/Class	Time	Price	Venue/Host
JUNE CONTINUED				
Fri. 7	National Chocolate Ice Cream Day	2-4 p.m.	FREE	Cliffside RV Park
Sat. 8	Kids' Fishing Derby	8 a.m.-5 p.m.	\$10 Fishing Registration Fee	Jim Creek Navy Community Recreation Area
Sat. 8	FREE Family Fun Day & BBQ	Noon-4 p.m.	FREE	Jim Creek Navy Community Recreation Area
Sat. 8	Pacific Beach Tie-Dye Series	TBD	\$7 for supplies and customer Pacific Beach shirt, or \$2 for a towel, or \$2 for just supplies.	Navy Getaways Pacific Beach
Sat. 8	Night Hike	9:15 p.m.	FREE	Cliffside RV Park
Mon. 10	Jupiter at Opposition Star Party	9:15 p.m.	FREE	Cliffside RV Park
Fri. 14	Sips @ Sunset	7-9 p.m.	Tasting Fee	Cliffside RV Park
Fri. 14-Sun. 16	BOGO: Buy 1 Night, Get 1 FREE!	All Day	Varies	Cliffside RV Park
Sat. 15-Sun. 16	Father's Day Weekend	Varies	Varies	Navy Getaways Pacific Beach
Sat. 15	National Photography Day	Turn in print at 6 p.m.	FREE	Cliffside RV Park
Sat. 15	Family-friendly Creative Campfire Cooking	2-4 p.m.	FREE	Cliffside RV Park
Sun. 16	Night Hike	9:30 p.m.	FREE	Cliffside RV Park
Fri. 21-Sun. 23	Great Navy Campout at Jim Creek	Friday, 3 p.m.-Sunday, 9 a.m.	FREE	Jim Creek Navy Community Recreation Area
Fri. 21-Sun. 23	Great Navy Campout & Kids' Carnival	Kids' Carnival on Saturday: Noon-2 p.m.	FREE	Navy Getaways Pacific Beach
Mon. 24	Celebrate the Senses Day	9:30 a.m.	FREE	Cliffside RV Park
Thu. 27	Yoga in the Park	11 a.m.	FREE, must sign up at NASWI Fitness Center.	Cliffside RV Park
Fri. 28-Sun. 30	Great Navy Campout	Starts at 2 p.m.	FREE	Cliffside RV Park
Sat. 29	Pacific Beach Tie-Dye Series	TBD	\$7 for supplies and customer Pacific Beach shirt, or \$2 for a towel, or \$2 for just supplies.	Navy Getaways Pacific Beach



NINJA WARRIOR DAY

Saturday, June 1
Noon-4 p.m. • FREE
Ninja Warrior Boot Camp, obstacle course, agility tests, and more.
Navy Getaways Pacific Beach
360-276-4414



KIDS' FISHING DERBY

Saturday, June 8
Noon-4 p.m.
\$10 Fishing Registration Fee
Goody bags, tackle and bait, and fishing with an expert guide.
FREE BBQ, petting zoo, Raptor & Reptile Show, and more!
Navy Getaways Jim Creek
425-304-5315/5363



FAMILY-FRIENDLY CREATIVE CAMPFIRE COOKING

Saturday, June 15
2-4 p.m. • FREE
Campfire cooking for families with kids!
Navy Getaways Cliffside
360-257-2649



SPORTS, FITNESS & AQUATICS

Our state-of-the-art fitness center is here to help you achieve "fitness for life" and offer a variety of services and facilities to fulfill that goal. Individual and group instruction is available from certified professionals in cardiovascular conditioning, strength training, flexibility, and nutrition. Whether you are an expert or an amateur when it comes to sports, chances are we also have a league or tournament to fit your interests.

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 (start point at Fitness Center in two direc-

tions: one to Cliffside, one to Nortz Gate)

- Costen-Turner Complex
- Football/Soccer Field w/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

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 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's sports program and compete in the Armed Forces Championships against teams from the

Marine Corps, Army and Air Force.

Captain's Cup

Represents your Command in a variety of different team sports and activities, while earning points toward the Cup.



MILITARY KIDS APPRECIATION DAY

Wednesday, April 3
Starts at 9 a.m. • FREE
Starts at NASWI Fitness Center
Must sign up prior at
Fleet & Family Support Center
360-257-6289



GOLD STAR MEMORIAL RUN

Wednesday, May 22
11 a.m. • FREE
Rotating Watch, and 5K Run
Registration Recommended.
NASWI Fitness Center
360-257-2420



BETTER BODY BOOT CAMP

Monday, April 1-Friday, May 31
FREE active duty, \$25 all others
Registration Recommended.
NASWI Fitness Center
360-257-2420

SPORTS, FITNESS & AQUATICS EVENT CALENDAR APRIL-JUNE 2019

 = Admiral's Cup

 = For Kids

 = Captain's Cup

DATE	EVENT	TIME	COST	VENUE/HOST
ONGOING				
Now through Tue. Dec. 31	Fitness Incentive Program*	minimum 30 minutes a day	FREE	Sign up at the NASWI Fitness Center Front Desk
Fridays, April 19, May 10, & June 21	NOFFS Operational Course	7-11 a.m.	FREE	NASWI Fitness Center
Mon. April 1–Fri., May 31	Better Body Boot Camp*		FREE for active duty; \$25 all others	NASWI Fitness Center
APRIL				
Wed. 3	 FFSP, CYP, and Fitness present: Military Kids Appreciation Day*	9 a.m.	FREE; must sign up prior at Fleet & Family Support Center. CYP School-age Care program youth will be automatically enrolled.	Starts at NASWI Fitness Center
Sat. 6	 Volleyball	TBD	TBD	Hosted by NBK
Fri. 12	 SAPR 5K Color Run*	11 a.m.	FREE	NASWI Fitness Center Seaview Trail
Mon. 15	 Soccer League*		Coaches' Meeting is April 1, 2 p.m., NASWI Gym. Sign up for league through NASWI Fitness Center or Intramural Sports at 360-257-4320.	NASWI Field
Thursdays beginning April 25	 Bowling League*	6–9 p.m.	Coaches' Meeting is April 15, 2 p.m., NASWI Gym. Sign up for league through NASWI Fitness Center or Intramural Sports at 360-257-4320.	Convergence Zone
MAY				
Fri. 3	Mission Nutrition*	8 a.m.–4 p.m.	FREE	NASWI Fitness Center
Sat. 4	 Soccer	TBD	TBD	Hosted by NBK
Mon. 13–Fri. 17	Command Fitness Leader (CFL) Certification Course*	7 a.m.–4:30 p.m. daily	FREE	NASWI Fitness Center
Wed. 22	 Gold Star Memorial Run*	11 a.m.	FREE	NASWI Fitness Center
JUNE				
Thu. 6	 Golf*		Coaches' Meeting is May 20, 2 p.m., NASWI Gym. Sign up for league through NASWI Fitness Center or Intramural Sports at 360-257-4320.	Gallery Golf Course
Fri. 7	NOFFS Strength/Endurance/Sandbag Course	7-11 a.m.	FREE	NASWI Fitness Center
Sat. 22	 NASWI Open House Flight Line 5K Run*	TBD	FREE	NASWI Flight Line
Thu. 27	 Yoga in the Park	11 a.m.	FREE	Cliffside RV Park

Events are subject to change or cancellation without prior notice. For the most up-to-date information, contact the venue/host directly or visit www.navylifepnw.com. (*) Requires advance registration.

EVENT/CLASS DESCRIPTIONS

Better Body Boot Camp

Help yourself get healthier in 2019. This annual Better Body series will consist of pre- and post-assessments, fitness classes and nutritional training... along with loads of motivation!

Command Fitness Leader (CFL) Course

A 40-hour mandatory training for Sailors ap-

pointed to be their Command CFL. Assistant CFLs are not required to take this course, but are highly encouraged to attend. All applications must be submitted to CNIC two weeks prior to class start date.

Fitness Incentive Program

The Fitness Incentive Program is designed to keep you motivated on

your journey to a healthy lifestyle. Whether on your own or participating in group fitness activities, earn rewards while staying active. Points are assigned for time spent working out—not speed, mileage, strength, or endurance—you set your personal limits! The program is completely FREE!

NOFFS Courses

Navy Operational Fitness & Fueling System

(NOFFS) workouts are specifically designed to meet the specialized needs of the USN Sailor. Learn more about each organized series: Operational, Strength, Endurance, and Sandbag.

Mission Nutrition

A standardized, science-based course focused on improving your nutritional knowledge

and awareness. You will learn about a variety of everyday nutrition topics and ways to improve your eating habits as well as your overall health. Topics include: Food Shopping, Meal Planning and Eating Out, Emotional and Mindless Eating, Fad Diets, Hot Topics, Food Myths and Reading Labels, and Intro to Operation Supplement Safety.

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

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BARRACKS BASH

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RECREATION TRIPS

VOLUNTEERING OPPORTUNITIES

ADVENTURE

COOKING CLASSES

BUBBLE SOCCER

TOURNAMENTS

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

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.



FREE to active duty, retirees, and their family members over the age of 18. DoD civilians and DoD contractors will be charged a \$25 fee for each sport.

For more information, contact whidbey.sports@navylifepnw.com, or 360-257-4320 or visit www.navylifepnw.com.



FAMILY & UNACCOMPANIED HOUSING

Your installation Housing Service Center (HSC) is your source for helpful and friendly advice about available housing options at any installation worldwide. Call or visit your installation HSC to learn more about our wide range of services 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

Services offered:

- 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 at no cost to you!

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.

UH Resident Satisfaction Survey (RSS)

If you are a UH Resident, be on the lookout for the UH Resident Satisfaction Survey (RSS). This questionnaire, mailed in April to residents Navy-wide, will provide you with an opportunity to provide feedback directly to your installation commanding officer about your level of satisfaction with Navy Housing maintenance and management

services. Each installation commanding officer will sign off on an action plan to make improvements and address any issues raised by the residents who complete this survey. Your participation is absolutely critical. Please complete the form and return it using the pre-paid envelope no later than June 20, 2019. For more information, contact your installation HSC.

UNACCOMPANIED HOUSING

RESIDENT SATISFACTION SURVEY: YOUR OPINION COUNTS!

Are you satisfied with your housing facilities and services?

Are there areas that need improvement?

We strive to provide you with safe, clean, comfortable housing and want to know we have met your expectations. Take this opportunity to **SPEAK UP** and make positive changes. Resident Satisfaction Surveys are available now.

For information, contact: 360-257-5323
Whidbey-Housing@navylifepnw.com



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HELP
YOU!



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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, send an email with your name and phone number to:
mysteryshopper.cnrnw@navy.mil





CHILD & YOUTH PROGRAMS

Our Child & Youth Programs are committed to supporting military and DoD civilian families by recognizing the uniqueness of each family's lifestyle and needs. In addition to childcare, we provide age-appropriate recreational and educational programs for youth before and after school, as well as summer day camps, homework help and field trips.

Child Development Centers (CDC) offer center-based 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. Homes are additionally licensed by the State of Washington.

Whidbey School-Age Care
54 Wake Ave. Bldg 2874
Oak Harbor, WA 98278
360-257-3150
Monday-Friday:
6 a.m.-6 p.m.

Our School-Age Care (SAC) program is designed to provide piece of mind for children 5-12 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.

All NASWI Youth Center events/activities are NOT sponsored by the school district and the district assumes no responsibility for the conduct/safety of the event/activity. The district does not sponsor/guarantee any of the information in these materials. Parent/guardian must review the information and decide on its appropriateness for their family as an individual decision.

CHILD & YOUTH PROGRAMS EVENT CALENDAR APRIL-JUNE 2019

DATE	EVENT	TIME	PRICE	VENUE/HOST
Sat., April 20	Burlington Skagit Skate	1-4 p.m.	\$9, ages 8-12	Youth Center
Sat., April 27-Sun. 28	Operation Megaphone	6 p.m.-7 a.m.	\$5, ages 13-18	Youth Center
Sat., May 18	Marysville Altitude Trampoline Park	10 a.m.-4 p.m.	\$25, ages 13-18	Youth Center
Sat., June 15	Alpine Tower	10 a.m.-6 p.m.	TBD, ages 13-18	Jim Creek Navy Community Recreation Area, Youth Activities Center
Fri., June 21-Wed., Sept. 4	Teen Summer Program	Mon.-Thu.: 2-6 p.m. Fri.: 2-10 p.m.	FREE	Youth Center



BURLINGTON SKAGIT SKATE

Saturday, April 20
1-4 p.m. • \$9
Reservations recommended.
Hosted by Youth Center
360-257-3150



OPERATION MEGAPHONE

Saturday, April 27-Sunday, April 28
6 p.m.-7 a.m. • \$5
Promoting communication for teens who seek opportunities to volunteer.
Hosted by Youth Center
360-257-3150



MARYSVILLE ALTITUDE TRAMPOLINE

Saturday, May 18
10 a.m.-4 p.m. • \$25
Reservations recommended.
Hosted by Youth Center
360-257-3150



ALPINE TOWER

Saturday, June 15
10 a.m.-6 p.m. • Price TBD
Navy Getaways Jim Creek
Reservations recommended.
Hosted by Youth Center
360-257-3150



TEEN SUMMER PROGRAM

Friday, June 21-Thursdays, Sept. 4
Monday, 2-6 p.m.
Friday, 2-10 p.m. • FREE
Hosted by Youth Center
360-257-3150

NAVY SCHOOL LIAISON OFFICER

Naval Air Station Whidbey Island
Connecting Military Families,
Commands and K-12 Schools

360-257-6863
whidbey.slo@navylifepnw.com



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Neither the Navy nor any other part of the Federal government officially
endorses any company, sponsor, or their products or services.



SUPPORT PROGRAMS

The Fleet & Family Support Program is here to support you and stands ready to assist with every career and life change. Contact our Centralized Scheduling Center for individual, marriage and family counseling, class reservations, individual resume assistance, financial counseling, relocation assistance or deployment/mobilization support anywhere in the Pacific Northwest.

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 Response Line

360-340-1340

DoD Safe Helpline

877-995-5247

Sexual Assault Response Coordinator (SARC) On-Call

360-914-7834

EVENT/CLASS DESCRIPTIONS

Accessing Higher Education

This two-day workshop assists service and family members pursuing college education with preparation for the college application process.

Anger & Stress Management

Covers the definitions, origins, and physiological effects of stress and anger as well as management techniques

BAH Approved... Now What?

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.

Capstone Event

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

Learn about researching a new car purchase, budgeting, financing, and negotiating effectively.

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 educational and

career options. 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

This workshop provides education and resources to assist families in caring for parents as they age to include financial, emotional and legal issues.

Command Financial Specialist (CFS) Basic Training

The purpose of this class is to educate and train future command financial specialists about finances and how to help other sailors within their commands.

Command Financial Specialist (CFS)/Leadership Forums

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

Dealing with Difficult People

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.

Effective Communication

This workshop helps provide people use the power of communication to strengthen relationships at work and at home by practicing skills that build effective two-way communication. (Descriptions continue on page 30.)



MYFICO CREDIT SCORE/REPORT

Tuesdays, April 2 & 16, May 7 & 21,
June 4 & 25
Noon-1 p.m. • FREE
Nor'Wester, Seaview
Hosted by FFSC
360-257-6289



SAPR 5K COLOR RUN

Friday, April 12
11 a.m. • FREE
NASWI Fitness Center
Seaview Trail
Registration recommended.
Hosted by FFSC
360-257-2420



SINGLE PARENT EXPO: SINGLE BY DESIGN, DEFAULT, OR DEPLOYMENT

Wednesday, April 24
4-7 p.m. • FREE
CPO Club Ballroom
Hosted by FFSC
360-257-6289

FLEET & FAMILY SUPPORT EVENT CALENDAR APRIL-JUNE 2019

DATE	EVENT/CLASS	TIME	VENUE
ONGOING			
By Request	Family Readiness Group Training		360-257-6289 to schedule
By Request	United through Reading		360-257-8058 to schedule
2nd Thu. of every month	Family-Friendly Movie Night	6 p.m., FREE	Skywarrior Theater Enjoy a sensory-friendly experience where the lights are turned up and the sound is turned down! Open to all base access ID cardholders and their guests.
APRIL			
Mon. 1, Tue. 2, & Wed. 3	SAPR SAAPM (Sexual Assault Awareness & Prevention Month) Proclamation Event	11 a.m.-1 p.m.	Admiral Nimitz Hall Galley
Tue. 2	Webinar: ID Theft	2-3:30 p.m.	Online
Mon. 1-Fri. 5	Executive T-GPS	7:30 a.m.-4 p.m.	Nor'Wester, San Juan
Tue. 2	myFICO Credit Score/Report	Noon-1 p.m.	Nor'Wester, San Juan
Tue. 2	Caring for Aging Parents	2-4 p.m.	Nor'Wester, Seaview
Thu. 4	Financial Freedom Basics	8 a.m.-Noon	Nor'Wester, Seaview
Mon. 8-Fri. 12	Command Financial Specialist	7:30 a.m.-4:30 p.m.	Nor'Wester, Seaview
Tue. 9-Wed. 10	Accessing Higher Education	8 a.m.-4 p.m.	Nor'Wester, San Juan
Wed. 10	SAPR Team Appreciation Reception	1-3 p.m.	M.T. McCormick's Officers' Club
Thu. 11	Capstone Event	9-11 a.m. & 1-3 p.m.	Nor'Wester, San Juan
Thu. 11	Webinar: Navigating Deployment Successfully	11 a.m.-Noon	Online
Fri. 12	SAPR 5K Color Run	11 a.m.	FREE, NASWI Fitness Center Seaview Trail. Sign up at NASWI Fitness Center.
Fri. 12	SAPR S.C.R.E.A.M. Presentations (Military Training)	9-11 a.m. & 1-3 p.m.	Skywarrior Theater
Mon. 15-Thu. 18	Sensory-Friendly Movie	6 p.m.	Skywarrior Theater
Mon. 15-Fri. 19	Separation T-GPS	7:30 a.m.-4 p.m.	Nor'Wester, San Juan
Tue. 16	Communication Skills	8-10 a.m.	Nor'Wester, Fidalgo
Tue. 16	myFICO Credit Score/Report	Noon-1 p.m.	Nor'Wester, San Juan
Tue. 16	BAH Approved...Now What?	2-4 p.m.	Nor'Wester, Seaview
Wed. 17	CIAC Roundtable	2-3:30 p.m.	Nor'Wester, Fidalgo
Wed. 17	Money Habitudes...Money Personality, Habits, and Attitudes	2-4 p.m.	Nor'Wester, Seaview
Thu. 18	Stress & Anger Management	8-10 a.m.	Nor'Wester, Fidalgo
Thu. 18	Semi-Annual Leadership PFM Seminar	10-11 a.m.	Nor'Wester, Seaview
Thu. 18	Car Buying	2-4 p.m.	Nor'Wester, Seaview
Tue. 23	Emotional Intelligence	8-10 a.m.	Nor'Wester, Fidalgo
Tue. 23	Youth Sponsorship	3-4 p.m.	CYP Youth Center, 54 Wake Ave., Oak Harbor, WA 98278
Tue. 23	Ombudsman Assembly	6-8 p.m.	Nor'Wester, San Juan
Wed. 24-Thu. 25	First Term CONSEP	7:30 a.m.-4 p.m.	Nor'Wester, San Juan
Wed. 24	Interview Techniques	1:30-4 p.m.	WorkSource, 265 NE Kettle St. Oak Harbor, WA 98278
Wed. 24	Single Parent Expo: Single by Design, Default, or Deployment	4-7 p.m.	CPO Club Ballroom No pre-registration necessary.
Wed. 24	Spouse Sponsorship	6-7:30 p.m.	Victory Terrace Community Center, 2205 Egret Dr., Oak Harbor, WA 98277
Thu. 25	Sponsorship Training	2-3:30 p.m.	Nor'Wester, Seaview
Thu. 25	SAAPM Freeze Mob	5-6 p.m.	Off Base Location TBA
Fri. 26	Autism Acceptance	5-8 p.m.	Victory Terrace Community Center, 2205 Egret Dr., Oak Harbor, WA 98277

DATE	EVENT/CLASS	TIME	VENUE/HOST
APRIL CONTINUED			
Sat. 27	Ombudsman Basic Training Modules 1-4	8 a.m.-5 p.m.	Nor'Wester, Seaview Registration Required at 360-257-8053.
Sat. 27	CNRNW Annual Retiree Seminar	9 a.m.-1 p.m.	Bakerview Restaurant/CPO Club
Mon. 29-Fri. May 3	Retirement T-GPS	7:30 a.m.-4 p.m.	Nor'Wester, San Juan
Mon. 29	Moving with an Exceptional Family Member (EFM)	1-2:30 p.m.	Nor'Wester, Seaview
Mon. 29	Ombudsman Basic Training Module 5	5-8 p.m.	Nor'Wester, Seaview
Tue. 30	Ombudsman Basic Training Module 6	5-8 p.m.	Nor'Wester, Seaview
Tue. 30	SAPR Candlelight Vigil/Silent Walk	5-5:30 p.m.	Location TBA
MAY			
Wed. 1	Relationship Resources	2-4 p.m.	Nor'Wester, Fidalgo
Wed. 1	Ombudsman Basic Training Module 7	5-8 p.m.	Nor'Wester, Seaview
Thu. 2	SAPR C Face-to-Face Training	9-11 a.m.	Nor'Wester, Seaview
Thu. 2	Webinar: Welcome to Whidbey	11 a.m.-Noon	Online
Thu. 2	Ombudsman Basic Training Modules 8-9	5-8 p.m.	Nor'Wester, Seaview
Mon. 6-Fri. 10	Separation T-GPS	7:30 a.m.-4 p.m.	Nor'Wester, San Juan
Tue. 7	Communication Skills	8-10 a.m.	Nor'Wester, Fidalgo
Tue. 7	myFICO Credit Score/Report	Noon-1 p.m.	Nor'Wester, San Juan
Tue. 7	Home Selling	2-4 p.m.	Nor'Wester, Seaview
Wed. 8	Now I'm the Landlord...	2-4 p.m.	Nor'Wester, Seaview
Thu. 9	Webinar: Vacation Planning	11 a.m.-Noon	Online
Thu. 9	Home Buying	2-4 p.m.	Nor'Wester, Seaview
Tue. 14-Wed. 15	Career Exploration & Planning Track (CEPT)	7:30 a.m.-4 p.m.	Nor'Wester, San Juan
Tue. 14	Stress & Anger Management	8-10 a.m.	Nor'Wester, Fidalgo
Tue. 14	Command EFMP POC Training	8-9:30 a.m.	Nor'Wester, Seaview
Tue. 14	EFMP Roundtable	10-11 a.m.	Nor'Wester, Seaview
Tue. 14	Money and the Move	1-4 p.m.	Nor'Wester, Seaview
Wed. 15-Fri. 17	Million Dollar Sailor	8 a.m.-4:30 p.m.	Nor'Wester, Seaview
Thu. 16	Capstone Event	9-11 a.m. & 1-3 p.m.	Nor'Wester, San Juan
Mon. 20-Fri. 24	Separation T-GPS	7:30 a.m.-4 p.m.	Nor'Wester, San Juan
Mon. 20-Fri. 24	SAPR Initial Advocate Training	7:30 a.m.-4 p.m.	Nor'Wester, Seaview
Tue. 21	Lemons to Lemonade	8-10 a.m.	Nor'Wester, Fidalgo
Tue. 21	Webinar: Federal Employment Workshop	10 a.m.-11 a.m.	Online
Tue. 21	myFICO Credit Score/Report	Noon-1 p.m.	Nor'Wester, San Juan
Wed. 22	Gold Star Memorial Run	11 a.m.	NASWI Fitness Center, Rotating Watch and 5K run.
Wed. 22	Interview Techniques	1:30-4 p.m.	WorkSource, 265 NE Kettle St. Oak Harbor, WA 98278
Thu. 23	Newly Married? Let's Talk Money	2-4 p.m.	Nor'Wester, Fidalgo
Thu. 23	D-SAACP Refresher Training	2-4 p.m.	CNATTU Ready Room
Fri. 24	Sensory-Friendly Bowling Night	5-7 p.m.	Convergence Zone, Limited to EFMP Families only. RSVP at 360-257-5266.
Tue. 28	Generational Leadership	8-10 a.m.	Nor'Wester, Fidalgo
Tue. 28	Ombudsman Assembly	6-8 p.m.	Nor'Wester, San Juan
Wed. 29-Thu. 30	Mid-Term CONSEP	7:30 a.m.-4 p.m.	Nor'Wester, San Juan
Sat. 1	Teen Resume Writing & Interviewing Techniques	8 a.m.-2 p.m.	Nor'Wester, San Juan

DATE	EVENT/CLASS	TIME	VENUE/HOST
JUNE			
Mon. 3–Fri. 7	Retirement T-GPS	7:30 a.m.–4 p.m.	Nor'Wester, San Juan
Tue. 4	myFICO Credit Score/Report	Noon–1 p.m.	Nor'Wester, San Juan
Mon. 10–Fri. 14	Separation T-GPS	7:30 a.m.–4 p.m.	Nor'Wester, San Juan
Tue. 11	Federal Resume & Application Process	8–9:30 a.m.	Nor'Wester, Seaview
Tue. 11	Stress & Anger Management	8–10 a.m.	Nor'Wester, Fidalgo
Tue. 11	Writing Your Best Resume	9:30–11 a.m.	Nor'Wester, Seaview
Tue. 11	myFICO Credit Score/Report	Noon–1 p.m.	Nor'Wester, San Juan
Tue. 11	Navy Retirement... Is it Enough?	2–4 p.m.	Nor'Wester, Seaview
Wed. 12	BRS/TSP	2–4 p.m.	Nor'Wester, Seaview
Thu. 13	SAPR POC Training	7:30 a.m.–4 p.m.	Nor'Wester, Seaview
Thu. 13	Webinar: Interview Techniques	11 a.m.–Noon	Online
Thu. 13	Sensory-Friendly Movie	6 p.m.	Skywarrior Theater
Tue. 18	Emotional Intelligence	8–10 a.m.	Nor'Wester, Fidalgo
Tue. 18–Wed. 19	Entrepreneur T-GPS	8 a.m.–4 p.m.	Nor'Wester, San Juan
Tue. 18	Career Fair	10 a.m.–2 p.m.	CPO Club Ballroom
Tue. 18	Sponsor Coordinator and Relocation Roundtable	1–2 p.m.	Nor'Wester, Seaview
Wed. 19	Webinar: Mindfulness, Resiliency & Self-Care	10 a.m.–1:30 p.m.	Online
Wed. 19	CIAC Roundtable	2–3:30 p.m.	Nor'Wester, Fidalgo
Thu. 20	Capstone	9–11 a.m. & 1–3 p.m.	Nor'Wester, San Juan
Thu. 20	New Spouse Orientation	9 a.m.–Noon	Nor'Wester, Seaview
Thu. 20	Lemons to Lemonade	1–3 p.m.	Nor'Wester, Fidalgo
Thu. 20	EFMP BBQ Picnic	5–7 p.m.	Rocky Point Recreation Area Limited to EFMP Families only. RSVP at 360-257-5266.
Mon. 24–Fri. 28	Separation T-GPS	7:30 a.m.–4 p.m.	Nor'Wester, San Juan
Tue. 25	Loving Long Distance	8–10 a.m.	Nor'Wester, Fidalgo
Tue. 25	CFS & Leadership Financial Forum	9–11 a.m.	Nor'Wester, Seaview
Tue. 25	myFICO Credit Score/Report	Noon–1 p.m.	Nor'Wester, San Juan
Tue. 25	Ombudsman Assembly	6–8 p.m.	Nor'Wester, San Juan
Wed. 26	Interview Techniques	1:30–4 p.m.	WorkSource, 265 NE Kettle St. Oak Harbor, WA 98278
Thu. 27	CFS Refresher	7:30 a.m.–4:30 p.m.	Nor'Wester, Seaview
Thu. 27	Military Kids Summer Fun Day	9 a.m.–2 p.m.	Grades K–6, FREE! Register at 360-257-5269 for non-school-age care program youths. Space is limited. Register by June 20.
Thu. 27	D-SAACP Refresher Training	2–4 p.m.	CNATTU Ready Room
Thu. 27	NASWI FRG Roundtable	5:30–7 p.m.	Nor'Wester, Fidalgo

All events and classes are FREE unless otherwise noted. Dates and times are subject to change without prior notice. Advance registration may also be required. For the most up-to-date information, contact the venue/host directly or visit www.navylifepnw.com.



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EVENT/CLASS DESCRIPTIONS CONTINUED

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

Decades of research point to emotional intelligence as the critical factor that sets star performers apart from the rest of the pack. This workshop provides an overview and introduction to the two primary competencies: personal competence and social competence.

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.

Federal Employment Workshop (Webinar)

Learn about job searches, job-hunting skills, resume preparation, and more.

Federal Job Application Process

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

Financial Freedom Basics

Learn the basics of sound financial principles that if followed leads to financial Freedom.

Home Buying

Examine the entire process of buying a home, as well as an update on local market conditions.

Home Selling

This workshop will explore the current market, 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.

ID Theft (Webinar)

Learn about the steps that can help you limit the damage, report identity theft, and fix your credit.

Interview Techniques (Webinar)

This workshop discusses valuable interviewing tips and provides an opportunity to practice frequently asked interviewing questions in a supportive, realistic environment.

Million Dollar Sailor

A 2 1/2-day seminar designed to educate and assist sailors and their families in their quest to have a better quality of life with more financial choices. It takes a proactive approach that teaches sound money management principles that, when applied, can assist sailors and their families with specific transitions that are unique to the military lifestyle.

Money and the Move

Training provides an overview of 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.

myFICO Credit Score/Report

Assists service members and their family members in examining their credit scores, giving them the opportunity to make appropriate credit repairs.

Navigating Deployment (Webinar)

Whether this is the first or tenth deployment you've been through, join us for tips and resources to help you successfully navigate every stage of deployment!

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.

Navy Retirement... Is It Enough?

This workshop looks at the three stages of retirement, the five retirement steps and sources and types of income available in "real" retirement.

New Spouse Orientation

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

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.

Now I'm the Landlord ...

This workshop will prepare a home owner 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. Any ombudsman, whether Active Duty or reservist, can attend when approved by their commanding officer. Experienced ombudsmen are encouraged to become Certified Ombudsman Trainers (COT).

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.

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

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).

Welcome to Whidbey (Webinar)

Welcome to NAS Whidbey Island! We will provide an overview of programs and services offered at FFSC, including classes and events offered at FFSC, MWR events, getaways, fitness, and liberty programs!

Vacation Planning (Webinar)

Attendees will learn planning tips and resources for a fun and financially sound trip.

Annual Retiree Seminar

Military retirees and their spouses from all branches of the United States Uniformed Services are encouraged to attend this important annual seminar.

Surviving spouses are also encouraged to attend.

**Saturday,
April 27, 2019**

9 a.m.-1 p.m.

NAS Whidbey Island
Bakerview Restaurant and
Chiefs' Club
1080 W Ault Field Rd.
Oak Harbor, WA

Exhibitors:

- Retired Activities Office Volunteers
- Disabled Veterans' Outreach Program (DVOP), WorkSource WA
- Disabled American Veterans (DAV)
- VFW Oak Harbor Chapter
- NAS Whidbey Island Fleet & Family Support Center and more!

FREE

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360-276-4414

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and campfire songs!

360-257-2649

Trident Lakes, Naval Base Kitsap

July 13-14

S'mores, firepits, and more!

360-396-2449

**Contact your local Community Recreation office
for more information.**

www.navlifepnw.com

