



EXPERIENCE NAVY LIFE

NAVAL AIR STATION

WHIDBEY

YOUR GUIDE TO ON-BASE RESOURCES AND ACTIVITIES

JANUARY-MARCH 2020

WHERE TO CATCH
THE BIG GAME ON BASE

FUN WINTER ACTIVITIES
FOR THE WHOLE FAMILY

START YOUR OWN BUSINESS
WITH NAVY CHILD
DEVELOPMENT HOMES

WELCOME BACK
EXPANDED BASE ACCESS FOR
QUALIFYING VETS AND CAREGIVERS





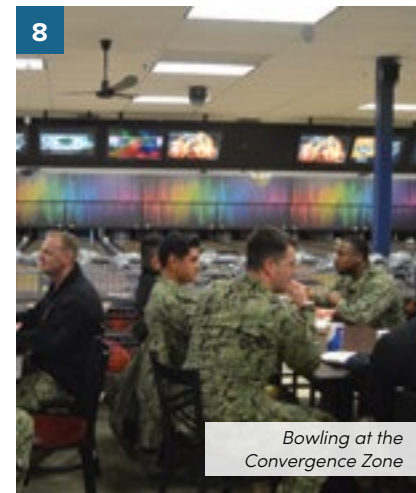
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NGIS.DoDLodging.net

MEET YOUR MISSION SAVE TRAVEL DOLLARS TRAVELING ON TDY? STAY WITH US!

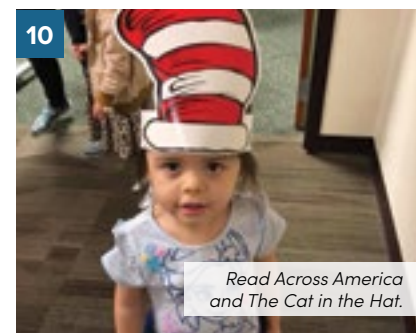
With over 24,000 guest room locations worldwide, we are where you need to be.
 Call (877) NAVY-BED or visit NGIS.DoDLodging.net to reserve TODAY!

Navy Gateway Inns & Suites (NGIS) is the preferred lodging choice for all TDY travel, military and civilian, helping you meet your fiscal and mission goals, while simultaneously delivering comfort and readiness to your personnel! Call to make your reservation TODAY! Whether on business or leisure travel, we're here for you worldwide.

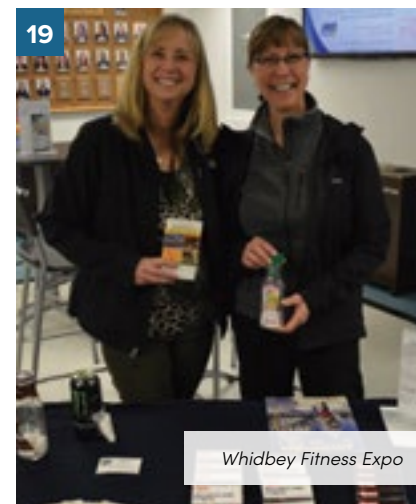
NGIS is professionally managed and staffed, has all the amenities and features of a commercial hotel, and is conveniently located near duty or training sites and base amenities. NGIS creates welcoming, comfortable, 5-star guest services for those we serve.



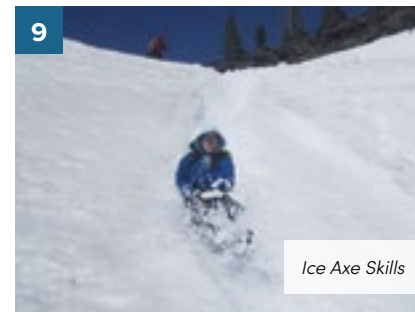
Bowling at the Convergence Zone



Read Across America and The Cat in the Hat.



Whidbey Fitness Expo



Ice Axe Skills



Winter Camping at Cliffside



EFMP Spring Fling

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

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Sponsorship.cnrnw.pf@navy.mil





A MESSAGE FROM THE FFR DIRECTOR

It seems that we skipped a lot of the beautiful fall weather this year and jumped straight to the wind and rain. I am not sure what that means for the winter forecast, but hopefully it means the local ski resorts and mountains will get ample precipitation to allow for some great winter sports. As always, if your plans include winter weather activities, please make sure you are well trained and equipped. We offer many classes and events that will help keep you and your family safe as you enjoy the best of the Pacific Northwest. We challenge you to give them a try during our upcoming R&R Challenge campaign. You could win one of many instant prizes just for visiting one of our participating Fleet and Family Readiness facilities and learning about the many things our program has to offer. From home buying classes to snowshoeing, there is something for everyone on the calendar. While you're there, just ask any staff member for a scratch card for your chance to win free movie passes, bowling passes and more. On behalf of the NASWI FFR team, I wish you and your family a fantastic beginning the new year. Count on us to help you and your family stay ready and resilient 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!

Purple Heart and Disabled Veterans Equal Access Act:

Welcoming more veterans and their caregivers on base



Photo courtesy of the Navy News Service.

Navy installations are ready to support authorized veterans and their caregivers who will soon be able to enjoy certain Morale, Welfare, and Recreation (MWR) programs and shop at base commissaries and exchanges.

Effective Jan. 1 2020, veterans awarded the Purple Heart or Medal of Honor, who are former prisoners of war, or have a service-connected disability, along with their caregivers, will be permitted to use the commissary, military exchange and many MWR facilities per the 2019 National Defense Authorization Act.

"We are excited and looking forward to serving this new patron group at our MWR facilities throughout the shore enterprise," said James Baker, director of Commander, Navy Installations Command (CNIC) Fleet Readiness division, which oversees all MWR programs at Navy bases.

Qualifying veterans and caregivers will have access to

MWR golf courses, MWR gold courses, bowling alleys, movie theaters, food and beverage facilities, campgrounds, lodging facilities, marinas, recreational cottages and cabins as well as tickets and travel offices. Access to auto skills and outdoor recreation facilities as well as special events will be at the discretion of the installation commanding officers based on capacity.

The patronage expansion does not include access to fitness centers, swimming pools, libraries, Single Sailor Programs, and Child and Youth Programs



Sample Veterans Health Identification Card (VHIC). Image courtesy of the VA Department of Affairs.

(Child Development Centers, School School-Age Care, Youth Programs and Child Development Homes).
"To our veterans and their families, welcome back," Baker said.

"Our MWR teams are committed to offering you a great experience with every visit."

Navy installations are also ready to assist qualifying veterans and caregivers with obtaining base access.

"As we continue to focus on our number one priority of ensuring the safety of our people and the security of our installations, we are dedicated to providing top-notch customer service to our veterans as they come into the Visitors Control Centers (VCC) to process their base access," said William Holdren, Deputy Director for CNIC's Force Protection program.

Patrons are advised of the following:

- Veterans in possession of a Veterans Health Identification Card (VHIC) by the U.S. Department of Veterans Affairs (VA) will be required to enroll their VHIC in the Defense Biometric Identification System (DBIDS) at

their local VCC for installation access.

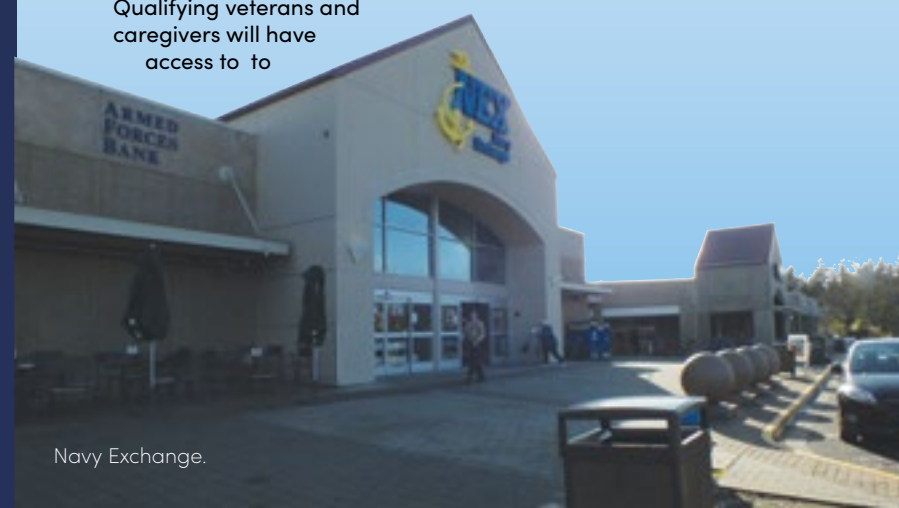
- Veterans who are not eligible for a VHIC will require a letter issued from the VA indicating eligibility for access to DoD installations. Those with a letter from the VA must enroll their Real ID driver's license in DBIDS.
- Caregivers can present their letter of eligibility from the VA at their local VCC and enroll their Real ID driver's license in DBIDS for installation access.
- A DBIDS credential will be issued in cases when a Real ID compliant driver's license is not available.

For more information about obtaining a VHIC or a letter from Veterans Affairs, visit your local VA medical facility or call 1-877-222-VETS (8387), Monday through Friday from 8 a.m. until 8 p.m., Eastern Standard Time.

Article adapted from press release written by Coleen R. San Nicolas-Perez, Commander, Navy Installations Command (CNIC) Public Affairs

"To our veterans and their families, welcome back. Our MWR teams are committed to offering you a great experience with every visit."

James Baker, Director of CNIC Fleet Readiness Division



Navy Exchange.



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 & ENTERTAINMENT



Admiral Nimitz Hall Galley

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

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



Chiefs' Club

1080 W Ault Field Rd., Bldg. 138
Oak Harbor, WA 98278
360-257-2505
Tuesday-Thursday: 1-7 p.m.
Friday: 11 a.m.-11 p.m.



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. & 5-11 p.m.
Saturday: 11 a.m.-10 p.m.
Sunday: 11 a.m.-5 p.m.

Back Alley Bar

360-257-8541
Monday-Thursday: 11 a.m.-9 p.m.
Friday: 11 a.m.-11 p.m.
Saturday: 11 a.m.-10 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.
A variety of events are held regularly at the club, including a weekly happy hour.

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: 11 a.m.-11 p.m.
Saturday: 11 a.m.-10 p.m.
Sunday: 11 a.m.-6 p.m.

HOLIDAY HOURS & CLOSURES

Closed the following holidays:

- New Year's Day Wednesday, Jan. 1
- MLK Day Monday, Jan. 20
- Presidents Day Monday, Feb. 17

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. Disc sets available for rent.

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 and commands by appointment. 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.

- Barbeque
- Horseshoe Pits
- Picnic Tables
- Playground Area
- Restrooms
- Volleyball Area
- Beach Access

Rental reservations available, contact the Convergence Zone.

Tickets, Trips & Tours

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

Vehicle Storage

360-257-2649

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

Wheels & Deals

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

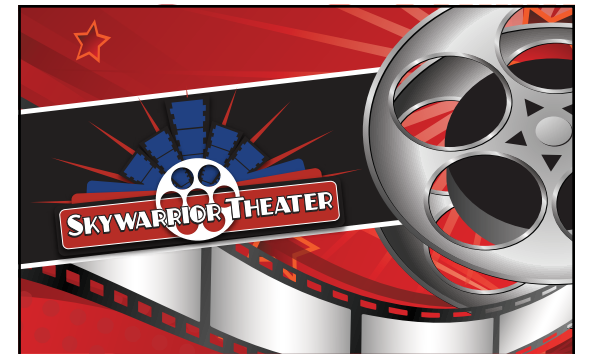
LIBERTY Northwest Center

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



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.

- Cyber Café with 10 CAC computers and laptops
- Music recording studio
- Classes: DIY, cooking, arts and crafts, knowledge and skills
- Regular weekly programming with prizes, tournaments, and more!
- Pool tables
- Pop-a-shot table
- Table tennis
- Board game table
- Volunteer opportunities

Skywarrior 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.



PAINT PARTY PACKAGES

\$35 per person
Five minimum participants needed.
Includes one-topping pizza for party and two drinks each.
Must pre-register at 360-257-4847.

KEGLER'S BAR & GRILL



HAPPY HOUR

Seven Days a Week • 3-6 p.m.
\$1 off all draft beers and wine.

KEGLER'S BAR & GRILL






SUPER BOWL VIEWING PARTY

Sunday, Feb. 2
Open 1 hour before kick-off
Come get wings at a great price and share a pitcher with your friends.
Halftime Growler prize drawing!
Not an NFL-sanctioned event.

KEGLER'S BAR & GRILL

FOOD, FUN & RECREATION EVENT CALENDAR
JANUARY-MARCH 2020

 = Activity  = Class/Leisure Skill  = Special Event
 = Trip/Tour  = For Kids

DATE	EVENT	TIME	PRICE	VENUE/HOST
ONGOING				
Seven Days a Week	Paint Party Package	TBD	\$35 per person	Kegler's Bar & Grill
Seven Days a Week	Happy Hour at Kegler's	3-6 p.m.	\$1 off draft beers and wine.	Kegler's Bar & Grill
			\$1.50 draft beer (specific brands apply) and 50¢ bowling. Shoes extra fee.	
Mondays	Bowl and Beverage Special	4-6 p.m.		Kegler's Bar & Grill
Sundays	  Rent-a-Lane Sundays	11 a.m.-6 p.m.	\$11 an hour, for up to five bowlers. Shoe rental included	Convergence Zone
Sundays	  Kids' Cosmic Bowling	11 a.m.-1 p.m.	Regular bowling fees apply.	Convergence Zone
Monday-Friday	 Lunch and 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
Mondays	The 'Baby Bunch' Playgroup	Noon-2 p.m.	FREE	Convergence Zone
Mondays	 Monday Madness Bowling	11 a.m.-9 p.m.	50¢ games, shoes regular price	Convergence Zone
Tuesdays, Wednesdays, Thursdays	 USBC Winter Bowling League all lanes	6-9 p.m.		Convergence Zone
Wednesdays	  Toddler Time	11:30 a.m.-12:30 p.m.	FREE	Convergence Zone
2nd Thursday	Family-Friendly Movie Night	6 p.m.	FREE Admission	Skywarrior Theater
3rd Thursday	Thursday Trivia	6-8 p.m.	FREE admission	Kegler's Bar & Grill
3rd Thursday	Throwback Thursday Movie	6 p.m.		Skywarrior Theater
Fridays	  Crazy Cosmic Bowling	8-11 p.m.	\$12 per person, shoes regular price	Convergence Zone
Saturdays	  Family Fun Pack Bowling	6-10 p.m.	\$30, up to four bowlers. Enjoy two hours of bowling, single-topping pizza, and pitcher of soda. Shoes regular price.	Convergence Zone

FOOD, FUN & RECREATION EVENT CALENDAR
JANUARY-MARCH 2020

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DATE	EVENT	TIME	PRICE	VENUE/HOST
JANUARY				
January	First Showing of Star Wars: <i>The Rise of Skywalker</i>	TBD	Standard rates apply	Skywarrior Theater
All Month Long	  Snowflake Making Contest	11 a.m.-Close	FREE	Convergence Zone
Saturday, Jan. 4	 Glass Fusing Class at CZ	3-5 p.m.	\$35 per person	Convergence Zone
Sundays, Jan. 5, 12, 19, 26	 New Year, New Bowler 4-week Series	1-3 p.m.	FREE	Convergence Zone
Thursday, Jan. 9	 Avalanche Awareness Workshop at CZ	6-9 p.m.	\$6, ages 10 and up	Convergence Zone
Saturday, Jan. 11	  Ice Axe Skills Workshop at Mount Baker	7 a.m.-7 p.m.	\$25, ages 14 and up	Convergence Zone
Saturday, Jan. 11	 Mount Baker Ski Shuttle	7 a.m.-7 p.m.	\$20 per person	Convergence Zone
Sunday, Jan. 12	  Kids' Cosmic Crazy 8 Games	11 a.m.-1 p.m.	Regular fees apply	Convergence Zone
Thursday, Jan. 16	American Red Cross First Aid/CPR Certification	9 a.m.-3 p.m.	\$50 without manual, \$60 with manual	Convergence Zone
Saturday, Jan. 18	 Bavarian Ice Festival in Leavenworth	8 a.m.-8 p.m.	\$30 per person ages 13+, \$15 ages 12 and under	Convergence Zone
Saturday, Jan. 25	 Stevens Pass Ski Shuttle	7 a.m.-8 p.m.	\$20 per person	Convergence Zone
Sunday, Jan. 26	Snowshoeing 101	8 a.m.-6 p.m.	\$25 per person	Convergence Zone
FEBRUARY				
All Month Long	Valentine's Card Making	11 a.m.-Close	FREE	Convergence Zone
Saturday, Feb. 1	 Stevens Pass Ski Shuttle	7 a.m.-8 p.m.	\$20 per person	Convergence Zone
Saturday, Feb. 1	Make & Take: Mason Jar Love Lights	3-5 p.m.	\$5 per person	Convergence Zone
Sunday, Feb. 2	Super Bowl Viewing Party & Pre-Game Special (<i>Not an NFL-sanctioned event</i>)	One hour before kick-off	FREE Admission	Kegler's Bar & Grill
Saturday, Feb. 8	 North Sound Wine and Chocolate Tour	10 a.m.-5 p.m.	Price TBD, 21+ event	Convergence Zone
Friday, Feb. 14	Valentine Date Night at the Movies	6 p.m.	Standard rates apply	Skywarrior Theater
Friday, Feb. 14	Sweetheart's Dutch Oven Class & Dinner	5-9 p.m.	\$15 per person/\$25 per couple	Convergence Zone
Friday, Feb. 14	 Red Pin Date Night	8-11 p.m.	FREE	Convergence Zone
Saturday, Feb. 15	 Moonlight Snowshoe	2:30-11 p.m.	\$25 per person	Convergence Zone
Thursday, Feb. 20	 Avalanche Awareness Workshop at CZ	6-9 p.m.	\$6, ages 10 and up	Convergence Zone
Friday, Feb. 21	  Exceptional Family Member Bowling	5-7 p.m.	FREE	Exceptional Family Member Program
Saturday, Feb. 22	 Snoqualmie Night Tubing	1:30-11:30 p.m.	\$38 ages 13+, \$31 ages 6-12, \$12 ages 5 and under	Convergence Zone
Sunday, Feb. 23	  Ice Axe Skills Workshop at Mount Baker	7 a.m.-7 p.m.	\$25, ages 14 and up	Convergence Zone
Sunday, Feb. 23	 Mount Baker Ski Shuttle	7 a.m.-7 p.m.	\$20 per person	Convergence Zone
Saturday, Feb. 29-Sunday, March 1	 Bowling Lane Closure for WIUSBC Tournament	11 a.m.-6 p.m.	No open bowling available.	Convergence Zone

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?

WE HAVE AN APP FOR THAT!



KEGLER'S GRILL

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



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



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

FOOD, FUN & RECREATION EVENT CALENDAR
JANUARY-MARCH 2020

 = Activity  = Class/Leisure Skill  = Special Event
 = Trip/Tour  = For Kids

DATE	EVENT	TIME	PRICE	VENUE/HOST
MARCH				
	First Showing of <i>Sonic the Hedgehog</i> Movie	TBD	Standard rates apply	Skywarrior Theater
All Month Long	 Lucky Pot O' Gold Contest	11 a.m.-Close	FREE	Convergence Zone
Thursday, March 5	 Avalanche Awareness Workshop at CZ	6-9 p.m.	\$6, ages 10 and up	Convergence Zone
Saturday, March 7	  Ice Axe Skills Workshop at Mount Baker	7 a.m.-7 p.m.	\$25, ages 14 and up	Convergence Zone
Saturday, March 7	 Mount Baker Ski Shuttle	7 a.m.-7 p.m.	\$20 per person	Convergence Zone
Saturday, March 7	 Read Across America and The Cat in the Hat	Noon-2 p.m.	FREE	Convergence Zone
Friday, March 13	 Lucky Train Cosmic Bowling	8-11 a.m.	Buy one game, get one FREE	Convergence Zone
Saturday, March 14	 Emerald City Comicon in Downtown Seattle	8 a.m.-8 p.m.	\$59 per person	Convergence Zone
Saturday, March 14	 Make and Take: Garden Ornaments	3-5 p.m.	\$5 per craft	Convergence Zone
Sundays, March 8, 15, 22, 29 and April 5, 12, 19, 26	 Have A Ball Youth League	1-3 p.m.	\$10 per week or \$75 due March 1 if paid in full (\$5 discount). \$40 due March 1 and \$40 due March 29.	Convergence Zone
Saturday, March 21	 SNOWINGA at Mount Baker	8 a.m.-7 p.m.	\$25 per person (Wine tasting extra)	Convergence Zone
Saturday, March 28	 Vancouver, BC	8 a.m.-8 p.m.	\$45 adults, \$34 ages 13-16, \$23 child ages 12 and under	Convergence Zone
Sunday, March 29	 Explore the North Cascades	8 a.m.-6 p.m.	\$18 per person	Convergence Zone
Sunday, March 29	 Garden-to-Kitchen: Community Garden Kick-Off	1-3 p.m.	FREE	Convergence Zone

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.

EVENT/CLASS DESCRIPTIONS


ARTS & CRAFTS
Make & Take: Mason Jar Love Lights
In February, make a hand-crafted love light for your loved ones!
Make & Take: Garden Ornaments
Spring is just around the corner! In March, get ready early and make an ornament for your garden or flower bed! All materials included.
ENTERTAINMENT
Weekly Bowling Monday-Friday Lunch and Bowl Special
Show us your lunch receipt from Kegler's Bar & Grill, from that day, and receive one FREE game of bowling. Shoes regular price.
Monday Madness Bowling
50¢ games, shoes regular price. Monday Bowl & Beverage Special \$1.50 draft beer (specific brands apply). 50¢ games, shoes regular price.
USBC Winter Bowling League
Bowling lanes will be reserved for league play 6-9 p.m. on Tuesdays, Wednesdays, Thursdays.
Friday Crazy Cosmic Bowling
Bring your craziest friends, and showcase YouTube-worthy moments! \$12 per person, shoes regular price.
Saturday Family Fun Pack Bowling
Enjoy two hours of bowling, single-topping pizza, and pitcher of soda. Shoes included. \$30 for up to four bowlers.
Rent-a-Lane Sundays
Rent a lane for \$11 an hour, for up to five bowlers, for as many games as you can bowl. Shoe rental included.

Sunday Kids Cosmic Bowling
Join us for Sunday special Cosmic Bowling when we turn the house lights down and the disco lights up! Regular fees apply.
SPECIALS & EVENTS
Exceptional Family Member Bowling
Register through the EFM program at 360-257-2689 to participate in this dedicated quieter bowling time.
Have A Ball Youth League
This program includes four weeks of instruction from a certified USBC bowling youth coach, three weeks of league-style play and a pizza/award party. Each child receives their very own bowling ball at the end of the season, during our awards party. Each ball is custom drilled and fit to the child. \$10 per week. \$75 due by March 1 if paid in full (\$5 discount) or \$40 due by March 1 and \$40 due by March 29.
Kids' Cosmic Crazy 8 Games
Win prizes for knocking down pins in crazy ways!
NAVY Bowling League
Active Duty members are invited to try out for the NASWI Bowling Team and compete against other military bases in our region. Regional winners will compete in the 2019 Navy Bowling Base Team Championship. For more information, contact the Convergence Zone
New Year, New Bowler
Join us for four weeks of free instruction to learn how to become a better bowler, through our bowling 2.0 program. Classes are taught by a USBC-certified bowling coach.

Red Pin Date Night
Bowl a strike when the red pin is your head pin and win a coupon for a FREE game of bowling. Be sure to grab a staff member to witness your strike before you bowl!
WIUSBC Tournament
Saturday, Feb. 29-Sunday, March 1, there will be no open bowling during this time.
Lucky Train Cosmic Bowling
Feeling lucky? Join us for our BOGO Cosmic minute-to-win-it games and prizes!
FOOD & DRINK
Happy Hour at Kegler's
\$1 off draft beers and wine.
Paint Party Packages
Five minimum participants needed. Includes one-topping pizza for party and two drinks each.



REGISTER FOR MAY 3-4 MOUNT ST. HELENS CLIMB
Registration deadline: Tuesday, March 31 • \$134 per person, \$120 LIBERTY-eligible
This trip has pre-requisites. Call for details.
HOSTED BY COMMUNITY RECREATION



READ ACROSS AMERICA
Saturday, March 7 • Noon-2 p.m.
Play amusingly amusing games and take a journey with our interactive storyteller!
CONVERGENCE ZONE




HAVE A BALL YOUTH LEAGUE
Sundays, March 8-April 26 • 1-3 p.m.
Includes USBC coaching and league play. Each child receives a FREE custom-drilled bowling ball!
CONVERGENCE ZONE



SNOWINGA AT MOUNT BAKER
Saturday, March 21 8 a.m.-7 p.m. • \$25
Come join us for our annual snowshoe, yoga, and wine-tasting trip!
HOSTED BY COMMUNITY RECREATION




GARDEN-TO-KITCHEN: COMMUNITY GARDEN KICK-OFF
Sunday, March 29 • 1-3 p.m. • FREE
Make wildflower seed bombs and sample foods from our garden!
CONVERGENCE ZONE



EARN YOUR BACHELOR'S DEGREE
with Western Washington University on the Peninsulas.

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

Neither the Navy nor any other part of the Federal government officially endorses any company, sponsor, or their products or services.
Active Minds Changing Lives • AA/EQ



EVENT/CLASS DESCRIPTIONS

Super Bowl Viewing Party & Pre-Game Special

Bring five friends to watch the game and win a FREE pizza! Halftime drawing for a NASWI Growler! (Not an NFL-sanctioned event.)

Sweetheart's Dutch Oven Class & Dinner

Learn how to use a camp Dutch oven. We'll talk about how to choose, use, and keep it working for you for decades ahead. We'll prepare a gourmet meal so we can finish off the evening sharing dinner with not just our sweethearts, but the new friends who share the Dutch oven experience!

KID-FRIENDLY

January Snowflake Making Contest

Drop in at our resource center to participate in our snowflake making contest. Prizes will be awarded!

February Valentine's Card Making

Drop in at our resource center to participate in to make your sweetie a card!

Lucky Pot O' Gold Contest

Drop in at our Resource Center and guess how many coins are in the pot! Prize will be awarded at the end of the month.

The 'Baby Bunch' Playgroup

Opportunity to meet up with other caregivers and their babies to socialize and make new friends at our baby sensory playgroup on Mondays. Each week we will have a baby sensory play zone set up in our multipurpose room. Siblings welcome to join. Activities are geared for ages 2 and under.

Toddler Time

Ages 3-5, on Wednesdays, 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.

SKILL DEVELOPMENT

We offer three different 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 3 miles on a treadmill at 2.5 mph. Slight inclines.

Level II = AVERAGE: Equivalent to being able to walk for an hour at 3 mph. 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.

Locations and times may be subject to change without prior notice depending on weather conditions.

Avalanche Awareness Workshop

Learn about winter backcountry dangers, avalanche avoidance techniques, use of safety equipment, proper winter wear, and how to use an avalanche transceiver. This class must be taken as a prerequisite for the Ice Axe Arrest Class and Mount St. Helens Summit. This is an informational class and not a certification class. Level I

First Aid CPR

American Red Cross Training for adult and child CPR/AED and First Aid Certification. Learn how to be prepared for a medical emergency situation. Must register two days prior. Level I

Ice Axe Skills Workshop

In preparation for our spring and summer summit trips, two classes are required: Avalanche Awareness Class and Ice Axe Skills.

Ice axe skills are used in a mountaineering environment to allow you to travel safely to your destination. Should you slip or fall, you will learn how to arrest (stop) yourself and come to a safe and efficient stop without aid of ropes or other devices. Level II

Moonlight Snowshoe

The experience of snowshoeing on a moonlit night is one that will never be forgotten! The deep green trees are cloaked in white, yet in the moonlight we see the hues of white, black and gray. This will be a level I trip, which is nearly level with a small amount of elevation gain that is great for families and beginning snow adventures! The trip includes experienced instructor, round-trip transportation, and all snowshoe gear. Level I

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 Mt. Baker! \$30, price includes experienced guide, all equipment, and transportation (Wine tasting will be separate). Level II

Snowshoe 101

It's true, if you can walk, you can snowshoe! Snow has a way of changing the terrain so that each outing offers new discoveries and challenges. The trip includes experienced instructor, round-trip bus transportation, and all snowshoe gear. Level I

TRIPS & TOURS

Bavarian Ice Festival

Enjoy Leavenworth's famous Bavarian Ice Festival with ice sculpting demos, ice fest games, snowmobile sled pull and more!

Includes round-trip transportation, movies en route and trip host.

Emerald City Comicon

Includes ticket and transportation to Emerald City Comicon. Register early.

Explore the North Cascades

Get out and explore all the beauty the Pacific Northwest has to offer! Explore the trails in the North Cascades, the old-growth forest, the rushing rivers, and the amazing views! The trip includes experienced instructor, round-trip transportation, and all equipment required.

Mount Baker Ski Shuttle

Bring your own gear or rent from the resort. Show your military ID for a discount on your lift pass.

North Sound Wine & Chocolate Tour

We're heading off the island to discover some fabulous family-run wineries that are part of the North Sound Wine Trail. We will try some hand crafted and varietal masterpieces from the finest vineyards in Washington!

Ski Shuttle – Stevens Pass

Relax and let us do the driving and enjoy a day on the slopes! Stevens Pass Ski Resort covers 1,125 acres of terrain including 39 major runs and numerous bowls, glades and faces. Bring your own gear or rent from the resort. Show your military ID for a discount on your lift pass.

Snoqualmie Night Tubing

Let's bundle up and head for the hills at Snoqualmie Pass! Snow tubing is easy and fun for all ages! Tubing pass, tubes and transportation is provided.

Vancouver BC

Vancouver's Capilano Suspension Bridge crosses towering evergreens, cedar-scented rainforest air, and tree top adventure, with seven suspended foot bridges offering views 110 feet above the forest floor! Then, head to China Town for lunch and a tour of the Chinese Gardens.

SPECIAL EVENTS

Community Garden Kick-Off

Join us as we kick off our community garden for the spring season. This year our gardening program will incorporate garden-to-kitchen cooking to teach healthy budget-friendly recipes the whole family can enjoy!

Glass Fusing Class

Join us as Paint Your World instructs us how to piece together glass to create a beautiful piece of art work!

Read Across America

Join us for a funtastic festivity! Go on a journey with our interactive story teller and play amusingly amusing games to earn as you learn. Educational resources and learning ideas will also be available for interested families. Information available from the NASWI's School Liaison Officer.

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.

MUSIC

ARTIST

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



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 (6289-2333)!



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



Recreation Area & Campground

21027 Jim Creek Rd. Arlington, WA 98223 425-304-5315/5363 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 bowling center, an exercise room, volleyball and basketball courts, clam-cleaning stations, a whale-watching tower, and a recreation equipment rental center.



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.

Navy Gateway Inns & Suites combines all the comforts of a hotel, while specializing in official business accommodations. For reservations, call 1-877-NAVY-BED (628-9233).

Bangor

2750 Sargo Circle Silverdale, WA 98315 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.

Bremerton

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

Smokey Point

13918 45th Ave. NE Marysville, WA 98271 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.

Whidbey Island

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

Now-Tuesday, March 31, 2020

Terms and conditions apply. Contact 425-304-5315/5363 for details.

NAVY GETAWAYS JIM CREEK

TRIVIA DAY

Saturday, Jan. 4

Take a shot at our trivia challenge to save \$\$! Each correct answer will earn you a discount on a two-night stay (limit up to 50% off). Contact 360-257-2649 for details.

NAVY GETAWAYS CLIFFSIDE

SAVE UP TO 25% OFF YOUR STAY

Now-Tuesday, March 31, 2020

Terms and conditions apply. Contact 360-276-4414 for details.

NAVY GETAWAYS PACIFIC BEACH



NATIONAL STRAWBERRY ICE CREAM DAY

Saturday, Jan. 15 • 2-4 p.m. Join us for a FREE scoop of ice cream and cool ice cream facts.

NAVY GETAWAYS CLIFFSIDE



GALAXY TRAINING ACADEMY

Saturday, Jan. 25 • Noon-4 p.m. • FREE Jim Creek you will go, see if you must. Crafts, activities and a Star Wars movie screening for all ages.

NAVY GETAWAYS JIM CREEK



TOUCHDOWN PARTY AT THE BEACH

Sunday, Feb. 2 • FREE Drink and food specials throughout the game. Football-themed party games with prizes!

NAVY GETAWAYS PACIFIC BEACH



SWEETHEART'S DUTCH OVEN CLASS AND DINNER

Friday, Feb. 14 • 5-9 p.m. \$15 per person or \$25 per couple Join us at the Convergence Zone while we prepare a gourmet meal and share dinner with our sweethearts and new friends!

NAVY GETAWAYS CLIFFSIDE



SWEETHEART WEEKEND

Friday, Feb. 14-Sunday, Feb. 16 Reserve your romantic couples' weekend at the beach. Package includes Valentine's goodies, a dinner for two, and lodging.

NAVY GETAWAYS PACIFIC BEACH



JIM CREEK'S PIRATE DAY


Saturday, Feb. 22 Noon-4 p.m. • FREE Costumes encouraged.

NAVY GETAWAYS JIM CREEK

LODGING & LEISURE EVENT CALENDAR
JANUARY-MARCH 2020

DATE	EVENT	TIME	PRICE	VENUE/HOST
ONGOING				
Ongoing	Mallard RV Camper Rentals	Standard Reservations and Business Hours	\$95/night	Navy Getaways Jim Creek and Cliffside
JANUARY				
Now-Tuesday, March 31	Stay 2 Nights, Get the 3rd Night FREE at Jim Creek	N/A	Cabin rates start at \$55/night	Navy Getaways Jim Creek
Saturday, Jan. 4	Trivia Day	At Check-in	FREE	Navy Getaways Cliffside
Wednesday, Jan. 15	National Strawberry Ice Cream Day	2-4 p.m.	FREE	Navy Getaways Cliffside
Saturday, Jan. 25	Galaxy Training Academy	Noon-4 p.m.	FREE	Navy Getaways Jim Creek
FEBRUARY				
Sunday, Feb. 2	Touchdown Party at the Beach	1 hr before kick-off	FREE	Navy Getaways Pacific Beach
Tuesday, Feb. 11	Peppermint Patty Day	During stay	FREE	Navy Getaways Cliffside
Thursday, Feb. 14	Sweetheart's Dutch Oven Class and Dinner	5-9 p.m.	\$15 per person/\$25 per couple	Navy Getaways Cliffside, Convergence Zone
Thursday, Feb. 14-Sunday, Feb. 16	Sweetheart Weekend	11 a.m.-3 p.m.	Call for pricing	Navy Getaways Pacific Beach
Saturday, Feb. 22	Jim Creek's Pirate Day	Noon-4 p.m.	FREE	Navy Getaways Jim Creek
MARCH				
Saturday, March 7	Superhero Day at the Beach	Noon-4 p.m.	FREE	Navy Getaways Pacific Beach
Saturday, March 14	Glass Float Frenzy at the Beach	8 a.m.	FREE	Navy Getaways Pacific Beach
Saturday, March 14	Pi Day	At Check-in	FREE	Navy Getaways Cliffside
Thursday, March 19	Absolutely Incredible Kids® Day	During stay	FREE	Navy Getaways Cliffside
Saturday, March 21	Jim Creek's Jurassic Adventures	Noon-4 p.m.	FREE	Navy Getaways Jim Creek
Tuesday, March 24	Star Party: Mercury Elongation	8 p.m.	FREE	Navy Getaways Cliffside

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.



PI DAY

Saturday, March 14

Do you know Pi? For every correct digit after the decimal point, the cost of your stay will be discounted up to 50%. Call for details.

NAVY GETAWAYS CLIFFSIDE



JIM CREEK'S JURASSIC ADVENTURES

Saturday, March 21 • Noon-4 p.m.

Enjoy a prehistoric adventure of ginormous proportions! Activities include a fossil dig, a guided dinosaur tour, laser tag, and hay rides.

NAVY GETAWAYS JIM CREEK



GLASS FLOAT FRENZY AT THE BEACH

Saturday, March 14 • 8 a.m.

Beachcombing fun with a glass float scavenger hunt.

NAVY GETAWAYS PACIFIC BEACH



Your 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!
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GOVERNMENT WARNING: (1) ACCORDING TO THE SURGEON GENERAL, WOMEN SHOULD NOT DRINK ALCOHOLIC BEVERAGES DURING PREGNANCY BECAUSE OF THE RISK OF BIRTH DEFECTS. (2) CONSUMPTION OF ALCOHOLIC BEVERAGES IMPAIRS YOUR ABILITY TO DRIVE A CAR OR OPERATE MACHINERY, AND MAY CAUSE HEALTH PROBLEMS.



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Health care works best when a primary care doctor knows you and your unique health care needs. With US Family Health Plan, a TRICARE Prime® option, you choose a civilian primary care doctor who works with you—and for you—to achieve your best health.

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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 and Surrounding area features:
- Sauna
 - Large Group Fitness Room
 - Four Racquetball Courts
 - Full Basketball Court
 - Volleyball Court
 - Tennis Court
 - Boxing/Judo Room

- NOFFS Zone
 - Rogue Rack
 - Functional Training Equipment
 - Family Fitness Room (Cardio)
 - Functional Training Room
 - Seaview Trail (leads to Cliffside or Nortz Gate)
 - Costen-Turner Complex
 - Football/Soccer Field with Running Track
 - Three Softball Fields
- Aquatics Facilities**
Although NAS Whidbey Island does not have its own recreational swimming facility, MWR has a partnership with two local pools: Fidalgo

Pool in Anacortes and the North Whidbey Parks & Rec Pool in Oak Harbor. For more information, see the Front Desk.

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.

SPORTS, FITNESS & AQUATICS EVENT CALENDAR JANUARY-MARCH 2020

■ = Admiral's Cup
■ = Captain's Cup
■ = For Kids

DATE	EVENT	TIME	PRICE	VENUE/HOST
ONGOING				
Jan.-Dec 2020	Fitness Incentive Program	Minimum 30 min./day	FREE	NASWI Fitness Center
JANUARY				
Wednesday, Jan. 1	■ ■ Polar Bear Plunge	10 a.m.-Noon	FREE	NASWI Fitness Center
Monday, Jan. 13	■ Intramural Basketball Coaches Meeting League starts Tuesday, Jan. 21	2 p.m.	FREE	NASWI Fitness Center
Friday, Jan. 10	NOFFS Operational Course	7-11 a.m.	FREE	NASWI Fitness Center
Monday, Jan. 13	Rock Runners Club Starts	11 a.m., Monday, Wednesday, Friday	FREE	NASWI Fitness Center
Thursday, Jan. 16	■ Fitness Expo	5-7 p.m.	FREE	NASWI Fitness Center
Saturday, Jan. 25	■ Billiards Tournament at Kegler's Bar & Grill	7 p.m.	FREE	Kegler's Bar & Grill
Monday, Jan. 27	■ Intramural Volleyball Coaches Meeting League starts Monday, Feb. 3	2 p.m.	FREE	NASWI Fitness Center
FEBRUARY				
Monday, Feb. 3-Friday, Feb. 7	Command Fitness Leader (CFL) Certification Course	7 a.m.-4:30 p.m.	FREE	NASWI Fitness Center and NASWI Chapel
Friday, Feb. 7	■ Darts Tournament at Kegler's Bar & Grill	7 p.m.	FREE	Kegler's Bar & Grill
Friday, Feb. 21	Mission Nutrition	8 a.m.-4 p.m.	FREE	NASWI Fitness Center
Wednesday, Feb. 12	NOFFS Operational Course	7-11 a.m.	FREE	NASWI Fitness Center
Wednesday, Feb. 26	NOFFS Strength/Endurance/Sandbag Course	7-11 a.m.	FREE	NASWI Fitness Center
MARCH				
Saturday, March 7	■ Indoor Rowing Competition	9 a.m.	FREE	NASWI Fitness Center
Friday, March 13	■ ■ Shamrock 8K Walk/Run*	11 a.m.-Noon	FREE	NASWI Fitness Center
Tuesday, March 17	■ Pot O' Gold Cycling Event	11 a.m.-12:30 p.m.	FREE	NASWI Fitness Center
Wednesday, March 18	NOFFS Operational Course	7-11 a.m.	FREE	NASWI Fitness Center
Saturday, March 28	■ NRNW Admiral's Cup Basketball Competition	TBD	FREE	Naval Base Kitsap Intramural Sports

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.



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.



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



POLAR BEAR PLUNGE

Wednesday, Jan. 1
10 a.m.-Noon • FREE
Take the Plunge into the Puget Sound to start off the New Year!

ROCKY POINT RECREATION AREA



FITNESS EXPO

Thursday, Jan. 16 • 5-7 p.m.
FREE
Try a new class for the new year! Four 20-minute sample classes to choose from!

NASWI FITNESS CENTER



SHAMROCK 8K WALK/RUN

Friday, March 13 • 11 a.m.-Noon
FREE
Come join the sea of green as we head to and from the NASWI Fitness Center!

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

360-257-3309

Download the NavyLife PNW App today!

★★★★★

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- Educational Enhancement Program



Learn More by Calling 360-257-1877



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 (CDC)

365 W Clover, Bldg. 2679
Oak Harbor, WA 98278
360-257-6861

Regatta Child Development Center (CDC)

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

Whidbey Child Development Homes (CDH)

260 W Pioneer Way,
Bldg. 13, Seaplane Base
360-257-6861
Our certified Child Development Homes care for children from

birth through 12 years of age. Off-base homes are additionally licensed by the State of Washington.

SCHOOL-AGERS/TEENS

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

Whidbey School Age-Care (SAC)

54 Wake Ave., Bldg. 2874
Oak Harbor, WA 98278

360-257-0889
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-Friday:
2:30-6 p.m.

School Holidays

Monday-Friday: 2-6 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 (SLO)

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

CHILD & YOUTH PROGRAMS EVENT CALENDAR JANUARY-MARCH 2020

DATE	EVENT	TIME	VENUE/HOST
Wednesday, Jan. 8	NASWI Hiring Fair	9:30-11:45 a.m.	Regatta CDC
Thursday, March 12	NASWI Hiring Fair	9:30-11:45 a.m.	Regatta CDC



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 JANUARY-MARCH 2020

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
JANUARY			
Monday, Jan. 6- Wednesday, Jan. 8	Transition Workshop, Separatee	7:30 a.m.-4 p.m.	Nor'Wester, San Juan
Tuesday, Jan. 7	myFICO Credit Score/Report	11:45 a.m.-12:30 p.m.	Nor'Wester, San Juan
Tuesday, Jan. 7	Stress Management I-Personal Awareness	Noon-1 p.m.	Nor'Wester, Fidalgo
Tuesday, Jan. 7	Communication Skills - "You Said WHAT?!" Better Way to Say It	2-3 p.m.	Nor'Wester, Fidalgo
Tuesday, Jan. 7	Command EFMP POC Training	9-11 a.m.	Nor'Wester, Seaview Room



LAW ENFORCEMENT CAREER FAIR
Tuesday, March 10
10 a.m.- 1 p.m.
CPO CLUB BALLROOM



EFMP SPRING FLING
Tuesday, March 31 • 5-7 p.m.
Call 360-257-8058 for details.
NOR'WESTER FLEET AND FAMILY SUPPORT CENTER



FAMILY READINESS FAIR
Thursday, Feb. 27
4:30-7 p.m.
NOR'WESTER FLEET AND FAMILY SUPPORT CENTER

SUPPORT PROGRAMS EVENT CALENDAR JANUARY-MARCH 2020

DATE	EVENT	TIME	VENUE/HOST
JANUARY CONTINUED			
Wednesday, Jan. 8	Work/Life Balance - Too Much to Do Too Little Time	Noon-1 p.m.	Nor'Wester, Fidalgo
Wednesday, Jan. 8	Financial Freedom Basics	12:30-4:30 p.m.	Nor'Wester, Seaview
Thursday, Jan. 9- Friday, Jan. 10	Entrepreneur Track	7:30 a.m.-4 p.m.	Nor'Wester, San Juan
Thursday, Jan. 9	Dealing with Difficult People	8-9 a.m.	Nor'Wester, Fidalgo
Thursday, Jan. 9	Anger Management I - Taming the Beast	10-11 a.m.	Nor'Wester, Fidalgo
Thursday, Jan. 9	Ghost of Christmas Past	2-4 p.m.	Nor'Wester, Seaview
Thursday, Jan. 9	Sensory-Friendly Movie Night	6 p.m., Doors open at 5:30 p.m.	Skywarrior Theater
Monday, Jan. 13- Wednesday, Jan. 15	Transition Workshop, Separatee	7:30 a.m.-4 p.m.	Nor'Wester, San Juan
Monday, Jan. 13- Friday, Jan. 17	SAPR Initial Advocate Training	7:30 a.m.-5 p.m.	Nor'Wester, Seaview
Tuesday, Jan. 14	myFICO Credit Score/Report	11:45 a.m.-12:30 p.m.	Nor'Wester, San Juan
Tuesday, Jan. 14	Stress Management II - Thoughts in Action	Noon-1 p.m.	Nor'Wester, Fidalgo
Tuesday, Jan. 14	Depression - It's more than just feeling sad	2-3 p.m.	Nor'Wester, Fidalgo
Wednesday, Jan. 15	Work/Life Balance - Mind over Money - Financial Management	Noon-1 p.m.	Nor'Wester, Fidalgo
Wednesday, Jan. 15	CIAC Roundtable	3-3:30 p.m.	Nor'Wester, Fidalgo
Thursday, Jan. 16- Friday, Jan. 17	My Employment Workshop	7:30 a.m.-4 p.m.	Nor'Wester, San Juan
Tuesday, Jan. 21	Stress Management III - Needs and Trust Continuum	Noon-1 p.m.	Nor'Wester, Fidalgo
Tuesday, Jan. 21	Anger Management II	2-3 p.m.	Nor'Wester, Fidalgo
Tuesday, Jan. 21	Getting a Tax Refund ... What's Next?	2-4 p.m.	Nor'Wester, Seaview
Tuesday, Jan. 21- Wednesday, Jan. 22	21st Century First-Term CONSEP	7:30 a.m.-4 p.m.	Nor'Wester, San Juan
Wednesday, Jan. 22- Friday, Jan. 24	Million Dollar Sailor	8 a.m.-4:30 p.m.	Nor'Wester, Seaview
Wednesday, Jan. 22	Work/Life Balance - Sleep Deprivation/ How to get your ZZZ's	Noon-1 p.m.	Nor'Wester, Fidalgo
Wednesday, Jan. 22	Interview Techniques	1:30-4 p.m.	WorkSource, 265 NE Kettle St. Oak Harbor, WA 98278
Thursday, Jan. 23	Family Readiness Group Roundtable	5:15-6:30 p.m.	Nor'Wester, Seaview
Thursday, Jan. 23	Resident Advisor (RA) SAPR Training	9-11 a.m.	Nor'Wester, Fidalgo
Thursday, Jan. 23	D-SAACP UVA Refresher Training	2-4 p.m.	CNATTU Ready Room
Thursday, Jan. 23	Capstone	9-11 a.m. & 1-3 p.m.	Nor'Wester, San Juan
Monday, Jan. 27- Wednesday, Jan. 29	Transition Workshop, Separatee	7:30 a.m.-4 p.m.	Nor'Wester, San Juan
Tuesday, Jan. 28	myFICO Credit Score/Report	11:45 a.m.-12:30 p.m.	Nor'Wester, San Juan
Tuesday, Jan. 28	Car Buying	5:30-7:30 p.m.	Nor'Wester, Seaview
Tuesday, Jan. 28	Parenting Topic - Deployment Support for Kids	5-7 p.m.	Nor'Wester, Fidalgo
Tuesday, Jan. 28	Ombudsman Assembly	6-8 p.m.	Nor'Wester, San Juan
Tuesday, Jan. 28	Sponsorship Training	2-3:30 p.m.	Nor'Wester, Seaview
Tuesday, Jan. 28	Moving Out ... What's the Cost?	2-4 p.m.	Nor'Wester, Seaview
Wednesday, Jan. 29	Work/Life Balance - It's All About You - Self-Care	Noon-1 p.m.	Nor'Wester, Fidalgo
Wednesday, Jan. 29	Money Habitudes ... Money Personality, Habits and Attitudes	2-4 p.m.	Nor'Wester, Fidalgo
Thursday, Jan. 30- Friday, Jan. 31	My Education Workshop	7:30 a.m.-4 p.m.	Nor'Wester, San Juan
Thursday, Jan. 30	Webinar: Getting a Tax Refund... What's Next?	11 a.m.-Noon	navylifepnw.com

Please note: All 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 JANUARY-MARCH 2020

DATE	EVENT	TIME	VENUE/HOST
FEBRUARY			
Saturday, Feb. 1	Ombudsman Basic Training Parts 1-4	8 a.m.-5 p.m.	Nor'Wester, Seaview
Monday, Feb. 3- Wednesday, Feb. 5	Transition Workshop, Separatee	7:30 a.m.-4 p.m.	Nor'Wester, San Juan
Monday, Feb. 3	Ombudsman Basic Training Part 5	5-8 p.m.	Nor'Wester, Seaview
Tuesday, Feb. 4	myFICO Credit Score/Report	11:45 a.m.-12:30 p.m.	Nor'Wester, San Juan
Tuesday, Feb. 4	Ombudsman Basic Training Part 6	5-8 p.m.	Nor'Wester, Seaview
Tuesday, Feb. 4	Stress Management IV - "SMART" Stress Management	Noon-2 p.m.	Nor"Wester, Fidalgo
Tuesday, Feb. 4	Credit ... What's the Big Deal?	2-4 p.m.	Nor'Wester, Seaview
Wednesday, Feb. 5	Work/Life Balance - It's All About You - Self-Care	Noon-1 p.m.	Nor'Wester, Fidalgo
Wednesday, Feb. 5	Debt Rehab	2-4 p.m.	Nor'Wester, Seaview
Wednesday, Feb. 5	Ombudsman Basic Training Part 7	5-8 p.m.	Nor'Wester, Seaview
Thursday, Feb. 6- Friday, Feb. 7	My Vocational Workshop	7:30 a.m.-4 p.m.	Nor'Wester, San Juan
Thursday, Feb. 6	Anger Management III	8-9 a.m.	Nor'Wester, Fidalgo
Thursday, Feb. 6	Conflict Resolution - Peaceful Solutions	10-11 a.m.	Nor'Wester, Fidalgo
Thursday, Feb. 6	Tackling Student Loans	2-4 p.m.	Nor'Wester, Seaview
Thursday, Feb. 6	Ombudsman Basic Training Parts 8-9	5-8 p.m.	Nor'Wester, Seaview
Monday, Feb. 10- Wednesday, Feb. 12	Transition Workshop, Retiree	7:30 a.m.-4 p.m.	Nor'Wester, San Juan
Tuesday, Feb. 11	Money and the Move	9 a.m.-Noon	Nor'Wester, Seaview
Tuesday, Feb. 11	EFMP Roundtable & Advance Training	10-11 a.m.	Nor'Wester, Seaview Room
Tuesday, Feb. 11	myFICO Credit Score/Report	11:45 a.m.-12:30 p.m.	Nor'Wester, San Juan
Tuesday, Feb. 11	Anger Management IV	Noon-1 p.m.	Nor"Wester, Fidalgo
Tuesday, Feb. 11	Emotional Intelligence	2-3 p.m.	Nor'Wester, Fidalgo
Wednesday, Feb. 12	Work/Life Balance - Goal Setting - Steps to a Better Life	Noon-1 p.m.	Nor'Wester, Fidalgo
Wednesday, Feb. 12	CFS and Leadership Financial Forum	2-4 p.m.	Nor'Wester, Seaview
Thursday, Feb. 13	CFS Refresher	7:30 a.m.-4:30 p.m.	Nor'Wester, Seaview
Thursday, Feb. 13- Friday, Feb. 14	My Employment Workshop	7:30 a.m.-4 p.m.	Nor'Wester, San Juan
Thursday, Feb. 13	Stress Management I - Personal Awareness	8-9 a.m.	Nor'Wester, Fidalgo
Thursday, Feb. 13	Communicating with Tact and Diplomacy	10-11 a.m.	Nor'Wester, Fidalgo
Thursday, Feb. 13	Sensory-Friendly Movie Night	6 p.m., Doors open at 5:30 p.m.	Skywarrior Theater
Tuesday, Feb. 18	Stress Management II - Thoughts in Action	Noon-1 p.m.	Nor'Wester, Fidalgo
Tuesday, Feb. 18	Generational Leadership	1-2 p.m.	Nor'Wester, Fidalgo
Wednesday, Feb. 19	Work/Life Balance - Bullying at Work and Home	Noon-1 p.m.	Nor'Wester, Fidalgo
Wednesday, Feb. 19	Federal Resume and Application Process	8:30-9:30 a.m.	Nor'Wester, Fidalgo
Wednesday, Feb. 19	Writing your Best Civilian Resume	9:30-11 a.m.	Nor'Wester, Fidalgo
Thursday, Feb. 20	SAPR Point of Contact (POC) Training	7:30 a.m-5 p.m.	Nor'Wester, Seaview
Thursday, Feb. 20	Capstone	9-11 a.m. & 1-3 p.m.	Nor'Wester, San Juan
Thursday, Feb. 20	Webinar: Interview Types and Dressing for Them	11 a.m.-Noon	navylifepnw.com
Friday, Feb. 21	EFMP Sensory-Friendly Bowling Night	5-7 p.m.	Convergence Zone
Monday, Feb. 24- Wednesday, Feb. 26	Transition Workshop, Separatee	7:30 a.m.-4 p.m.	Nor'Wester, San Juan
Tuesday, Feb. 25	myFICO Credit Score/Report	11:45 a.m.-12:30 p.m.	Nor'Wester, San Juan
Tuesday, Feb. 25	Navy Retirement ... Is It Enough?	2-4 p.m.	Nor'Wester, Seaview
Tuesday, Feb. 25	Job Prep 101: Career Exploration	5:30-7:30 p.m.	Nor'Wester, Seaview
Tuesday, Feb. 25	Ombudsman Assembly	6-8 p.m.	Nor'Wester, San Juan
Tuesday, Feb. 25	Parenting Series - Middle School Mayhem	5-7 p.m.	Nor'Wester, Fidalgo

SUPPORT PROGRAMS EVENT CALENDAR JANUARY-MARCH 2020

DATE	EVENT	TIME	VENUE/HOST
FEBRUARY CONTINUED			
Wednesday, Feb. 26	Work/Life Balance - Family Feud - Resolving Family Conflicts	Noon-1 p.m.	Nor'Wester, Fidalgo
Wednesday, Feb. 26	Interview Techniques @ WorkSource	1:30-4 p.m.	WorkSource, 265 NE Kettle St., Oak Harbor, WA 98277
Wednesday, Feb. 26	TSP/BRS	2-4 p.m.	Nor'Wester, Seaview
Thursday, Feb. 27- Friday, Feb. 28	My Education Workshop	7:30 a.m.-4 p.m.	Nor'Wester, San Juan
Thursday, Feb. 27	D-SAAPC UVA Refresher Training	2-4 p.m.	CNATTU Ready Room
Thursday, Feb. 27	Saving and Investing 101	2-4 p.m.	Nor'Wester, Seaview
Thursday, Feb. 27	Family Readiness Fair	4:30-7 p.m.	Nor'Wester
MARCH			
Monday, March 2- Wednesday, March 4	Transition Workshop, Separatee	7:30 a.m.-4 p.m.	Nor'Wester, San Juan
Tuesday, March 3	myFICO Credit Score/Report	11:45 a.m.-12:30 p.m.	Nor'Wester, San Juan
Tuesday, March 3	Stress Management III - Needs and Trust Continuum	Noon-1 p.m.	Nor'Wester, Fidalgo
Tuesday, March 3	Anger Management I - Taming the Beast	2-3 p.m.	Nor'Wester, Fidalgo
Tuesday, March 3	Newly Married? Let's Talk Money	2-4 p.m.	Nor'Wester, Seaview
Wednesday, March 4	Work/Life Balance - Emergency Preparation - Tips and Tools	Noon-1 p.m.	Nor"Wester, Fidalgo
Wednesday, March 4	Caring for Aging Parents	2-4 p.m.	Nor'Wester, Seaview
Thursday, March 5- Friday, March 6	My Employment Workshop	7:30 a.m.-4 p.m.	Nor'Wester, San Juan
Thursday, March 5	Couples Communication	8-10 a.m.	Nor'Wester, Fidalgo
Thursday, March 5	New Spouse Orientation	9 a.m.-Noon	Nor'Wester, Seaview
Thursday, March 5	Sponsorship Training	2-3:30 p.m.	Nor'Wester, Seaview
Monday, March 9- Friday, March 13	Command Financial Specialist (CFS)	7:30 a.m.-4:30 p.m.	Nor'Wester, Seaview
Tuesday, March 10	Stress Management IV - "SMART" Stress Management	Noon-1 p.m.	Nor'Wester, Fidalgo
Tuesday, March 10	Decision Making	2-3 p.m.	Nor'Wester, Fidalgo
Tuesday, March 10	Law Enforcement Officer Career Fair	10 a.m.-1 p.m.	CPO Club Ballroom
Wednesday, March 11	Spouse Transition Class	Noon-4 p.m.	Nor'Wester, Seaview
Thursday, March 12	Capstone	9-11 a.m. & 1-3 p.m.	Nor'Wester, San Juan
Thursday, March 12	Sensory-Friendly Movie Night	6 p.m., Doors open at 5:30 p.m.	Skywarrior Theater
Monday, March 16- Wednesday, March 18	Transition Workshop, Separatee	7:30 a.m.-4 p.m.	Nor'Wester, San Juan
Monday, March 16- Friday, March 20	SAPR Initial Advocate Training	7:30 a.m.-5 p.m.	Nor'Wester, Seaview
Tuesday, March 17	myFICO Credit Score/Report	11:45 a.m.-12:30 p.m.	Nor'Wester, San Juan
Tuesday, March 17	Anger Management III	Noon-1 p.m.	Nor'Wester, Fidalgo
Tuesday, March 17	Assertive Communication-Say what you mean, mean what you say	2-3 p.m.	Nor'Wester, Fidalgo
Wednesday, March 18	Work/Life Balance - "Opportunist" is not a bad word. Maximizing opportunities.	Noon-1 p.m.	Nor"Wester, Fidalgo
Thursday, March 19- Friday, March 20	My Education Workshop	7:30 a.m.-4 p.m.	Nor'Wester, San Juan
Thursday, March 19	Webinar: New Spouse Orientation	11 a.m.-Noon	navylifepnw.com
Monday, March 23- Wednesday, March 25	Transition Workshop, Separatee	7:30 a.m.-4 p.m.	Nor'Wester, San Juan
Tuesday, March 24	Command EFMP POC Training	9-11 a.m.	Nor'Wester, Seaview Room

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SUPPORT PROGRAMS EVENT CALENDAR JANUARY-MARCH 2020

DATE	EVENT	TIME	VENUE/HOST
MARCH CONTINUED			
Tuesday, March 24	myFICO Credit Score/Report	11:45 a.m.-12:30 p.m.	Nor'Wester, San Juan
Tuesday, March 24	Home Selling	2-4 p.m.	Nor'Wester, Seaview
Tuesday, March 24	Home Buying	5:30-7:30 p.m.	Nor'Wester, Seaview
Tuesday, March 24	Job Prep 101: Civilian Resume Writing	5:30-7:30 p.m.	Nor'Wester, Fidalgo
Tuesday, March 24	Ombudsman Assembly	6-8 p.m.	Nor'Wester, San Juan
Wednesday, March 25	FACILITY CLOSURE	7:30 a.m.-5 p.m.	Nor'Wester
Wednesday, March 25	Interview Techniques @ WorkSource	1:30-4 p.m.	WorkSource, 265 NE Kettle St., Oak Harbor, WA 98277
Thursday, March 26- Friday, March 27	My Vocational Workshop	7:30 a.m.-4 p.m.	Nor'Wester, San Juan
Thursday, March 26	Resident Advisor (RA) SAPR Training	9-11 a.m.	Nor'Wester, Fidalgo
Thursday, March 26	Now I'm the Landlord ...	2-4 p.m.	Nor'Wester, Seaview
Thursday, March 26	D-SAACP UVA Refresher Training	2-4 p.m.	CNATTU Ready Room
Tuesday, March 31	EFMP Spring Fling (By reservation only)	5-7 p.m.	Nor'Wester, San Juan

EVENT/CLASS DESCRIPTIONS

DEPLOYMENT
CIAC Roundtable

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

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

EXCEPTIONAL
FAMILY MEMBER
PROGRAM (EFMP)

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

EFMP Roundtable and Training
The roundtable is a chance for all EFMP POC, CMCs and any other person the command deems pertinent to discuss any issues or questions about

the EFMP program. Also, there is advance training at each session.

EMPLOYMENT
Job Prep 101: Career Exploration
Not sure what career path to pursue or are you looking for a change? We will utilize the website O*NET Online to assess your interests in different industries or occupations, as well learn the job skills and education/training required for them.

Job Prep 101: Civilian Resume Writing
Learn the different styles of resumes and when to use them. Discover ways to translate and highlight skill sets you possess and put them into words to let employers know why they should meet and ultimately hire you.

Interviewing Techniques at WorkSource
FFSC FERP staff will provide an Interviewing Techniques workshop with partner agency WorkSource. This workshop discusses valuable interviewing tips and provides an opportunity to practice frequently asked interviewing questions in a supportive, realistic environment.

Federal Resume & Application Process
1.5-hour class covering the USAJobs website, federal resume formats, and tips to focus your resume.

Law Enforcement Career Fair
Brings national, federal and local law enforcement agencies together for transitioning service members, veterans and military spouses to get information about career opportunities in law enforcement.

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

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

Anger Management II
This workshop assists learners with defining anger, aggression, emotional response, and “payoff,” the sources of

anger expression, core emotions and associated action words. Learners discuss and review the basics of how to develop anger action plans.

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

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

Assertive Communication: “Say What You Mean and Mean What You Say”
The ability to express ideas and feelings in an open, honest and direct way can strengthen your relationships significantly. This workshop discusses the importance of acknowledging individual boundaries. We will explore the differences between passive, aggressive, and assertive communication. This is an activity rich workshop.

Bullying at Work and School

This workshop discusses different types of bullying– work, school and cyber. Why people exhibit bullying behavior, how to handle a bully and what to do if you or someone you care about is the victim of bullying. Learn current information and resources available to help.

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

Communication is powerful and directly affects our quality of life and relationships. 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.

EVENT/CLASS DESCRIPTIONS

Communication and Conflict Resolution for Couples

Covers blocks to communication, provides insights and a working knowledge of gender differences and creates a process to resolve conflicts and improve lines of communication. Learn the difference between dirty fighting rules and fair fighting rules. This is an activity-rich workshop.

Communicating with Tact and Diplomacy

Communication is powerful and directly affects our quality of life and relationships. Our ability to express what we think and feel with tact and diplomacy can make or break our professional reputation. This workshop will discuss the importance of being truthful, mindful and consistent in our interactions.

Couples’ Communication

Covers blocks to communication, provides insights and a working knowledge of gender differences and creates a process to improve lines of communication. During this workshop, attendees will identify their dominant and preferred communication methods and the art of compromise.

Conflict Resolution–Peaceful Solutions

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.

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.

Decision Making

We make decisions every waking moment of our life. Those decisions impact all aspects of your life, career, family and friends. There are good decisions and bad decisions. Good, effective decisions are made methodically and are predictable. This workshop helps people identify and learn the process of solid decision making and how to assimilate it into their everyday lives; practicing skills that support solid decision making. The more aware we are with how we come to a decision, the more likely we are to make the right decision even when it’s a hard one.

Depression: It’s More Than Just Feeling Sad

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

Emotional Intelligence
Emotional intelligence is the ability to recognize

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

Goal Setting –Steps to a Better Life

Goal Setting is the process of identifying something that you want to accomplish and establishing measurable steps with realistic time frames. The simple act of setting an effective goal gives you a better chance of realizing that goal. In this workshop, attendees will learn the steps for successful goal setting, identify and prepare a plan for a specific goal, recognize potential barriers to successful completion and develop a mitigation plan to respond and overcome potential roadblocks. Individuals who set specific, challenging goals perform better than those who set general, easy goals. Do You Have a Plan?

“Opportunist” is Not a Bad Word

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

Parenting Middle Schoolers–Middle School Mayhem

Middle school is a time filled with hormones, intellectual and social

growth, stress and mountains of uncertainty. This workshop is designed to discuss the specific milestones associated with this age group and provide tools for parents to navigate these deep waters as smoothly as possible. Jump on board for an informative and fun trip.

Resolving Family Conflicts –Family Feud

Conflict is inevitably a part of family life. Add to the mix the particular restraints and pressures of the military life and it is understandable that disagreements occur from time to time. This workshop provides tools and strategies to increase family harmony, including utilizing family meetings, family mealtime and behavior contracts.

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

Stress Management I –Personal Awareness

This workshop assists learners with identification and awareness of personal stressors. This includes the ability to understand what it looks like, how it effects the body and mind, and tools and resources available to support effective coping skills throughout challenging events.

Stress Management II –Thoughts in Action

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

Stress Management III –Needs and Trust Continuum

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

Stress Management IV –“SMART” Stress Management

This workshop assists learners with detecting the source of problems, establish problem-solving goals and create greater self-awareness to help make decisions that minimize the stress by aligning with personal value systems.

Time Management –“Too Much to do too little time”

This workshop discusses time management for individuals, including parents. Learn how to work smarter – not harder. This workshop addresses time wasters, tips and why it’s important to know when to say no to something or someone. Learn productive and effective time usage skills and techniques.

OMBUDSMAN
Ombudsman Basic Training

Ombudsmen are required to attend Ombudsman Basic Training (OBT) within six weeks of their appointment per OPNAVINST 1750.1G. OBT is standardized and any ombudsman, Active Duty or reservist, can attend any training as approved by their commanding officer. Register 360-257-8053.

PERSONAL FINANCIAL MANAGEMENT
Car Buying Class
Want to buy a new set of wheels? Learn about researching

EVENT/CLASS DESCRIPTIONS

a car purchase, determining how much you can afford and negotiating effectively.

Caring for Aging Parents

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

Command Financial Specialist Initial Training

CFS Initial Training is a mandatory 40-hour course to become a CO-designated CFS. CFS candidates must be an E6 and above or an E5 with at least six years, or obtain a waiver from CNIC, plus have a minimum of one year left at the command. This is a 5-day course and requires daily homework.

CFS and Leadership Financial Forum

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

CFS Refresher

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

Credit... What's the Big Deal?

Is credit really that important? Come learn how credit is used, who

can access it and why it's important to use credit responsibly.

Debt Rehab

Is debt weighing down? Unsure where to start? Discuss all types of debt from credit card to installment loans to collections. This class will also help you design a recovery plan that best benefits you.

Financial Freedom Basics

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

Getting a Tax Refund? What's Next?

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

The Ghost of Christmas Past

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

Home Buying

Planning to buy a home? Not sure of the process? Learn how much you can afford, selecting the right loan, selecting a realtor and your ideal home, plus making the offer and the closing process.

Home Selling

Getting ready to PCS or move ... but, you have a home here? Explore what to do prior to putting your house on the market, what to do after it's on the market, how to respond to an offer and what happens at closing.

Million Dollar Sailor

MDS Seminars meet all your financial literacy touch points and are opened to all hands including spouses and

other family members. This is a 2½-day course, covering all aspects of financial management.

Money Habitude Cards

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 habitudes ... our habits and attitudes towards money.

Moving Out ... What's the Cost?

Moving off base? Not sure where to start? This workshop covers everything a Sailor needs to know before they move out of the barracks, from what you can afford to roommate pros and cons.

myFICO Credit Score/Report

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

Navy Retirement ... Is It Enough?

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

Newly Married? Let's Talk Money

Talking about money can be stressful! Add in the military lifestyle and it becomes more stressful. Come learn tips, tricks and resources to master managing your finances.

Now I'm the Landlord...

Moving or PCSing, but can't sell your house here or just want to rent

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

Saving and Investing 101

Want to save and/or invest, but not sure where to start? Learn the difference between saving and investing and the tools needed to get started.

Tackling Student Loans

Is student loan debt interfering with your "GPA" (going places ability)? 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 ... Come learn the TSP details to include the various options and funds, plus the BRS benefits.

RELOCATION ASSISTANCE PROGRAM

Sponsor Training

FFSC Relocation staff provides training (orientation) to Active Duty, upholding OPNAVINST 1740.3D. This training prepares Sailors to effectively sponsor in-bound Sailors and their families within their commands for a successful transition to their new duty station at NASWI. Training includes an overview of available resources, history of the program and the roles and responsibilities of sponsors.

New Spouse Orientation

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

Money and the Move

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

TRANSITION ASSISTANCE PROGRAM

21st Century First-Term CONSEP

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

Capstone Event

Capstone must be completed no later than 90 days prior to separation in order to verify that service members have met their Career Readiness Standards (CRS) and received the transition services that are mandated by Department of Defense.

EVENT/CLASS DESCRIPTIONS

Capstone is the final part of Transition GPS and happens no later than 90 days prior to the expected date of separation and after having completed Pre-Separation Counseling and attended a Transition Workshop. During Capstone, an FFSC Transition Counselor will review all CRS requirements and verify that they have been met and a viable transition plan is in place.

My Education

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

My Employment Workshop

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

My Entrepreneurship Workshop

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

My Vocational Workshop

Provides guidance and assistance in conducting several self-assessments

to determine a career path to align with skills, interests and abilities. This will help in identifying a vocational post-transition career and in locating a technical school.

Spouse Transition Class

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

Transition Workshop (Separation/Retiree)

FFSC Staff will facilitate a 3-day transition workshop with additional 2-day workshops (My Education, My Vocational, My Employment, and My Entrepreneurship) available for Active Duty and spouses. This workshop provides Transition resources and services designed to ensure that Sailors are better prepared to transition from military to civilian life. Ultimately, the transition classes are designed to build skills to allow Sailors to depart "career ready" and meet mandatory Career Readiness Standards (CRS).

WEBINARS

Interview Types and How to Dress for Them

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

Getting a Tax Refund? What's Next?

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

WORK/LIFE BALANCE SERIES

Deployment for Kids –Parenting Topic

Let's discuss the challenges that parents face as they raise kids in a deploying environment. Kids are tough in spite of it all, but there is more that we can do support their resilience. Join us as we pull together the pieces of the puzzle.

Emergency Preparedness, Tips and Tools-Work/Life Balance

Did the house run without a hitch when the winds and snow came and blew out the lights? No? Hmm. Let's embrace the fact that "stuff" will happen in the PACNORWEST. This workshop will help you to establish

a level of emergency preparedness your family has never seen before.

Mind Over Money–Financial Management

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

Self-Care, It's All About You

Self-care is one of our most important needs. This workshop explores different types of self-

care opportunities and how to maximize their value in our daily life.

Sleep Deprivation –How to Get Your Zzzzz's

Lack of sleep affects more than just your mood. This workshop discusses the impact of moving through life with the bare minimum of sleep. Learners will look at the surprising benefits of prioritizing sleep, ways to improve quality of sleep, tips to change sleep patterns and more... Zzzzzz.



New Evening Classes in 2020!

Jan. 28, Feb. 25, and March 24
FFSC now offers evening workshops once per month!

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ill and injured Sailors and
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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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A STRONGER FAMILY MEANS A STRONGER FLEET

2020 READY & RESILIENT CHALLENGE *A Navy Family Framework Initiative*

At Fleet and Family readiness, we're dedicated to helping you and your family successfully navigate Navy life and make lifelong memories and connections along the way. We challenge you to get to know us better by visiting one of our facilities the next time you're on base. During the first two weeks of March, we'll make your visit even sweeter with a FREE* Ready & Resilient party pass. Scratch and win for an instant prize or use the pass to enter the grand prize drawings at our installation Ready & Resilient Challenge celebration in April.

This event is your opportunity to meet other Navy families and find out how FFR can help you become more resilient and ready for wherever your Navy life takes you.

**Follow us on Facebook for additional OPPORTUNITIES
to learn more and WIN prizes.**

*No purchase necessary. One scratch card per eligible patron per day while supplies last. You must be an eligible patron and over age 18 (or an Active Duty Service Member if under 18) to enter the grand-prize drawings. Grand prizes are not transferable and you must be present at the drawing to win.

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instant prizes!**

FREE movie passes, candy bars,
exclusive Navy plushies,
and more!

GRAND PRIZE:

Win a \$500, \$750 or \$1,500
American Forces Travel voucher



American Forces Travel



For more information, ask any FFR team member or visit navylifepnw.com