



EXPERIENCE NAVY LIFE
NAVAL AIR STATION

WHIDBEY

YOUR GUIDE TO ON-BASE RESOURCES AND ACTIVITIES

JULY-SEPTEMBER 2020

SUMMER ADVENTURE GUIDE

STRESS RELIEF TIPS

NAVY FAMILY
COLORING CONTEST

I AM READY & RESILIENT

SPECIAL EDITION





PLAY. OR WATCH.

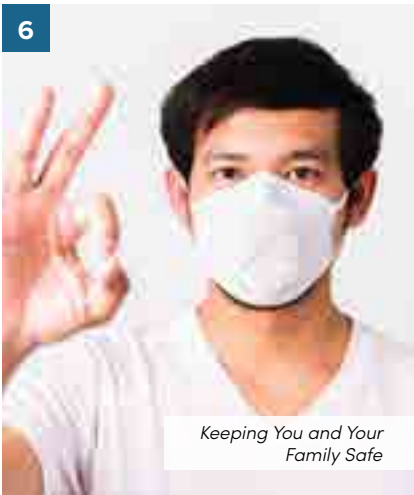
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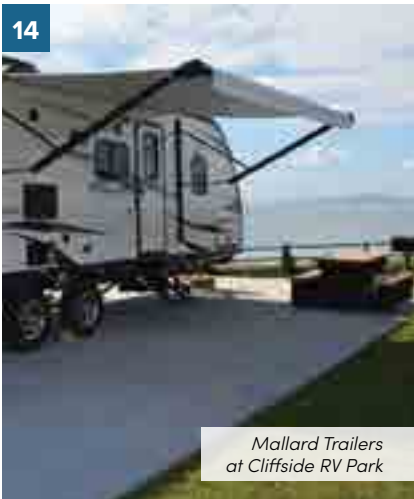
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EXPERIENCE NAVY LIFE NAVAL AIR STATION WHIDBEY

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Experience Navy Life is your go-to guide to the world of services available to authorized DoD personnel through the U.S. Navy Region Northwest Fleet & Family Readiness (FFR) program. We make every effort to ensure that the information herein is accurate at the time of publication; however, all activities, events and hours of operation are subject to change. For the most up-to-date information, please visit our website at www.navylifepnw.com, contact the facility directly or sign up for the Navy Life Currents e-newsletter at www.navylifepnw.com/subscribe. A digital version of this magazine is available at: whidbey.navylifepnw.com/magazine.

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Sponsorship.cnrnw.pf@navy.mil

A MESSAGE FROM THE FFR DIRECTOR



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

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

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

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



STEPHEN POHRIVCHAK
CNRNW N9 | FFR Director
NAS Whidbey Island

FOLLOW US @ WHIDBEYFFR!



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



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



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



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



MyNavy Family App

We are here for you & your family!

New resources are available on the MNF app covering a wide variety of topics including: **Family Emergencies and Pandemic Resources.**



Visit applocker.navy.mil to learn more about Pandemic Resources.

WHAT WE'RE DOING TO KEEP YOU AND YOUR FAMILY SAFE

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

APPLICABLE AT ALL FFR FACILITIES



Carry an approved facial covering with you when entering an FFR facility and wear it when 6 feet of physical distancing cannot be maintained.



Please use hand sanitizer upon entering and exiting FFR facilities.



Observe physical distancing markers and posted room occupancy limits.



No cash transactions. Electronic payments only.



Patronage may be limited to Active Duty personnel based on local installation guidance.



Use FFR facilities may be contingent upon completion of a screening questionnaire, temperature check and/or other measures based on local installation guidance.



navylifepnw.com



READY & RESILIENT



HEALTH PROTECTION NOTICES

APPLICABLE AT SPORTS, FITNESS AND AQUATICS FACILITIES

- Sanitize equipment before and after use.
- No complimentary towel service. Please bring your own clean towel.
- No use of drinking fountains or bottle-filling stations. Please bring your own water in a clean container.
- No use of showers, hot tubs, saunas or steam rooms.
- Swim lessons and aquatics classes suspended.
- Where pools are open, no more than one (1) swimmer per every other lane.
- Swimmers must also use pool deck rinse showers and appropriate shower shoes.
- No weightlifting activities that require the use of a "spotter."
- Group exercises and intramural sports limited to those in which physical distancing can be maintained.
- Workout times may be limited to accommodate all patrons.
- Physical distancing must also be observed when using outdoor sports facilities. Informal gatherings for pick-up games not authorized.
- Unmanned fitness facilities will remain closed.
- Command Physical Training must comply with NAVADMIN 071/20.

APPLICABLE AT OUTDOOR MWR RECREATION FACILITIES

- Limited to day use only.
- No group reservations permitted.
- Climbing attractions, dog parks and children's playgrounds are closed.
- Drinking fountains and outdoor restrooms are closed.

- Physical distancing must be observed when using outdoor sport courts (tennis, sand volleyball, basketball), skate parks, tracks and trails, or when fishing from the shore.
- Sanitize rental equipment upon return.

APPLICABLE AT INDOOR MWR RECREATION FACILITIES

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

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

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

APPLICABLE AT MWR FOOD & BEVERAGE FACILITIES

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

APPLICABLE AT THEATER FACILITIES

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

APPLICABLE AT MWR GOLF FACILITIES

- Limit one (1) person per golf cart unless passengers are family members.
- No more than two (2) players allowed on a tee box at any time.
- Maintain at least 6 feet of physical distance from other golfers at the driving range.
- Drinking fountains and ball cleaners are closed.
- Pin holes now have barriers to prevent ball from entering cup.
- No beverage/food cart service on course.
- Sanitize rental equipment upon return.

APPLICABLE NAVY GETAWAYS PACIFIC BEACH

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

APPLICABLE AT NAVY HOUSING FACILITIES

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

APPLICABLE AT FLEET & FAMILY SUPPORT CENTERS

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

HOW TO MAKE A SEWN CLOTH FACE COVERING

Materials

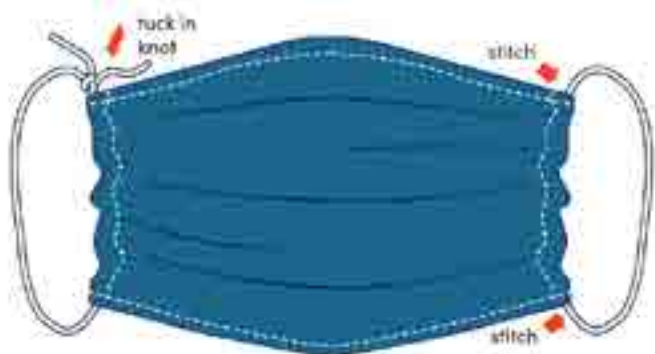
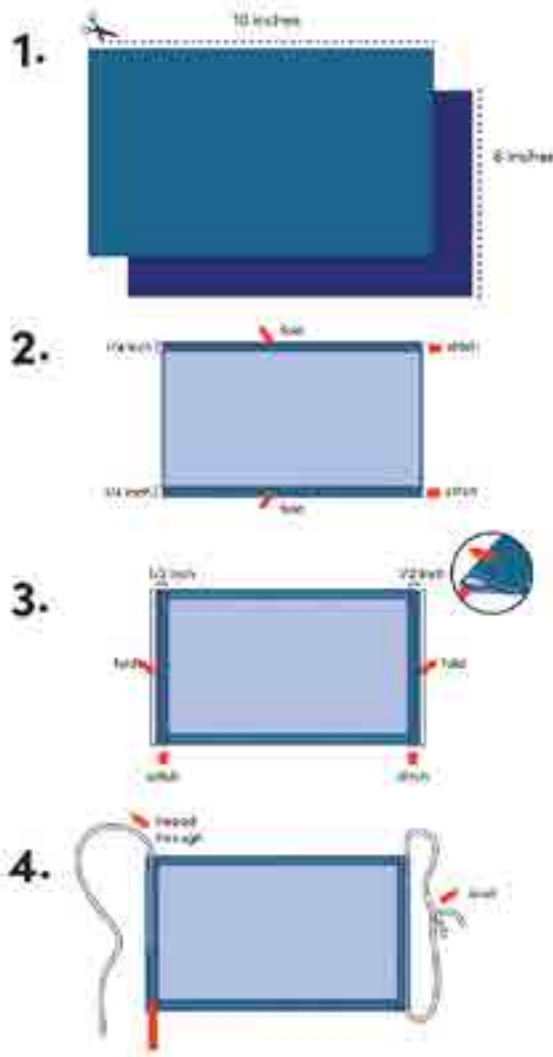
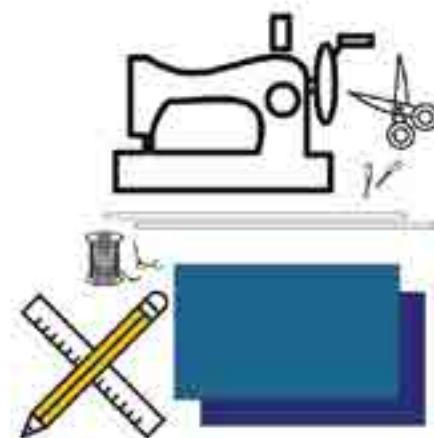
- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

Tutorial

1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.
2. Fold over the long sides $\frac{1}{4}$ inch and hem. Then fold the double layer of fabric over $\frac{1}{2}$ inch along the short sides and stitch down.
3. Run a 6-inch length of $\frac{1}{8}$ -inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight.

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

4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.



HOW TO MAKE A NON-SEWN CLOTH FACE COVERING

Materials

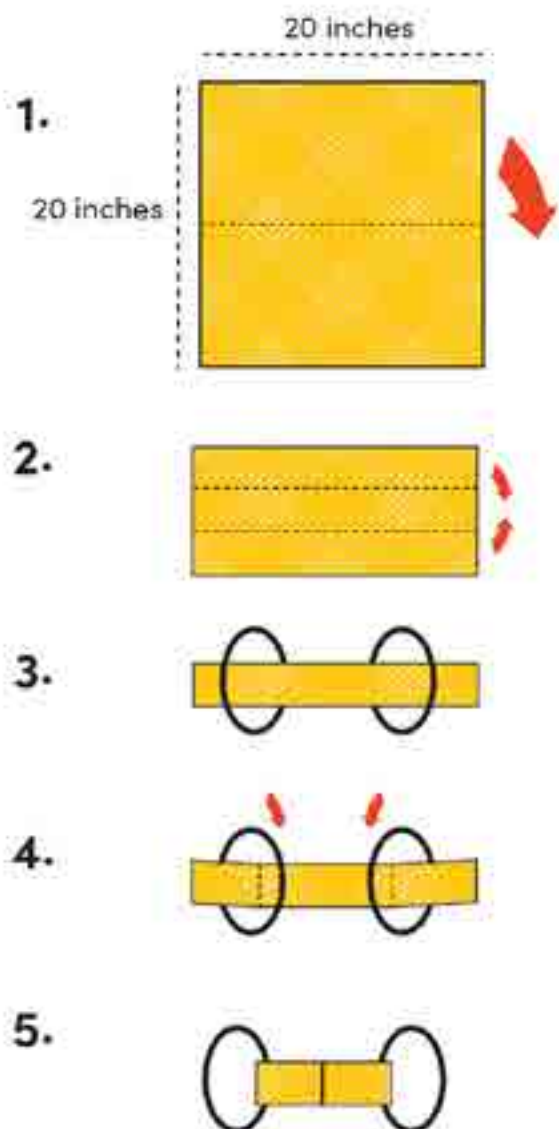
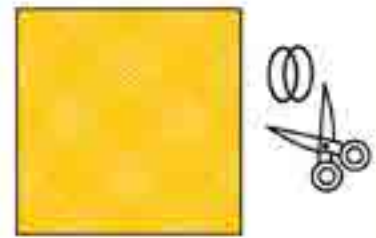
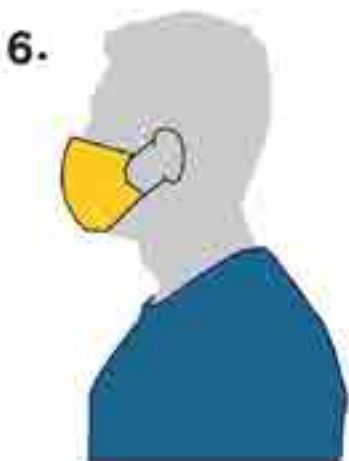
- Bandana, old t-shirt, or square cotton cloth (cut approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

Tutorial

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

Make sure your cloth face covering:

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



Source: Centers for Disease Control and Prevention (CDC)



FOOD, FUN & RECREATION

We're proud to offer you and your family a wide variety of dining, entertainment and recreation options conveniently located on base. Visit an MWR facility today to learn more about upcoming events, volunteer opportunities and daily specials and discounts.



Events, classes and trips may require advanced registration and are subject to change or cancellation without prior notice. For confirmation, contact the venue or host directly or visit navylifepnw.com for current hours of operation and updates.

DINING & ENTERTAINMENT



Admiral Nimitz Hall Galley

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

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



Chiefs' Club

1080 W. Ault Field Rd.
Bldg. 138
Oak Harbor, WA 98278
360-257-2505



M.T. McCormick's Officers' Club

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



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

3535 N. Princeton
Bldg. 2510
Oak Harbor, WA 98278

Back Alley Bar

360-257-8541

COMMUNITY RECREATION

Auto Skills Center

3455 N. Princeton
Bldg. 2549
Oak Harbor, WA 98278
360-257-2295

We offer convenient motorcycle storage and everything you need to keep your ride running smoothly:

- Lift and stall rental
- Work bench rental
- FREE oil disposal
- Floor jacks
- Motor stand
- Air tools, sockets, wrenches, pullers, etc.

We also offer the All-Data Automotive Information System and Chilton/Haynes manuals in our resource center.

Convergence Zone Community Recreation Center

3535 N. Princeton
Bldg. 2510
Oak Harbor, WA 98278
360-257-2432

HOLIDAY CLOSURES

Closed Saturday, July 4
Monday, Sept. 7

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

- Indoor playground
- Toddler play area
- Bowling lanes, billiards, air hockey and more
- Online computers
- WiFi
- Xbox 360s and Nintendo Wiis
- Lending Library and Resource Center
- Fax, copy and printing services

Convergence Zone Facilities and Services

Costen-Turner Recreation Area

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

Disc Golf Course

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

Equipment Rentals

Our experienced staff stands ready to outfit your next outdoor adventure.

Paintball

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

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

Rocky Point Recreation Area

Adjacent to the Gallery Golf Course, located just footsteps from the Strait of Juan de Fuca and Rocky Point beach.

- Barbecue
- Horseshoe pits
- Picnic tables
- Playground area
- Restrooms
- Volleyball area
- Beach access

Rental reservations available, contact the Convergence Zone.

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

The Navy's one-and-only golf course in Region Northwest features tree-lined fairways, rolling hills and stunning views of the Strait of Juan de Fuca and Vancouver Island. Open to the public.

- Challenging 18-hole course tournaments
- Grass driving range
- Golf Shop, special orders
- ADA rental carts
- Lessons and clinics
- Online tee times for expedited check-in

LIBERTY Northwest Center

Inside Admiral Nimitz Hall Galley
1040 W. Intruder St.
Bldg. 382
Oak Harbor, WA 98278
360-257-3309

Designed for LIBERTY-eligible junior service members (E1-E6) who seek high-energy recreation and entertainment in an

alcohol- and tobacco-FREE environment. Eligible users may escort up to two guests over the age of 18.

Amenities include:

- FREE WiFi
- Xbox One, PS4 and Nintendo Switch consoles with Internet connection and surround sound dome
- Cyber 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 Theatre

955 W. Midway St.
Bldg. 118
Oak Harbor, WA 98278
360-257-MOVI (6684)
Skywarrior Theatre features the Navy's first digital projector, complete with a silver screen, 3-D capabilities and fully cushioned seats.

The Grind Skate Park

Located on the corner of Intruder and Princeton Streets (across from the Chapel)
Oak Harbor, WA 98278
360-257-3309
Open daily, dawn to dusk.
The Grind features a series of challenging obstacles, including a half pipe, quarter pipe, grind box, pyramid and stairs.

FOOD, FUN & RECREATION EVENT CALENDAR JULY 2020

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



FREE KIDS' PATRIOTIC CRAFT KIT

Thursday, July 2
10 a.m.-Noon

We're back with an adorable patriotic curbside craft.

**CONVERGENCE ZONE
PARKING LOT**



GREAT NAVY CAMPOUT

Saturday, July 11, 4 p.m.-
Sunday, July 12, 10 a.m. • FREE

We will be hosting classes and activities on Facebook while you enjoy camping in your backyard or living room!

FACEBOOK/WHIDBEYFFR



LEAVE NO TRACE

Wednesday, July 15 • Time TBD
Learn the seven principles to help protect our wilderness areas.

FACEBOOK LIVE/WHIDBEYFFR

EVENT/CLASS DESCRIPTIONS

CURBSIDE CRAFT

DIY Door Hanger

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

Kids' Patriotic Craft

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

VIRTUAL EVENTS

Back Packing Basics

When going on a day hike or a backcountry hike, there are basics everyone needs to know.

Garden to Kitchen

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

Leave No Trace

Let us teach you the seven Leave No Trace

principles to help protect our wilderness areas for generations to come.

Great Navy Campout

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



Walk, Shop, Dine

DOWNTOWN OAK HARBOR



www.oakharbormainstreet.org

The Department of Navy does not endorse any company, approval or their products or services



FREE DOOR HANGER CURBSIDE CRAFT KIT

Thursday, July 16
10 a.m.–Noon

Drive up and easily pick up a kit for creative summer enjoyment!

CONVERGENCE ZONE PARKING LOT



GARDEN TO KITCHEN

Saturday, July 25
3 p.m.

Learn gardening tips and what grows best in the Pacific Northwest!

FACEBOOK/WHIDBEYFFR



LIVE

BACK PACKING BASICS

Wednesday, July 29

Learn backpacking basics for a day hike or a backcountry hike.

FACEBOOK/WHIDBEYFFR

BRAND NEW
★ ★ ★

Motorcycle STORAGE

LOCATED AT THE AUTO SKILLS CENTER



Only \$

15 /MONTH

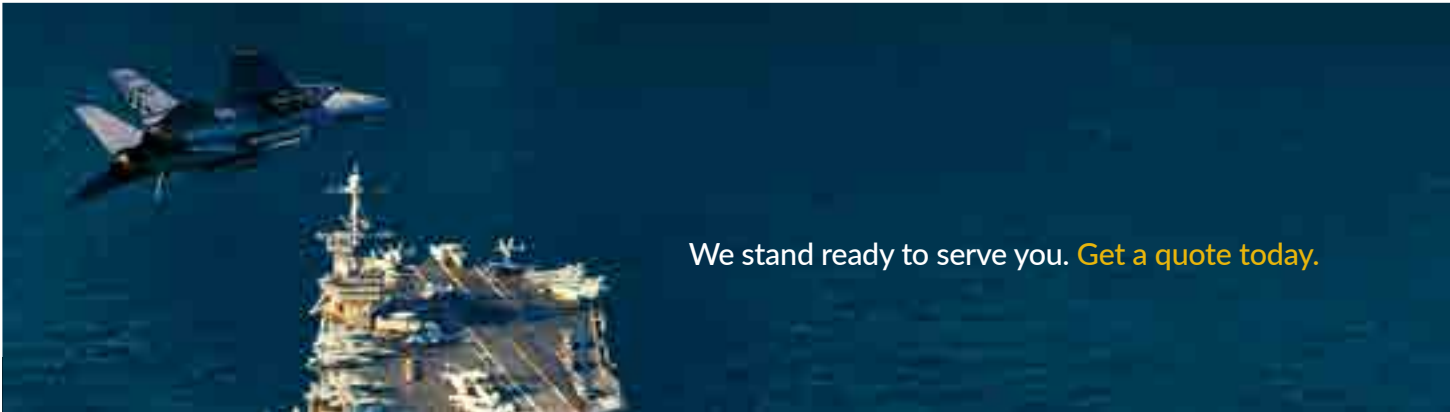
Open to all eligible base patrons.

This is a SECURED covered storage facility just for MOTORCYCLES.



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

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



We stand ready to serve you. [Get a quote today.](#)

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SERVING THE MILITARY

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

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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.



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



RV Park & Campground

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

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



21027 Jim Creek Rd. Arlington, WA 98223 425-304-5315/5363

Jim Creek Recreation Area is located just outside of Arlington, WA, about 90 minutes north of Seattle. Nestled in the foothills of the North Cascades, Jim Creek serves as a Naval Radio Station and regional outdoor recreation facility that is open year-round. Seasonal activities include fishing, boating and the Alpine Tower climbing adventure (open Memorial Day through Labor Day).



Hotel, Cottages, RV Park & Campground

108 First St. N. Pacific Beach, WA 98571 360-276-4414

Located on the Pacific coast, 15 miles north of Ocean Shores, the facility features reasonably priced hotel accommodations as well as fully furnished 3-, 4- and 5-bedroom cottages lining the ocean bluff, providing guests with panoramic ocean vistas. On-site amenities include Pac Beach Market & Café, Raindrop Lanes bowling center, an exercise room and more.



NAVY GATEWAY INNS & SUITES

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

Amenities include:

- FREE Internet access
- Refrigerator
- Housekeeping
- Fitness rooms
- FREE premium cable TV
- Coffee
- Guest laundry
- Business center
- Microwave

NGIS also offers pet-friendly accommodations. Call for details.

Navy Gateway Inns & Suites combines all the

comforts of a hotel, while specializing in official business accommodations. For reservations, call 1-877-NAVY-BED (628-9233).

Bangor

2750 Sargo Circle Silverdale, WA 98315

Bremerton

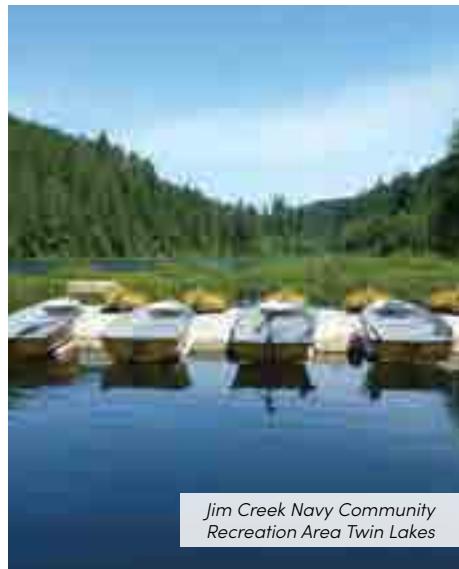
120 S. Dewey St. Bldg. 865 Bremerton, WA 98314

Whidbey Island

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



Cliffside RV Park



Jim Creek Navy Community Recreation Area Twin Lakes



Pacific Beach Whale Watching Tower

We have cottages, hotel rooms and suites, RV sites and camping!
Hotel seasonal rates as low as \$52 a night!



Come stay, play and relax.

We are excited to share our newest

COTTAGE RENOVATIONS

13 COTTAGES
NEW FURNITURE • FRESH INDOOR PAINT
UPGRADED FLOORING

AVAILABLE SUMMER 2020



NAVYLIFEPNW.COM



FRONT DESK • RESERVATIONS
360-276-4414

ONLINE RESERVATIONS AND SUPPORT
WWW.NAVYGETAWAYS.COM • 877-NAVY-BED

MWR Welcomes Summer with Upgrades and Improvements

BY DAN COON

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

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

JIM CREEK NAVY COMMUNITY RECREATIONAL AREA

Adventure Pass

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

Trail Work

Jim Creek's staff improved their seven hiking trails. They repaired footbridges, cleared debris, removed downed trees, added trail markers and signage, and created trail handouts that include trail data, restrictions and points of interest. They also added interpretive signage to Grouse Trail for people to identify the different trees, ferns and

other flora on the trail. For all you anglers, Jim Creek continued their trout restocking program at Twin Lakes.

Cabin and Lodge Maintenance

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

NAVY GETAWAYS PACIFIC BEACH

Cottage Upgrades

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

NAVY GETAWAYS CLIFFSIDE RV PARK

Beautification Projects

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



One of the Jim Creek's many cabins that were stained and cleaned during the closure.



Mallard Trailers available to rent at Cliffside RV Park.



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

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



Events and classes may require advanced registration and are subject to change or cancellation without prior notice. For confirmation, contact the venue or host directly or visit navylifepnw.com for current hours of operation and updates.

Naval Air Station Whidbey Intramural Sports

3755 N. Wasp St.
Bldg. 117
Oak Harbor, WA 98278
360-257-4320
Participate in regularly scheduled leagues, including volleyball, flag football, golf, basketball, softball and more. In addition, there are opportunities to participate in tournaments and regional competitions throughout the year.

All-Navy Sports

This program allows Sailors who possess the athletic skills to compete above the intramural level, in team or individual sports, a chance to

represent the Navy at higher-level athletic competitions. All-Navy teams participate in the Department of Defense Sports program and compete in the Armed Forces Championships against teams from the Marine Corps, Army and Air Force.

Admiral's Cup

Admiral's Cup allows Sailors who possess the athletic skills to compete on an All-Navy Regional Installation team. They have the chance to represent their installation in Navy Region Northwest (NRNW) tournaments.

Captain's Cup

Represent your command in a variety of different

team sports and activities, while earning points toward the cup.

Whidbey Fitness Center

3755 N. Wasp St.,
Bldg. 117
Oak Harbor, WA 98278
360-257-2420

NAS Whidbey Island has one of the most expansive fitness centers in the Navy. Our amenities include:

- Extensive Cardio & Strength Equipment
- Life Fitness
- Treadmills
- Stairmaster
- Steppers
- Matrix Stepmill
- Concept2 Indoor Rowers
- Precor Elliptical

- Life Fitness Ellipticals
- Technogym Wave Ellipticals
- Recumbent Bikes
- Upright Bikes
- FREE Motion
- FREE-Weight Room
- Hammer Strength Line

Facility and Surrounding area features:

- Sauna
- Large Group Fitness Room
- Four Racquetball Courts
- Full Basketball Court
- Volleyball Court
- Tennis Court
- Boxing/Judo Room
- NOFFS Zone
- Rogue Rack
- Functional Training Equipment

- Family Fitness Room (Cardio)
- Functional Training Room
- Seaview Trail (leads to Cliffside or Nortz Gate)
- Costen-Turner Complex
- Football/Soccer Field with Running Track
- Three Softball Fields

Aquatics Facilities

Although NAS Whidbey Island does not have its own recreational swimming facility, MWR has a partnership with two local pools: Fidalgo Pool in Anacortes and the North Whidbey Parks & Rec Pool in Oak Harbor. For more information, see the Front Desk.



VIRTUAL ULTRA MARATHON CHALLENGE

Wednesday, July 1-Friday, July 31
Run/walk/hike or treadmill to 60 miles. All finishers will receive a FREE completion medal.

FACEBOOK/WHIDBEYFFR



VIRTUAL DOWN 'N' DIRTY DASH TIDES OUT RUN/WALK

Monday, July 6-Monday, July 20

FACEBOOK/WHIDBEYFFR



MINUTE-TO-WIN-IT CHALLENGE

Monday, July 6-Friday, July 17
How many push-ups can you do in a minute?

FACEBOOK/WHIDBEYFFR



TRICK SHOT CHALLENGE

Monday, July 20–Friday, July 31
Join NRNW as we hit, kick, and throw into our trick shot competition! Get creative and use the ball of your choice as you compete to win best trick shot!

FACEBOOK/WHIDBEYFFR

INTRAMURAL SPORTS

LEAGUES AND TOURNAMENTS TO FIT YOUR INTERESTS!

Experts and amateurs enjoy regularly scheduled leagues throughout the year, including volleyball, flag football, golf, basketball, softball, and more.

REGIONAL TEAMS: Play for Team Navy as our region takes on Soldiers and Airmen from Joint Base Lewis-McChord each year in Flag Football, Ice Hockey, and more.

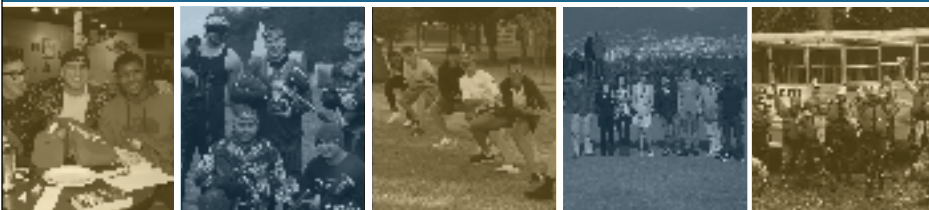
ADMIRAL'S CUP: Lead your Base to victory by competing against the other Naval bases in our region.

CAPTAIN'S CUP: Represent your Command in a variety of different team sports and activities, while earning points toward the Cup.

TOURNAMENTS: Various tournaments are scheduled throughout the year, including Racquetball, Dodge ball, and Basketball.



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



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



Naval Air Station Whidbey Island Run Routes



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



ROUTE 1 4.2 miles-Nortz Gate Road

- Start at NASWT Fitness Center
- Take grass trail to Nortz Gate Road
- Run down Nortz Gate Road to back gate, turn around
- Run back to Base Fitness Center

ROUTE 2 3 mile loop

- Start at NASWT Fitness Center
- Run north and turn right on Charles Porter Ave.
- Just before Skywarrior Theater, turn right on Midway Ave. (1 mi.)
- Turn right on n. Saratoga St, just past the Officers' Club (.75 mi.)
- Turn right on Enterprise St. (1 mi.)
- Turn right on Wasp St. (.25 mi.)
- Run back to Base Fitness Center

ROUTE 3 4.5 miles-Coyote Trail (loop)

- Start at NASWT Fitness Center
- Take Seaview Trail located on Northside of NASWI Fitness Center
- Stay to the right at the lollipop loop
- Just after the first set of stairs, continue along the fence line to gravel path (1.5 mi.)
- Cross Saratoga St.
- Just after N. Saratoga, turn right on the paved trail (Coyote Trail) (1.5 mi.)
- Turn Right on N. Saratoga St. (.25 mi.)
- Just past the Officers' Club, turn right on Midway St. (.5 mi.)
- Just past the NEX fuel station, turn right on Langley Blvd. (.25 mi.)
- Just past the Supply Building, turn left on Prowler St. (.5 mi.)
- Turn left on Charles Porter Ave. (1 mi.)
- Run back to NASWI Fitness Center

ROUTE 4 3.2 miles-Fire House Run

- Start at NASWT Fitness Center
- Turn right on Wasp St, heading south (1 mi.)
- Turn right on Lexington St. (.3 mi.)
- Turn left on Princecon St., just before CNATTU, Bldg. 976 (.2 mi.)
- Turn right on Intruder St., just after the skate park
- Continue straight past the ballfields
- Just past NOPF, Bldg. 2700, curve to the left
- Continue on Franklin St. to Fire School, Bldg. 2649 (1 mi.)
- Run back to Base Fitness Center

ROUTE 5 3.2 miles-Seaview Trail

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

NAVY REGION NORTHWEST

NAS Whidbey Island
GALLERY
Golf Course
Open to the public!

When we open... join the club!

GALLERY'S

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\$37.95/month

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



navylifepnw.com



For more information, call:

360-257-2178



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.



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

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

Our School-Age Care (SAC) program is designed to provide piece of mind for children 6-12 years of age.

Whidbey-School Liaison Officer (SLO)

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

Youth Center

54 Wake Ave.
Bldg. 2874
Oak Harbor, WA 98278
360-257-3150
Our Youth Center is open to eligible family members ages 12-18, in grades 7-12 of Active Duty, retirees, DoD civilians and DoD contractors.



SEVEN CORE SERVICES of NAVY SCHOOL LIAISON OFFICERS (SLOs)



- 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

- 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.
- 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.
- 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.
- Homeschool Linkage and Support**
SLOs provide Navy families with homeschooling resources and support, as well as information on homeschooling issues, policies and legislation.
- 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.
- Post-secondary Preparation**
SLOs provide military high-school students with post-secondary information, resources, and opportunities.
- 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.

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Proud of its Graduates!

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BENEFITS

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- MilitaryChildCare.com
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- Free Lending Library - Toys and Equipment
- Free On-site Support
- Educational Enhancement Program



Learn More by Calling 360-257-1877



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.



Events and classes may require advanced registration and are subject to change or cancellation without prior notice. For confirmation, contact the venue or host directly or visit navylifepnw.com for current hours of operation and updates.

Centralized Scheduling

866-854-0638

ffsp.cnrnw@navy.mil

Fleet & Family Support Center-Nor'Wester

3675 W. Lexington
Bldg. 2556
Oak Harbor, WA 98278
360-257-6289

Navy Gold Star Call Center

888-509-8759

24/7 SAPR Advocate

360-914-7867/7855

DoD Safe Helpline

877-995-5247

24/7 Sexual Assault Response Coordinator (SARC)

360-914-7834

SPORTS, FITNESS & AQUATICS EVENT CALENDAR JULY-SEPTEMBER 2020

DATE	EVENT	TIME	VENUE/HOST
ONGOING			
On Demand	Podcasts	On Demand	Download from navylifepnw.com/podcasts
On Demand	Webinars	On Demand	Online at navylifepnw.com
By Appointment	United Through Reading	By Appointment	Call 360-257-8058 to schedule
JULY-SEPTEMBER			
Thursday, July 16	Webinar: Credit ... What's the BIG Deal?	11 a.m.-Noon	See events calendar at navylifepnw.com
Thursday, Aug. 20	Webinar: Welcome to Whidbey	11 a.m.-Noon	See events calendar at navylifepnw.com
Thursday, Sept. 17	Webinar: Ready or Not	11 a.m.-Noon	See events calendar at navylifepnw.com



FFSC PODCASTS

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

NAVYLIFEPNW.COM/PODCASTS



WEBINARS

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

SEE EVENTS CALENDAR AT
NAVYLIFEPNW.COM



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1-855-628-9997 (24/7)

navywoundedwarrior.fc@navy.mil

www.navywoundedwarrior.com



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CENTRAL NAVY INQUIRY CENTER



BY KIMA TOZAY, CHIEF OF CLINICAL SERVICES/FAP REPRESENTATIVE, FFSC

TOP 10 APPS

to Help You Cope With **STRESS**



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

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

1. **VIRTUAL HOPE BOX**

Teaches problem solving, emotion control and mood and coping skills

2. **PTSD COACH**

Helps track and manage symptoms related to Post Traumatic Stress Disorder

3. **CALM**

Provides relaxation and calming tools to manage stress

4. **STOP BREATHE & THINK**

Teaches ways to assess how you are feeling and thinking using mindfulness techniques

5. **MINDFULNESS COACH**

Provides resources for mindfulness skills training and stress reduction techniques

6. **MY3**

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

7. **BREATHE2RELAX**

Teaches deep breathing techniques and relaxation skills

8. **AIMS FOR ANGER MANAGEMENT**

Focuses on skill building for managing irritability and anger

9. **COVID COACH**

Helps build resilience, manage stress, and increase well-being during this pandemic crisis

10. **PARENTING2GO**

Teaches child development, parenting skill, tips, and provides tools to help military parents

Kima Tozay joined FFSC in March 2013 as a FAP Case Manager and was promoted to the COCS/FAR position in January 2018. Her career as a Clinical Social Worker began in 2003 after completing an enlistment with the U.S. Navy. Tozay worked in a number of government and private agencies providing mental health care and social work services. Prior to joining FFSC, she provided psychotherapy and care coordination to Veterans for the Department of Veterans Affairs Medical Center in Seattle. She also served as a Wounded Warrior Advocate assisting severely injured and ill service members, veterans, and their families at Washington's Joint Base Lewis-McChord.

READY & RESILIENT COLORING CONTEST

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



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

STRESS RELIEF TIPS

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

Here are a few strategies for better stress management:

- Exercising 30 minutes or more of continuous exercise, for five to six days a week, can help lower stress levels.
- Eating a healthier diet; includes healthy fats, a good variety of fruits and vegetables, lean proteins, and just drinking water. Not putting anything in your water, just plain clear healthy water.
- Having better time management; sometimes better time management can make your whole day feel a lot better and you feel that you get more done.
- Time outs; time outs are not a perfect solution, but they are taking yourself out of a situation that your stress levels have reached a point to where you become angry. This does not mean you leave the situation. It just means you pull yourself out of it for a set period. Please note that in a military setting, this may not always work. If you are in that setting, please ask for permission.
- Look for the humor in the situation. It may not always be apparent at the time, but one of the things that happen when we think back to a stressful time, we can feel that stress again. If you can find the humor in the situation, it will take the stress out of the memory.
- Know your limits. Know when your stress has gotten out of hand and when you need to reach out for help. There are a lot of sources of help available; your family, your co-workers, the Chaplain, Fleet and Family Support Centers, or Medical. If you need these resources, please reach out.

The last thing we want to leave you with is to stop, drop, and roll. It's not just for fire but also for stress. Stop reacting to minor problems, and you only know what is or what isn't a minor problem.

If you can't stop reacting, maybe just try to drop your irritation and anger. If you can't stop reacting or dropping your irritation and anger, roll with the situation. Keep moving forward and know that it will be over soon.



Kathleen Hoar is an Education Services Facilitator who has been working with Fleet and Family for 7 years. She started in Norfolk as a Work and Family Life Consultant, then moved to Yokosuka, Japan as an Education Services Facilitator before transferring to the Everett Fleet and Family Support Center. She is a Military Spouse who has been active in the Military community since 2007, first as part of a Family Readiness Group, and then more than a decade as an active Ombudsman. Hoar continues her service as both a life Skills educator and as the Everett Ombudsman Coordinator.

Transition Assistance Program



The Transition Process:

Four Steps to Success

STEP 1

If you are within 12 to 24 months of separating or retiring from the Navy, contact your Command Career Counselor (CCC) or local Fleet and Family Support Center (FFSC). You will receive information about the Transition Assistance Program and available supportive services.

STEP 2

A CCC or FFSC staff member will conduct your Initial Self-Assessment Counseling (IC), which is a tool that is used to help reflect your personal circumstances, needs and transition goals to meet your Career Readiness Standards (CRS). After completing the IC, you will need to register for the TAP Workshop and select your career track.

STEP 3

The TAP Workshop will assist you with your CRS. It also includes a veterans' benefits brief; employment information; guidance on financial planning; and the mandated Pre-Separation Counseling Briefing, which must be completed no less than 365 days prior to separation.

STEP 4

To achieve a balanced and smooth transition, attend the Capstone briefing no less than 90 days prior to your official retirement or separation from military service.

Start early. Preparing for life after the military is a process.

The Transition Assistance Program will help you take the right steps for a successful transition to civilian life.



www.ffsp.navy.mil





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

Unaccompanied Housing

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

After-hours Emergency
Maintenance
360-914-7347

Housing Services:

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

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

Homes.mil, your FREE online resource

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

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

Online Barracks Maintenance Requests

Available 24/7, residents can submit non-emergency maintenance requests through the online maintenance request program at www.navylifepnw.com. It's fast and easy. Requests are sent to our Maintenance Tracking Program and are reviewed daily by

UH Building Managers. Residents receive an email confirmation when their maintenance requests are received, assessed and completed.

Tell Us What You Think

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

**NAVSTA Everett
Housing Service Center**
2000 W. Marine View Drive
Bldg. 2028
Everett, WA 98207
425-304-3402

**NAS Whidbey Island
Housing Service Center**
3675 W. Lexington St.
Bldg. 2556
Oak Harbor, WA 98278
360-257-3331

800-876-7022

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Call **866-486-0707** Visit **USFHPclinics.org**



*Military Retirees and eligible family members under age 65.

†2019 Consumer Assessment of Healthcare Providers and Systems (CAHPS)

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- Work/life balance
- Work with a team of people passionate for doing work that matters

PERKS

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

WE'RE HIRING!

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- ✓ Recreation and Fitness Specialists
- ✓ Supervisors/Management
- ✓ and more!

