



WINTER 2021

EXPERIENCE

NAVY LIFE MAGAZINE · WHIDBEY

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New You*



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EXPERIENCE NAVY LIFE

JANUARY-MARCH 2021

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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 navylifepnw.com, contact the facility directly. A digital version of this magazine is available at: whidbey.navylifepnw.com/magazine.

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MESSAGE FROM THE FFR DIRECTOR



With 2020 in our rear view window, let's look forward to all of the great things that 2021 will bring us. During this time of year, the beautiful state of Washington has many exciting things for you to do.

Whether it's heading to one of the world-class ski resorts, or traveling to a town you have never been to before, NASWI FFR has you covered no matter what your interests are.

If you're looking to stay local, we have a lot of programs on base for you to partake in. We have our movie theater that offers outstanding concessions and up-to-date movies, and our Convergence Zone that offers bowling, as well as an excellent dining operation, Kegler's Bar and Grill, with an exciting new menu. We also have a state-of-the-art fitness center with all of the latest and greatest workout equipment and a scenic running path along the water.

In addition to all of our facilities, the FFR team has spent countless hours planning activities and events for all ages that will put a smile on your face all year long.

In closing, we at NASWI FFR are here to serve you and your family. Please let us know if there is anything we can do to make your time at NASWI more enjoyable. Please feel free to reach out to any of our team members if you have any questions, comments or ideas that you would like to see in the future. Your feedback is important to us. Let's make 2021 a great year!



Stephen Pohrivchak
CNRNW N9 | FFR Director
NAS Whidbey Island



Sailor Joshua Freeman shows off the medal he earned competing in the 48-Mile Challenge.



JT and Lela Armstrong, a US Navy family, sport their medals after competing in the 48-Mile Challenge together.



The Fleet & Family Support Center helped our community adapt to the new normal by handing out goodies at the curbside edition of the NASWI Family Readiness Fair.



LIKE, SHARE AND WIN

We love hearing from our customers! Follow us on Facebook and Instagram for exclusive offers and chance to win prizes!



"[The 2020 Turkey Trot was my] four-year-old's 1st official 5k ... We made a huge deal out of it!"

— The Hesslink Family

5 SIMPLE STEPS TO REGISTERING WITH MYFFR

1 VISIT

www.navylifepnw.com/myFFR

2 LOG IN

Enter your User Name and Password or request a household account.

3 BROWSE

Enter the Class, Trip or Activity myFFR number in the search bar. If you don't have the myFFR #, use the drop-down menus to search by base then 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 your reservation is complete!



FOOD, FUN & RECREATION



We're proud to offer you and your family a wide variety of dining, entertainment and recreation options conveniently located on and near base.

Dining & Entertainment



Admiral Nimitz Hall Galley

Located on Ault Field
360-257-2469

Hours: Monday-Sunday



Chiefs' Club

1080 W. Ault Field Rd.
Oak Harbor
360-257-2505



M.T. McCormick's Officers' Club

Located on Ault Field
360-257-2521



Kegler's Bar & Grill

Located in the
Convergence Zone
360-257-1567

Closed holidays

Check out new menu.

You can also order
online through our
Dine on the Go app.



Community Recreation Facilities

Auto Skills Center

Located on Ault Field
360-257-2295

Hours: Friday-Sunday
10 a.m.-6 p.m.

Closed holidays



CONVERGENCE ZONE

Located on Ault Field
360-257-2432

Hours: please call for
information

Closed holidays

Equipment Rentals

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

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.

Wheels & Deals

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

Outdoor Parks and Recreation Areas

Costen-Turner Recreation Area

Located on Ault Field
360-257-2432

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.

Disc Golf Course

Located on Ault Field
360-257-2432

The 18-hole disc golf course Course starts and ends at PSD,



Health Protection Notice: FFR activities and services may require advanced registration and are subject to change or cancellation without prior notice. Contact the facility directly for confirmation or visit navylifepnw.com for current hours of operation and updates.



located across the parking lot from the Convergence Zone. Disc sets available for rent.

General Quarters Paintball

Located on Ault Field
360-257-2432

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

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.

Rocky Point Recreation Area

Located on Ault Field
360-257-2432

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



Gallery Golf Course

3065 N Cowpens Rd.
Oak Harbor
360-257-2178

Hours: please call for information

Open to the public.

- Challenging 18-hole course tournaments
- Grass driving range
- Pro Shop
- Lessons and clinics
- Online tee times for expedited check-in

Vehicle Storage

Operated through Cliffsides RV Park
360-257-2649

Hours: Monday-Sunday, 10 a.m.-6 p.m.

Theaters

Skywarrior Theatre

Located on Ault Field
360-257-6684

Hours: please call for show times

LIBERTY Lounges

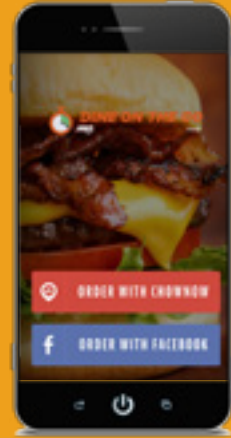
LIBERTY Northwest Center

Located inside Admiral Nimitz Hall Galley
360-257-3309
Hours: please call for information

Open to 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.

JANUARY-MARCH 2021

EVENT	DATE, TIME	HOST/VENUE
<p>Brew Masters</p> <p>Experience the brewing process up close and personal with a professional brewer. We will work with you to craft your own personal beer. Class includes supplies, appetizers from Kegler's Bar & Grill and educational tastings.</p>	Fridays, 6 p.m.	Convergence Zone
<p>Find the Leprechaun MWR Scavenger Hunt</p> <p>Snap a selfie with the elusive MWR Leprechaun and win a prize! Our Lucky Leprechaun will be hanging out at some of his favorite MWR facilities. We will post a daily clue on the @WhidbeyFFR Facebook page.</p>	March 15-19, All Day	Participating MWR Facilities
<p>Kegler's Super Bowl Party</p> <p>Catch all of the action on multiple screens. Food and drink specials available.</p>	Sunday, Feb. 7, 2 Hours before Kick-off	Kegler's Bar & Grill
<p>Read Across America</p> <p>Enjoy activities all week long to promote the fun of reading! We have Virtual Story Time, Curbside Crafts an Interactive Story Walk Trail, Fitness Challenges and a free Dr. Seuss movie at Skywarrior Theatre!</p>	March 1-7, Varies	Convergence Zone
<p>Sweetheart Package Pick-up</p> <p>Indulge your sweetheart with roses, chocolate-dipped strawberries and wine specials for Valentine's Day. Limited quantities available. Order by Monday, Feb. 1.</p>	Thursday, Feb. 11- Sunday, Feb. 14, 11 a.m.-5:30 p.m.	Kegler's Bar & Grill



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BENEFITS

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- Medical, dental, life insurance
- Spouse and family member life insurance
- Long-term disability insurance
- Retirement and 401(k) savings plan
- Paid vacation/sick days (leave)
- Employee Assistance Program
- Career growth and development opportunities, including ongoing training and tuition reimbursement
- Work/life balance
- Work with a team of people passionate for doing work that matters

PERKS

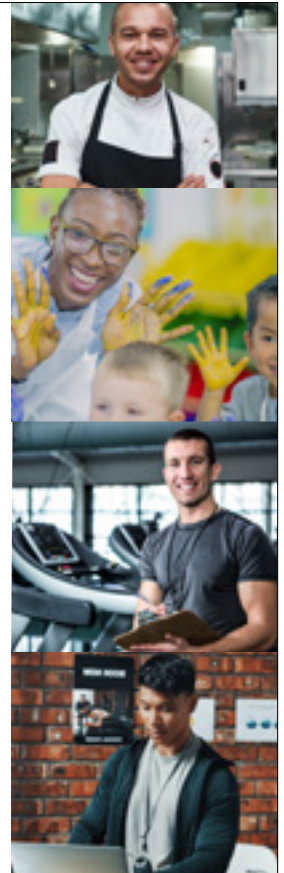
- Space-available child care
- Access to on-base recreation centers, gyms, movie theaters and more
- Discounts on travel

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FULL-TIME, PART-TIME AND FLEX
POSITIONS FOR:

- ✓ Child Care Assistants and Providers
- ✓ Cooks and Servers
- ✓ Maintenance/Laborers
- ✓ Recreation and Fitness Specialists
- ✓ Supervisors/Management
- ✓ and more!



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PARTY

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AT \$300

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360-257-1977

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

READ ACROSS AMERICA

FREE!

Enjoy activities all week long to
promote the fun of reading!

VIRTUAL STORY TIME

Tuesday, March 2 &
Thursday, March 4

Enjoy a Dr. Seuss story read by
a special guest posted on our
[@WhidbeyFFR](https://www.facebook.com/WhidbeyFFR) Facebook page.

DR. SEUSS MOVIE AT SKYWARRIOR THEATRE

Sunday, March 7, 2:30 p.m.

FITNESS CHALLENGE

March 1-5

Challenges are posted at
the NASWI Fitness Center.
Receive a free "create your
own book" activity set when
you complete the challenge!

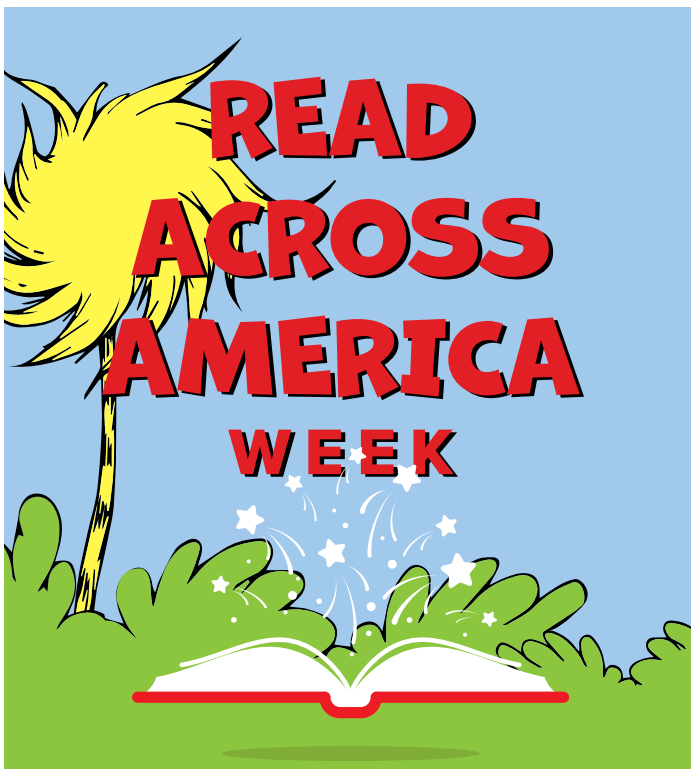
CURBSIDE CRAFT PICKUP & LIVE STORY BOARD

Saturday, March 6

Stop by the Convergence Zone
for a free Curbside Craft and
then take a walk down the
Seaview Trail and enjoy our story
board featuring a Dr. Seuss book
and live characters along the way.

WEEK-LONG SPECIALS

Order a kids meal at Kegler's
Bar & Grill or a kids pack at
Skywarrior Theatre to receive
a Dr. Seuss themed prize.





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*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.

YOUR VACATION

Navy
Getaways

CLOSE TO HOME

We are open!
Say yes to a getaway and
book your stay today.



Pacific Beach, WA
pacbeach.navylifepnw.com
360-276-4414



Oak Harbor, WA
cliffside.navylifepnw.com
360-257-2649



Arlington, WA
jimcreek.navylifepnw.com
425-304-5315

LODGING & LEISURE



Navy Gateway Inns and Suites (NGIS) and Navy Getaways welcomes you with a wide range of comfortable and affordable accommodations across the Pacific Northwest.



Cliffside RV Park & Campground

Located on Ault Field.
360-257-2649

Nestled along the shoreline of Whidbey Island, Navy Getaways Cliffside offers an awe-inspiring location, the ambiance of shoreline living, ever-changing marine environment and unparalleled sunsets. We have tent sites, yurts, RV Campers for rent or bring your own.



Jim Creek Recreation Area & Campground

21027 Jim Creek Rd.
Arlington, WA 98223
425-304-5315/5361

Located just outside of Arlington, WA, about 90 minutes north of Seattle, and 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).



Pacific Beach 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, Pacific Beach 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 Pacific Beach Café & Gift Shop, Raindrop Lanes Bowling Center, a lounge and more.



Navy Gateway Inns & Suites

Navy Gateway Inns & Suites combines all the comforts of a hotel, while specializing in official business accommodations.

Amenities include:

- FREE Internet access
- Refrigerator
- Housekeeping
- Fitness rooms
- FREE premium cable TV
- Compliment Coffee
- Guest laundry
- Business center
- Microwave
- NGIS also offers pet-friendly accommodations. Call for details.

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

Bangor

2750 Sargo Circle
Silverdale, WA 98315

Bremerton

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

Whidbey Island

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



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UPCOMING PROGRAMS & EVENTS

JANUARY-MARCH 2021

EVENT	DATE, TIME	HOST/VENUE	DESCRIPTION
Jim Creek's Winter Promotion	Friday, Jan. 1-Wednesday, March 31	Navy Getaways Jim Creek	Earn one free night on select accommodations. On all Federal Holidays: Buy three nights, get the fourth night free.
Holiday Sale- MLK Jr. Day	Monday, Jan. 18 All Day	Navy Getaways Pacific Beach	Stay three or more consecutive nights that include the holiday and receive a discount!
Touchdown Party at the Beach	Sunday, Feb. 7	Navy Getaways Pacific Beach	Party begins 1 hour before kickoff. Enjoy Food and drink specials, party games and prizes.
Sweetheart Weekend at the Beach	Friday, Feb. 12-Saturday, Feb. 13	Navy Getaways Pacific Beach	\$59.95 Package includes surf and turf dinner for two with dessert and champagne, goody bag and coupon book. \$10 off lodging for both Friday and Saturday night.
Holiday Sale- Presidents Day	Monday, Feb. 15	Navy Getaways Pacific Beach	Stay three or more consecutive nights that include the holiday and receive a discount!
Chocolate on the Beach Festival	Thursday, Feb. 25-Sunday, Feb. 28	Navy Getaways Pacific Beach	Indulge in all things chocolate as we join in celebration of this annual community-wide event.
Glass Float Frenzy at the Beach	Saturday, March 13 8 a.m.	Navy Getaways Pacific Beach	Join us for this fun, family tradition. Find out why everyone loves this scavenger hunt.
Paint and Sip at the Beach	Saturday, March 20 3-6 p.m.	Navy Getaways Pacific Beach	Relax with a glass of wine as you follow a guided wine glass painting instruction. Call for price.

HOSPITALITY SPOTLIGHT: CHEF TONY MCGRAW

by Tania Ostrander

Navy Getaways Pacific Beach is thrilled to introduce exciting new items prepared especially for you by Chef Tony McGraw. During a recent visit, we were treated to the most amazing bacon-wrapped filet mignon I've ever tasted as he shared his plans for making Pacific Beach THE destination for foodies on the Washington Coast.

Tony loves taking a classic cheeseburger and building on it to become something totally new. "The sky is the limit!" he says with excitement. He surprises and delights his guests every chance he gets with good food and good times. Show up for breakfast and you just might find yourself on the eating end of a dozen-egg omelet challenge!

While born in California, Chef Tony was raised in Lake Quinault, only an hour away from Pacific Beach. He started his career by accident when a job with the forest service didn't work out due to a scheduling conflict. "I ended up as a dishwasher, a job I hated and swore I'd never do again!" he recalls with a deep chuckle.

However after high school, Tony got a job as a prep cook and that's when he got the spark. Through observation and experimentation he began to expand his talent and even ended up owning his own restaurant!

Tony is happy to have returned to his Pacific Beach roots and looks forward to treating you and your family to great food served with exquisite views and fabulous hospitality.



Chef Tony McGraw (above) loves to surprise and delight guests with mouth-watering specials like his Porterhouse pork chop served over chorizo-and-apple hash and topped with chipotle demi-glace and the "brookie" — a chocolate chip cookie baked inside brownie batter.

**REACH YOUR
FITNESS
GOALS
WITH
BETTER
EATING
HABITS**



TAKE A NEW VIEW ON WHAT YOU EAT, HOW MUCH YOU EAT AND WHY YOU EAT.

by Amanda D. Johnson CPT, LMT, CES

Turn the page to 2021 with a New View. A new view on the priorities you would like to reach, maintain or even surpass! To do that we must look at the most important element all: Nutrition. What you eat is a direct reflection of how you feel, sleep, perform and recover from your workouts. There are six categories of nutrition: carbohydrates, fat, protein, vitamins, minerals and water. Each one plays a vital role. Learning about ideal carbs, good fats and where to get specific protein sources can be a game-changer. Drinking water and staying properly hydrated will help keep your body healthy and functioning at its highest capacity.

A registered dietitian can help you get your estimated caloric intake and macronutrient profile balanced, as well as develop a meal plan with foods both recommended and foods you like. Replacing just a few of your food choices can save you calories, increase your overall health and propel your fitness goals forward.

How much should you eat?

Start with finding out what your recommended daily caloric intake and macronutrient balance per day should be. The Navy Operational Fitness and Fueling Systems (NOFFS) provides a simple way to recognize portion sizes using your hand as a reference when measuring may not be an option.

Your fist is an easy way to measure approximately one serving of grains. The palm of your hand or about the size of a deck of cards is an ideal serving size of lean protein. For fats, use the tip of your thumb from the last crease to the end.

Remember that macronutrients are there to help fuel us, re-build us and give us ample energy. Changing the quantity

can be tough, so to help make the transition easier and have better chances at creating a long-lasting habit, start with the meal you make the worst choice with and prep it with recommended portion sizes.

Once that becomes part of your routine, prep another meal and some snacks. Knowing how much you're supposed to be eating and prepping out eliminates the guesswork and keeps you on track.

So, why do we eat?

We eat for energy, hunger, health benefits, allergies, emotions, convenience and more. One of the most potentially damaging reasons we eat is because of our emotions. Happy or sad, to celebrate, bored, tired or alone, these are a few emotional triggers that can sabotage our goals.

What can you do to help prevent emotional eating?

Knowing that eating doesn't make the problem go away is a good start. Going for a short walk or calling a friend can help distract you until the urge to eat passes. Being active can provide natural endorphins to ease hunger. If you're stuck in a

negative thought, try writing it down and replacing it with a positive one right away.

Keep your house full of healthy foods for those times of true hunger or a moment of weakness. More importantly, talk to a professional about your emotions. Talking with a professional in these areas can help you navigate through them and give you tools to overcome emotional eating in the future.

Remember to always consult with a health-care practitioner before you make significant changes to your diet and exercise routine, and use your Navy resources for assistance.

Additional Resources:

www.navyfitness.org/missionnutrition
<https://www.choosemyplate.gov/>
www.move.va.gov
www.navyfitness.org/nutrition/noffs-fueling-series/the-big-three

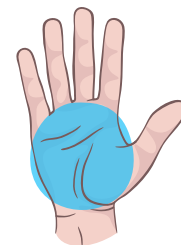
THE BIG THREE

Carbohydrates
Proteins
Fats



CARBS

1 Serving Size = The Size of Your Fist



PROTEIN

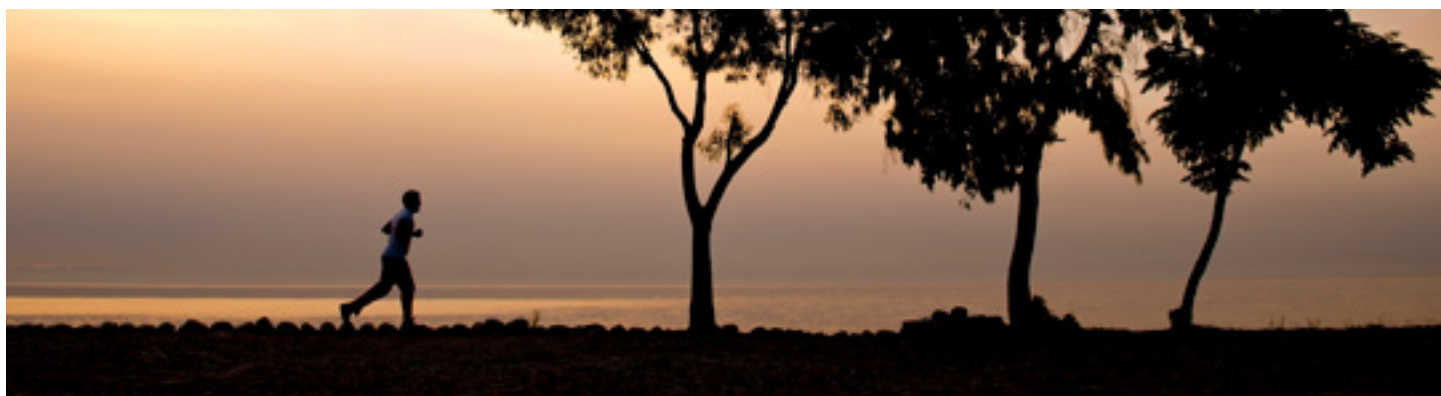
1 Serving Size = Palm of Your Hand



FATS

1 Serving Size = The Tip of Your Thumb

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

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

- Extensive Cardio and 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 partnerships 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

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

The Admiral's Cup provides Sailors an opportunity to represent their commands and installations in Navy Region Northwest (NRNW) tournaments.

Captain's Cup

The Captain's Cup provides Sailors an opportunity to represent their commands and installations in a variety of different team sports and activities, while earning points toward the cup.





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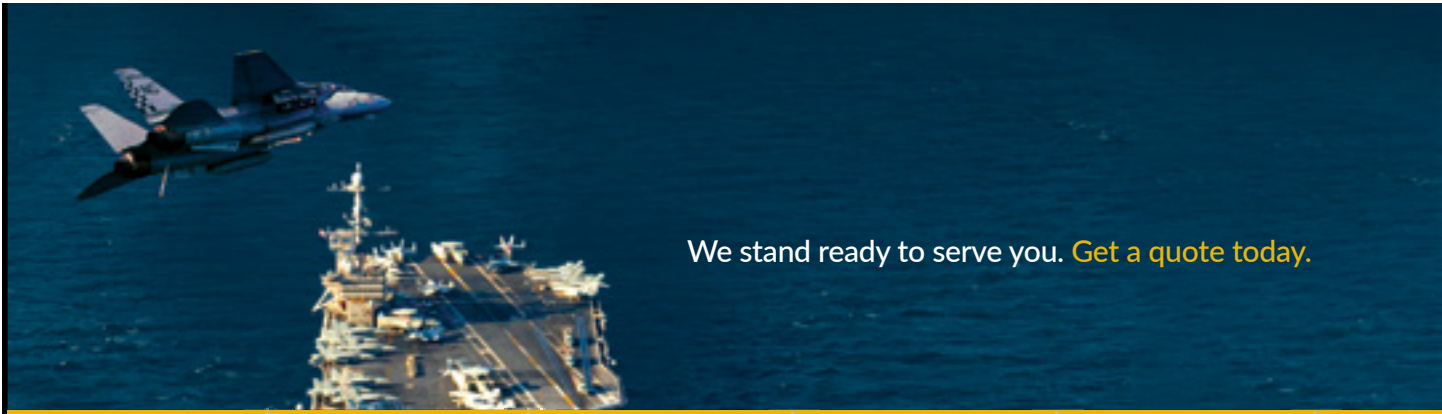
UPCOMING PROGRAMS & EVENTS

JANUARY-MARCH 2021

 = Captain's Cup

EVENT	DATE, TIME	HOST/VENUE	DESCRIPTION
 2021 Polar Bear Plunge	Friday, Jan. 1	NASWI Fitness Center	Take the Plunge into the Puget Sound to start off the New Year! Register via myFFR by Wednesday, Dec. 30 for a time slot to ensure we can maintain social distancing. The first 200 registered will receive a commemorative fleece blanket. myFFR #610226. FREE event.
Command Fitness Leader (CFL) Certification Course	Monday, Feb. 1- Friday, Feb. 5, 7 a.m.-4:30 p.m.	NASWI Fitness Center	This week-long course teaches CFLs how lead the way in establishing and maintaining a culture of fitness for their commands. Active Duty only. Register through www.navyfitness.org/fitness/cfl-information/cfl-course-application-and-instructions . FREE event.
	Monday, March 29- Friday, April 2, 7 a.m.-4:30 p.m.		
Fitness Incentive Program	All month long	NASWI Fitness Center	Earn rewards for working out! FREE event.
Fitness & Nutrition Week- Fitness Expo	Sunday, Jan. 24- Saturday, Jan. 30, Times Vary	NASWI Fitness Center	Challenge yourself to 10,000 steps, see how long you can hold a plank, check out a new healthy recipe, find out about the Garden to Kitchen series, learn new ways to integrate healthy habits into your life and try a new class for 2021. There will be a list of activities to do each day of the week. myFFR #610206. FREE event.
Mission Nutrition	Wednesday, Feb. 17, 8 a.m.-4 p.m.	NASWI Fitness Center	Learn how to shop wisely, build meals and understand external factors that affect eating habits, as well as information on fad diets, sports nutrition and supplements. Open to all eligible patrons ages 13 or older. myFFR #610208 FREE event.
NOFFS Operational Course	Wednesday, Jan. 27, 7-11 a.m.	NASWI Fitness Center	This four-hour course involves functional training instruction and workouts, and nutritional portion sizes. Open to all eligible patrons ages 18 and up. myFFR #610251. FREE event.
	Wednesday, Feb. 10, 7-11 a.m.		
	Tuesday, March 23, 7-11 a.m.		
NOFFS Strength/Endurance/ Sandbag Course	Friday, Feb. 26, 7-11 a.m.	NASWI Fitness Center	Four-hour course builds onto the Navy Operational Fitness and Fueling System (NOFFS) by incorporating different modalities and goals. Open to all eligible patrons ages 18 and up. myFFR #610251. FREE event.
Rock Runners Club Opening Day	Monday, Jan. 25, 11 a.m.	NASWI Fitness Center	What is your New Year's goal... finish a 10K or a half marathon, or simply get better at running? If you want to know what to do to achieve that goal, come to our Rock Runners Club sessions. We meet Mondays, Wednesdays and Fridays at 11 a.m. This training continues through to April, concluding with a run at the 2021 Whidbey Island Half Marathon/10K event. myFFR #610209 FREE. event.
 Shamrockin' Shuffle 5k	Friday, March 12, 11 a.m.	NASWI Fitness Center	Wear your green attire to celebrate St. Paddy's Day. The run begins and ends at the NASWI Fitness Center. First- and 2nd-place awards for best St. Paddy's Day apparel. Register by Thursday, March 11. Same-day registration available. Child- and pet-friendly. myFFR #610210. FREE event.

SPORTS, FITNESS & AQUATICS



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

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FITNESS INCENTIVE PROGRAM

Earn prizes for time spent working out!

See Front Desk for details.



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.



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.cnrrw@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

360-340-7037

24/7 Sexual Assault Response Coordinator (SARC)

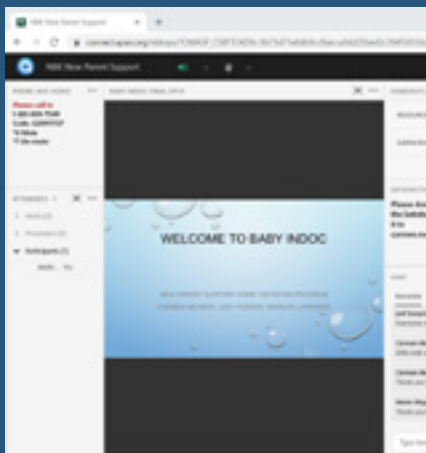
360-914-7834



DoD Safe Helpline
877-995-5247



Health Protection Notice: FFR activities and services may require advanced registration and are subject to change or cancellation without prior notice. Contact the facility directly for confirmation or visit navylifepnw.com for current hours of operation and updates.



NEW! REGISTER FOR VIRTUAL FFSC CLASSES HOSTED ON APAN

Most of our online classes are hosted on the All Partners Access Network (APAN), a Dept. of Defense social networking website used for information sharing and collaboration.

If you already have an APAN account and Adobe Connect on your device, follow the link provided in the listing at least 15 minutes prior to the start of the class.

If you do not have an APAN account, allow time to follow the registration prompts for APAN and Adobe Connect prior to joining.

UPCOMING PROGRAMS & EVENTS



CLINICAL COUNSELING AND FAMILY ADVOCACY PROGRAMS

We offer individual, group and family counseling as well as victim intervention and related prevention, education and awareness programs. Classes and groups are scheduled based on demand. Call 1-866-854-0638 for registration and scheduling information.

EVENT NAME	DATE/TIME
<p>Domestic Violence (DV) and Sexual Assault (SA) Executive Leadership Training</p> <p>This training gives command leadership the tools needed to keep victims safe and hold offenders accountable for their actions.</p>	Tuesday, Feb. 9 8:30 a.m.-noon
<p>Living Intentionally, Fully and Effectively (LIFE)</p> <p>Connect with other people and share your journey of personal growth.</p>	
<p>Submerged</p> <p>This group gives military teens, ages 12-18, a safe space to talk about issues that matter most to them.</p>	
<p>Suicide Assist & Intercept for Life (SAIL)</p> <p>This voluntary program serves as a link between you, your providers and command leadership during your recovery.</p>	
<p>Survivors Overcoming Assault with Resiliency (SOAR)</p> <p>This is a 10-week, psycho-educational support group that aims to assist survivors of sexual abuse and violence.</p>	

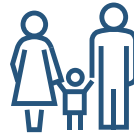


SEXUAL ASSAULT PREVENTION & RESPONSE (SAPR)

SAPR provides 24/7 services and support for victims of sexual assault and aims to eliminate sexual assault committed by or against military service members, their families and DoD civilians. Contact your installation SAPR office or call 1-866-854-0638 for more information about online and in-person class offerings. To register, contact the local installation SAPR office at NASWI.SAPR@navy.mil.

EVENT NAME	DATE/TIME
<p>Initial Victim Advocate Training</p> <p>Required course to become a command-designated and credentialed SAPR victim advocate.</p>	Monday, Jan. 4- Friday, Jan.15, 7:30 a.m.-1 p.m. Monday, Feb.1-Friday, Feb.12, 7:30 a.m.-1 p.m. Monday, March 8- Friday, March 19, 7:30 a.m.-1 p.m.
<p>SAPR Policy Summit</p> <p>Policy and program updates are provided. Open to all UVAs, POCs, and command leadership</p>	Wednesday, Jan. 20, 10 a.m.-11 a.m.

EVENT NAME	DATE/TIME
<p>Victim Advocate Refresher Training</p> <p>Credentialed advocates must complete 32 hours of refresher training every two years.</p>	Thursday, Jan. 28, 2-4 p.m. Thursday, Feb. 25, 2-4 p.m. Thursday, March 25, 2-4 p.m.
<p>SAPR Command Point of Contact (POC) Training</p> <p>This course is a requirement for all command-designated POCs.</p>	Wednesday, Jan. 27, 7:30 a.m.-4 p.m.



FAMILY SUPPORT SERVICES

Our Family Employment, Ombudsman Support, and the Exceptional Family Member Programs (EFMP) are here to offer the help you need, when you need it. To register for our upcoming classes, visit the APAN link (where provided) or call 1-866-854-0638. Additional formats may be available.

EVENT	DATE/TIME
<p>Baby INDOC</p> <p>Part of the New Parent Support & Home Visitation (NPSHV) Program, Baby INDOC (named after Navy indoctrination programs) aids military parents in learning how to care for and bond with their newborns. Hosted by NB Kitsap FFSC.</p> <p>https://connect.apan.org/nbknpns/</p>	Friday, Feb. 19, 1-2:30 p.m.
<p>Baby's First Foods</p> <p>Empowers families who are starting to transition babies from liquids to solids by providing safety tips and simple, healthy recipes. Hosted by NB Kitsap FFSC.</p> <p>https://connect.apan.org/nbknpns/</p>	Friday, March 19, 1-2 p.m.
<p>Daddy Boot Camp</p> <p>Learn what it takes to be a great dad from New Parent Support & Home Visitation (NPSHV) Program experts. Hosted by NB Kitsap FFSC.</p> <p>https://connect.apan.org/nbknpns/</p>	Friday, Jan. 22, 2:30-4 p.m.
<p>Deployment for Kids</p> <p>Let's discuss the challenges that parents face as they raise kids in a deploying environment. Join us as we put together the pieces of the puzzle needed to support their resilience. Hosted by NAS Whidbey Island FFSC.</p> <p>https://connect.apan.org/naswideployment/</p>	Thursday, March 4, Noon-1 p.m.

 **APPOINTMENTS AVAILABLE FOR FREE COUNSELING AND INDIVIDUAL CONSULTATIONS**

SUPPORT PROGRAMS

EVENT	DATE/TIME
<p>Deployment Series: Pre-Deployment</p> <p>Learn about the five core elements that will contribute to a seamless deployment: documents and databases, finances, communication, relationships, and resources. Hosted by NS Everett FFSC.</p> <p>https://connect.apan.org/nse-deploy</p>	<p>Tuesday, Jan. 19, 2-3:30 p.m.</p>
<p>Deployment Series: Mid-Deployment</p> <p>Learn skills to help you cope with this challenging time for service members and their families. Hosted by NS Everett FFSC.</p> <p>https://connect.apan.org/nse-deploy</p>	<p>Wednesday, Feb. 17, 2-3:30 p.m.</p>
<p>Deployment Series: Homecoming</p> <p>This class covers programs and services that can help: New Parent Support, Car Buying, Counseling Services and more. Hosted by NS Everett FFSC.</p> <p>https://connect.apan.org/nse-deploy</p>	<p>Tuesday, March 23, 2-3:30 p.m.</p>
<p>EFMP Command POC Training</p> <p>Learn about the Exceptional Family Member Program (EFMP) benefits for commands, service members and families, how to enroll, TRICARE for special needs families and what local resources are available. Hosted by NB Kitsap FFSC.</p> <p>https://connect.apan.org/nbkefmp/</p>	<p>Wednesday, Jan. 27, 1-3 p.m.</p>
<p>EFMP 101</p> <p>Overview and introduction to the Exceptional Family Member Program. This workshop covers the EFMP enrollment process, EFMP benefits for service members and families, TRICARE for special needs families and what local resources are available. Hosted by NB Kitsap FFSC.</p> <p>https://connect.apan.org/nbkefmp/</p>	<p>Wednesday, Feb. 3, 1-3 p.m.</p>
	<p>Tuesday, Feb. 23, 5-7 p.m.</p>
<p>Moving with an EFM</p> <p>For a stressless PCS, find out more about benefits, relocation entitlements and school resources available for Exceptional Family Members. Hosted by NB Kitsap FFSC.</p> <p>https://connect.apan.org/nbkefmp/</p>	<p>Wednesday, Jan. 20, 5-7 p.m.</p>
<p>EFMP Sensory-Friendly Bowling</p> <p>FREE bowling and shoe rental for EFMP families. No strobe lights, low & calm or no music. Bowl as much as you want in the time allotment. Reservation required.</p>	<p>Friday, Feb. 19, 5-6:30 p.m.& 6:30-8 p.m.</p>
<p>Family Sensory-Friendly Movie</p> <p>FREE Family Movie with the sound turned down and the lights will be up. Kids can be kids, if they want to sing or dance with the movie.</p>	<p>Thursday, Jan. 14, 6 p.m.</p>
	<p>Thursday, Feb. 11, 6 p.m.</p>
	<p>Thursday, March 11, 6 p.m.</p>
<p>Family Readiness Group (FRG) Training</p> <p>This 2-day course will provide you with the knowledge and tools necessary to start up and operate an effective FRG that can support families before, during, and after deployment.</p>	<p>Tuesday, Feb. 2- Thursday, Feb. 4, 5-8:30 p.m.</p>

EVENT	DATE/TIME
<p>New Spouse Orientation</p> <p>Are you newly married or new to the Navy? Come learn the basics of Navy life and how to thrive as a military spouse! Hosted by NAS Whidbey Island FFSC.</p> <p>https://connect.apan.org/naswirelocation/</p>	<p>Thursday, March 4, 9 a.m.-noon</p>
<p>Ombudsman Basic Training (3-day workshop)</p> <p>This 9-module seminar covers everything you need to know: command relationships, communicating with families, confidentiality, information and referral services, basic deployment support issues, and more. This class is hosted by more than one base. Select the link that corresponds with your preferred date:</p> <p>https://connect.apan.org/cnrnw-vobt/ https://connect.apan.org/naswiombudsman/ **</p>	<p>**Tuesday, Jan. 26-Thursday, Jan. 28, 9 a.m.-3:30p.m</p>
	<p>Tuesday, March 16, 9 a.m.-4 p.m.</p>
	<p>Wednesday, March 24, 9 a.m.- 3:30 p.m.</p>
<p>Parenting Teens</p> <p>This workshop is designed to focus on how parents can assist teens during challenging times. Topics include inclusion and exclusion in family events and activities. Hosted by NAS Whidbey Island FFSC.</p> <p>https://connect.apan.org/naswilifeskills/</p>	<p>Tuesday, Feb. 2, Noon-1 p.m.</p>
<p>Positive Parenting (10-week course)</p> <p>Join experts for a comprehensive course on positive parenting. This course is for new and experienced parents. Hosted by NB Kitsap FFSC.</p> <p>https://connect.apan.org/nbkchildcounselor/</p>	<p>Thursdays, Jan. 7- March 11, 9-10:30 a.m.</p>
<p>Pregnancy Support Group</p> <p>Pregnancy is an exciting and challenging time, especially as an Active Duty Sailor. Every other week a new topic will be covered and all Active Duty pregnant Sailors as well as military family members who are expecting are welcome. Hosted by NS Everett FFSC.</p> <p>https://connect.apan.org/nse-nps/</p>	<p>Wednesday, Jan. 13, 11 a.m.-12:30 p.m.</p>
	<p>Wednesday, Jan. 27, 11 a.m.-12:30 p.m.</p>
	<p>Wednesday, Feb. 10, 11 a.m.-12:30 p.m.</p>
	<p>Wednesday, Feb. 24, 11 a.m.-12:30 p.m.</p>
	<p>Wednesday, March 10, 11 a.m.-12:30 p.m.</p>
	<p>Wednesday, March 24, 11 a.m.-12:30 p.m.</p>
<p>Sponsorship Training</p> <p>Get tips and advice that will help streamline the sponsorship process.</p> <p>https://connect.apan.org/naswirelocation/*</p>	<p>*Thursday, Jan. 21, 2-3:30 p.m.</p>
<p>Transition to Parenthood Support Group</p> <p>First time parenting can feel like a leap into the unknown. Come and meet other Active Duty Sailors who are in your situation and learn from experts. Every month a new topic will be discussed.</p> <p>https://connect.apan.org/nse-nps/</p>	<p>Tuesday, Jan. 19 11 a.m.-1 p.m.</p>
	<p>Tuesday, Feb. 16 11 a.m.-1 p.m.</p>
	<p>Tuesday, March 16 11 a.m.-1 p.m.</p>

UPCOMING PROGRAMS & EVENTS



FINANCIAL MANAGEMENT

A key contributor to fleet and family readiness is having a solid financial plan in place. We offer a variety of resources to keep you and your command up-to-date on issues that can impact your financial health. To register for our upcoming classes, visit the APAN link (where provided) or call 1-866-854-0638. Additional online, in-person and on-demand options may be available.

EVENT NAME	DATE/TIME
<p>Car Buying</p> <p>Want to buy a new set of wheels? Learn how to assess the true cost of a new vehicle and how to get the most for your money. Hosted by NAS Whidbey Island FFSC.</p> <p>https://connect.apan.org/naswipfm/</p>	<p>Wednesday, Feb. 18, 5:30-6:30 p.m.</p>
<p>CFS/PFM Forum via Teams</p> <p>This quarterly CFS professional development forum is also open to interested command members. Call for registration details.</p>	<p>Thursday, Feb. 4, 5-6 p.m.</p>
<p>CFS Refresher via Teams</p> <p>This 8-hour refresher includes pre-class coursework, a review of the financial planning worksheet and the solution focused counseling model. Call for registration details.</p>	<p>Monday, March 8, 9 a.m.-2 p.m.</p>
<p>CIAC Roundtable</p> <p>FFSC IA Deployment Support Specialist will meet with Command Individual Augmentee Coordinators (CIAC) to discuss best practices, NFAAS updates and IA status.</p> <p>Nor'Wester, Fidalgo or Call for Details</p>	<p>Wednesday, Jan. 20, 3-3:30 p.m.</p>
<p>Command Financial Specialist (CFS)</p> <p>This 40-hour course is required for any service member designated as a Command Financial Specialist. Call for registration details.</p>	<p>Wednesday, March 8- Friday, March 12, 7:30 a.m.-4:30 p.m.</p>
<p>Credit... What's the Big Deal?</p> <p>Come learn how credit is used, who can access it and why it's important to use credit responsibly. Hosted by NAS Whidbey Island FFSC.</p> <p>https://connect.apan.org/naswipfm/</p>	<p>Tuesday, Feb. 2, 2-4 p.m.</p>
<p>Debt Rehab</p> <p>Are credit cards, installment loans and collections calls weighing you down? Let us help you create a recovery plan that works. Hosted by NAS Whidbey Island FFSC.</p> <p>https://connect.apan.org/naswipfm/</p>	<p>Wednesday, Feb. 3, 2-4 p.m.</p>
<p>FAFSA/Scholarships</p> <p>Find out what scholarships are available to you and how to apply for them. Hosted by NB Kitsap FFSC.</p> <p>https://connect.apan.org/nbkferp/</p>	<p>Monday, Feb. 8, 1-4 p.m.</p>
<p>Financial Freedom Basics</p> <p>Learn about the basic money principles that lead to financial freedom. Hosted by NAS Whidbey Island FFSC.</p> <p>https://connect.apan.org/naswipfm/</p>	<p>Wednesday, Jan. 6, 12:30-2:30 p.m.</p>

EVENT NAME	DATE/TIME
<p>Getting a Tax Refund? What's Next?</p> <p>Learn what to do with a tax refund and how to manage it for the future. Hosted by NAS Whidbey Island FFSC.</p> <p>https://connect.apan.org/naswipfm/</p>	<p>Thursday, Jan. 21, 11 a.m.-noon</p> <p>Tuesday, Jan. 26, 2-4 p.m.</p>
<p>Ghost of Christmas Past</p> <p>Is holiday debt ruining your new year? Come explore the true cost of holiday spending and what you can do to avoid the debt trap in the future. Hosted by NAS Whidbey Island FFSC.</p> <p>https://connect.apan.org/naswipfm/</p>	<p>Thursday, Jan. 7, 2-4 p.m.</p>
<p>Home Buying</p> <p>Planning to buy a home? Learn how much you can afford, how to select a loan and a realtor, and what to expect throughout the process. Hosted by NAS Whidbey Island FFSC.</p> <p>https://connect.apan.org/naswipfm/</p>	<p>Tuesday, March 23, 2-4 p.m.</p>
<p>Home Selling</p> <p>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. Hosted by NAS Whidbey Island FFSC.</p> <p>https://connect.apan.org/naswipfm/</p>	<p>Wednesday, March 24, 2-4 p.m.</p>
<p>Money and the Move</p> <p>Whether you're moving CONUS or OCONUS, this training will help you prepare for all phases of relocation, from financial entitlements to common family concerns. Hosted by NAS Whidbey Island FFSC.</p> <p>https://connect.apan.org/naswirelocation/</p>	<p>Tuesday, Feb. 16, 1-4 p.m.</p>
<p>Moving Out... What's the Cost?</p> <p>This workshop covers everything a Sailor needs to know before moving out of the barracks, including real costs and roommate pros and cons. Hosted by NAS Whidbey Island FFSC.</p> <p>https://connect.apan.org/naswipfm/</p>	<p>Tuesday, Jan. 19, 2-4 p.m.</p>
<p>Navy retirement... Is It Enough!</p> <p>Explore the three stages of retirement, the five retirement steps and sources and types of income available in retirement. Hosted by NAS Whidbey Island FFSC.</p> <p>https://connect.apan.org/naswipfm/</p>	<p>Tuesday, Feb. 23, 2-4 p.m.</p>
<p>Newly Married? Let's Talk Money</p> <p>Talking about money can be stressful! Learn how to master managing your finances together. Hosted by NAS Whidbey Island FFSC.</p> <p>https://connect.apan.org/naswipfm/</p>	<p>Tuesday, March 2, 2-4 p.m.</p>
<p>Now I'm the Landlord ...</p> <p>We'll cover what you need to know about becoming a landlord: applicable laws, hiring a property manager, finding good tenants and more. Hosted by NAS Whidbey Island FFSC.</p> <p>https://connect.apan.org/naswipfm/</p>	<p>Thursday, March 25, 2-4 p.m.</p>

SUPPORT PROGRAMS

EVENT NAME	DATE/TIME
<p>Saving & Investing 101</p> <p>Learn the difference between saving and investing and the tools needed to get started. Hosted by NAS Whidbey Island FFSC. https://connect.apan.org/naswipfm/</p>	Thursday, Feb. 25, 2-4 p.m.
<p>Tackling Student Loans</p> <p>Is student loan debt interfering with your GPA (going places ability)? Come learn what options are available to include if you are in default. Hosted by NAS Whidbey Island FFSC. https://connect.apan.org/naswipfm/</p>	Thursday, Feb. 4, 2-4 p.m.
<p>Thrift Savings Plan & BRS</p> <p>You signed up for it in boot camp, but you have no idea how it works... Come learn about the benefits of TSP and BRS. Hosted by NAS Whidbey Island FFSC. https://connect.apan.org/naswipfm/</p>	Wednesday, Feb. 24, 2-4 p.m.
<p>Welcome Aboard</p> <p>Come meet new people and learn everything you need to know about your new duty station. Hosted by NB Kitsap FFSC. https://connect.apan.org/nbkrelocation/</p>	Tuesday, March 23, 5-7 p.m.



LIFE SKILLS EDUCATION

Make your life everything you imagined and start living by choice, not by chance. Join one of our many classes to find out the secrets to living a positive, empowered and fulfilled life! To register for our upcoming classes, visit the APAN link (where provided) or call 1-866-854-0638. Additional online, in-person and on-demand options may be available.

EVENT NAME	DATE/TIME
<p>Anger Management (Taming the Tiger Within)</p> <p>Discover better ways to respond to your own anger as well as that of others by examining family patterns, individual beliefs, and other issues that will challenge the common thoughts and beliefs of normal and healthy emotion. This class is hosted by more than one base. Select the link that corresponds with your preferred date: https://connect.apan.org/naswilifescills/ * https://connect.apan.org/navsta-everett-life-skills/ **</p>	*Tuesday, Jan. 12, 9-10 a.m.
	*Wednesday, Jan. 20, Noon-1 p.m.
	**Thursday, Jan. 21, 2-3:30 p.m.
	*Tuesday, Feb. 9, 9-10 a.m.
	*Wednesday, Feb. 17, Noon-1 p.m.
	**Thursday, Feb. 18, 2-3:30 p.m.
	**Monday, March 8, 2-3:30 p.m.
	*Tuesday, March 9, 9-10 a.m.
*Wednesday, March 24, Noon-1 p.m.	

EVENT NAME	DATE/TIME
<p>Communication Skills</p> <p>Communication is powerful and directly affects our quality of life and relationships. This workshop will help you strengthen relationships at work and at home by practicing skills that build effective, two-way communication. Hosted by NAS Whidbey Island FFSC. https://connect.apan.org/naswilifescills/</p>	Thursday, March 18, 3-4 p.m.
<p>Conflict Resolution</p> <p>Learn how to create a peaceful environment by examining attitudes and behaviors when peace turns into conflict. This class is hosted by more than one base. Select the link that corresponds with your preferred date: https://connect.apan.org/nbkilifescills/ https://connect.apan.org/naswilifescills/*</p>	*Tuesday, Feb. 9, 10-11 a.m. Thursday, March 18, 5-7 p.m.
<p>Effective Communication</p> <p>Discover the ability to express what we think and feel without clouding our ability to listen and respect how others think and feel. Hosted by NB Kitsap FFSC. https://connect.apan.org/nbkilifescills/</p>	Thursday, March 11, Noon-2 p.m.
<p>Lemons to Lemonade</p> <p>Learn how a positive attitude can help make the most of your duty station. This class is hosted by more than one base. Select the link that corresponds with your preferred date: https://connect.apan.org/nbkilifescills/ https://connect.apan.org/naswilifescills/*</p>	Monday, Jan. 11, 5-7 p.m. *Thursday, Feb. 11, 5-7 p.m. Wednesday, Feb. 17, 5-7 p.m.
<p>Personalities in the Workplace and Beyond</p> <p>Not everyone has the same way of seeing the world or dealing with situations. This class will cover personality types, working within your strengths and finding the common ground. Hosted by NS Everett FFSC. https://connect.apan.org/navsta-everett-life-skills/</p>	Tuesday, March 2, Noon-2 p.m.
<p>Relationship Resources</p> <p>Highlights elements of healthy relationships, strategies used in resolving differences, and the unique challenges faced by military couples. Hosted by NB Kitsap FFSC. https://connect.apan.org/nbkilifescills/</p>	Monday, Jan. 25, 9-11 a.m.
<p>Spouse Indoc</p> <p>Incorporates resources available to all Active Duty members and families, focusing on Fleet & Family Support Center services available to military spouses. Hosted by NB Kitsap FFSC. https://connect.apan.org/nbkilifescills/</p>	Monday, Jan. 4, 5-7 p.m. Thursday, March 11, 5-7 p.m.

UPCOMING PROGRAMS & EVENTS

EVENT NAME	DATE/TIME
<p>Stress Management 101</p> <p>Learn how to recognize and cope with your personal stressors using easily accessible tools and resources. This class is hosted by more than one base. Select the link that corresponds with your preferred class date:</p> <p>https://connect.apan.org/nbklifeskills/ https://connect.apan.org/naswilifeskills/*</p>	Thursday, Jan. 7, 9-11 a.m.
	Tuesday, Jan. 26, Noon-1 p.m.
	Monday, Feb. 1, 9-11 a.m.
	Tuesday, Feb. 16, 2-3 p.m.
	*Wednesday, Feb. 24, Noon-1 p.m.
	*Thursday, March 18, 2-3 p.m.
<p>Stress Management (4-session class)</p> <p>This workshop introduces the Stress Continuum, and provides a foundation for knowledge opportunities to use skills to better manage stress. Hosted by NB Kitsap FFSC.</p> <p>https://connect.apan.org/nbklifeskills/</p>	Monday, Feb. 1, Monday, Feb. 8, Tuesday Feb. 16; Monday, Feb. 22, 9-11 a.m.
	*Wednesday, March 31, Noon-1 p.m.
<p>Time and Self Management</p> <p>Do you need more than 24 hours in a day? Effective time management skills can lower stress and increase your quality of life. This course will help you find those extra hours in your day!</p> <p>https://connect.apan.org/nbklifeskills/</p>	Tuesday, Feb. 9, 5-7 p.m.



EMPLOYMENT/TRANSITION SUPPORT

Our Employment specialists are here to help guide you with career planning, transition assistance and support in finding a job you'll love. Classes are scheduled based on demand. Contact your Command Career Counselor or call 1-866-854-0638 for more information.

EVENT NAME
<p>Department of Labor Employment Workshop</p> <p>DOLEW covers emerging best practices in career employment, including in-depth training to learn interview skills, build effective resumes, and use emerging technology to network and search for employment.</p>
<p>Disabled American Veterans</p> <p>Information regarding Benefits Delivery at Discharge (BDD) Claims. Describes procedures and requirements to file a VA disability claim prior to separation.</p>
<p>Financial Planning for Transition</p> <p>Stay in control of your finances during your transition. This class covers helpful tools to help you calculate military-to-civilian income equivalence and the real cost-of-living for at least two geographical locations and an updated spending plan.</p>

EVENT NAME
<p>Final Move</p> <p>Don't miss out on your final move entitlements. Hosted by the Personal Property Office, this monthly training covers available resources and important differences between a typical PCS and a final move due to separation or retirement.</p>
<p>Transition Assistance Program (TAP) Capstone</p> <p>The event takes place after you have completed Pre-assessment with your Command Career Counselor, and attended the 3-day workshop, as well as one of the four Career Tracks. During Capstone, your Individual Transition Plan (ITP) and E-form 2648 (Individual Transition Plan Checklist) will be reviewed to verify that you have met your transition Career Readiness Standards.</p>
<p>VA Workshop</p> <p>This brief is designed to enable transitioning service members (TSMs) to make informed decisions regarding the use of VA benefits. The program is designed around the understanding that no two transitions are the same. Topics covered include disability benefits and compensation, memorial and burial benefits, education and economic support, housing benefits, and health-care options as well as physical and emotional health needs.</p>
<p>Managing Your (MY) Education Career</p> <p>Interested in pursuing higher education? This 2-day workshop covers tips for choosing a field of study, selecting an institution, and admission requirements. Target audience: service members attending college for the first time and those applying to graduate school programs.</p>
<p>Managing Your (MY) Entrepreneurship</p> <p>Learn about the benefits and challenges of entrepreneurship and the steps required to launch a small business successfully. After completing the Small Business Association (SBA) Entrepreneur Track, participants can take advantage of follow-on training, counseling and mentorship opportunities designed to assist with business planning, market research, access to capital and all other aspects and stages of small business ownership.</p>
<p>Managing Your (MY) Employment</p> <p>This monthly class provides service members with a comprehensive 2-day workshop that covers emerging best practices in career employment, including in-depth training to learn interview skills, build effective resumes, and use emerging technology to network and search for employment.</p>
<p>Managing Your (MY) Transition</p> <p>Make your transition from military service to the civilian sector a successful one. This monthly class covers important military and civilian resources as well as "less obvious" issues, such as personal and family transition concerns, the differences in the culture of civilian and military workplaces, transition-related stressors, and the importance of effective communication.</p>
<p>Managing Your (MY) Vocational/Technical Career</p> <p>This monthly class offers a personalized career development assessment and tailored job recommendations that align with your occupational interests and abilities. You'll also learn about labor market projections and applicable certification and licensure requirements. Contact your Command Career Counselor for registration details.</p>

SUPPORT PROGRAMS

EVENT NAME
<p>Military Occupational Code (MOC) Crosswalk</p> <p>Class demonstrates how to translate military skills, training and experience into civilian credentialing appropriate for civilian jobs. Service members will document their military career experience and skills, translate their military occupation experience to civilian sector occupations and skills, and identify any gaps in their training or experience that need to be filled to meet their personal career goals.</p>

<p style="text-align: center;">Pre-Separation</p> <p>This is an introduction to the Transition Assistance Program (TAP) curriculum and will assist service members in identifying programs and services available to them while on active duty and after separation.</p>

EVENT NAME	DATE/TIME
<p>Acing the Interview</p> <p>Let's talk about effective strategies that you can use to best prepare for an interview, improve interview performance, and make the most of your interview experience. Hosted by NAS Whidbey Island FFSC.</p> <p>https://connect.apan.org/naswiferp/</p>	<p>Tuesday, March 16, 2-3 p.m.</p>
<p>Basic Resume</p> <p>Define what employers want in a quick, easy and direct format. Hosted by NB Kitsap FFSC.</p> <p>https://connect.apan.org/nbkferp/</p>	<p>Tuesday, Jan. 19, 1-3 p.m.</p>
<p>Career Assessment and Exploration</p> <p>Let us help you find your ideal career with O*NET Online. You'll learn about different industries and occupations and the skills and education/training necessary to land a job. Hosted by NAS Whidbey Island FFSC.</p> <p>https://connect.apan.org/naswiferp/</p>	<p>Tuesday, Feb. 2, 10-11 a.m.</p>
	<p>Tuesday, March 30, 5-6 p.m.</p>
<p>Dressing for Interviews</p> <p>What you wear says a lot about you! This webinar discusses some Do's & Don'ts regarding interview attire that can help you make the right first impression. Hosted by NAS Whidbey Island FFSC.</p> <p>https://connect.apan.org/naswiferp/</p>	<p>Tuesday, Feb. 23, 5-6 p.m.*</p>

EVENT NAME	DATE/TIME
<p style="text-align: center;">Navigating the Federal Application Process</p> <p>This workshop will teach you the basics of applying for a federal job – from how to quickly find positions that interest you to making your application highlights key skills. This class is hosted by more than one base. Select the link that corresponds with your preferred date:</p> <p>https://connect.apan.org/nse-ferp/ https://connect.apan.org/naswiferp/ * https://connect.apan.org/nbkferp/ **</p>	<p>Wednesday, Jan. 13, 11 a.m.-noon</p>
	<p>*Thursday, Jan. 14, 11 a.m.-Noon</p>
	<p>Wednesday, Feb. 10, 11 a.m.-noon</p>
	<p>**Friday, Feb. 26, 1-4 p.m.</p>
	<p>*Tuesday, March 2, 10-11 a.m.</p>
	<p>Wednesday, March 10, 11 a.m.-noon</p>
<p style="text-align: center;">How to Combat Burnout</p> <p>Become the well-balanced, happy, healthy and productive person you are meant to be. This class will teach you strategies that will help you regain control over your emotions and thoughts, leading to the lifestyle you are looking for. Hosted by NS Everett FFSC.</p> <p>https://connect.apan.org/navsta-everett-life-skills/</p>	<p>Thursday, Jan. 14, 8-10 a.m.</p>
	<p>Thursday, Feb. 11, 8-10 a.m.</p>
<p style="text-align: center;">Interviewing Skills</p> <p>This class offers valuable interviewing tips as well as an opportunity to practice frequently asked interview questions in a supportive, yet realistic environment. Hosted by NB Kitsap FFSC.</p> <p>https://connect.apan.org/nbkferp/</p>	<p>Tuesday, March 16, 1-3 p.m.</p>
<p style="text-align: center;">Resume Writing for a Difficult Market</p> <p>Effective resumes get interviews. Learn to market your skills, knowledge and accomplishments using specific formats, important "key" words and eye-catching cover letters. Hosted by NB Kitsap FFSC.</p> <p>https://connect.apan.org/nse-ferp/</p>	<p>Wednesday, Jan. 13, 10-11 a.m.</p>
	<p>Wednesday, Feb. 10, 10-11 a.m.</p>
	<p>Wednesday, March 10, 10-11 a.m.</p>



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ill and injured Sailors and
Coast Guardsmen and their families.**






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UPCOMING PROGRAMS & EVENTS

EVENT NAME	DATE/TIME
<p>Smooth Move</p> <p>Get tips for addressing the most prevalent military relocation issues. Hosted by NB Kitsap FFSC. https://connect.apan.org/nbkrelocation/</p>	<p>Thursday, Jan. 14, 9-11 a.m.</p>
<p>Sponsorship Orientation</p> <p>This workshop is for individuals interested in becoming a sponsor or those command representatives interested in strengthening a sponsorship program. https://connect.apan.org/sponsorship-training/</p>	<p>Wednesday, Feb. 10, 1-2:30 p.m.</p>
<p>Spouse Education and Employment Information</p> <p>Join us to explore some of the education and employment resources available to military spouses! Hosted by NAS Whidbey Island FFSC. https://connect.apan.org/naswiferp/*</p>	<p>*Tuesday, Jan. 26, 5-6 p.m.</p>
<p>Spouse CERT (Career, Education, Resources, Training)</p> <p>This class is a must for every military spouse. Learn about benefits unique to you. Hosted by NB Kitsap FFSC. https://connect.apan.org/nbkferp/</p>	<p>Tuesday, Jan. 12, 9-11 a.m.</p>
<p>Spouse Transition and Readiness Table-Talk (START)</p> <p>Is your service member retiring or separating? This class prepares spouses for "what is next." Hosted by NB Kitsap FFSC. https://connect.apan.org/nbktransition/</p>	<p>Tuesday, Feb. 9, 8:30 a.m.-4 p.m.</p>
<p>Writing Your Best Resume</p> <p>Discover ways to translate your skill sets into words that will let employers know why they should meet and ultimately hire you. Hosted by NAS Whidbey Island FFSC. https://connect.apan.org/naswiferp/</p>	<p>Tuesday, March 2, 2-3 p.m.</p>





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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 childcare options, we offer a wide variety of age-appropriate activities for school-age children and teens.

Child Development Centers (CDC)

Child Development Centers (CDCs) 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

Child Development Homes (CDH)

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-Age Care/Youth Center

Whidbey School-Age Care (SAC)

54 Wake Ave. Bldg. 2874
Oak Harbor, WA 98278
360-257-0889

Our School-Age Care (SAC) program provides recreational and educational activities for children 6-12 years of age.

Youth Center

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

Open to eligible family members ages 12-18, in grades 7-12.

School Liaison Officer (SLO)

Whidbey School Liaison Officer (SLO)

260 W Pioneer Way
Oak Harbor, WA 98278
360-257-6863

Call for an appointment.



Health Protection Notice: FFR activities and services may require advanced registration and are subject to change or cancellation without prior notice. Contact the facility directly for confirmation or visit navylifepnw.com for current hours of operation and updates.



CHILD & YOUTH PROGRAMS

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
260 W Pioneer Way
Oak Harbor, WA 98278

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.



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 Naval Base Kitsap: 360-731-1894
 Naval Air Station Whidbey Island: 360-257-6861
 Or visit www.navylifepnw.com/cdh-provider

HOUSING SERVICES



Your installation Housing Service Center (HSC) is your source for helpful and friendly information about 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.

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!

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

Homes.mil, your FREE online resource

Check out [HOMES.mil](https://www.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. 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 navylifepnw.com. 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.



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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!

**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

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.





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



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