RUNS, CRAFTS & CAMPOUTS:
SPRING IS HERE!

TAKE TIME TO RELAX,
RECHARGE AND REBUILD
FOR A STRONGER NAVY FAMILY
PLAY. OR WATCH.
Worldwide Online Tournaments
SIGN UP NOW
navymwr.org/esports  twitch.tv/NavyMWR
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 or contact the facility directly. A digital version of this magazine is available at: whidbey.navylifepnw.com/magazine.

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Greetings Team Whidbey! With the grass starting to turn a little greener and the flowers starting to bloom, it is time to start thinking about spring! We are looking forward to seeing you at some of our top-notch programs and facilities.

A majority of our facilities are open, so please come see and experience the new and exciting things we have done during the winter months. Each and every one of our facilities within FFR and N9 have the proper mitigations in place to keep you and your family safe. We have a lot to offer while you are stationed here at NAS Whidbey Island, so please come see us.

Since we are getting close to PCS season, don’t forget about our programs at FFSC that can assist you with your move and our Housing office which is standing by to assist you with finding a home if you are arriving in Oak Harbor.

For those of you who are Active Duty, our award-winning Cliffside RV Park is accepting reservations. As the days are starting to get longer, why not spend them while you are enjoying the fresh sea air? Cliffside includes state-of-the-art facilities and an interactive trail that takes you through the forest as you enjoy a beachfront view. No RV? Cliffside welcomes campers with tents too! The sandy beaches are perfect for building sand castles.

In addition to our many great facilities, we also have a lot of fun and informative events planned for the year. No matter what time of the year it is, we have spectacular programs planned to keep you busy. Our great FFR and N9 team have spent countless hours planning engaging activities for all ages that will be sure to put a smile on your face.

In closing, the NASWI FFR and N9 team is here to serve you and your family. Please do let us know if there is anything we can do to make your stay here at NASWI more enjoyable. Do not hesitate to reach out to any of our facilities and it’s team members if you have any questions. We are eager to hear any of your ideas that you would like to see planned for the future!

Stephen Pohrivchak
CNRNW N9 | FFR Director
NAS Whidbey Island

Run, walk, play or camp alongside Cliffside RV Park and enjoy gorgeous views of the water.

Welcome back to the newly renovated LIBERTY Center! We’re excited to now offer you reclining theater chairs, gaming stations, new flooring and more.
Looking forward to some dry days ahead! Rent a fat tire bike or snowshoe kits from MWR Outdoor Recreation located in the Convergence Zone.

“I love my Navy family and exploring Washington with them through our Outdoor Recreation Program. I hope you can join us on our next trip. Stop by the Convergence Zone or follow us on Facebook to see what’s coming up next!”

- Josh Goldsborough, Recreation Assistant, MWR

There’s so much to see and do around NAS Whidbey Island. Show us your favorite places using #navylifepnw!

“Shares your Pics PACK YOUR PIXELS!”

5 SIMPLE STEPS TO REGISTERING WITH MYFFR

1 VISIT

www.navylifepnw.com/myFFR

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

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.

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

Rest easy knowing your reservation is complete!
We’re proud to offer you and your family a wide variety of dining, entertainment and recreation options conveniently located on and near base.

<table>
<thead>
<tr>
<th>Dining &amp; Entertainment</th>
<th>Community Recreation Facilities</th>
<th>Equipment Rentals</th>
<th>Outdoor Parks and Recreation Areas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Admiral Nimitz Hall Galley</td>
<td>M.T. McCormick’s Officers’ Lounge</td>
<td>Auto Skills Center</td>
<td>Costen-Turner Recreation Area</td>
</tr>
<tr>
<td>Located on Ault Field 360-257-2469</td>
<td>Located on Ault Field 360-257-2521</td>
<td>Located on Ault Field 360-257-2295</td>
<td>Located on Ault Field 360-257-2432</td>
</tr>
<tr>
<td></td>
<td>Kegler’s Bar &amp; Grill</td>
<td>Hours: Friday-Sunday 10 a.m.-6 p.m. Closed holidays</td>
<td>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.</td>
</tr>
<tr>
<td></td>
<td>Located in the Convergence Zone 360-257-1567</td>
<td>Check out new menu. You can also order online through our Dine on the Go app.</td>
<td>Disc Golf Course</td>
</tr>
<tr>
<td></td>
<td>Closed holidays</td>
<td></td>
<td>Located on Ault Field 360-257-2432</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>The 18-hole disc golf course Course starts and ends at PSD,</td>
</tr>
</tbody>
</table>

**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](http://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 Cliffside 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.

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**APRIL-JUNE 2021**

<table>
<thead>
<tr>
<th>EVENT</th>
<th>DATE/TIME</th>
<th>HOST/VENUE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bowling Specials &amp; Tournaments</strong></td>
<td>Monday-Sunday, Ongoing</td>
<td>Convergence Zone</td>
</tr>
<tr>
<td>Check out the ever-changing daily bowling specials, events and league nights at the Convergence Zone.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Leisure Skills Classes</strong></td>
<td>Monday-Sunday, Ongoing</td>
<td>Convergence Zone</td>
</tr>
<tr>
<td>Community Recreation teaches many different leisure skills with a wide range of skill level. From pumpkin painting to Wilderness First Aid, there is something for everyone. Prices vary. Call or stop by for more details.</td>
<td></td>
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</tr>
<tr>
<td><strong>Special Activities</strong></td>
<td>Monday-Sunday, Ongoing</td>
<td>Convergence Zone</td>
</tr>
<tr>
<td>Community Recreation offers activities throughout the week such as Toddler Reading Time and contests. Call or stop by for a list of activities we have throughout the month. FREE Events.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Trips</strong></td>
<td>Monday-Sunday, Ongoing</td>
<td>Convergence Zone</td>
</tr>
<tr>
<td>Community Recreation offers a variety of trips each month for you to experience and explore the great Northwest. Call or stop by for more details.</td>
<td></td>
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</tr>
</tbody>
</table>
## FOOD, FUN & RECREATION

**APRIL–JUNE 2021**

<table>
<thead>
<tr>
<th>EVENT</th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Hoppy Hunting, A Scavenger Egg-Stravaganza</strong>&lt;br&gt;Hoppy Hunting NASWI! Follow the clues around base for the chance to win some EGG-cellent prizes! Each colored egg will represent a different tier of prizes. Follow us on NavylifePNW for all the details! FREE Event.</td>
<td>Saturday, April 3, 8 a.m.-4 p.m.</td>
<td>Convergence Zone</td>
</tr>
<tr>
<td><strong>Month of the Military Child Movie Special</strong>&lt;br&gt;Stop by the Skywarrior Theatre for a day of magic! Watch a free movie showing of a Disney classic, say ‘hello’ to some of your favorite characters, and enjoy crafts and activities. Follow us on NavylifePNW for all the details! FREE Event.</td>
<td>Saturday, April 10, Noon-2:30 p.m.</td>
<td>Skywarrior Theatre</td>
</tr>
<tr>
<td></td>
<td>Saturday, April 17, 2:30 p.m</td>
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<td></td>
<td>Saturday, April 24, 2:30 p.m</td>
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</tr>
<tr>
<td><strong>Seven Days of Leave No Trace</strong>&lt;br&gt;In honor of Earth Day, learn how to keep our wild places wild. We will teach you Leave No Trace principles that will help you leave less of an impact while exploring the great outdoors! FREE Event.</td>
<td>Thursday, April 15-Thursday, April 22</td>
<td>Facebook: @WhidbeyFFR</td>
</tr>
<tr>
<td><strong>Comic Book Day</strong>&lt;br&gt;Kids will receive a DIY comic book kit, enjoy various activities, and have the opportunity to meet their favorite comic book characters! The event will wrap up with a free showing of Spiderman at the Skywarrior Theatre. FREE Event.</td>
<td>Saturday, May 1, Noon-3 p.m.</td>
<td>Convergence Zone, Skywarrior Theatre</td>
</tr>
<tr>
<td><strong>iRead Summer Kickoff Party</strong>&lt;br&gt;Win prizes this summer for reaching your reading milestones when you join the Reading Colors Your World challenge! Our kick-off will be held at the Skywarrior Theatre with a showing of the classic, “Charlotte’s Web.” All in attendance will receive a goody bag with information on joining the reading challenge. FREE Event.</td>
<td>Saturday, June 12, Noon (movie begins at 1 p.m.)</td>
<td>Skywarrior Theater</td>
</tr>
</tbody>
</table>
BENEFITS
• Competitive salaries
• 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

WE’RE HIRING!
JOIN OUR TEAM
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!

LEARN MORE BY VISITING: WWW.NAVYLIFEPNW.COM/JOBS • WWW.USAJOBS.COM

NAS WHIDBEY ISLAND SKYWARRIOR THEATRE

PARTY PACKAGES
STARTING AT $300
All packages include the theater for one (1) hour before the showing and one (1) hour after the showing, one (1) staff member on-site, one (1) 6 ft. table, your choice of movie from the A-List movie program and you choose the date and time.

For more information call: 360-257-1977
MEET YOUR MISSION
SAVE TRAVEL DOLLARS
TRAVELING ON TDY? STAY WITH US!

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

www.navylifepnw.com
NGIS.DoDLodging.net

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
CLOSE TO HOME

Navy Getaways

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
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**
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. Rent one of our RV campers or bring your own. We also rent tent sites and yurts.

**Jim Creek**
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**
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 bar and more.

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

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

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

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.
### Upcoming Programs & Events

**April - June 2021**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date/Time</th>
<th>Host/Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Eggstravaganza at the Beach</strong></td>
<td>Saturday, April 3</td>
<td>Navy Getaways Pacific Beach</td>
</tr>
<tr>
<td>Egg hunts, Easter crafts, Easter breakfast. Say yes to a weekend getaway and get $10 off any two-night hotel stay. FREE Event.</td>
<td></td>
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</tr>
<tr>
<td><strong>Superhero Day at the Beach</strong></td>
<td>Saturday, April 10 Noon-2 p.m.</td>
<td>Navy Getaways Pacific Beach</td>
</tr>
<tr>
<td>Fly into April as your favorite superhero! Get $10 off any two-night hotel stay and enjoy super activities, specials and photo ops all weekend long. FREE Event.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Princess Tea Party at the Beach</strong></td>
<td>Saturday, April 17 Noon-2 p.m.</td>
<td>Navy Getaways Pacific Beach</td>
</tr>
<tr>
<td>Get $10 off any two-night stay and enjoy FREE activities and craft projects all weekend long. FREE Event.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Mother’s Day Weekend Package</strong></td>
<td>Friday, May 7- Sunday, May 9</td>
<td>Navy Getaways Pacific Beach</td>
</tr>
<tr>
<td>Show Mom some love with a getaway to the beach. Get $10 off any two-night hotel or RV stay, and enjoy activities and specials all weekend long.</td>
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</tr>
<tr>
<td><strong>Tie-Dye Saturdays at the Beach</strong></td>
<td>Saturday, May 22, Noon</td>
<td>Navy Getaways Pacific Beach</td>
</tr>
<tr>
<td>Learn to tie-dye! Includes supplies to create your own Pacific Beach souvenir. $12 adult tees, $10 kid tees.</td>
<td></td>
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</tr>
<tr>
<td><strong>Father’s Day Weekend Package</strong></td>
<td>Friday, June 18- Sunday, June 20</td>
<td>Navy Getaways Pacific Beach</td>
</tr>
<tr>
<td>Treat Dad to a Father’s Day trip to the beach. Get $10 off any two-night hotel or RV stay. Activities and specials all weekend long.</td>
<td></td>
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</tr>
<tr>
<td><strong>Great Navy Campout Weekend &amp; Kids’ Carnival</strong></td>
<td>Friday, June 25- Sunday, June 27</td>
<td>Navy Getaways Pacific Beach</td>
</tr>
<tr>
<td>Kids’ carnival, games, food, prizes, s’mores and archery! FREE Event.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Yoga in the Park</strong></td>
<td>Saturday, June 26, 11 a.m.</td>
<td>Navy Getaways Cliffside RV Park</td>
</tr>
<tr>
<td>Enjoy an hour-long yoga session with a beautiful view of the Puget Sound. Recommend you bring your own yoga mat, but there will be some available at the site. myFFR #610214. FREE Event.</td>
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<td></td>
</tr>
</tbody>
</table>

*Even Sasquatch can’t resist the nature trails that surround Navy Getaways Jim Creek. Come stay, play and relax at a cabin or campground.*

*It’s back! Yoga in the Park at Navy Getaways Cliffside RV Park. Register via myFFR #610214*
Now more than ever, children look to their parents for guidance and trust. While you might not have all the right answers, Fleet & Family Readiness (FFR) is here for you. FFR Programs, located all across the world, exist to support our Navy families and their well-being. Although many Navy service members and their families are familiar with fitness, sports and outdoor recreation programs, not all recognize how they can benefit from services offered by the Fleet & Family Support Program (FFSP).

“People hesitate all the time, thinking they can only use our programs for a crisis,” says Rachel Wilson, Regional Counseling and Advocacy Program Manager at Navy Region Northwest. But that’s not the case. In fact, according to Wilson, programs are designed to support all stages of personal and professional development of Navy service members and their families.

The cornerstone of successful Navy life is founded on resiliency, which is the ability to bounce back and to adapt. Inspired by this resilience, FFSP has also adapted to meet the needs of Navy families as they weather the COVID-19 storm. Fleet & Family Support Center (FFSC) resources include a 24-hour centralized scheduling phone line, access to one-on-one support, on-demand podcasts, weekly webinars and live-stream classes that are open to all eligible patrons, no matter where they are stationed.

“We want to empower people,” says Britt Feldman, Regional Work and Family Life Coordinator at Navy Region Northwest. She explains that on top of having children at home more, rising unemployment rates and a competitive housing market, many parents are balancing careers (or trying to secure a new one) while also filling the roles of teacher and caretaker. Add to these the unique challenges of being part of a military family and it can become overwhelming.

“For job loss and financial insecurity, I would not only mention that we have classes, but also professional staff to help give [military families] the
WHILE YOU MIGHT NOT HAVE ALL THE RIGHT ANSWERS, FLEET & FAMILY READINESS (FFR) IS HERE FOR YOU.

tools they need for their next career or to establish financial security,” says Feldman. “We want to help them thrive and be resilient.”

FFSC specialists agree that the best place for any Navy service member or their spouse to start is with a phone call to their FFSC. The resident expert on the other end of the line will make recommendations for classes, podcasts or external resources that will help solve a problem, offer reassurance and even assist in getting solutions from experts in a particular field.

“If we know what’s going on, we can recommend specific programs such as Daddy Boot Camp or reintegration classes to help our Sailors and their families develop happier and healthier relationships,” says Wilson. With more at-home time, predictions call for another baby boom.

Wilson also heads the New Parent Support Program, which offers care to parents from pregnancy through their child’s third birthday. Wilson says she’s a big believer in utilizing the centralized scheduling line to talk with an expert. In the case of new parents, she explains that “it’s like having your own person — a nurse or social worker — who’s special to you, who prepares individualized assistance to whatever you might be experiencing.”

Wilson encourages all parents to prioritize their individual self-care. One parent may need the reassurance of a listening ear, but can’t reach their spouse because of deployment. Flip that coin, she explains, and the other spouse is likely feeling disconnected, missing nightly story times and major milestones.

FFSC services are not only created to make Navy life a little easier, but also to add fun and fulfillment. Many Navy families aren’t aware that FFSC also offers opportunities for personal and professional development. Karen Boeve, Family Readiness Program Director for Navy Region Northwest, emphasizes that personal advancement isn’t selfish, but rather necessary for the advancement of our children and society.

“Better people become better parents,” says Boeve, adding that she encourages parents to utilize FFSC resources to become aware and empowered — for themselves, their families and their futures.

Additional FFR amenities such as the Child and Youth Program are also a valuable resource for Navy families.

“Due to stay-at-home orders, the demand for child care and child care providers has increased exponentially,” says Vickie Ramsey, Child and Youth Program Analyst.

“Our main goal is to support those people who need to work and need child care,” she says. For parents who need temporary child care as a result of the pandemic, she recommends reaching out to militarychildcare.com to find local, certified care providers who have passed an extensive background check.

Now that vaccines are rolling out, more school districts are planning to transition back to in-classroom learning. Child and Education Services continue to keep the commands informed of school changes, which impact the workforce for both active duty and civilians.

“It’s a huge benefit to make a connection with the installation School Liaison since we monitor all surrounding school districts and hundreds of individual schools, to stay apprised of the latest COVID closures and re-opening plans,” says Kelly Scheese, Regional School Liaison for Navy Region Northwest.

Re-integration for children in schools will have its own set of challenges. Some children have moved or graduated in the last year, explains Scheese. “New families are always arriving, and we can quickly inform them of their local school status,” she says. “If they are PCSing out, we will connect them with the School Liaison at the new installation.”

As we look out for the futures of our Navy service members and their families, we know that there are brighter times ahead. With resiliency and support from services offered through your FFR family, we’ve got you covered and will navigate this next chapter together.

NEED HELP? START HERE

Call the FFSC Centralized Scheduling line at 866-854-0638 for help 24/7.

If you are new to the area or want the 411 for your child’s school district or particular school, contact your School Liaison office: 360-340-2824 (NBK), 425-304-3688 (NSE), 360-257-6863

For on-demand resources, whenever and wherever, go to Navylifepnw.com/podcasts or Navylifepnw.com/webinars.

Need help teaching kids the new way of doing math?

Check out Military Child Education Coalition at militarychild.org and Tutor.com for educational resources K-12 and college, plus they also offer proofreading for your child’s essays!

Are you a parent temporarily in need of child care during COVID?

Learn more about enrollment at militarychildcare.com

APRIL - JUNE 2021
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)

### 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.

### 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.

### 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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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.
### UPCOMING PROGRAMS & EVENTS

#### APRIL - JUNE 2021

<table>
<thead>
<tr>
<th>EVENT</th>
<th>DATE/TIME</th>
<th>HOST/VENUE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>2021 Get Fit, Stay Fit Challenge</strong>&lt;br&gt; If you want to improve your fitness in 2021, this is the challenge for you! This 10-week event will consist of pre- and post-assessments, exercise, behavior modification and nutrition classes along with loads of motivation! Register via myFFR #610141.&lt;br&gt; Free for Active duty; $20 for all others.</td>
<td>Thursday, April 1- Thursday, June 17, Various times</td>
<td>NASWI Fitness Center</td>
</tr>
<tr>
<td><strong>Princesses and Pirates Strong</strong>&lt;br&gt; As part of our Month of the Military Child celebration, pick up your Princess or Pirate activity bag via curbside pick-up to start the week-long adventure and a chance to earn prizes! Help your child choose a healthy fitness/nutrition activity, post a picture of your activity on our Facebook page with #PrincessandPiratesStrong and receive a Certificate of Success! In honor of Earth Day, children can also earn an additional prize by completing an Earth Day activity and posting it as well. FREE Event!</td>
<td>Monday, April 5- Friday, April 9</td>
<td>NASWI Fitness Center Facebook: @WhidbeyFFR</td>
</tr>
<tr>
<td><strong>Intramural Soccer</strong>&lt;br&gt; All league and event registration will be done at the Gym Front Desk, 360-257-2420.</td>
<td>Coaches’ Meeting: April 5, 2 p.m.&lt;br&gt; League starts April 12</td>
<td>NASWI Fitness Center</td>
</tr>
<tr>
<td><strong>Virtual SAPR Color Run</strong>&lt;br&gt; Join us for a virtual color walk/run in recognition of the Sexual Assault Awareness and Prevention Month (SAAPM). Pick your route and post a video and/or photos of yourself, family and friends completing a 5K during the month of April on our Facebook page @WhidbeyFFR. Open to all eligible patrons. For more information contact <a href="mailto:NASWIMWRFitness.cnmw@navy.mil">NASWIMWRFitness.cnmw@navy.mil</a>. FREE Event. Register via myFFR #610213.</td>
<td>Friday, April 1-30</td>
<td>Facebook: @WhidbeyFFR</td>
</tr>
<tr>
<td><strong>Intramural Bowling</strong>&lt;br&gt; Every Thursday. Duration of league dependent on number of teams. Four-person teams (men, women or mixed) play at a time. All league and event registration will be done at the Gym Front Desk, 360-257-2420.</td>
<td>Coaches’ Meeting:&lt;br&gt; April 20, 2 p.m.&lt;br&gt; League starts April 23, 6 p.m.</td>
<td>Coaches Meeting held at the NASWI Gym. League held at Convergence Zone.</td>
</tr>
<tr>
<td><strong>NOFFS Operational Course</strong>&lt;br&gt; This 4-hour course focuses on Navy Operational Fitness and Fueling System and includes functional training instruction, workouts and nutritional information. Open to all eligible patrons ages 18+. Register via myFFR #610251. FREE Event.</td>
<td>Tuesday, April 20, 7-11 a.m.&lt;br&gt; Tuesday, May 18, 7-11 a.m.&lt;br&gt; Tuesday, June 22, 7-11 a.m.</td>
<td>NASWI Fitness Center</td>
</tr>
<tr>
<td><strong>Command Fitness Leader (CFL) Certification Course</strong>&lt;br&gt; This week-long course teaches skills to CFLs to lead the way in establishing and maintaining a culture of fitness for their commands. Active Duty only. Register through CNIC by going to <a href="http://www.navyfitness.org/fitness/cfl-information/cfl-course-application-and-instructions">www.navyfitness.org/fitness/cfl-information/cfl-course-application-and-instructions</a>. FREE Event.</td>
<td>Monday, May 3- Friday, May 7, 7 a.m.-4:30 p.m.</td>
<td>NASWI Fitness Center</td>
</tr>
<tr>
<td><strong>Intramural Softball</strong>&lt;br&gt; All league and event registration will be done at the Gym Front Desk, 360-257-2420.</td>
<td>Coaches Meeting:&lt;br&gt; May 10, 2 p.m.&lt;br&gt; League starts May 24</td>
<td>NASWI Fitness Center</td>
</tr>
<tr>
<td><strong>Mission Nutrition</strong>&lt;br&gt; Want to increase your understanding of food and weight relationships? Learn how to shop wisely, build meals and understand external factors that impact your eating habits. Other topics include fad diets, sports nutrition and supplements. Open to all eligible patrons ages 13+. Sign up via myFFR #610208. FREE Event.</td>
<td>Tuesday, May 11, 8 a.m.-4 p.m.</td>
<td>NASWI Fitness Center</td>
</tr>
<tr>
<td><strong>Gold Star Run to Remember 5K</strong>&lt;br&gt; Help us honor our Gold Star families and run/walk in memory of a fallen hero. Same day registration available. Child- and pet-friendly. Register via myFFR #610228.</td>
<td>Wednesday, May 12, 11 a.m.</td>
<td>NASWI Fitness Center</td>
</tr>
<tr>
<td><strong>Dodgeball Tournament</strong>&lt;br&gt; All league and event registration will be done at the Gym Front Desk, 360-257-2420. Register by May 13.</td>
<td>May 14, 11 a.m.</td>
<td>NASWI Fitness Center</td>
</tr>
</tbody>
</table>
FITNESS INCENTIVE PROGRAM

Earn prizes for time spent working out!

See Front Desk for details.

EARN PRIZES FOR WORKING OUT!

30 min. of activity = 5 points (max. 10 points daily). Sign up and turn in your log sheets at the NASWI Fitness Center Front Desk.

- 200 points = MWR drink bottle
- 500 points = MWR workout towel
- 1000 points = MWR Duffle bag
- 2000 points = Bluetooth mini speaker

We stand ready to serve you. Get a quote today.
<table>
<thead>
<tr>
<th>EVENT</th>
<th>DATE/TIME</th>
<th>HOST/VENUE</th>
</tr>
</thead>
</table>
| **Intramural Golf**  
All league and event registration will be done at the Gym Front Desk, 360-257-2420. | Coaches’ Meeting:  
May 17, 2 p.m.  
League starts Jun 3 | Coaches meeting held at NASWI Fitness Center.  
League held at Gallery Golf Course |

**NOFFS Strength/Endurance/Sandbag Course**  
This 4-hour course builds onto the Navy Operational Fitness and Fueling System by incorporating different modalities and goals. This class includes workouts and instruction. Open to all eligible patrons ages 18+. Register via myFFR #610251. FREE Event.

| | Tuesday, May 25, 11 a.m.-3 p.m. | NASWI Fitness Center |

**PRINCESSES & PIRATES STRONG**  
Monday, April 5-Friday, April 9  
Whidbey Fitness Center

As part of our Month of the Military Child celebration, pick up your Princess or Pirate activity bag via curbside pick-up to start the week-long adventure and a chance to earn prizes!

1. Help your child choose a healthy fitness/nutrition activity.
2. Post a picture of your activity on our Facebook page with #PrincessandPiratesStrong.
3. Receive a Certificate of Success!

In honor of Earth Day, children can also earn an additional prize by completing an Earth Day activity and posting it as well.

@WhidbeyFFR

**2021 GET FIT, STAY FIT CHALLENGE**

If you want to improve your fitness in 2021, this is the challenge for you! This 10-week event will consist of pre- and post-assessments, exercise, behavior modification and nutrition classes along with loads of motivation! Register via myFFR #610141. Free for Active Duty; $20 for all others.

@WhidbeyFFR

**GOLD STAR MEMORIAL RUN**

Saturday, May 1-Sunday, May 30

Help us honor our Gold Star families and run/walk in memory of their fallen hero. Register and pick up goody bag at front desk, which will have a bib and medal to run with (while supplies last). Take a pic and post @WhidbeyFFR. Register via myFFR #610228.
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.
**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 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.

### Upcoming Programs & Events

<table>
<thead>
<tr>
<th>Event Name</th>
<th>Date/Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Domestic Violence (DV) and Sexual Assault (SA) Executive Leadership Training</strong></td>
<td>Tuesday, April 13 8:30 a.m.-noon</td>
</tr>
<tr>
<td>This training gives command leadership the tools needed to keep victims safe and hold offenders accountable for their actions.</td>
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</tr>
<tr>
<td><strong>April is Child Abuse Awareness Month and Month of the Military Child</strong></td>
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<tr>
<td><strong>Military Spouse Appreciation Day</strong></td>
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<tr>
<td>Military Spouses are the backbone of their families. They support their service member, deployments and the mission. Saturday, May 1 is set aside to give thanks for everything military spouses do.</td>
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<tr>
<td><strong>May is Navy Gold Star Awareness Month</strong></td>
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<tr>
<td>The Navy Gold Star Program is the Navy's official program for providing long-term support to surviving families of Sailors who pass while on Active Duty. One of the greatest challenges faced by Survivors is the feeling of isolation after their loss. The Navy Gold Star Program strives to reassure Survivors that they are not forgotten - that they will always be part of the Navy Family.</td>
<td></td>
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<tr>
<td><strong>Living Intentionally, Fully and Effectively (LIFE)</strong></td>
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<tr>
<td>Connect with other people and share your journey of personal growth.</td>
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<tr>
<td><strong>Submerged</strong></td>
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<tr>
<td>This group gives military teens, ages 12-18, a safe space to talk about issues that matter most to them.</td>
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<tr>
<td><strong>Suicide Assist &amp; Intercept for Life (SAIL)</strong></td>
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<tr>
<td>This voluntary program serves as a link between you, your providers and command leadership during your recovery.</td>
<td></td>
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<tr>
<td><strong>Survivors Overcoming Assault with Resiliency (SOAR)</strong></td>
<td></td>
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<tr>
<td>This is a 10-week, psycho-educational support group that aims to assist survivors of sexual abuse and violence.</td>
<td></td>
</tr>
<tr>
<td><strong>SAPR Initial Victim Advocate Training</strong></td>
<td>Monday, May 10- Friday, May 21, 7:30 a.m.-1 p.m.</td>
</tr>
<tr>
<td>Required course to become a command-designated and credentialed SAPR victim advocate.</td>
<td></td>
</tr>
<tr>
<td><strong>SAPR Policy Summit and Advocate Appreciation Event</strong></td>
<td>Wednesday, April 7, 10 a.m.-noon</td>
</tr>
<tr>
<td>Because April is Sexual Assault Awareness and Prevention Month (SAAPM), this month’s 2-hour program is delivered in two parts: (1) “The SAPR Policy Summit”, open to all SAPR personnel and command leadership teams, provides policy changes and updates for a constantly changing program, and (2) A “SAPR Advocate Appreciation” provides a well-deserved opportunity for Installation SAPR teams and commands to recognize and celebrate their command SAPR teams and individuals’ amazing work and endless hours dedicated to support sailors impacted by sexual assault. To register, contact your local installation SAPR office by Tuesday, April 6.</td>
<td></td>
</tr>
<tr>
<td><strong>SAPR Primary Unit Victim Advocate Training</strong></td>
<td>Wednesday, May 26 7:30 a.m.-4 p.m.</td>
</tr>
<tr>
<td>Required course to become a command-designated SAPR Primary Unit Victim Advocate. To register, contact the local installation SAPR office by Wednesday, May 19.</td>
<td></td>
</tr>
<tr>
<td><strong>SAPR Victim Advocate Refresher Training</strong></td>
<td>Thursday, May 27, 2-4 p.m.</td>
</tr>
<tr>
<td>Credentialed advocates must complete 32 hours of refresher training every two years.</td>
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</tbody>
</table>

### Virtual Chalk it Up for Awareness

**Thursday, April 1 - Friday, April 23**

Chalk it Up is a sidewalk (chalkboard, snow, quarterdeck display) art competition held during the month of April to raise awareness of sexual assault. Teams can be created from any command and be a combination of active duty and civilian. All art must be SAPR related. Winner(s) announced Friday, April 30. Submit your team’s photo entry by emailing NSE.SAPR@navy.mil.
**FAMILY SUPPORT SERVICES**

Our Family Employment, Ombudsman Support, New Parent Support Home Visitation (NPSHV) Program and the Exceptional Family Member Program (EFMP) are here to offer the help you need, when you need it. To attend our upcoming classes, visit the APAN link (where provided) or call 866-854-0638. Additional formats may be available.

<table>
<thead>
<tr>
<th>EVENT</th>
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<tbody>
<tr>
<td>Mid-Year Moves: Ensuring a Smooth School Transition</td>
<td>Wednesday, April 14, 10-11 a.m.</td>
</tr>
<tr>
<td>Moving to Whidbey Island: What Parents Need to Know</td>
<td>Wednesday, May 5, 5:30-6:30 p.m.</td>
</tr>
<tr>
<td>Moving with an EFM</td>
<td>Wednesday, April 7, 10-11 a.m.</td>
</tr>
<tr>
<td>New Spouse Orientation</td>
<td>Thursday, May 13, 2-3 p.m.</td>
</tr>
<tr>
<td>Overseas Transfer Workshop</td>
<td>Wednesday, June 9, 10-11 a.m.</td>
</tr>
<tr>
<td>New Spouse Orientation</td>
<td>Thursday, June 3, 9 a.m.-noon</td>
</tr>
<tr>
<td>Overseas Transfer Workshop</td>
<td>Tuesday, April 27, 6-8 p.m.</td>
</tr>
<tr>
<td>Overseas Transfer Workshop</td>
<td>Tuesday, May 25, 6-8 p.m.</td>
</tr>
<tr>
<td>Overseas Transfer Workshop</td>
<td>Tuesday, June 22, 6-8 p.m.</td>
</tr>
</tbody>
</table>

**VIRTUAL SAPR COLOR RUN**

Join us for a virtual color walk/run in recognition of Sexual Assault Awareness and Prevention Month (SAAPM). Pick your route and post a video and/or photos of yourself, family and friends completing a 5K during the month of April on our Facebook page @WhidbeyFFR. Open to all eligible patrons. For more information contact NASWIMWRFfitness.cnrnw@navy.mil. FREE Event. Register via myFFR #610213.

<table>
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</thead>
<tbody>
<tr>
<td>EFMP Sensory Friendly Bowling</td>
<td>Friday, April 30, 5-6:30 p.m. or 6:30-8 p.m.</td>
</tr>
<tr>
<td>Family Readiness Group (FRG) Roundtable</td>
<td>Thursday, April 22, 5-6:30 p.m.</td>
</tr>
<tr>
<td>Family Sensory Friendly Movie</td>
<td>Thursday, April 8, 6 p.m.</td>
</tr>
<tr>
<td>Family Sensory Friendly Movie</td>
<td>Thursday, May 13, 6 p.m.</td>
</tr>
<tr>
<td>Family Sensory Friendly Movie</td>
<td>Thursday, June 10, 6 p.m.</td>
</tr>
<tr>
<td>Family Sensory Friendly Movie</td>
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</tbody>
</table>

**Ombudsman Assembly**

Call for details.

**Overseas Transfer Workshop**

Explore cultural adaptation process issues and other items involved in preparing for relocating to an overseas location. The workshop includes information about household goods shipments, pay, allowances, spouse employment, schools, and pets. Hosted by NS Everett FFSC. https://connect.apan.org/nse-relo/*

*Wednesday, May 26, 9-11 a.m.*
Caring For Aging Parents
Are your parents getting older and unsure how you can help? This workshop provides education and resources to assist families in caring for parents as they age to include financial, emotional and legal issues.
https://connect.apan.org/naswipfm/
Tuesday, June 15, 2-4 p.m.

Car Buying
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.
https://connect.apan.org/naswipfm/
Wednesday, April 21, 2-4 p.m.

CFS and Leadership Financial Forum
Once a quarter, we host a financial forum opened to all CFSs and command leadership to include command career counselors, first-line supervisors, senior enlisted advisors, and senior leadership. Various personal financial management hot topics will be discussed.
https://connect.apan.org/naswicfsforum/
Tuesday, May 11, 2-4 p.m.

CFS Refresher
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.
https://connect.apan.org/naswicfsforum/
Thursday, May 13, 8 a.m.-4 p.m.

Credit... What’s the Big Deal?
Credit... What’s the Big Deal? Come learn how credit is used, who can access it and why it’s important to use credit responsibly.
https://connect.apan.org/naswipfm/
Wednesday, May 26, 2-4 p.m.

Debt Rehab
Is debt weighing you down? Unsure where to start? Discusses all types of debt from credit card to installment loans to collections and helps you design a recovery plan that best benefits you.
https://connect.apan.org/naswipfm/
Tuesday, May 25, 2-4 p.m.
<table>
<thead>
<tr>
<th>EVENT NAME</th>
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<tbody>
<tr>
<td>Home Buying</td>
<td>Tuesday, June 8, 2-4 p.m.</td>
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<tr>
<td>Getting ready to PCS or move, but you have a</td>
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<tr>
<td>home here? Explore what to do prior to putting</td>
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<tr>
<td>your house on the market, what to do after it’s</td>
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<tr>
<td>on the market, how to respond to an offer and</td>
<td></td>
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<tr>
<td>what happens at closing.</td>
<td><a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a></td>
</tr>
<tr>
<td>Life After High School: Parents Edition</td>
<td>Tuesday, April 6, 1-4 p.m.</td>
</tr>
<tr>
<td>Don’t want your children living with you forever? Then you will need to teach them critical life principles to help them stand on their own and to be financially successful.</td>
<td><a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a></td>
</tr>
<tr>
<td>Life After High School: Young Adult Edition</td>
<td>Wednesday, April 7, 1-4 p.m.</td>
</tr>
<tr>
<td>Don’t want to live with your parents forever? Then you will need to take the initiative to learn critical life principles to be financially successful. This class is designed for ages 16-24.</td>
<td><a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a></td>
</tr>
<tr>
<td>Money and the Move</td>
<td>Tuesday, May 25, 1-4 p.m.</td>
</tr>
<tr>
<td>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. The School Liaison will be a guest speaker for any questions.</td>
<td><a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a></td>
</tr>
<tr>
<td>Moving Out. What’s the Cost?</td>
<td>Tuesday, April 20, 2-4 p.m.</td>
</tr>
<tr>
<td>Moving off base? Not sure where to start? This workshop covers everything a sailor needs to know before they move out of the barracks from what you can afford to roommate pros and cons.</td>
<td><a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a></td>
</tr>
<tr>
<td>Navy Retirement... Is It Enough?</td>
<td>Tuesday, May 4, 2-4 p.m.</td>
</tr>
<tr>
<td>Getting ready to retire and unsure if it will be enough? Explore the three stages of retirement, the five retirement steps and sources and types of income available in “real” retirement.</td>
<td><a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a></td>
</tr>
<tr>
<td>Now I’m the Landlord ...</td>
<td>Thursday, June 10, 2-4 p.m.</td>
</tr>
<tr>
<td>Moving or PCSing but can’t sell your house here or just want to rent out a room? Prepare to become the landlord by getting financially ready, understanding the laws, hiring a property manager, finding good tenants, maintaining your property, and using your resources.</td>
<td><a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a></td>
</tr>
<tr>
<td>Saving &amp; Investing 101</td>
<td>Thursday, May 6, 2-4 p.m.</td>
</tr>
<tr>
<td>Want to save and/or invest but not sure where to start? Learn the difference between saving and investing and the tools needed to get started.</td>
<td><a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a></td>
</tr>
<tr>
<td>Semi-Annual Senior Leadership PFM Seminar</td>
<td>Thursday, April 8, 10-11 a.m.</td>
</tr>
<tr>
<td>This seminar for command senior leadership (CO/XO/CMC) is hosted twice a year and provides an overview of the PFM programs, services, assistance and initiatives to include current trends.</td>
<td><a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a></td>
</tr>
<tr>
<td>Tackling Student Loans</td>
<td>Thursday, May 27, 2-4 p.m.</td>
</tr>
<tr>
<td>Is student loan debt interfering with your GPA (going places ability)? Come learn what options are available to include if you are in default.</td>
<td><a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a></td>
</tr>
<tr>
<td>The Thrift Savings Plan and Blended Retirement System</td>
<td>Wednesday, May 5, 2-4 p.m.</td>
</tr>
<tr>
<td>You signed up for it in boot camp but you have no idea how it works... Come learn the TSP details to include the various options and funds plus the BRS benefits.</td>
<td><a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a></td>
</tr>
<tr>
<td>Vacation Planning for ALL</td>
<td>Thursday, May 20, 11 a.m.-noon</td>
</tr>
<tr>
<td>Need some R&amp;R? Vacation without breaking the bank through planning tips and resources for a fun and financially sound trip.</td>
<td><a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a></td>
</tr>
<tr>
<td>Virtual Million Dollar Sailor</td>
<td>Wednesday, April 14-Friday, April 16, 8a.m.-4p.m.</td>
</tr>
<tr>
<td>MDS seminars meet all your financial literacy touch-points. Spouses and other family members welcome! This 2.5 day course covers all aspects of financial management.</td>
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</tbody>
</table>
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 866-854-0638 for more information.

EVENT NAME

(TAP) Pre-Separation
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.

(TAP) Managing Your (MY) Transition
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. Registration required.

(TAP) Military Occupational Code (MOC) Crosswalk
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. Registration required.

(TAP) Financial Planning for Transition
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. Registration required.

(TAP) VA Workshop
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. Participants are guided through a variety of career considerations including in-depth training to learn interview skills, build effective resumes, and use emerging technology to network and search for employment.

(TAP) Department Of Labor Career and Credential Exploration (2-day)
This class offers a unique opportunity for participants to complete a personalized career development assessment and present them with tailored job recommendations that align with their occupational interests and abilities. Participants are guided through a variety of career considerations including labor market projections, education, apprenticeships, certifications and licensure requirements.

(TAP) Disabled American Veterans
Information regarding Benefits Delivery at Discharge (BDD) Claims. Describes procedures and requirements to file a VA disability claim prior to separation.

CONSEP Mid-Career
CONSEP gives you the opportunity to gather and understand information as you analyze your options to continue your service in the Navy or pursue a civilian career.

Department of Labor Vocational Career Track
This workshop offers the opportunity to identify skills, increase awareness of training and credentialing programs, and develop an action plan to achieve your career goals.

Transition Assistance Program (TAP) Capstone Event
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.

EVENT NAME

Acing the Interview
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. https://connect.apan.org/naswiferp/

Career Assessment and Exploration
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. https://connect.apan.org/naswiferp/

APRIL - JUNE 2021
## LIFE SKILLS EDUCATION

Make your life everything you imagined and start living by choice, not be 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 866-854-0638. Additional online, in-person and on-demand options may be available.

<table>
<thead>
<tr>
<th>EVENT NAME</th>
<th>DATE/TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anger Management (Taming the Tiger Within)</td>
<td>Tuesday, April 6, 9-10 a.m.</td>
</tr>
<tr>
<td></td>
<td>Tuesday, April 20, 9-10 a.m.</td>
</tr>
<tr>
<td></td>
<td>Thursday, May 6, 9-10 a.m.</td>
</tr>
<tr>
<td></td>
<td>Thursday, May 20, 3-4 p.m.</td>
</tr>
<tr>
<td></td>
<td>Tuesday, June 1, 9-10 a.m.</td>
</tr>
<tr>
<td></td>
<td>Thursday, June 24, 2-3 p.m.</td>
</tr>
<tr>
<td>Communication Skills</td>
<td>Thursday, April 8, 3-4 p.m.</td>
</tr>
<tr>
<td></td>
<td>Tuesday, May 18, 3-4 p.m.</td>
</tr>
<tr>
<td></td>
<td>Thursday, June 17, 9-10 a.m.</td>
</tr>
<tr>
<td>Conflict Resolution</td>
<td>Tuesday, April 6, 2-3 p.m.</td>
</tr>
<tr>
<td></td>
<td>Tuesday, May 11, 2-3 p.m.</td>
</tr>
<tr>
<td></td>
<td>Thursday, June 3, 2-3 p.m.</td>
</tr>
<tr>
<td>Lemons to Lemonade</td>
<td>Wednesday, May 12, 2-4 p.m.</td>
</tr>
<tr>
<td></td>
<td>Wednesday, April 7, 2-3 p.m.</td>
</tr>
<tr>
<td>Stress Management 101</td>
<td>Thursday, April 22, 9-10 a.m.</td>
</tr>
<tr>
<td></td>
<td>Thursday, May 13, 2-3 p.m.</td>
</tr>
<tr>
<td></td>
<td>Tuesday, May 25, 9-10 a.m.</td>
</tr>
<tr>
<td></td>
<td>Thursday, June 10, 2-3 p.m.</td>
</tr>
<tr>
<td></td>
<td>Tuesday, June 29, 9-10 a.m.</td>
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</tbody>
</table>
TRICARE Prime® benefits.
All-civilian network.

Military families give the US Family Health Plan at PacMed top marks for quality.* Receive all your TRICARE Prime benefits through our all-civilian network with locations throughout the Puget Sound area.

VISIT: USFHPoption.org  |  CALL: 866-635-2641

FOR ACTIVE-DUTY FAMILIES AND MILITARY RETIREES**

Trust your family’s health care to the US Family Health Plan.

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### 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.

<table>
<thead>
<tr>
<th>CDC Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clover Child Development Center (CDC)</td>
<td>365 W Clover Bldg. 2679 Oak Harbor, WA 98278 360-257-6861</td>
<td></td>
</tr>
<tr>
<td>Regatta Child Development Center (CDC)</td>
<td>220 NE Regatta Dr. Bldg. 2936 Oak Harbor, WA 98278 360-257-6572</td>
<td></td>
</tr>
</tbody>
</table>

### Child Development Homes (CDH)

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.

<table>
<thead>
<tr>
<th>CDH Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clover Child Development Homes (CDH)</td>
<td>260 W Pioneer Way Bldg. 13 Seaplane Base 360-257-6861</td>
<td></td>
</tr>
<tr>
<td>Whidbey Child Development Homes (CDH)</td>
<td>260 W Pioneer Way Bldg. 2874 Oak Harbor, WA 98278 360-257-0889</td>
<td></td>
</tr>
</tbody>
</table>

### School-Age Care/Youth Center

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

<table>
<thead>
<tr>
<th>SAC Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth Center</td>
<td>54 Wake Ave. Bldg. 2874 Oak Harbor, WA 98278 360-257-3150</td>
<td></td>
</tr>
</tbody>
</table>

### School-Age Care/Youth Center

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

<table>
<thead>
<tr>
<th>SAC Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whidbey School-Age Care (SAC)</td>
<td>54 Wake Ave. Bldg. 2874 Oak Harbor, WA 98278 360-257-0889</td>
<td></td>
</tr>
</tbody>
</table>

### Child and Youth Education Services School Liaison

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

<table>
<thead>
<tr>
<th>Liaison Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whidbey School Liaison</td>
<td>260 W Pioneer Way 360-257-6863 Oak Harbor, WA 98278</td>
<td></td>
</tr>
</tbody>
</table>

**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.
Finally, a home-based business opportunity that lets you:

- BE YOUR OWN BOSS
- SET YOUR OWN HOURS
- STAY HOME WITH YOUR KIDS
- GAIN VALUABLE EXPERIENCE
- EARN AN EXTRA $2K OR MORE A MONTH

Free training provided

DON’T DELAY, APPLY TODAY!

YOUR CAREER STARTS HERE

As a Certified U.S. Navy Child Development Home Provider

Naval Station Everett: 425-304-3046
Naval Base Kitsap: 360-731-1894
Naval Air Station Whidbey Island: 360-257-6861
Or visit www.navylifepnw.com/cdh-provider

APRIL - JUNE 2021
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
360-337-2556
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:
Unaccompanied Housing Office
1040 Intruder Street
Building 2701
Oak Harbor, WA 98278
360-257-4163

After-hours Emergency Maintenance:
360-914-7347

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. 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.

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.
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.

May is Gold Star Awareness Month

Join us this month in paying tribute to the fallen and honoring the families left behind.

www.NavyGoldStar.com
www.facebook.com/NavyGoldStar • 1-888-509-8759
April is Month of the Military Child

WE SERVE, TOO!

#purpleup4militarykids