

# NEW TRADITIONS

FLEET & FAMILY READINESS (FFR)



navylifepnw

MORALE WELFARE & RECREATION  
NAVY ASHORE GALLEYS  
CHILD & YOUTH PROGRAMS  
NAVY HOUSING  
FLEET & FAMILY SUPPORT CENTER

Fall 2024–Winter 2025

The official resource guide for  
everything NAS Whidbey Island  
and Navy Region Northwest

## WHAT'S INSIDE

UPCOMING EVENTS CALENDAR  
MWR WINTER EQUIPMENT RENTALS  
WELCOME TO NAVY GETAWAYS JIM CREEK  
THE RISE OF ESPORTS AMONG SAILORS  
BASE MAPS AND REFERENCE INFORMATION





# FFSC Virtual Clinical Counseling **CONNECT to GET CARE**

The Fleet and Family Support Center (FFSC) now provides in-person and virtual clinical counseling! Sailors and families can access virtual clinical counseling from the privacy of their own homes. Virtual clinical counseling is a nonmedical, clinical, short-term solution-focused service. It is available to individuals, couples and families.

## **Virtual clinical counseling helps with:**

- Separation
- Grief
- Deployment
- Relocation
- Relationship issues
- Parent-child interactions
- Other challenges related to military and family life

**To schedule an appointment, call 1-855-205-6749.** If calling outside of regular business hours, leave a message. Your call will be returned within one business day.

[www.ffsp.navy.mil](http://www.ffsp.navy.mil)







# Security. Peace of mind.



## 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](https://USFHPOption.org) | CALL: 866-635-2641**

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FOR ACTIVE-DUTY FAMILIES AND MILITARY RETIREES.\*\*

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



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\*2020 Consumer Assessment of Healthcare Providers and Systems (CAHPS) \*\*Military retirees and eligible family members under age 65  
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### Robert Lattanzi

CNRNW N9 | FFR Director  
NAS Whidbey Island

**D**ear Sailors and Families, welcome to Naval Air Station Whidbey Island! As we transition into Fall and Winter seasons, we want to extend a warm welcome to all new and returning service members and their families. Our community is vibrant and offers a range of activities and events that make Whidbey Island a unique and enjoyable place to be during these cooler months. Seasonal activities and events include but not limited to: Fall Festival, hiking and nature walks, ski/snowboard trips, Winter Wonderland, holiday celebrations, workshops and classes, exceptional recreational facilities, Family Readiness programs, Childcare Services, Wellness programs, Base Housing and much more.

We are excited to have you here and look forward to a season filled

with memorable experiences and community camaraderie. Whether you are new to Whidbey Island or have been here for a while, we encourage you to take advantage of the numerous opportunities to engage, connect, start new family traditions, and enjoy all that our base and surrounding area have to offer.

Welcome once again, and let's make this fall and winter season unforgettable!

If you have any questions or need assistance, please don't hesitate to reach out to any FFR program team members. We're here to make your time as smooth and enjoyable as possible. Join us on NASWI Facebook and Instagram (@WhidbeyFFR) or at [whidbey.navylifepnw.com](http://whidbey.navylifepnw.com).

## FFR DIRECTOR WELCOME MESSAGE

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### UPCOMING EVENTS CALENDAR

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### MAXIMIZE YOUR FUN: GEAR RENTAL FOR NEW TRADITIONS

*Plan your upcoming outdoor adventures this winter with MWR.*

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### JIM CREEK, STARTING AND CONTINUING TRADITIONS

*Create lasting traditions at our Navy Getaway destination.*

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### NEW TRADITIONS IN THE NAVY: THE RISE OF ESPORTS AMONG SAILORS

*Competitive gaming fostering camaraderie, skill development and community among Sailors and service member(s).*





# navylifepnw

Official Resource Guide for everything Navy Region  
Northwest Fleet & Family Readiness (FFR)

Unless otherwise noted, the FFR programs described herein are intended for authorized patrons only. We make every effort to ensure that the information is accurate at the time of publication; however, all activities, events and hours of operation are subject to change. FFR activities and services may require advanced registration and are subject to change or cancellation without prior notice. Contact the facility directly or visit [navylifepnw.com](http://navylifepnw.com) for current hours of operation and health precaution in effect. For the most up-to-date information, please visit our website at [navylifepnw.com](http://navylifepnw.com). A digital version of this guide is available at: [whidbey.navylifepnw.com/magazine](http://whidbey.navylifepnw.com/magazine).



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

## NAVYLIFE PNW PRODUCTION TEAM

**Marketing Director:** Dan Coon

**Art Direction and Layout:** Nhu Mai Le

**Editor:** Joe Mack

**Cover:** Jocelyn Grant

**Contributors:** Bernadette Capindo, Tiffany Henriques, Angie Hope, Tania Ostrander, Joey Pascua and Sara Sisung

**For advertising inquiries contact:**

Kevin Danford at 360-535-9092

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## 06

### MWR

MWR is proud to offer you dining, entertainment and recreation options conveniently located on base, as well as three DoD lodging facilities in Navy Region Northwest. MWR fitness centers offer state-of-the-art equipment, expert instruction and team sports, and activities for every age, interest and fitness level.

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### CHILD & YOUTH

Child & Youth Programs (CYP) provide high-quality child care and support services close to home.

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### FFSC

Fleet & Family Support Center (FFSC) is here to meet the needs of Sailors and Navy families at home and at sea with helpful programs and resources.

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### HOUSING

Your Housing Services Center team knows the area and will help you make the most of your housing benefits.

To use this guide, find a QR code and scan the QR code for quick access to

- Activity/event registration
- Event details and maps
- Support resources

- On-base restaurant apps
- Our social media pages
- and more!

Personnel authorized to utilize FFR programs, activities, and facilities include Active Duty, Reservists, Retirees, Department of Defense employees, their families, and their guests, unless otherwise noted.

[navylifepnw.com](http://navylifepnw.com)



Give it a try! Scan the QR code on your phone to visit our website.







## FOOD, FUN & RECREATION

MWR is proud to offer you dining, entertainment and recreation options conveniently located on base. Visit [whidbey.navylifepnw.com/events](http://whidbey.navylifepnw.com/events) or scan this QR code to find out about our upcoming specials and promotions. Open to anyone with base access including retirees, guests and contractors, unless otherwise noted.



### ADMIRAL NIMITZ HALL GALLEY

360-257-2469  
1040 W Intruder St., Bldg. 382

Admiral Nimitz Hall is conveniently located in the center of Ault Field, near unaccompanied housing and flight-line workstations. We pride ourselves in offering high-quality food and service. Call or scan this QR code to learn more.



### CHIEFS' CLUB

360-257-2505  
Located within MWR Bakerview Event & Conference Center  
1080 W Ault Field Rd., Bldg. 138

The finest Chiefs' Club in the fleet with members spanning all generations, from the World War II era to present day. Call or scan this QR code to learn more.



### M.T. MCCORMICK'S OFFICERS' CLUB

360-257-2521  
Located on Ault Field, 1185 W Midway St., Bldg. 962

The Officers' Club is a deep dive into the history of NAS Whidbey Island and naval aviation! The O'Club displays military memorabilia dating from World War II through the Gulf War. The full-service bar offers a variety of cocktails, specialty beers and more. Call or scan this QR code to learn more.



### KEGLER'S BAR & GRILL

360-257-1567  
Located in the Convergence Zone,  
3535 N Princeton, Bldg. 2510

A casual eatery located in the community recreation center (Convergence Zone), offering lunch, snacks, happy hour and more from our large selections of craft beers.

Bring your friends for a round of pool or darts at Kegler's Bar. So long as you are 18 and older, stop on in and always be on the look out for themed nights and evening specials. Scan this QR code to download our [Dine on the Go PNW](#) app for convenient online ordering!



### CONVERGENCE ZONE

360-257-2432  
Located on Ault Field, 3535 N Princeton, Bldg. 2510

The Convergence Zone is truly a place where a range of interests, an array of people and a variety of entertainment come together. We have bowling lanes, an indoor playground with toddler play area, a multipurpose room and gathering areas for groups and organizations, pool tables, air hockey, table tennis, computers, video gaming, and a library and resource center with faxing/printing/copying services.

Featuring:

- Arcade Games
- Bowling
- Tickets & Travel
- Indoor Playground
- Pool tables
- Paintball
- Outdoor Rentals



### SKYWARRIOR THEATRE

360-257-6684  
Located on Ault Field, 955 W Midway St., Bldg. 118

Skywarrior Theatre features box-office movies, a snack bar, comfortable seating, a private room for families with young children and private party packages. Call or scan this QR code to learn more.





## MWR OUTDOOR PARKS AND RECREATION AREAS

360-257-2432

Various Locations | More info at Convergence  
Zone: 3535 N Princeton, Bldg. 2510

**Costen-Turner Recreation Area** - Playground, gazebo and plenty of picnic tables.

**Disc Golf Course** - The 18-hole disc golf course starts and ends at PSD.

**General Quarters Paintball** - Adrenaline, strategy, skill and speed on two separate fields.

**The Grind Skate Park** - Challenging obstacles, including a half pipe, quarter pipe, grind box, pyramid and stairs.

### Rocky Point Recreation Area

Located just footsteps from the Strait of Juan de Fuca and Rocky Point beach.



## GALLERY GOLF COURSE

360-257-2178

3065 N Cowpens Rd., Oak Harbor, WA 98278

A challenging 18-hole course layout with tree-lined fairways, rolling hills and stunning views of the Strait of Juan de Fuca and Vancouver Island. Call today to schedule your tee-time reservation.



# LIBERTY PROGRAM

The LIBERTY Program offers low-cost or free activities and entertainment to junior service members (E1-E6 single or geo bachelors). Eligible users may escort up to one guest 18+. LIBERTY is here to get you out of the barracks to enjoy the great Pacific Northwest. Transportation is included in the cost of all of our trips.

Our LIBERTY facilities feature the latest video gaming stations with large screen TVs and comfortable seating, FREE Wi-Fi and CAC-enabled workstations, movie theater, copy/scan/fax services. LIBERTY offers regular weekly programming\* such as prize giveaways, tournaments and competitions, volunteer opportunities, birthday celebrations, e-sports and more!\*LIBERTY center is open to Active Duty Single or Geo Bachelor E1-E6.

Located inside the NAS Whidbey Island's award-winning  
Admiral Nimitz Hall Galley

1040 W Intruder St.  
Bldg. 382  
Oak Harbor, WA 98278

SCAN HERE  
FOR DETAILS



navylifepnw.com  
@KitsapFFR



# Upcoming EVENTS

2024-2025

SOMETHING FOR EVERYONE

## OCTOBER

### MWR Trunk or Treat

Join us for a spooktacular evening of candy and costumes with our community trunk or treat event!

## NOVEMBER

### MWR Turkey Trot

Get into the Thanksgiving spirit and run or walk with us at our annual Turkey Trot race.

## DECEMBER

### MWR Christmas Parade

Enjoy the festive cheer as floats and performers light up the streets in our lively Christmas parade.

### MWR Christmas Event

Celebrate the season with family-friendly activities, music, and holiday treats at our Christmas Event.

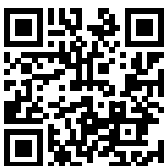
### MWR Christmas at Cliffside

Experience the magic of the holidays with dazzling lights and seasonal delights at Cliffside's Christmas celebration.



### MWR Bike Run Row (BBR) Challenge

Test your endurance and courage in our winter Bike, Run, Row course challenge, the BRR Challenge!



From trips, crafts, fitness classes, tournaments and more, there is something for everyone! Scan here for event details.



## JANUARY

### MWR Polar Plunge & Resolution Run

Start the New Year with a splash by taking a refreshing dip into icy waters at our Polar Plunge event.

## FEBRUARY

### MWR LIBERTY Super Bowl Watch Party (E1-E6)

The ultimate place to enjoy the Super Bowl, complete with big screens, tasty snacks and the company of fellow football fans.

### MWR Fitness Expo

Discover the latest in fitness trends, gear, and workouts at our exciting Fitness Expo.

## MARCH

### MWR St. Patrick's Day Run

Lace up your green sneakers and join us for a spirited run in celebration of St. Patrick's Day.



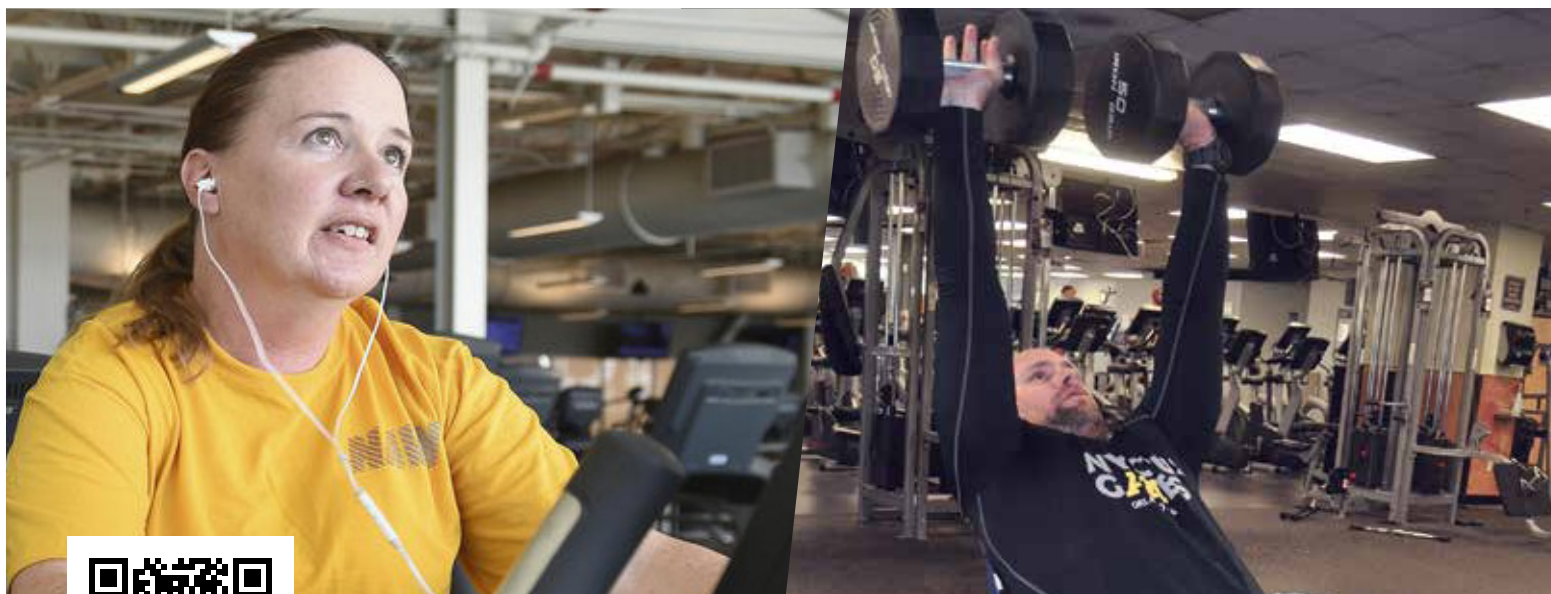
**24/7**  
ACCESS

**Available  
Now**



## **24/7 access to NAS Whidbey Island MWR Fitness Center.**

*Register your military ID Card  
at the fitness center today.  
Contact your fitness center front desk for more info.*



[whidbey.navylifepnw.com/fitness-sports/  
fitness-centers](http://whidbey.navylifepnw.com/fitness-sports/fitness-centers)



[navylifepnw.com](http://navylifepnw.com)  
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@WhidbeyFFR



# MAXIMIZE YOUR FUN: Gear Rental For New Traditions

Contributed by navylifepnw Staff



The Benavides family enjoyed a weekend of snowshoeing at Lake Wenatchee. MWR Outdoor Rentals supplied the gear with snow boots, snowshoes, poles, and jackets.

*"This was our first-time snowshoeing with my parents and my daughter. Everyone really enjoyed it, especially my daughter. She can't wait to do it again!"*

● Parka and Pants/  
Bib Set  
**\$15**

● Pants/Bib **\$9**

**C**reate new traditions this fall and winter season with help from your local MWR Community Recreation office! While the weather gets chillier, don't let that hold you back from adventuring in the great outdoors. Get out your winter gear and head to the mountains for some skiing, snow tubing or snowshoeing the winter trails. If biking is more your speed, check out a mountain bike and explore some local trails. With outdoor recreation equipment from Community Recreation, there are many ways to embrace a new tradition in the Pacific Northwest.

**For more information about equipment rentals, download the latest brochure or call the Recreation Center at 360-257-2432.**

Prices based on full-day rate  
Weekend/3-Day Rate = Day Rate x 2  
Week/7-Day Rate = Day Rate x 3

\*Availability varies by facility, please contact your local Community Recreation Center for details.  
All prices are subject to change.







● Snowshoes **\$15**  
Snowshoes **\$20**  
*Includes snowshoes and poles*

● Snow Tube\*  
**\$10**



● Parka **\$9**

● Boots **\$10**

● Fat Tire Mountain Bike\*  
*Includes helmet*  
**\$39**







*The Convergence Zone is truly a place where a range of interests, an array of people and a variety of entertainment come together! It offers bowling lanes, gear rental, indoor playground, toddler play area, pool tables, air hockey, ping pong, computers, video gaming, resource center, faxing/printing/copying services, a multipurpose room, and gathering areas for groups and organizations.*

## FEATURES

- Bowling Lanes
- Bowling Packages
- Party Packages
- Command Party
- Indoor Playground
- Library and Toddler Story Time
- Billiards, Air Hockey, Ping Pong
- Xbox 360's & Nintendo Wii's
- Kegler's Bar & Grill
- General Quarters Paintball
- Outdoor Recreation Rentals
- Tickets, Trips & Tours

SCAN for  
CONVERGENCE ZONE  
INFORMATION




# GET THE CLAN

BACK TOGETHER



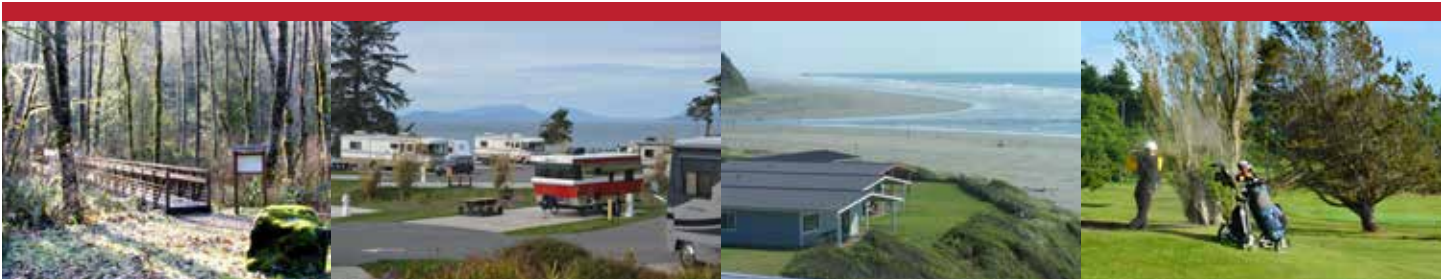
*Play the latest in games and consoles or join the Navy Region Northwest eSports team at your local LIBERTY Center*

Join our Discord  servers or visit [navylifepnw.com/esports](https://navylifepnw.com/esports) for upcoming Region- and Navy-wide tournaments

**ESPORTS**  
MEET | PLAY | COMPETE



Veterans with Veteran Health Identification Cards (VHIC) have expanded access to commissaries, military exchanges and MWR retail privileges on U.S. military installations.



Eligible veterans must have a VHIC that states service-connected disability, a Purple Heart recipient or former prisoner of war. Also eligible are individuals approved and designated as the primary family caregivers of eligible veterans under the Veterans Affairs Program of Comprehensive Assistance for Family Caregivers.

Visit [www.va.gov](http://www.va.gov) on how to qualify for a Veterans Health Identification Card or visit

**MWR Facilities & Locations:** [www.navylifepnw.com](http://www.navylifepnw.com)

**Commissary:** [www.mycommissaries.com](http://www.mycommissaries.com)

**Navy Exchange:** [www.mynavyexchange.com](http://www.mynavyexchange.com)



[navylifepnw.com](http://navylifepnw.com)  
f y o

SCAN TO DOWNLOAD  
THE FACT SHEET







**SKYWARRIOR THEATRE**

**FAMILY MOVIE Night**

**2nd TUESDAY of Every Month**  
**6 P.M.**

**FREE • Sensory-friendly • Open to All Ages**

A unique movie showing where you can be you!  
Lights are turned up and the sound is turned down.  
Get up and dance, walk, shout or sing!



NAS WHIDBEY ISLAND  
ADMIRAL NIMITZ HALL GALLEY

*Special Meals*



11 A.M.-1 P.M.  
OPEN TO ALL HANDS





**SKYWARRIOR THEATRE**

**PARTY PACKAGES**

All packages include the theater for one hour before the showing and one hour after the showing, one staff member on-site, one 6 ft. table, your choice of movie from the A-List movie program and you choose the date and time.

---

**A-List Package:** Great for a family day and/or group functions, the package features a private and affordable movie experience.

Seating	Package Fee
1-50 Guest	\$390
50-150 Guest	\$500

---

**The Award Winner:** Features private screening of a box-office premier (based on current options) and two (2) 6 ft. tables and up to ten (10) chairs.

Seating	Package Fee
1-50 Guest	\$570
50-150 Guest	\$755

**The Award Winner package includes the cost of the movie ticket for box office movies**

**Box-Office Package:** Perfect for a birthday party and/or special occasion, this package features a private party room with bathrooms, 30 balcony seats with (2) 6 ft. tables, 24 chairs, the showing of the box-office movie, one, one-topping large pizza, two pitchers of soda, and two bags of popcorn. 30 Guests. Total: \$595.00

**The package includes the cost of the movie ticket for box-office movies**

---

**Military Only: Command Support:** Command functions may choose a movie from the A-List movie program. You chose the date and time for private showing.

Seating	Package Fee
Guests up to 150	\$385
Guests up to 300	\$440
Guests up to 600	\$550

**For additional catering service, please see Kegler's Bar and Grill catering menu.**

For more information, call:  
**360-257-1977**

Visit theater webpage:







# KARAOKE NIGHT

Second Friday of the Month

# GAME NIGHT

Third Friday of the Month

# TRIVIA NIGHT

Last Friday of the Month



# TRIPS & TOURS

YOU RIDE, WE DRIVE



SCAN for  
DETAILS

Sit back, relax, and let the community recreation team drive you to the best of Washington's sights and events.



# New Look & Links!

*MyNavy has an app for that!*

The MyNavy Family app connects Navy spouses and families to information and resources to help them successfully navigate the complexities of life in a Navy family.

## Explore Our New Links!

- Education Support
- Emergencies
- Family Life
- Family Readiness Support
- Legal Resources
- Installation Search
- Navy App Locker
- Spouse Support Resources
- Parent Support
- Special Needs Family Support
- Networking Resources
- Spouse Employment Resources
- Survivor Resources
- Need Help?



**NEW  
UPDATE**



  
MyNAVYHR  
IT Solutions  
PMW 240



**Download MyNavy Family app by visiting: [applocker.navy.mil](http://applocker.navy.mil).**



# CREDO NORTHWEST



*Empowering Sailors · Supporting Families · Strengthening Service*



Navy CREDO inspires hope, builds healthy relationships, strengthens resiliency, unit cohesion and spiritual fitness.

Find out more about our free workshops, trainings, and retreats, contact: [CREDOcnrnw@us.navy.mil](mailto:CREDOcnrnw@us.navy.mil) or 360-396-2956.

SCAN FOR DETAILS







# STARTING AND TRAD

*Contributed by navylifepnw Staff*

In the heart of the North Cascades, just a short drive north of Seattle, lies the Navy Getaway, Jim Creek Recreation Area. Nestled near Arlington, WA, this unique locale serves both as a Naval Radio Station and a haven for outdoor enthusiasts. Jim Creek offers a sanctuary for active duty, reservists, retired military, DoD civilians, and their guests, providing a perfect backdrop for creating lasting family traditions.

Jim Creek is more than just a picturesque retreat; it's a hub of activity and adventure. Families return year after year to partake in the myriad recreational opportunities. From camping under the stars to casting a line in one of the pristine fishing spots, the options are endless.

Explore the serene waters in a canoe or kayak, while hikers and bikers can traverse the scenic trails that wind through the foothills. One of the standout features of Jim Creek is its commitment to seasonal events that foster family traditions.

The anticipation of winter events has become a cherished tradition for many. One such event that happens in January has captivated the hearts of children and adults alike is the





# CONTINUING TRADITIONS

## at Jim Creek

annual Wizarding World of Jim Creek. This magical experience has become a must-do for families, creating a sense of excitement and wonder each year.

Climbing the Alpine Tower is another beloved tradition. Each year, kids and adults challenge themselves to reach new heights, literally and figuratively, as they scale the tower. This activity not only provides a thrill but also serves as a symbol of growth and achievement for many families.

At Jim Creek, the message is clear: "Come to Jim Creek to create your new traditions." This idea encapsulates the essence of what the recreation area offers. It's a place where families can come together, year after year, to partake in activities that will become cherished traditions.

Whether you're a first-time visitor or a seasoned regular, Jim Creek provides the perfect setting to start new traditions that can be passed down through generations.







## RECREATIONAL LODGING

MWR proudly operates three DoD lodging facilities in Navy Region Northwest. Visit [www.dodlodging.net](http://www.dodlodging.net) or scan this QR code to explore these and hundreds of other DoD-owned properties around the world. Open to anyone with base access, including Retirees, guests and contractors unless otherwise noted.



### CLIFFSIDE RV PARK & CAMPGROUND

Front Desk: 360-257-2649  
Located on Ault Field at the end of Intruder Street  
Watch for the directional signs on base

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. Enjoy the seasons with us in your very own RV camper or relax in our RV campers, yurts, and tent sites with exciting programming all year long.



### JIM CREEK RECREATION AREA & CAMPGROUND

Front Desk: 425-304-5315/5361  
21027 Jim Creek Rd., Arlington, WA

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

Front Desk: 360-276-4414x2  
108 First St. N, Pacific Beach, WA

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, a bar and more.







**Navy Getaways Pacific Beach • 360-276-4414 ext. 2**  
Cottages • Hotel • RV Sites • Tent Campsites



**Navy Getaways Cliffside RV Park • 360-257-2649**  
RV Sites • Tent Campsites • Furnished Yurts • RV Trailers



**Navy Getaways Jim Creek • 425-304-5315**  
Cabins • Lodge • RV Sites • Tent Campsites • Trailers



*Navy Getaways* • COME STAY, PLAY AND RELAX.





## SPORTS, FITNESS & AQUATICS

MWR fitness centers offer state-of-the-art equipment, expert instruction and team sports, and activities for every age, interest and fitness level. Visit [whidbey.navylifepnw.com/events](http://whidbey.navylifepnw.com/events) or scan this QR code to find out about our upcoming specials and promotions. Open to anyone with base access, including Retirees, guests and contractors, unless otherwise noted.



Whidbey Fitness Center offers new cardio machines from Life Fitness, Precor, Technogym Wave and the Hammer Strength line in our weight room. Additional indoor amenities include a sauna, racquetball courts, a basketball court, volleyball court, tennis court, a boxing/Judo room, a family fitness room and a NOFFS Zone. The Seaview Trail by our facility leads to Cliffside or Nortz Gate. We also have a football and soccer field with running track and three softball fields.

While we do not have aquatics facilities on base, we have partnered with two local pools — the Fidalgo Pool in Anacortes and the North Whidbey Parks & Rec Pool in Oak Harbor to offer you access to those facilities at no charge for active duty.

We also offer regularly scheduled team sports leagues and opportunities to participate in tournaments and regional sports competitions throughout the year. This includes the Admiral's Cup, the Captain's Cup and All-Navy Sports, a program for Sailors who possess the athletic skills to compete above the intramural level to compete against teams from the Marine Corps, Army and Air Force.

### WHIDBEY FITNESS CENTER

360-257-2420  
3755 N Wasp St., Bldg. 117



### INTRAMURAL SPORTS

360-257-4320  
3755 N Wasp St., Bldg. 117

**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.

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

**All-Navy Sports** - For Sailors who possess the athletic skills to compete above the intramural level, in team or individual sports, this is a chance to represent the Navy at higher-level athletic competitions such as the Armed Forces Championship.





## ALL-NAVY SPORTS: 2024 SPORTS CALENDAR

For details and an updated calendar, visit: [www.navyfitness.org/all-navy-sports](http://www.navyfitness.org/all-navy-sports)



The very best Navy athletes may be selected to compete as members of the All-Armed Forces Team, and participate in the Military World Games, national and international competitions. All-Navy teams compete in the Armed Forces Sports Championships against teams from the Marine Corps, Army and Air Force.

The Navy Sports Program fields All-Navy teams in bowling, cross country, wrestling, basketball, soccer, triathlon, volleyball, softball, golf, rugby and marathon.

The Navy Sports Program also assists athletes who participate at the national or international level in activities that are not normally offered on a base, such as rowing, archery and shooting.

To apply, see your base Fitness/Athletic Director or the Navy Sports website. Ensure you have your command's endorsement.

# INTRAMURAL SPORTS

Get ready to play and have a blast with our MWR Intramural Sports program! Socialize, stay fit, and have fun with our recreational and competitive leagues, co-ed social leagues, and seasonal tournaments.



SCAN HERE  
FOR DETAILS



[navylifepnw.com](http://navylifepnw.com)





NAS WHIDBEY ISLAND • FITNESS CENTER

# LET'S GO RUNNING

Races throughout the year!



#navylifepnw

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for  
DETAILS



Feeling stressed, debating seeking help  
but don't know where to start?

NASWI MENTAL HEALTH ROADMAP  
NAVY MENTAL HEALTH PLAYBOOK







**Ready,  
Click,  
Go!**

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**Dine On The Go  
PNW**

TEXT DOTGPNW TO 33733  
DINEONTHEGOPNW.COM



FOR MORE INFO, CALL:  
**360-257-1567**



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@WhidbeyFFR

# GREAT MEMORIES START *with* MWR!

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MORE INFO







CHILD & YOUTH PROGRAMS

## CHILD & YOUTH PROGRAMS

The mission of Child & Youth Programs (CYP) is to make sure you can do yours by providing high-quality child care and support services close to home. Visit [whidbey.navylifepnw.com/child-youth](http://whidbey.navylifepnw.com/child-youth) or scan this QR code to learn more about our programs and services.



### CHILD DEVELOPMENT CENTERS (CDC)

Our Child Development Centers (CDC) are open to children ages six weeks to five years, for full-time or hourly care. Our classrooms provide fun, inclusive and engaging environments as we strive to meet each child's social, emotional and intellectual needs.

#### CLOVER CHILD DEVELOPMENT CENTER (CDC)

360-257-3302, 365 W Clover, Bldg. 2679

#### REGATTA CHILD DEVELOPMENT CENTER (CDC)

360-257-6572, 220 NE Regatta Dr., Bldg. 2938

### FAMILY CHILD CARE (FCC)

When you need professional care with the comfort of home, our FCC are here to help. FCC providers are self-employed individuals, certified by the state of Washington, operating a child-care business in their own home, and often have previous early childhood education experience. They're here to promote overall social, emotional, cognitive and physical growth – all while building school readiness skills.

#### NASWI CHILD DEVELOPMENT HOMES

360-257-1877, 260 W Pioneer Way, Bldg. 13, Seaplane Base

### SCHOOL-AGE CARE (SAC)

We provide quality before-and-after school activities for children in kindergarten through 12 years old. Our programs are designed to enhance rather than duplicate the school day, and we work with dynamic organizations such as the Boys & Girls Clubs of America and 4-H to offer the best available programming.

### SCHOOL-AGE CARE (SAC)

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

### YOUTH CENTER

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

Our teen programs not only offer fun learning activities that go above and beyond the regular school day, but they also provide a sense of community and a healthy social outlet. These programs are affiliated with Boys & Girls Clubs of America and often feature 4-H programming. We're proud to offer an important opportunity for teens to mature socially and emotionally, while focusing on character development, leadership skills, communication and self-esteem.

### SCHOOL LIAISON

When it's time to relocate, we're here to help the transition go as smoothly as possible for your children. Our School Liaisons help families with children in pre-kindergarten through 12th grade. They assist with everything from a school transfer and homeschool support, to meeting graduation requirements. For our elementary, preteen and teen community, the Youth Sponsorship Program adds in element of social support. We strive to contact youth before they move, so when they arrive, we can immediately connect them with peers who are already participating in the installation, school or community programs. Call for an appointment.

#### NAS WHIDBEY ISLAND SCHOOL LIAISON

360-257-6863, 260 W Pioneer Way, Bldg. 13, Seaplane Base



# NAVY SCHOOL LIAISONS

Connecting Military Families,  
Commands and K-12 Schools

## Did you know?

School transition and deployment support is a Navy readiness and retention issue. The Navy benefits from having Sailors who are able to focus on their duties, whether ashore or deployed.

- Navy families move their children an average of every 2.9 years.
- Children of military personnel attend up to nine different schools by graduation.
- Military families are reluctant to disrupt high school youth in their senior year.
- Deployments can impact educational outcomes of children.
- Many families decide to "separate geographically" to keep children in their current school.

## Families, Contact Your School Liaison for Help with:

- Inbound/outbound school transfers
- Youth sponsorship
- Local schools and boundaries
- Finding the right school
- Understanding special education
- Meeting graduation requirements
- Finding military and local support services
- Homeschooling support
- Preparing for college and scholarship information

## Navy School Liaisons Provide SEVEN CORE SERVICES to Assist Families:

- 1 School Transition Services (PCS Cycle):** School Liaisons assist families with school transfers and help "level the playing field" for military children and youth.
- 2 Deployment Support:** School Liaisons connect educators with the military deployment support system to inform them about the cycles of deployment and the tools available to assist educators in working with military children.
- 3 Command, School & Community Communications:** School Liaisons serve as subject-matter experts for installation commanders on K-12 issues, helping to connect command, school and community resources.
- 4 Homeschool Linkage and Support:** School Liaisons assist military families by gathering and sharing information on home-schooling issues, policies and legislation from local school districts, and help leverage military Child and Youth Program resources to support these families.
- 5 Partnerships in Education (PIE):** PIE creates a volunteer network of resources to support installation and community members who have a vested interest in the success of all youth.
- 6 Post-Secondary Preparations:** School Liaisons leverage installation and school resources to provide graduating military students with access to post-secondary information and opportunities.
- 7 Special-Needs System Navigation:** School Liaisons provide information about installation and community programs and services, make referrals to the Exceptional Family Member Program (EFMP), and offer assistance in navigating the administrative systems within local education agencies.

## Online Resources:

- Navy Before and After School Care [www.militarychildcare.com](http://www.militarychildcare.com)
- Homeschool <https://washhomeschool.org/>
- Military One Source-Transition Information [www.militaryonesource.com](http://www.militaryonesource.com)
- Military Kids Connect <https://militarykidsconnect.health.mil/>
- Department of Defense Education Activity [www.dodea.edu](http://www.dodea.edu)
- Free online homework help [www.tutor.com/military](http://www.tutor.com/military)
- Special Education [www.wapave.org](http://www.wapave.org)
- Navy Exceptional Family Member Program (EFMP) <https://community.apan.org/wg/exceptional-family-member-program/>

## Stay on Target with your School Liaisons



School Liaisons assist with K-12 related needs regardless of a family's proximity to a military installation. Contact the Navy School Liaison closest to you:

**NAVY REGION NORTHWEST**  
360-396-4860 [nrmw.sl@us.navy.mil](mailto:nrmw.sl@us.navy.mil)  
Serving Central Kitsap School District

**NAVAL BASE KITSAP**  
360-340-2824 [nbk.sl@us.navy.mil](mailto:nbk.sl@us.navy.mil)

**NAVAL STATION EVERETT**  
425-304-3688 [nse.sl@us.navy.mil](mailto:nse.sl@us.navy.mil)

**NAS WHIDBEY ISLAND**  
360-257-6863 [naswi.sl@us.navy.mil](mailto:naswi.sl@us.navy.mil)

## WORLDWIDE SCHOOL LIAISON DIRECTORIES

<https://installations.militaryonesource.mil/search?program-service=12/view-by=ALL>



Visit [navylifepnw.com](http://navylifepnw.com) for the latest School Liaison information. Select the installation, under Child & Youth drop-down tab.

NAVY CYP WE'RE HIRING!



MAKE A  
DIFFERENCE.  
BUILD A  
CAREER.

Sign-on & Retention Bonuses • 50% discount for 1<sup>st</sup> child • Flexible Schedules  
Apply Today! [www.navylifepnw.com/jobs](http://www.navylifepnw.com/jobs)



# NEW TRADITIONS IN THE NAVY: THE RISE OF AMONG SAIL

Contributed by navylifepnw Staff

In an era in which innovation and tradition converge, the U.S. Navy is charting a new frontier: esports. The Navy is embracing the digital age and weaving competitive gaming into its rich tapestry of traditions, promoting skills development and fostering camaraderie amongst Sailors.

Navy Esports is a new tradition, offering Sailors a platform to showcase their talents, compete against other military branches, and represent the Navy on a global stage. Organized by entities such as the U.S. Navy Fleet and Family Readiness, events like the annual Armed Forces Esports Championship exemplify this exciting evolution.

ABF2 Patrick Marquez, a dedicated Sailor and esports enthusiast, epitomizes this new institution. Marquez embarked on his esports journey in 2021, participating in numerous tournaments while diligently balancing his Navy duties. His story is a testament to the transformative impact of esports on military careers. Through dedication and perseverance, Marquez has excelled in competitive gaming, finding fulfillment and camaraderie within the Navy esports community.

Navy Esports is more than just a game; it unites Sailors regardless of location or rank. Online competitions and live events offer Sailors opportunities to connect with peers and friends globally, fostering new friendships and a sense of unity within the Navy. This sense of belonging is vital for morale and retention, as Sailors feel valued and supported in their endeavors both on and off the real and virtual battlefields.

In the fast-paced world of competitive gaming, Sailors learn to think strategically, communicate effectively, and work as a cohesive team. These skills are not only applicable in the virtual arena, but also translate seamlessly to real-world scenarios, enhancing Sailors' capabilities and readiness in their military roles, providing a unique platform for skill development and leadership growth.

For those interested in joining the Navy esports team, the opportunities are boundless. Whether you're a seasoned gamer or new to the esports scene, there is a place for you in this dynamic and inclusive community. With support from leadership and fellow Sailors, aspiring esports athletes can pursue their passion while still serving their country.

As Navy Esports evolves, it marks the beginning of a new experience that blends innovation with time-honored values. With a growing roster of talented Sailors and a commitment to excellence, our own Navy Esports Team is poised to make a significant impact in the competitive gaming world. By promoting teamwork, camaraderie and skill development, Navy Esports empowers Sailors and showcases the strength, skill and spirit of the Navy.

To all the Sailors out there, you can be a champion and join the Navy esports revolution. Together, we can highlight the Navy's enduring legacy on the virtual battlefield, forging new paths and creating extraordinary experiences. Join us today and be a part of this exciting journey into the new tradition.



# ESPORTS ORS



The Navy's official esports team is called **Goats & Glory**. The team is made up of 12 sailors assigned to participate full-time in about a dozen events a year. Check out the current team at [navy.com/esports](http://navy.com/esports).





# NAVY CHILD CARE PROGRAMS

*Learn about military child care programs and quality care. Choosing child care may be one of the most important decisions you'll make as a parent, and it can be hard to know where to start. Learn more about military child care program options and helpful resources below.*



## Start Here: MilitaryChildCare.com

**MilitaryChildCare.com** is a DoD website that helps families find and request military-operated child care anywhere in the world. Search for full- and part-time care, including before- and after-school care, as well as summer and holiday camps. Get started by creating an account at [MilitaryChildCare.com](https://militarychildcare.com) and submit a request for care.

## Child Development Centers, Family Child Care Providers (FCC) and School-Age Care. You have options.

Child development centers, or CDCs, are located on installations and generally offer care for infants through pre-school age children. Family Child Care Providers (FCC) are certified professionals who provide child care for infants through school-age children in their homes, located either on or off an installation. School-Age Care, or SAC, programs provide care to children in kindergarten through sixth grade.



## Hourly child care? You've got it.

Through Military OneSource, parents now have free access to a national database to search for hourly, flexible and on-demand child care. You can even interview caregivers through the service. It's easy to access and is a virtual solution that allows you to choose, hire and pay providers on your terms.



## Child Care In Your Home Fee Assistance Program

Fee assistance for families who have determined that full-time, in-home child care is the best solution to meet their needs.

*The Child Care in Your Home pilot program has a limited number of child care spaces and is only available in select locations. For assistance, call Military OneSource consultants, available 24/7/365, at 800-342-9647 or schedule a live chat.*



## Military Child Care in Your Neighborhood

### Fee Assistance for Community-Based Child Care

Serving U.S. Navy Families

As a military parent, you want access to affordable, quality child care. You may be eligible to receive fee assistance through Military Child Care in Your Neighborhood (MCCYN). The Department of Defense offers fee assistance to reduce the out-of-pocket expense of child care in the community.

*Paying full price for community-based child care? Your caregiver may be eligible to join the DoD program.*



# MCCYN

Expanding Affordable Child Care



**MILITARY**  
CHILDCARE  .com

Scan here to get started

NAS WHIDBEY ISLAND  
CHILD & YOUTH PROGRAM

# WELCOME BACK TO **FUN**

TEEN CENTER OPEN FRIDAYS, 2:30–8 P.M.

Youth & Teen Center  
54 Wake Ave, Bldg. 2874  
Oak Harbor, WA 98278

Open to ages 12-18 in grades 7-12.

Register your teen to be a member!

Teens can sign themselves in,  
sponsor one non-military friend, and  
participate in cool events at the center.



SCAN for DETAILS



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*For an immediate response,  
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with a staff member  
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Share your  
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Sailors  
and their families.

**100% of every single dollar  
invested with us goes back to  
our Sailors and families through  
the amazing programs we offer.**

{ Are you ready to join our  
supportive community  
and support our cause? }

[www.navylifepnw.com/sponsorship](http://www.navylifepnw.com/sponsorship)





## NAVY HOUSING SERVICES

Your Housing Services Center team knows the area and will help you make the most of your housing benefits. Visit [whidbey.navylifepnw.com/housing/](http://whidbey.navylifepnw.com/housing/) or scan the QR code to learn more about this free service.



### HOUSING SERVICE CENTER

877-340-9055 or 360-257-3331  
Nor'Wester, 3675 W Lexington, Bldg. 2556

We offer free maps and faxes, pre-screened inbound and outbound community housing listings, personalized counseling to find what will work best for your situation, including any exceptional family member needs you may have, and free review and a plain English explanation of your lease terms. We can also help you negotiate favorable leasing terms. You can also access listings 24/7 via [HOMES.mil](http://HOMES.mil), the only DoD-sponsored rental listing website used by Military Housing Offices worldwide. Use it to view pre-screened properties, compare listings and contact property managers directly.

### HUNT MILITARY COMMUNITIES

360-447-5800  
[whidbeyislandfamilyhousing.com](http://whidbeyislandfamilyhousing.com)

### UNACCOMPANIED HOUSING

#### CHECK-IN: UNACCOMPANIED HOUSING OFFICE

360-257-5513  
1040 Intruder St., Bldg. 2701  
After-hours Emergency Maintenance: 360-257-5513


### ONLINE BARRACKS MAINTENANCE REQUESTS

Available 24/7, residents can submit non-emergency maintenance requests using the building-specific QR code located on the inside of your barracks room main door and on flyers located throughout your barracks buildings' common areas.



NAS Whidbey Island: @WhidbeyFFR  
Naval Base Kitsap: @KitsapFFR  
Naval Station Everett: @EverettFFR





**988**  
SUICIDE  
& CRISIS  
LIFELINE

*Urgent realities.*



*There is hope.*



*Easier access.*



**988** provides easier access to the 24/7. free and confidential Lifeline network and related crisis resources, which are distinct from 911 (where the focus is on dispatching Emergency Medical Services, fire and police as needed).

The Lifeline accepts calls, texts/chat from anyone who needs support – a direct connection to compassionate, accessible care for anyone experiencing mental health related distress.

**Transferring  
PCSing?  
Looking for  
local rentals?**

**HOMES.mil**

or contact your local  
Housing Services Office



# HOUSING SERVICE CENTER

**Let us  
help  
you!**

**Check in with us first before searching for community housing. We have local rental property listings!**

**Visit any Housing Service Center (HSC) for:**

- Lease services, including lease review and explanation of terms
- Referral counseling to assess your housing needs
- PPV Family Housing Application
- Landlord/Tenant Resolution Services
- Navy Advocate for you and your family when housing maintenance, health or safety issues arise
- Outbound Services
- Fair Housing Issues

**Navy  
Housing**





## FLEET & FAMILY SUPPORT CENTER - NOR'WESTER

866-854-0638  
360-257-2271  
360-257-6289  
3675 W Lexington Bldg. 2556  
Oak Harbor, WA

## NAVY GOLD STAR CALL CENTER

888-509-8759

## 24/7 SAPR ADVOCATE

360-914-7867/55

## 24/7 SEXUAL ASSAULT RESPONSE COORDINATOR (SARC)

360-914-7834

## DOD SAFE HELPLINE

877-995-5247

## FLEET & FAMILY SUPPORT

FFSC is here to meet the needs of Navy families at home and at sea with helpful programs and resources. Visit [whidbey.navylifepnw.com/fleet-family/fleet-family-support-center/](http://whidbey.navylifepnw.com/fleet-family/fleet-family-support-center/) or scan this QR code to learn more about current offerings.



### NEW SPOUSE

So, you married a Sailor? Congratulations, and welcome aboard!

The Navy has its own language, traditions and customs. Everything can seem so different! How are you supposed to understand? Fleet & Family Support Centers (FFSC) are an invaluable resource for your new Navy adventure. You can attend a workshop and meet other new Navy spouses, gather informational materials, get help with finding a job or a volunteer opportunity or learn about educational opportunities.

FFSC is able to help connect you to your duty station Ombudsman. The Ombudsman communicates on behalf of the command to give timely information, through social media posts, care-line/info-lines, telephone trees and e-mails.

You are setting forth on an exciting journey as a member of the Navy Family. We hope to connect you to fellow service-member families, and help you learn together, grow together, and succeed together. Visit your FFSC or scan the QR code to learn more.



### EMOTIONAL SUPPORT SERVICES

We all experience ups and downs in life. At some point, just about everyone needs help coping with stress caused by life's many challenges. Stress can be caused by work, family hardships, marital conflicts, parent/child issues, money concerns, frequent moves, health and environmental factors, and other difficulties. Talking about our problems with family or friends can be helpful, but often this just isn't enough. Sometimes it helps to talk to an experienced counselor.

Fleet & Family Support Centers (FFSC) offer confidential (the command is not notified) counseling by professional, licensed clinicians. FFSC clinical counselors hold a master's or doctorate-level degree in counseling, social work or psychology. Their professional services are free of charge to active-duty personnel and family members.

If you are troubled and need someone to talk to, just ask FFSC for an appointment. You do not need a referral from your command or health-care provider. Visit your FFSC or scan the QR code to learn more.



## PARENTHOOD

Becoming a new parent is a time for excitement and joy as well as confusion and anxiety. So many questions come up and even worse, there are usually a million different answers! If you are feeling anxious, this is common and you are NOT alone.

New Parent Support Staff, part of the Fleet & Family Support Center, can assist you with in-home visits after the baby is born to help smooth the transition to new parenthood.

New Parent Staff can also help with parenting toddlers and preschool children up to age four.

To better prepare for the changes in the family dynamic, FFSC offers comprehensive parenting programs and early child development education classes to help foster healthy parenting practices so you can thrive as a healthy family.

Visit your FFSC or scan the QR code to learn more about classes such as Positive Parenting, Daddy Boot Camp, Baby Talk and pregnancy support groups.



## EMPLOYMENT

Fleet & Family Support Centers (FFSC) can help you pursue the career of your dreams! We understand the frustrations that are common to military families such as frequent moves. We can help you focus on a career that can follow you from base to base.

We offer FREE support with resume writing, interview techniques, job search strategies, workshops for teen employment, Myers Briggs Type Indicator to assist your future career search, WA state employment, Military Spouse Employment Program (MSEP), and Spouse Education and Career Opportunities (SECO), including scholarship resources. Visit your FFSC or scan the QR code to learn more.

If you already have a career, FFSC has a wide variety of resources including information related to how professional licenses can transfer from one state to another.



## SERVICE MEMBER DEPLOYMENT

Deployments are a way of life for military service members and their families. Whether single or married, there are effective ways of meeting the unique challenges of a Navy lifestyle. Fleet & Family Support Centers (FFSC) work closely with commands, Ombudsmen, Family Readiness Groups, individuals, and families to provide resources and assistance during all phases of the deployment cycle.

Pre-deployment information is presented around five core elements that Sailors and their families should review and update as they prepare for deployment: documents, finances, communication, relationships and resources. Mid-deployment help for families include stress-reduction classes, mind and body mental fitness classes and countless other resources. Homecoming can also shed light on problems in a relationship, and FFSC understand those hurdles too and can provide support and resources to assist.

Any point of a deployment can be uniquely difficult and FFSC is here to help you get through it. Visit your FFSC or scan the QR code to learn more.



## LIFE SKILLS EDUCATION

Life Skills education can help you recognize your unique abilities and take control of your life. We are now living in the "Choose Who You Are" era and nothing is more important than personal empowerment. Our core classes, Stress Management, Anger Management, Communication Skills and Conflict Resolution provide tools helpful in living a positive, empowered and fulfilled life. Mind-Body Mental Fitness (or MBMF) is a stress-resiliency program designed to help Sailors, their families, and their commands better understand how to cope with the stressors that are presented through the Navy lifestyle by learning to manage the four Domains of Resilience.



## TRANSITION & RETIREMENT

The Transition Assistance Program (TAP) is designed to make the move to civilian life smooth and successful. Fleet & Family Support Centers (FFSC) ensure service members and their families are well prepared for civilian life with extensive tools, education and support needed for a successful transition into the civilian community.

Regardless of how long you have served, FFSC understands the difficulties ahead, and how to help you find a new role in your community. The time you have spent in the military has extraordinary value in the civilian workforce, and there are resources to help you climb your next career ladder. Navy leadership is committed to effective transition assistance for all Sailors separating from the Navy. Note: Active duty must sign up through their Command Career Counselors.

Retirement planning might not be as easy as you think. Wherever your transition takes you, FFSC can help. Visit your FFSC or scan the QR code to learn more.





## FINANCIAL PLANNING

Poor financial health can lead to diminished operational readiness, loss of security clearance, decreased choice of duty locations, administrative discharge, anxiety, stress and other negative effects. Compare this to the positive effects of good financial health that comes from knowing how to managing your personal finances: Freedom from anxiety. Freedom from stress. Freedom to do your best at your job in the Navy and advance on time.

Fleet & Family Support Center (FFSC) has Association for Financial Counseling & Planning Education (AFCPE) accredited financial counselors on staff to assist you! Our highly qualified Personal Financial Managers (PFMs) provide courses and individual consultations for personal financial management, as well as provide General Military Trainings (GMTs) and Command Financial Specialist (CFS) Training.

Once your budget is managed, learn about your TSP and retirement goals for next-level financial planning! Visit your FFSC or scan the QR code to learn more.



## MOVING & RELOCATION

Everyone in the military moves at one point or another. Preparation for such a big change is essential to the well-being of every military household. Whether you are settling in or departing, Fleet & Family Support Centers (FFSC) can help ease your transition to a new base.

If you are new to the area, FFSC should be your first stop. Grab a hospitality kit, brochures, maps and phone directories for the local area. We have a career center with Internet access and classes to help you find the right career for your family. We understand the housing, schools and resources you need to settle into your new home.

For those leaving the area, we offer Smooth Move classes and relocation workshops that can help plan for success. We have counselors for individuals or families who have trouble transitioning. Our career center can help you transfer your license to a new state or the tools to look for a new job when you get there.

Visit your FFSC or scan the QR code to learn more



## EXCEPTIONAL FAMILY MEMBER SUPPORT

The Exceptional Family Member Program (EFMP) ensures service members will be assigned to a location where the special needs of the family will be met. EFMP is a mandatory program for spouses, children, and dependent family members, who require special medical, psychological, or educational services.

The Exceptional Family Member will then be assigned a category according to diagnosis, availability of care and intensity of care. Category 1 is the least complex, while 5 is the most complex, Category 6 is for temporary placement in the EFM program, for example, high-risk pregnancy or a premature infant.

The category assigned to a family member will impact what duty stations a family can accompany their service member, however, enrollment in EFMP does not affect one's career, as promotion boards are unaware of EFM status.

The Fleet & Family Support Center can help with the needs of the whole family and the challenges families might face. Visit your FFSC or scan the QR code to learn more.



## SPOUSE STRONG

Thriving on the Homefront

Spouse Strong is an empowering and informative video series designed exclusively for military spouses. Being a military spouse comes with a unique set of challenges and opportunities. Our mission is to equip you with the knowledge, skills, and support you need to thrive on the homefront. Join us in this empowering journey and become Spouse Strong.

YouTube Channel



# NAVY WOUNDED WARRIOR



**Supporting seriously wounded, ill and injured Sailors and Coast Guardsmen, their families and caregivers**

Through proactive leadership, NWW provides individually-tailored assistance designed to optimize the success of the wounded warriors' recovery, rehabilitation and reintegration activities.



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

[navywoundedwarrior.fct@navy.mil](mailto:navywoundedwarrior.fct@navy.mil)

[www.navywoundedwarrior.com](http://www.navywoundedwarrior.com)





NAS Whidbey Island

# GALLERY

## Golf Course

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- Youth Golf League



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OAK HARBOR  
360-257-2178



## Explore. Discover. Let's Go!

Book through [AmericanForcesTravel.com](https://AmericanForcesTravel.com), where you'll find the best value and choice for online leisure travel for the military and government community.

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impeccable  
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**360-257-2892**  
**360-257-5530**

**CATERING  
DETAILS**

SCAN TO VISIT THE WEBSITE





# START YOUR CAREER WITH MWR

WHERE EVERY  
EMPLOYEE MATTERS!

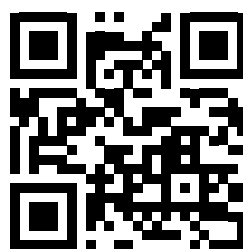
## WORK WITH US

We're hiring full-time and part-time positions with benefits at Naval Station Everett, Naval Base Kitsap and Naval Air Station Whidbey Island.

- Food Services
- Recreation Assistants
- Lifeguards



*APPLY TODAY at [navylifepnw.com/careers](https://navylifepnw.com/careers)*



# IMPORTANT PHONE NUMBERS

*As a member of the Navy community, you are never alone. There are programs to support you in a variety of situations, including victim assistance, emergencies en route and service-specific relief societies.*



## FOR EMERGENCIES 911

### EMERGENCY ASSISTANCE

#### Fleet & Family Support

Center Centralized Scheduling &

Urgent Respite Care

866-854-0638

#### FLEET & FAMILY SUPPORT CENTER

Nor'Wester 360-257-6289 or

360-257-2271

Base Information Line 360-257-1080

Base Operating Support Calls 360-257-3358

FFR General Directory 360-257-6300

Emergency Operations 360-257-3337

Crisis Hotline 800-584-3578 or 425-258-4357

Fire Department 360-257-2532

Fire Prevention/Inspection 360-257-6110

NASWI Quarterdeck 360-257-2631

Poison Control Center 800-222-1222

#### HEALTH RESOURCES

TRICARE West Appointment Line 844-866-9378

Health Clinic 360-257-9500

Health Net Federal Services 844-866-9378

TRICARE Nurse Advice Line 800-874-2273

Active Duty Dental Program 866-653-4061

Retirees' Dental Program 888-838-8737

Self-Help 877-273-8255

#### BASE SECURITY

Base Security 360-257-3893





## ADDITIONAL BASE RESOURCES

### **Air Terminal/Space-A Flights**

360-257-2604

**JBLM-McChord/SEATAC** 253-982-7259/0555

**Ombudsman Coordinator** 425-304-3724

**NASWI Flight Recording** 360-257-2328

**NAS Flight ReBase Access/DBIDS** 425-304-3260

**Squadron Information**

**Electronic Attack Wing** 360-257-1303

**Patrol and Reconnaissance Wing** 360-257-0375

**Autoport & Hobby Shop (Gas/Parts/Repair)**

360-257-0629

**Deers/ID Card Office (Ault Field)**

360-257-1390/6770

**Chaplain** 360-257-2414

**Commissary** 360-257-3318

**Funeral Services** 360-315-3456

**Honor Guard** 360-315-3273/3275

**Legal Services (RLSO)** 360-257-2126/2127

**Navy Exchange** 360-257-0600

**Fleet Store** 360-257-0503

**Dry Cleaning/Uniform/Tailor Shop**

360-257-0503

**Human Resources** 360-257-2979

**Public Works** 360-257-3348

**Recycling** 360-257-5481

**Tour Information** 360-257-2286

**Veterinary Clinic** 360-257-2001

### **LODGING**

**Navy Gateway Inns & Suites (NGIS)** 877-628-9233

**Navy Lodge** 800-Navy-Inn or 360-653-6390

## ADDITIONAL RESOURCES

**Fraud, Waste & Mismanagement** 800-522-3451

**Navy Family Accountability and**

**Assessment System (NFAAS)**

1-877-414-5358 or [navyfamily.navy.mil](http://navyfamily.navy.mil)

**Madigan Army Hospital** 253-968-1110/1145

**Military OneSource** 800-342-9647

or [www.militaryonesource.com](http://www.militaryonesource.com)

**Ready Navy** 202-433-9348/DSN 288-9348 or

email [readynavy@navy.mil](mailto:readynavy@navy.mil), [www.ready.navy.mil](http://www.ready.navy.mil)

**Veterans Affairs** 800-827-1000

## NON-DOD RESOURCES

**American Red Cross** 1-877-272-7337

**DSHS/Food Stamps** 877-501-2233

**Immigration & Naturalization Service-**

**Military Helpline** 877-247-4645

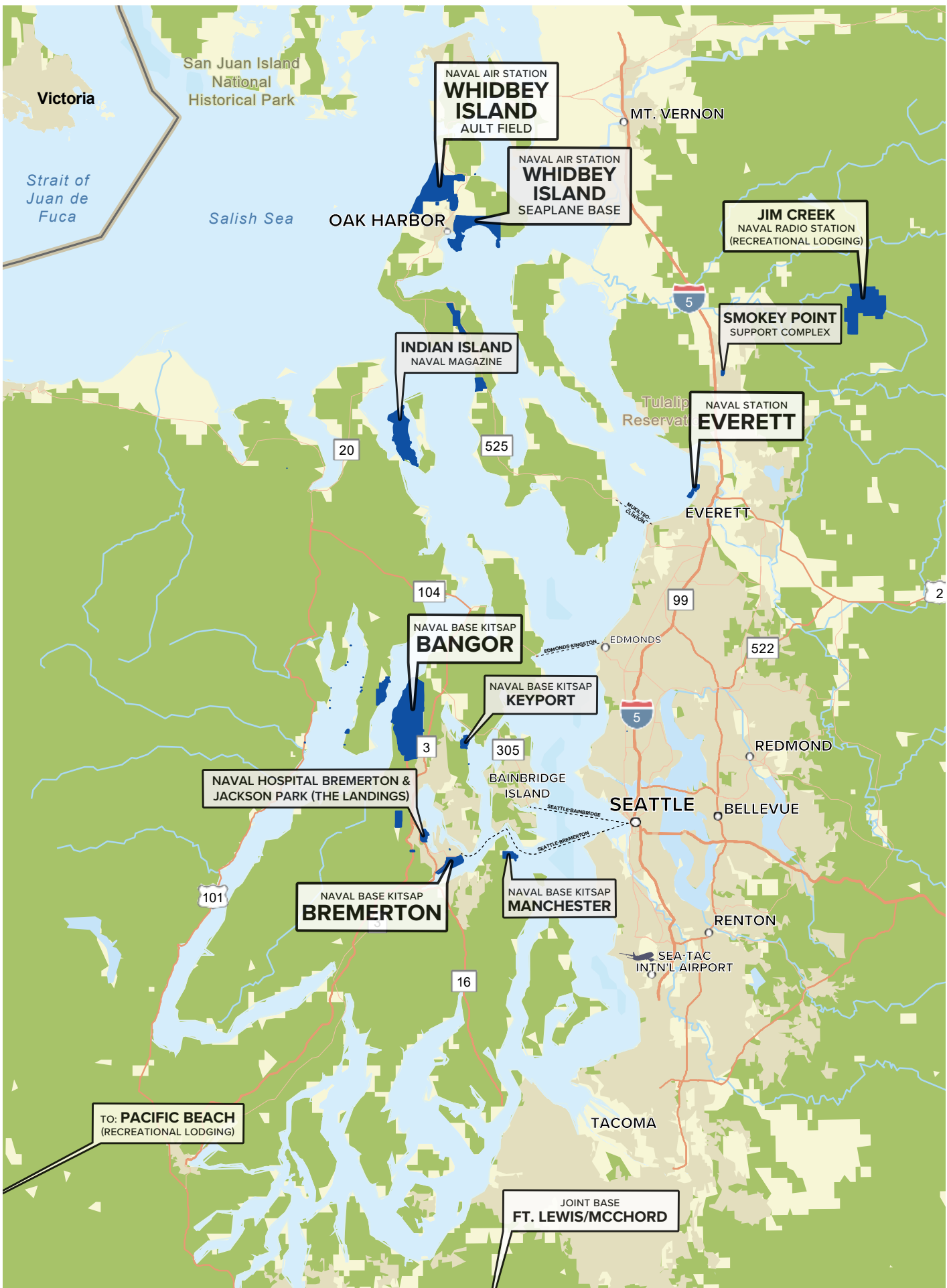
**Victim Services Specialist** 800-500-5513

**Washington State Dept. of Health**

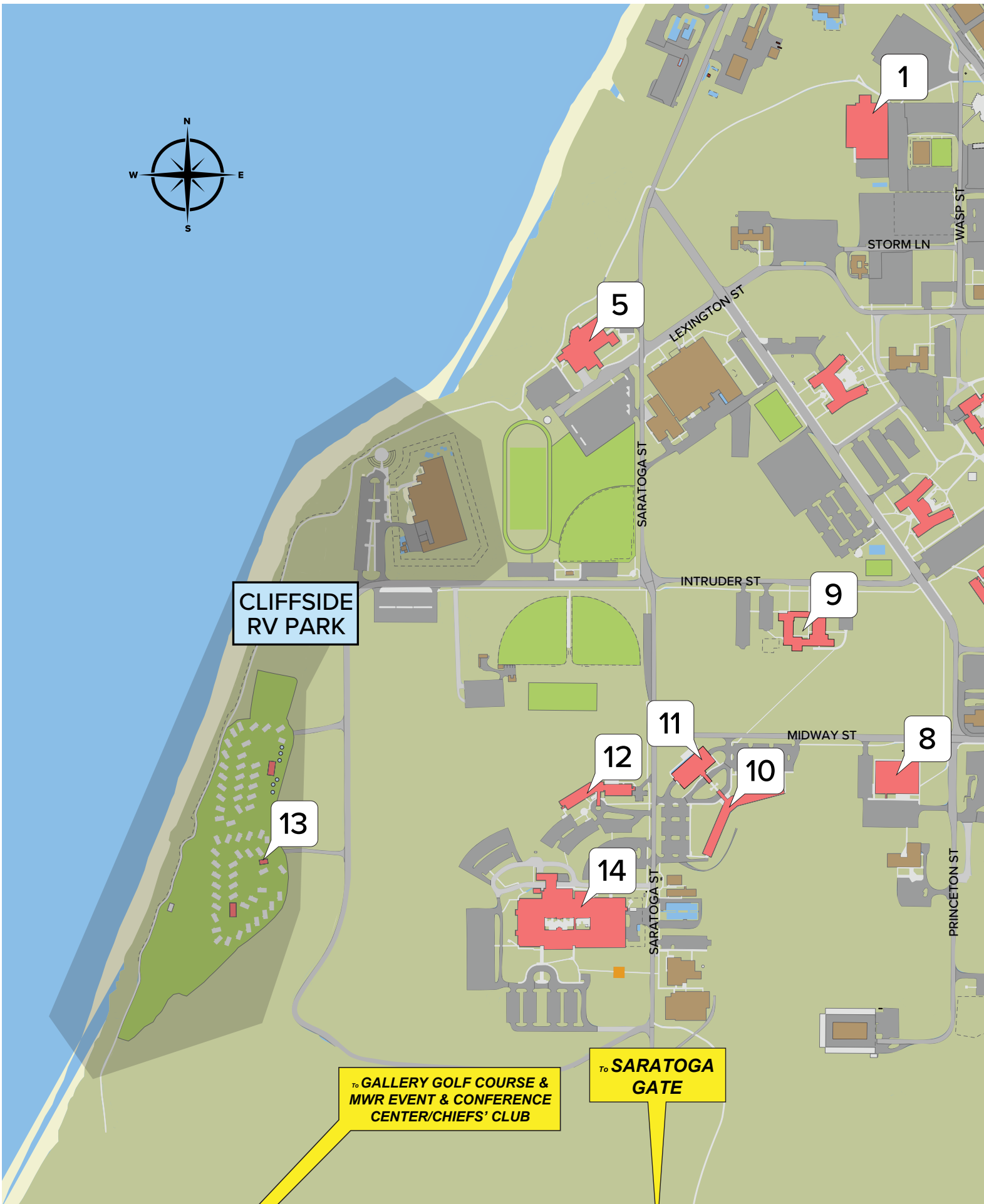
**Emergency Contacts** 1-877-539-4344 (24/7)

or 1-206-418-5500 (24/7) or

[www.doh.wa.gov/Emergencies](http://www.doh.wa.gov/Emergencies)







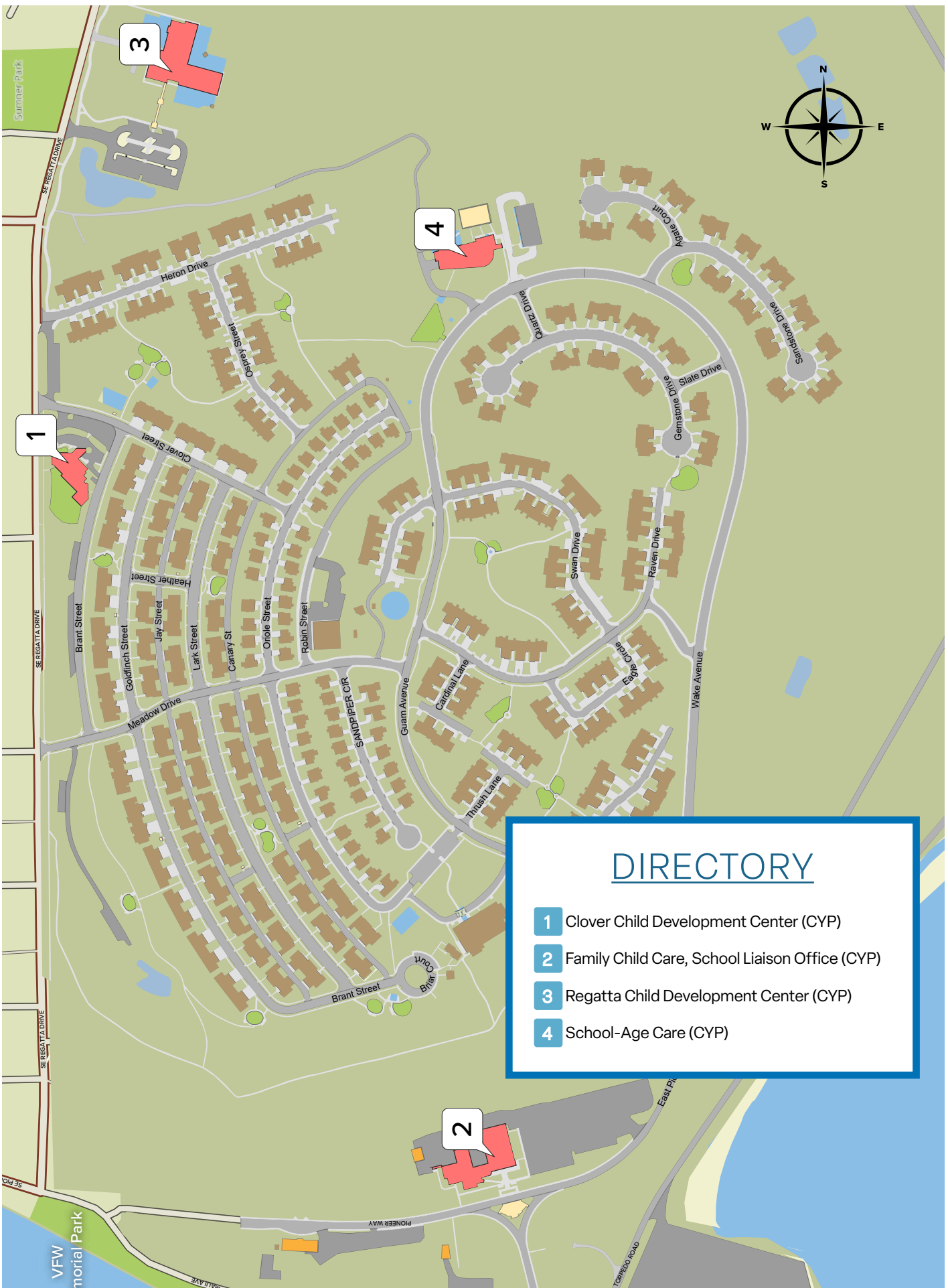
## DIRECTORY

- 1 MWR Fitness Center
- 2 NASWI Quarterdeck
- 3 Navy Exchange (NEX) Fleet Store
- 4 Admiral Nimitz Hall Galley/LIBERTY Northwest Center
- 5 Nor'Wester (Includes: Fleet & Family Support Center, Housing and Personal Property)
- 6 MWR Skywarrior Theater
- 7 NEX Gas Station and MWR Car Wash
- 8 Convergence Zone  
Includes: MWR Bowling, Community Recreation Center, Kegler's Bar & Grill, General Quarters Paintball, kids' indoor playground, MWR Library
- 9 Chapel
- 10 Navy Gateway Inns & Suites (NGIS)
- 11 M.T. McCormick's Officers' Club
- 12 MWR/FFR Admin Office
- 13 Cliffside RV Park Check-in (Follow signs)
- 14 Naval Health Clinic Oak Harbor
- MWR Event & Conference Center, Chiefs' Club (outside gate, off of W Ault Field Rd.)
- Gallery Golf Course (outside gate, off of N Cowpens Rd.)









## DIRECTORY

- 1 Clover Child Development Center (CYP)
- 2 Family Child Care, School Liaison Office (CYP)
- 3 Regatta Child Development Center (CYP)
- 4 School-Age Care (CYP)









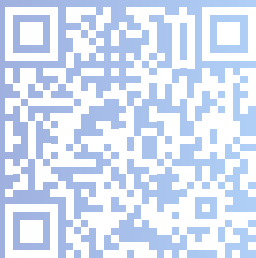


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# SEXUAL ASSAULT PREVENTION AND RESPONSE PROGRAM

**NAS Whidbey Island**  
**24/7 SAPR Response Line: 360-914-7867/7855**

## RESTRICTED REPORTING

A reporting option that allows sexual assault victims *to confidentially disclose the assault to specified individuals without triggering an official investigation*. The individuals include SARC, SAPR VA, Deployed Resiliency Counselor, and healthcare provider. Victims can confidentially communicate with the Chaplain and Victims' Legal Counsel (VLC). Victims also have access to medical treatment, advocacy and counseling.

## UNRESTRICTED REPORTING

A reporting option where the victim's disclosure is reported to law enforcement and *may result in an official investigative process*. Victims can confidentially communicate with the Chaplain and Victims' Legal Counsel (VLC). Victims also have access to medical treatment, advocacy, counseling, Victim/Witness Assistance Program (VWAP), protective orders and expedited transfer.

### To Make a Report of Sexual Assault Outside of Your Chain of Command:

3675 W Lexington St., bldg. 2556

- 24/7 SARC: 360-914-7834
- 24/7 SAPR VA: 360-340-1340

### Legal Assistance for Victims of Sexual Assault:

- VLC: 202-993-6027/757-264-3684

## CATCH A SERIAL OFFENDER PROGRAM



<https://www.sapr.mil/CATCH>



### Additional Support for Victims of Sexual Assault:

DoD Safe Helpline: 877-995-5247

Text 55247, click [safehelpline.org](https://www.safehelpline.org)





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



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