

WINTER
2024

FLEET & FAMILY READINESS (FFR)

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



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THE OFFICIAL RESOURCE GUIDE FOR EVERYTHING
NAS WHIDBEY ISLAND AND NAVY REGION NORTHWEST



WHAT'S INSIDE



- Upcoming Events Calendar
- A Memorable Family Escape at Cliffside RV Park
- The Navy Child Development Home Provider: A Win-Win Solution for Childcare
- Community Through Family Readiness Groups



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Robert Lattanzi
CNRNW N9 | FFR Director
NAS Whidbey Island

Welcome to Naval Air Station Whidbey Island! We're thrilled to have both our dedicated Sailors and families as part of our community. At NAS Whidbey Island, we offer a wide range of programs and services to support you during your time here. Whether you're looking for child care options, recreational activities for Single Sailors and/or family members, or support services, we're here to help. Be sure to explore our programs and services to make the most of your stay on this beautiful island. This base is not just a place of duty, but a community of support and resilience.

The sense of community here is incredible. Whether it's participating in base events or enjoying the local culture, NAS Whidbey Island provides a welcoming environment for both Sailors and family members. It truly feels like home. Together, let's soar to new heights on this island of opportunity!

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.

Visit whidbey.navylifepnw.com and follow us on Facebook and Instagram at [@WhidbeyFFR](https://www.instagram.com/WhidbeyFFR).

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THE NAVY CHILD DEVELOPMENT HOME PROVIDER: A WIN-WIN SOLUTION FOR CHILDCARE

Learn about the Child Development Home Provider program. Be your own boss, earn an income at home, gain rewarding skills and provide a valuable service to Navy families.

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COMMUNITY THROUGH FAMILY READINESS GROUPS

Family Readiness Groups, an important link between a Sailor's command and their families and the Navy community.



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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 for current hours of operation and health precaution in effect. For the most up-to-date information, please visit our website at navylifepnw.com. A digital version of this guide is available at: whidbey.navylifepnw.com/magazine.



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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



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 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.



MWR LIBERTY PROGRAM

The LIBERTY Program offers low-cost or free activities and entertainment to junior service members (E1-E6 single or geobachelors). 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 facilities feature the latest video gaming stations with large-screen TVs and comfortable seating, FREE Wi-Fi and CAC-enabled workstations, movie theater and copy/scan/fax services. LIBERTY offers regular weekly programming such as prize giveaways, tournaments and competitions, volunteer opportunities, birthday celebrations, e-sports and more!

Want to know more about LIBERTY? Scan the QR code to learn more.

LIBERTY NORTHWEST CENTER

360-257-3309
Located inside Admiral Nimitz Hall Galley,
1040 W Intruder St., Bldg. 382

**TRIPS
EVENTS
EXCLUSIVES**



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 for upcoming Region- and Navy-wide tournaments





Veteran Expanded Facility Access

Navy Exchange, Commissary and MWR activities.

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 on how to qualify for a Veterans Health Identification Card or visit

MWR Facilities & Locations: www.navylifepnw.com

Commissary: www.mycommissaries.com

Navy Exchange: www.mynavyexchange.com



navylifepnw.com
f y o

SCAN TO DOWNLOAD THE FACT SHEET



Upcoming EVENTS 2024

SOMETHING FOR EVERYONE

JANUARY

JAN. 1 | MWR Polar Bear Plunge

An exhilarating event for the brave-hearted, this plunge will awaken your senses and provide a refreshing start to the new year.

JAN. 19 | MWR Fitness & Health Expo

Kick-start your year with a commitment to health and wellness. A one-stop destination for fitness enthusiasts, featuring cutting-edge equipment, expert advice and the latest trends in the world of health and fitness.

FEBRUARY

FEB. 11 | MWR Kegler's Super Bowl Watch Party

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

FEB. 16 | MWR Galaxy Night

Embark on a celestial journey and delve into the wonders of the universe through stargazing and astronomy-related activities.

MARCH

MARCH 2 | MWR Dr. Seuss Celebration

A whimsical world of Dr. Seuss comes to life in a celebration filled with rhymes, characters and colorful adventures.

MARCH 15 | MWR Luck of the Irish 5K/10K

Don your green attire and join the festivities while staying active and enjoying the great outdoors.

MARCH 30 | MWR Easter Festival

Hop into the spirit of Easter at the MWR Easter Festival. A fun-filled event for all ages, this festival offers egg hunts, games and a visit from the Easter Bunny.



APRIL

CYP Month of the Military Child (MOMC)

A tribute to the youngest heroes in military families. MOMC is dedicated to celebrating and supporting the resilience and sacrifices of military children. Expect a range of family-friendly activities throughout the month.



MAY

MAY 17 | FFSC Gold Star Command Challenge

Honor and remember the sacrifices of Gold Star families by participating in this unique challenge. This event combines physical fitness, camaraderie and a heartfelt tribute to those who have lost loved ones in military service.

JUNE

JUNE 21 | MWR Summer Sprint Triathlon

Dive into summer with the MWR Summer Sprint Triathlon. This event offers an exhilarating test of endurance, including swimming, cycling and running, all against the backdrop of a beautiful summer's day.

JUNE 21-23 | MWR Great Navy Campout

Get ready for a night under the stars at the Great Navy Campout. Families can come together to enjoy the great outdoors, bond over campfire stories and create lasting memories in a safe and scenic environment.



Beat the winter blues. These are just the tip of the iceberg of NAS Whidbey Island FFR upcoming events. From trips, crafts, fitness classes, job fairs, special meals and more, there is something for everyone! Scan here for details.



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: 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



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.



APRIL 2024

Month of the Military Child

We honor and celebrate the sacrifice and service of our military children



NEW DoDMWR Libraries.org

Explore, read and learn.

Offering 24/7 access to more than 80 online resources

- eBooks and Audiobooks
- Ancestry Research
- Music and Movies
- DIY and Hobbies
- Tutoring Services
- Newspapers and Magazines
- Children's Corner



DoD MWR LIBRARIES

We have cottages, hotel rooms and suites, RV sites and camping!

PACIFIC BEACH

Come stay, play and relax.



Check out our

2024 WEEKEND & HOLIDAY ACTIVITIES

Family fun all year round, book your stay today!

01 JANUARY

13 Brush and Bean

02 FEBRUARY

9-11 Sweetheart Package

11 Touchdown Party

03 MARCH

16 Glass Float Frenzy

30 Easter Eggstravaganza

04 APRIL

Month of the Military Child

13 Coloring Contest

26-28 Super Magical Weekend

05 MAY

10-12 Mother's Day Weekend

25 Tie-Dye & Summer Kickoff

06 JUNE

Tie-Dye every Saturday

14-16 Father's Day Weekend

07 JULY

Tie-Dye every Saturday

08 AUGUST

Tie-Dye every Saturday

16-18 Great Navy Campout & Bounce to the Beach

09 SEPTEMBER

21 Glass Float Frenzy

10 OCTOBER

26 Spooktacular Beach Bash

11 NOVEMBER

16 Brush and Bean

12 DECEMBER

07 FREE Cocoa

14 Cookie Decorating

21 Holiday Craft

28 FREE Cocoa

31 NYE Party in the Bar

BOOK YOUR STAY TODAY!

Come stay, play and relax, you'll find something that will make your trip to Pacific Beach an annual tradition.

Activities are subject to change.

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PACBEACH.NAVYLIFEPNW.COM



Scan for lodging info



Hearts Full of Gratitude:

Contributed by navylifepnw Staff

OUR WHIDBEY ISLAND Cliffside RV Park



Cliffside RV Park is a hidden gem located on Whidbey Island that promises a perfect family getaway. My family – which includes two energetic young boys – embarked on an unforgettable adventure to this charming destination. Our stay at Cliffside was nothing short of amazing, offering us a serene retreat with breathtaking views and a host of activities to enjoy.

A comfortable home away from home

My family rented one of Cliffside's RV trailers for our stay. We were greeted by their friendly and welcoming staff and an immaculate RV trailer fully

equipped with everything we needed. The provided plates, linens, and various equipment and amenities helped to ensure a hassle-free experience. This thoughtful touch made our stay comfortable and stress-free from the moment we arrived. We selected an RV trailer, but they also have furnished yurts and spaces for those with their own RVs.

Endless recreational opportunities

The abundance of recreational activities directly on the grounds were just a few of the highlights of our stay. We didn't need to stray from our area for entertainment, making our time away even more enjoyable. Our kids couldn't



get enough of the cornhole games, and we were also introduced to gaga ball – a fast-paced and fun game – that had them engaged for hours. The park’s hiking trails allowed us to connect with nature while exploring the island’s beauty. Access to the beach was a delightful bonus, providing our family the chance to spend time beachcombing, building sandcastles and taking leisurely strolls along the shore.



Magical sunsets and campfire nights

Perhaps the most enchanting aspect of our experience at Cliffside was the unforgettable sunset views. Every evening, we eagerly gathered around the campsite fire pits to watch the sunset, which painted the sky in a blaze of color. My family roasted marshmallows, shared stories, and enjoyed the warmth of a crackling campfire, creating treasured memories from those cherished moments.



Visiting Cliffside will bring you the beauty and charm of the Pacific Northwest, offering an ideal retreat for visitors seeking a blend of relaxation and adventure. Our stay made for the ideal family escape. The combination of a well-equipped RV, a variety of recreational activities, relaxing by the beach, breathtaking sunset views, and the allure of Whidbey Island itself, created an unforgettable experience. My family and I left with our hearts full of gratitude and memories that will last a lifetime.



-Sara Sisung



RECREATIONAL LODGING

MWR proudly operates three DoD lodging facilities in Navy Region Northwest. Visit 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: 360-276-4414
 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 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



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.

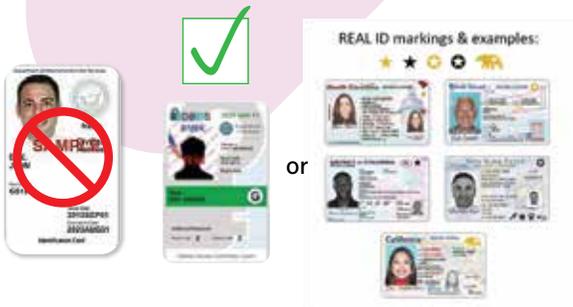
**NEW YEAR
NEW LOOK**

**VISIT US AT WHIDBEY.NAVYLIFEPNW.COM
FOR EVERYTHING FLEET & FAMILY READINESS**

DoD CIVILIAN RETIREES

REQUIRE NEW ID CARDS

Federal civilian retirees wanting to access MWR facilities onboard U.S. Navy bases can acquire a Defense Biometric Identifications Systems (DBIDS) access card at the nearest installation Visitor Control Center (VCC).



Learn more at



- Luck of the Irish 5K/10K - Wednesday, March 15*
- Color Run 5K - Friday, July 19*
- Growler 8K Walk/Run - Friday, Aug. 9*
- ROC Run - Saturday, Aug. 17*
- Open House Flight Line 5K - Sept. TBD*
- Zombie Glow Run/Walk - Wednesday, Oct. 30*
- Turkey Trot 5K/10K - Saturday, Nov. 23*



FITNESS INCENTIVE PROGRAM

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 duffel bag
- 2000 points = Bluetooth mini speaker



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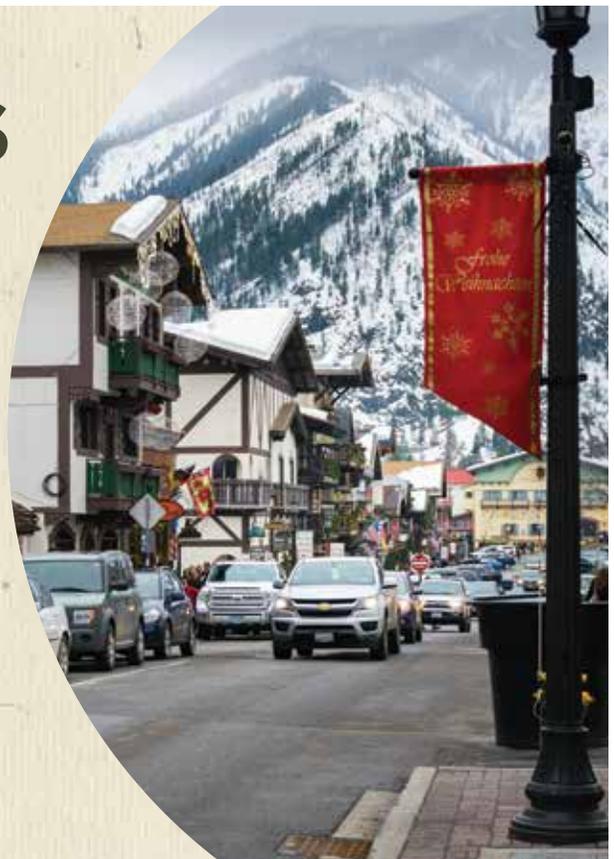


GREAT MEMORIES START *with* MWR!

CHECK WITH YOUR MWR
COMMUNITY RECREATION CENTER FOR SAVINGS ON:
ATTRACTIONS & ENTERTAINMENT
SPORTING EVENTS
LEISURE TRAVEL



#MakeMemoriesWithMWR





The NAVY

Contributed by *navylifepnw Staff*

CHILD DEVELOPMENT HOMES PROVIDER: A **WIN-WIN**

SOLUTION for CHILDCARE



Finding quality childcare can be challenging for any parent, but it is especially crucial for those in the Navy to have access to quality care that supports their mission. Whether deployed, on duty, or simply working long hours, Navy parents must know their children are safe, happy and well-cared for in our community. That is why the Navy offers a variety of childcare programs and services to meet the diverse needs of its families.

One of these programs is the Child Development Home (CDH). It allows Navy spouses and other eligible adults to operate a licensed childcare business from their homes. This program provides a valuable service to other Navy families and allows the providers to earn income, gain skills and be their own boss.

What is it like to be a CDH provider? Meet Priyanka Deppe, a Navy CDH provider in Whidbey Island.

WHAT MOTIVATED YOU TO BECOME A CHILD DEVELOPMENT HOME PROVIDER?

Priyanka embarked on her journey a little more than a year ago while searching for childcare for her daughter, an infant at the time. She stumbled upon the concept of the Child Development Home program and recognized the chance to both be with her child and care for others, "I see this role as a true blessing,

allowing me to witness my daughter's growth alongside her peers, while also nurturing the development of other children," said Priyanka.

To ensure the highest quality care, applicants go through a comprehensive background check and certification program at the Navy's expense. In return, providers agree to accept children referred to them through militarychildcare.com at pre-established fees based on fair market value. Parents pay a portion of the fee based on their income directly to you. The remaining balance is then paid via a monthly subsidy from the Navy.

HOW HAS THE NAVY SUPPORTED YOU THROUGH THIS JOURNEY?

The CDH program and staff helped her every step in the certification process and by providing toys and furnishing her space. Advice Priyanka gives to aspiring providers is "to research thoroughly, possess patience, and hold a genuine love for children, as the role demands single-handedly managing and nurturing the kids under their care throughout the day."

WHAT ARE THE ADVANTAGES OF A CDH PROVIDER?

Priyanka believes this job has brought unexpected healing and personal growth, transforming her into an independent and professional business owner. Through this experience, she's honed the skills to source resources and build a supportive community within the CDH provider network.

“*Research thoroughly, possess patience, and hold a genuine love for children, as the role demands single-handedly managing and nurturing the kids under their care throughout the day.*”



As a CDH provider, the program also allows for the flexibility of taking your business with you when relocating to a new Navy installation. The program makes it easy to quickly reopen your CDH business after your move, allowing you to continue your dream of owning your own business, serving Navy families, and not making your business a short-term opportunity.

BE YOUR OWN BOSS AND BECOME A NAVY CHILD DEVELOPMENT HOME PROVIDER

With the Navy CDH provider program, you can go from a dream to reality in just a few short weeks. As a qualified applicant, you'll receive the training and support you need to operate a successful childcare business with little to no startup costs or upfront expenses. Best of all, the skills you learn are in high demand and will transfer quickly to another city or state if you ever must move. For more information about the CDH program.

For more information about the CDH program, call NAS Whidbey Island: 360-257-6861 or scan the QR code to learn more.





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 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

CHILD DEVELOPMENT HOMES

When you need professional care with the comfort of home, our CDH are here to help. CDH 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
- Homeschool <https://washhomeschool.org/>
- Military One Source-Transition Information www.militaryonesource.com
- Military Kids Connect <https://militarykidsconnect.health.mil/>
- Department of Defense Education Activity www.dodea.edu
- Free online homework help www.tutor.com/military
- Special Education 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 nrnw.sl@us.navy.mil
Serving Central Kitsap School District

NAVAL BASE KITSAP

360-340-2824 nbk.sl@us.navy.mil

NAVAL STATION EVERETT

425-304-3688 nse.sl@us.navy.mil

NAS WHIDBEY ISLAND

360-257-6863 naswi.sl@us.navy.mil

WORLDWIDE SCHOOL LIAISON DIRECTORIES

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



Visit navylifepnw.com for the latest School Liaison information. Select the installation, under Child & Youth drop-down tab.

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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 and submit a request for care.

Child Development Centers, Child Development Homes (CDH) 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. Child Development Homes 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**

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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.



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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/ 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, 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

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.

CONNECT
HSC has got your answers!

LEARN TIPS & TRICKS
FOLLOW US ON SOCIAL MEDIA



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

Your Feedback Matters.

Living in the Barracks? Take the Tenant Satisfaction Survey

Coming Spring 2024

See your Building Manager or go to navylifepnw.com for more info.





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& CRISIS
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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.

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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**



Military families are the backbone of our nation’s defense. They provide unwavering support to our service members, who in turn, protect our country with valor and honor. However, navigating the complexities of Navy life can be overwhelming for many loved ones. Trying to wade through the waters of caretaking, networking, deployment and homecoming preparations – and even just knowing where to find basic information on Navy life – can be a daunting task for many loved ones. Enter Family Readiness Groups (FRG), integral components of the Navy lifestyle, helping to shape a support community for a common experience.

An FRG is the support network families can turn to for resources rather than tackling challenges alone. They can help welcome and mentor young people who are new to Navy life. They can provide valuable information on what to expect from a service member’s next deployment, or assist with a personal crisis that may occur while a service member is underway.

“The FRG’s main goal is to provide support for every family in our command,” Rachel Burkholder says.

Rachel is an FRG president for a patrol squadron at Naval Air Station Whidbey Island. “Being a part of the FRG gives our families a place to meet new friends and feel like they have someone to ask questions to about the new area they find themselves in, or things that come up being a military family,”

Belonging to a robust FRG helps ensure a pathway to positive outcomes for family members and service members. Lasting friendships are woven, bolstered by the shared experiences and understanding that bind Navy families together. The satisfaction derived from aiding others and the sense of pride in contributing to a greater cause uplift both members and the broader community.

“FRGs create a sense of camaraderie within the military community,” Tara Dotson says, Naval Station Everett fitness specialist and former Sailor and current Navy spouse. Her background and experience provide a unique perspective on the crucial role of the FRGs in supporting military families. “During deployments, they may organize monthly or quarterly get-togethers to provide support and a sense of belonging.”

The anxiety for service members and family members during deployments can be alleviated through the sense of unity cultivated within the FRG, which can act as a buffer against the strains of separation.

“Having a place to connect and make friends with other people who understand what you are going through is essential to good mental health,” Rachel says.

The value of an effective FRG shines even brighter when they can provide military families – especially those experiencing their first deployment – knowledge about available resources, the companionship of newfound friends, and engaging activities, ensuring families of deployed service members are better equipped to navigate the challenges that come their way.

Com



If a command needs to establish an FRG, the Fleet and Family Support Center (FFSC) from Fleet and Family Readiness can help provide the necessary guidance for creating one. FRGs require their own bylaws and FRG leadership must be properly trained to liaise with commands and steer the group toward success. FFSC is also able to support established FRGs with refresher training and resources.

“Fleet and Family Support Center can provide you with a two-day course that will give you the knowledge and tools necessary to start up and operate an effective FRG that can support families before, during and after deployment,” Naval Base Kitsap FFSC Work and Family Life Supervisor, Terry Wimmer says. She also notes FFSC FRG coordinators can assist the FRGs in attracting and motivating members, financial planning, fundraising policies, event planning, homecoming and other social gatherings, and operation preparedness and emergency response.

A strong support system for military families cannot be understated, which is why FRGs play such a vital role in our military communities. They also serve as an integral extension from commands to service members’ families. FRGs contribute to a resilient overall well-being, from disseminating important information to boosting morale by keeping service members’ families well cared for during deployments.

“Whether it’s offering emotional support, providing practical assistance, or creating a network of understanding, our FRG is there to support our community,” Rachel says.

New to Family Readiness Groups or looking to establish an FRG group for your command? Contact your local FRG coordinator at the FFSC or visit whidbey.navylifepnw.com/fleet-family/family-support for information on how you can enhance your FRG or lead the effort in starting one for your command.



community

THROUGH FAMILY READINESS GROUPS



FLEET & FAMILY SUPPORT CENTER - NOR'WESTER

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/ 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.



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.



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.



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.



DOWNLOAD THE MYNAVYFAMILY APP, DESIGNED FOR NAVY SPOUSES AND SAILORS' FAMILIES

Combining authoritative information and resources from about two dozen websites, and covering a wide variety of topics, MyNavyFamily puts everything you need to know in a single, convenient application.

Go to www.applocker.navy.mil to download this app and many other helpful Navy apps for free.



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.

NAVY WOUNDED WARRIOR



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FLEET & FAMILY READINESS
WORK that MATTERS.



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WORK



PERKS

10 Great Reasons to Work for FFR

Contributed by navylifepnw Staff

Get in on the Navy Life as a federal government employee! Fleet & Family Readiness (FFR) jobs offer competitive pay, medical insurance, retirement savings and tons of other perks.

As an FFR Employee ...

1. Competitive Pay. Federal Civil Service positions on base aim to be equivalent to similar positions in the local community. Full-time and regular part-time employees are also eligible for a retirement plan, 401(k), annual leave, sick leave, military leave, administrative leave, parental leave, court leave, overtime pay, holiday pay, Sunday premium pay and shift differential.

2. Affordable outdoor rentals and trips to explore the Pacific Northwest. MWR Outdoor Recreation Centers are your one-stop shop for outdoor activities — from helping plan a trip to renting snowshoes, kayaks, tents and bikes. They also have backyard party items like horseshoes, barbecues and ice chests. Visit with friendly staff and get info on where to go and what to do. They'll make sure you are properly outfitted with gear to make your adventure complete.

3. Free gym membership. The state-of-the-art fitness centers on each base give you access to cardio equipment, free weights, TRX, spin bikes, outstanding group fitness classes and much more! Fitness equipment orientations, fitness assessments and facility tours are also available to ensure you know what to do to achieve your desired fitness goals.

4. Extra savings toward retirement. FFR offers a 401K plan (an additional retirement savings account). For every dollar you put in the plan, they will match it, up to 3% of your salary. That's a pretty good deal; you can automatically double your money.

5. Military Discounts apply to you. Most companies that give military discounts also give discounts to DoD employees. You are eligible for services that cater to military personnel, such as American Forces Travel, GovX and shop.id.me. Several hotels will also allow you to get the military rate, even if not traveling on military orders. On base you can shop tax free and fill up your gas tank for less at the Navy Exchange (NEX). Always be prepared to show your ID.

6. Career planning and training available; never feel stuck. FFR offers on-going training and professional development. Once a part of the federal work force, you can also take classes at a Fleet & Family Support Center to improve your skills or rebuild your resume.

7. TSA PreCheck® for free. Federal civilian employees are able to opt-in to TSA PreCheck®. Save your DoD ID number as your known traveler number when booking a ticket and travel through the airport with ease.



8. Keep your kids having fun. As a federal civilian employee, your base access allows your kids to play! Some bases have bowling, fishing ponds, playgrounds, STEM kits, crafts, libraries, the Child & Youth Programs have Youth & Teen Centers available, and movie theaters have family films. Most on-base activities for the family applies to you too!

9. Getaways all over world. DoD lodging offers hotels, cabins, cottages and more, anywhere a U.S. military base is located. A cottage in Pacific Beach or hotel in Italy, the reasonable rates make traveling a breeze. Check availability at <https://www.dodlodging.net>

10. 10 paid holidays! Depending on your job, you'll either get paid to enjoy the day off or earn extra holiday pay if you are scheduled to work on one of the 10 federally recognized holidays. Regular full-time and regular part-time workers also start earning sick leave and vacation leave each pay cycle. Regular full-time employees start to earn 13 vacation days per year. The longer you stay in federal service, the more vacation days you earn.



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 OR 360-257-3333 (FROM A CELLPHONE)

EMERGENCY ASSISTANCE

Fleet & Family Support Center Centralized Scheduling & Urgent Respite Care
866-854-0638

Fleet & Family Support Center Center Nor'Wester
360-257-6289 or
360-257-2271

Information and Referral is available at the
Fleet & Family Support Center

Base Information Line
360-257-1080
FFR General Directory
360-257-6300

Base Operating Support Calls
360-257-3358

Emergency Operations 360-257-3337

Fire Department 360-257-2532
Fire Prevention/Inspection 360-257-6110

NASWI Quarterdeck 360-257-2631

Poison Control Center 800-222-1222

TRICARE Appointment Line 800-404-4506
Health Clinic 360-257-9500
Health Net Federal Services 844-866-9378
TRICARE Nurse Advice Line 800-874-2273
Active Duty Dental Program 866-984-2337
Retirees' Dental Program 888-838-8737

Base Security 360-257-3893

Suicide & Crisis Lifeline 988

Scan this QR code for more information about the resources listed here.





ADDITIONAL BASE RESOURCES

Air Terminal/Space-A Flights 360-257-2604

Air Mobility Command
JBLM-McChord/SEATAC 253-982-7259/0555
NAS Flight Recording 360-257-2328

Squadron Information
Electronic Attack Wing 360-257-1303
Patrol and Reconnaissance Wing 360-257-0375

Autoport & Hobby Shop (Gas/Parts/Repair)
360-257-0629

Base Access/DBIDS 360-257-5620
DEERS/ID Card Office (Ault Field)
360-257-1390/6770

Chapel 360-257-2414

Commissary 360-257-3318

Funeral Services 360-315-3456	Honor Guard 360-315-3273/3275
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Human Resources 360-257-2979

Legal Office 360-257-2126/2127

Lodging
Navy Gateway Inns & Suites (NGIS) 360-257-2529
Navy Lodge 800-NAVY-INN or 360-257-0633

Navy Exchange 360-257-0600
Fleet Store 360-257-0503
Dry Cleaning/Uniform/Tailor Shop 360-257-0507

Personal Property 360-257-3104

Public Affairs 360-257-2286

Public Works 360-257-3348	Recycling 360-257-5481
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Tour Information 360-257-2286

Veterinary Clinic 360-257-2001

ADDITIONAL RESOURCES

Fraud, Waste & Mismanagement 800-522-3451

**Navy Family Accountability
and Assessment System (NFAAS)**
1-877-414-5358 or navyfamily.navy.mil

Madigan Army Hospital 253-968-1110/1145

Military OneSource
800-342-9647 or www.militaryonesource.com

Ready Navy 202-433-9348/DSN 288-9348 or
email readynavy@navy.mil, www.ready.navy.mil

Veterans Affairs 800-827-1000

NON-DOD RESOURCES

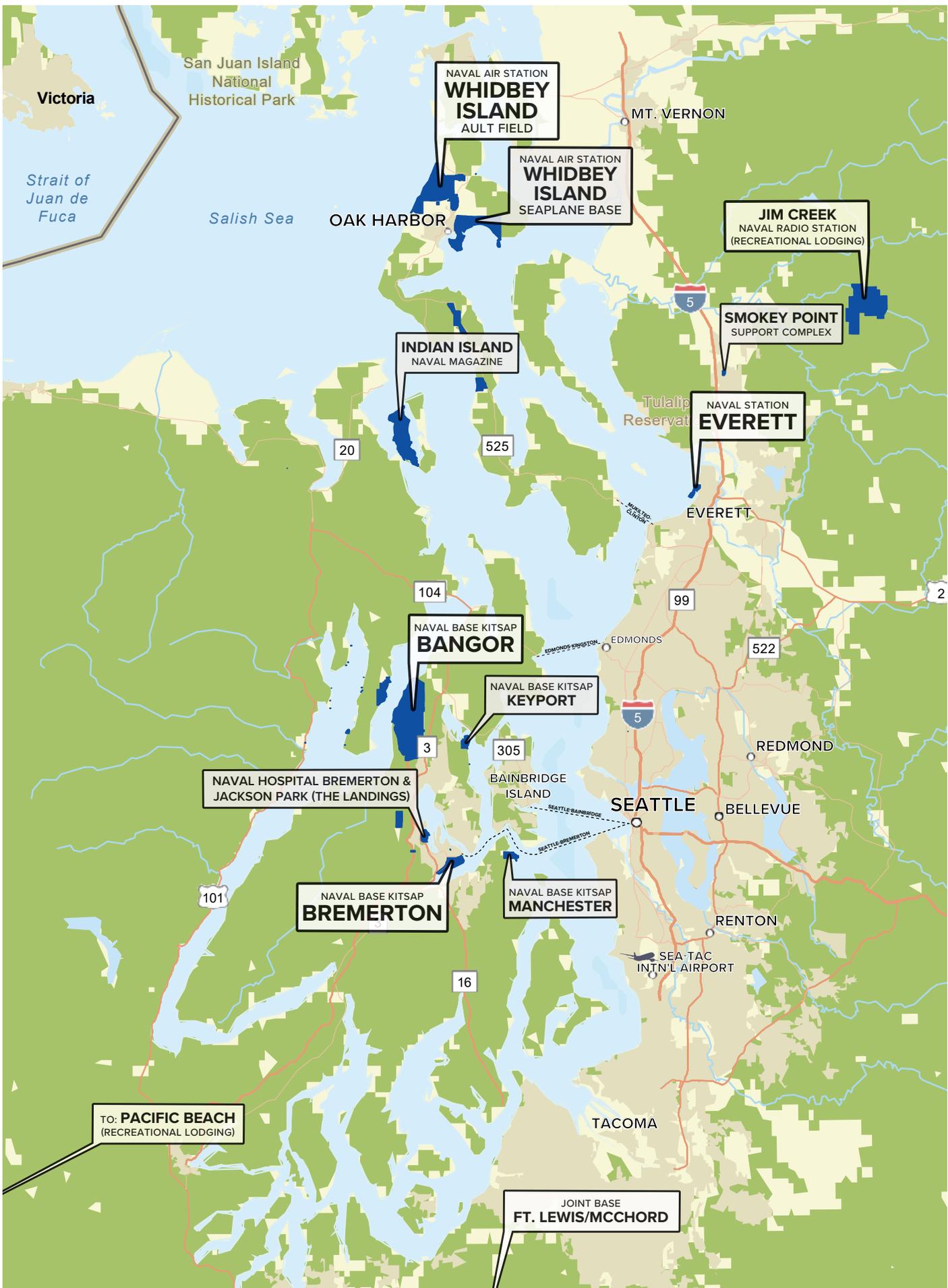
American Red Cross 1-877-272-7337

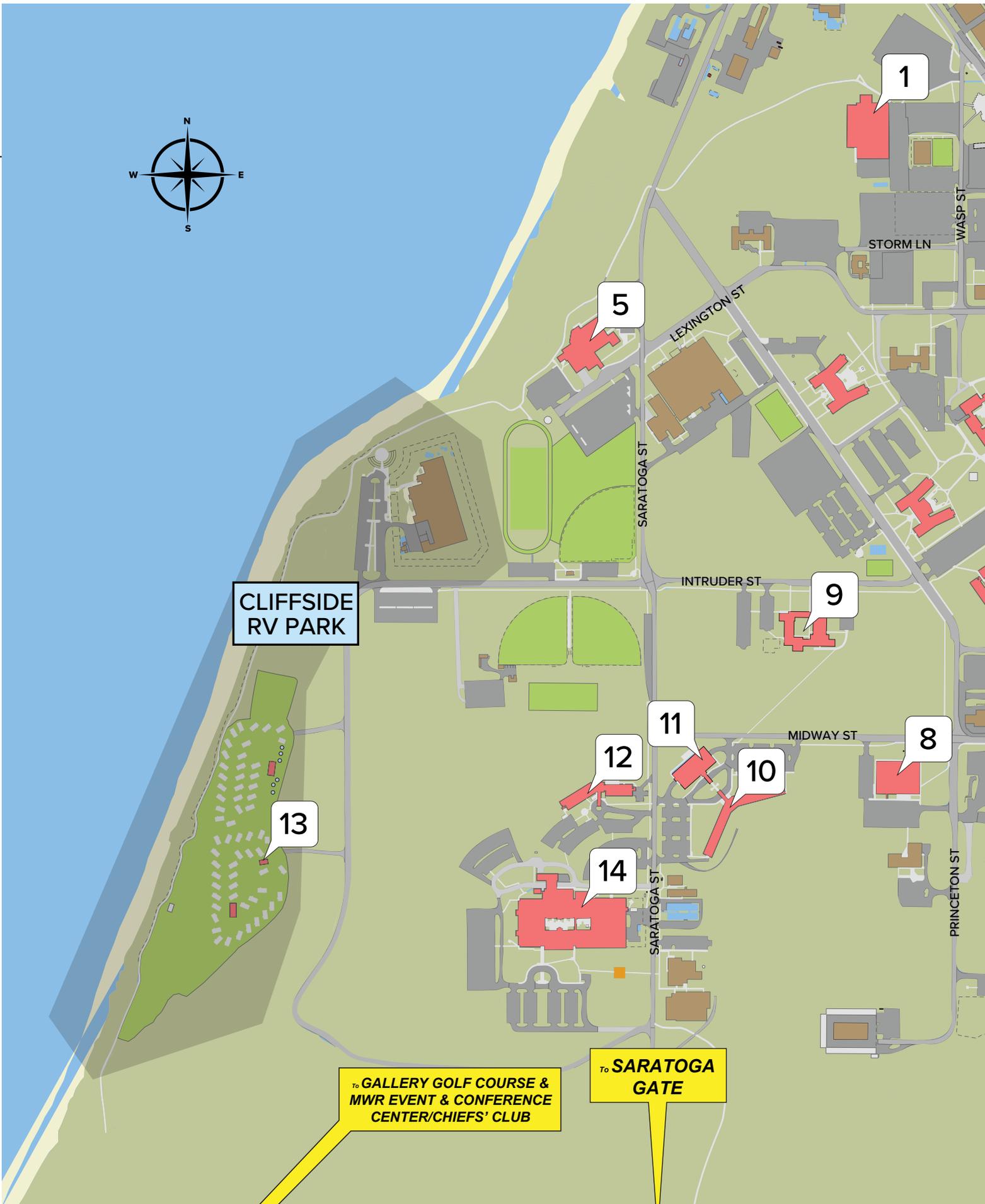
DSHS/Food Stamps 877-501-2233

**Immigration & Naturalization Service-Military
Helpline** 877-247-4645

Victims Services Specialist 360-479-6188

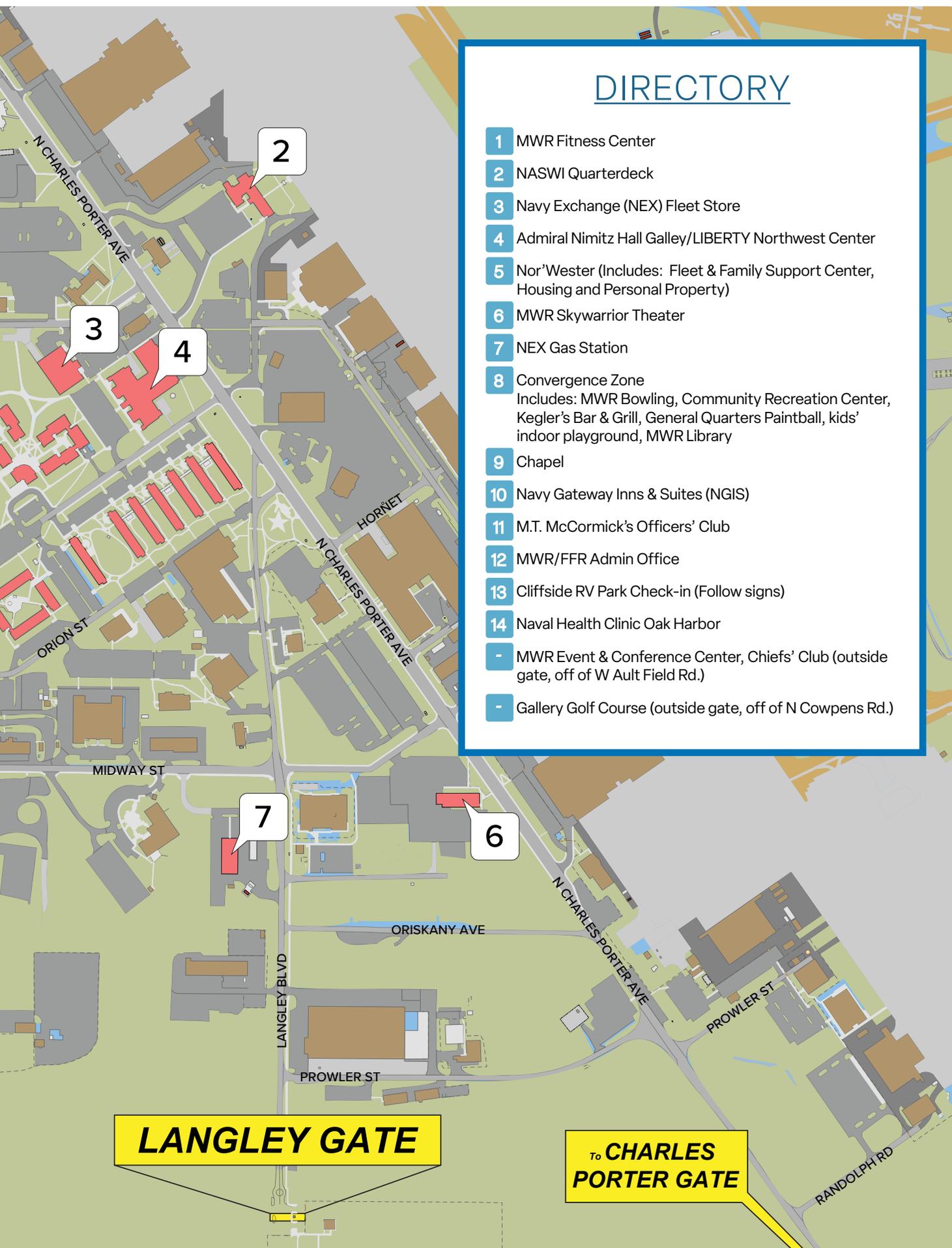
**Washington State Dept. of Health
Emergency Contacts** 1-877-539-4344 (24/7) or
1-206-418-5500 (24/7) or [www.doh.wa.gov/
Emergencies](http://www.doh.wa.gov/Emergencies)





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
- 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 NEX Gas Station
- 2 Child Development Homes, School Liaison Office (CYP)
- 3 Navy Exchange (NEX) Main Store
- 4 Navy Exchange (NEX) Home Store
- 5 Commissary
- 6 Navy Lodge

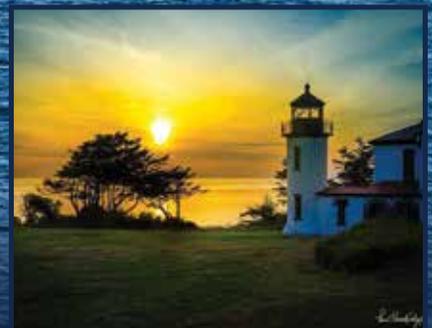






Optmazing Island Escape

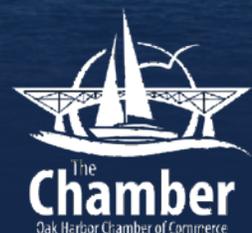
on beautiful Whidbey and Camano Islands



360-675-3755

OakHarborChamber.com

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