

# navylifepnw

NAS WHIDBEY ISLAND

## FLEET & FAMILY READINESS RESOURCE GUIDE

SPRING/SUMMER 2022

### IN THIS ISSUE:

NAVIGATING YOUR NAVY  
BENEFITS

10 GREAT REASONS TO  
WORK FOR FFR





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\*FOR ELIGIBLE PATRONS

# MESSAGE FROM THE FFR DIRECTOR



Naval Air Station Whidbey Island is the Navy's premier naval aviation installation in the Pacific Northwest and a great place to call home. Our community has been recognized numerous times as a top base DoD-wide by the Commander in Chief Installation Excellence Awards, among other honors.

The Fleet & Family

Readiness team is proud to contribute to this tradition of excellence by providing you with outstanding programs and services to meet your needs. This community offers so many fun and safe activities for you and your family to enjoy on and off base. We are just a 90-minute drive from Seattle and other fantastic Pacific Northwest destinations. We invite you to familiarize yourself with

our offerings featured in this guide and experience our facilities first hand. Stop by our Fleet & Family Support Center or the Convergence Zone to meet friendly and helpful team members who will be happy to answer any questions you may have about this guide.

And if you are looking for work that matters, consider joining our team. Whether you're a military spouse, retiree or just someone who wants to support the Navy community, FFR has a job for you! Our organization offers upward mobility and makes it easy to transfer to an available role at another base if you ever have to PCS. Check out [navylifepnw.com/jobs](http://navylifepnw.com/jobs) to see what's currently available.

Be sure to keep up with us on social media as well [@WhidbeyFFR](https://twitter.com/WhidbeyFFR).



**Stephen Pohrivchak**  
CNRNW N9 | FFR Director  
NAS Whidbey Island

## 5 SIMPLE STEPS TO REGISTERING WITH MYFFR

**1 VISIT**

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

**2 LOG IN**

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

**3 BROWSE**

Enter the Class, Trip or Activity myFFR number in the search bar. If you don't have the myFFR #, use the drop-down menus to search by base then scroll until you find what you're looking for.

**4 PURCHASE**

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

**5 ENJOY!**

Rest easy knowing your reservation is complete!



# navylifepnw

YOUR GUIDE TO  
FLEET & FAMILY READINESS

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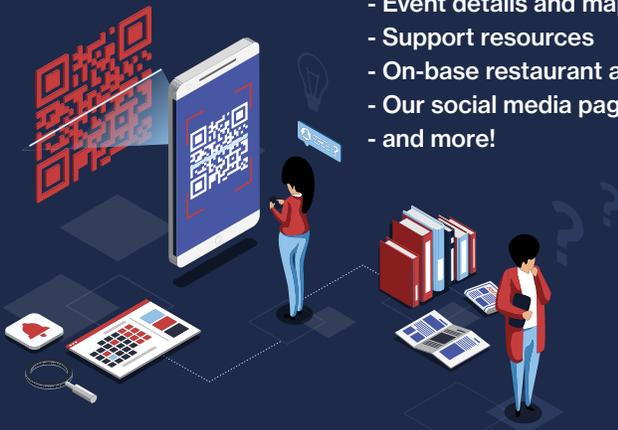
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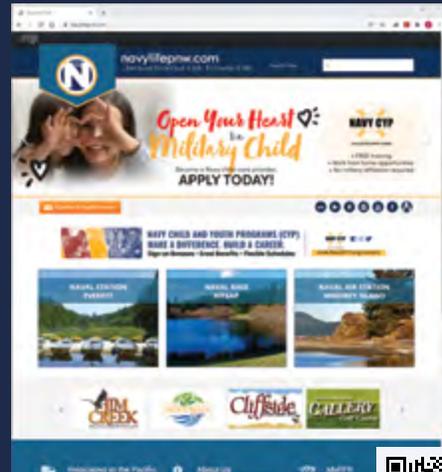
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Navy Region Northwest

1. Find a QR code
2. Open your camera app or QR code reader on your web-enabled smartphone
3. 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!



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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 code to find out about our upcoming specials and promotions.



### Admiral Nimitz Hall Galley

Located on Ault Field. 1040 W Intruder St., Bldg. 382, Oak Harbor, 360-257-2469

*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 code to learn more.*



### CPO Lounge

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

*The finest Chiefs' Club in the fleet with members spanning all generations, from the World War II era to present day. Reserved for members and their guests, and available for events. Each membership offers various benefits and discounts. Call or scan this code to learn more.*



### M.T. McCormick's Officers' Lounge

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

*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. Reserved for members and their guests, and available for events. Each membership offers various benefits and discounts. Call or scan this code to learn more.*



### Kegler's Bar & Grill

Located in the Convergence Zone. 360-257-1567

*A casual eatery located in the community recreation center (Convergence Zone), Kegler's is ideal for lunch or happy hour. Kegler's Bar also offers a large selection of craft beers from local Washington State breweries to pair with a meal of your choice. Bring your friends for a round of pool or darts. 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 code to download our [Dine on the Go PNW](#) app for convenient online ordering!*



*Health Protection Notice: FFR activities and services may require advanced registration and are subject to change or cancellation without prior notice. Contact the facility directly or visit [navylifepnw.com](http://navylifepnw.com) for current hours of operation and health precautions in effect.*



### Convergence Zone

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

*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.*

*Located within the "CZ," you'll also find the Community Recreation office, with experienced staff standing ready to outfit your next outdoor adventure. Ask us about equipment rentals, Tickets, Trips & Tours, military discounts on travel and advice on local hot spots. We also offer a wide variety of day and weekend trips. Let us do the driving while you travel in style. Call or scan this code to learn more.*



### Skywarrior Theatre

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

*Skywarrior Theatre seats over 600 people and features the Navy's first digital projector, complete with a silver screen and 3-D capabilities, and fully cushioned seats with their own drink holders. We also offer closed captioning, descriptive narration equipment for the visually impaired, and amplified sound equipment for the hearing impaired. Call or scan this code to learn more.*



### Gallery Golf Course

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

*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. Tee-time reservations may be made in person or by phone up to 14 days in advance*

*for Military (including active duty, reservists and retirees and their family members) and up to seven days in advance for DoD civilians and other civilian guests. Call or scan this code to learn more.*



### MWR Outdoor Parks and Recreation Areas

Various Locations | More info at Convergence Zone: 3535 N Princeton, Bldg. 2510, Oak Harbor, 360-257-2432

**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.





# LIBERTY PROGRAM

SCAN BELOW FOR  
**TRIPS**  
**EVENTS**  
**EXCLUSIVES**



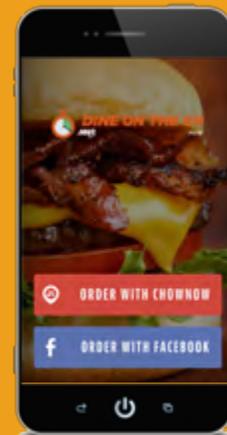
Open to junior service members (E1-E6) who seek recreation and entertainment in an alcohol- and tobacco-free environment. Bring a friend! Eligible users may escort up to two guests 18+. LIBERTY is here to get you out of the barracks and out to enjoy the great Pacific Northwest. Transportation is included 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? Join our Facebook group page.

### LIBERTY Northwest Center

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



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with Navy Region Northwest  
FFR & MWR

Your support *enhances* MWR programs and events while *providing* your business or organization with a *unique opportunity* to tout your company, product and/or services *directly* to the military market.

*Sponsorship and advertising with MWR is a rare WIN-WIN opportunity.*

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COMMUNITY RECREATION

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## LODGING & LEISURE



MWR proudly operates three DoD lodging facilities in Navy Region Northwest. Visit [www.dodlodging.net](http://www.dodlodging.net) or scan this code to explore these and hundreds of other DoD-owned properties around the world.



### Cliffside RV Park & Campground

Located on Ault Field, Oak Harbor, WA 98278.  
Front Desk: 360-257-2649

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



### Jim Creek Recreation Area & Campground

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

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



### Pacific Beach Hotel, Cottages, RV Park & Campground

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

*Located on the Pacific coast, 15 miles north of Ocean Shores, Pacific Beach features reasonably priced hotel accommodations as well as fully furnished 3-, 4- and 5-bedroom cottages lining the ocean bluff, providing guests with panoramic ocean vistas. On-site amenities include Pacific Beach Café & Gift Shop, a bar and more.*



Health Protection Notice: FFR activities and services may require advanced registration and are subject to change or cancellation without prior notice. Contact the facility directly or visit [navylifepnw.com](http://navylifepnw.com) for current hours of operation and health precautions in effect.

YOUR VACATION  
*Navy*  
**Getaways**  
CLOSE TO HOME



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



Pacific Beach, WA  
[pacbeach.navylifepnw.com](http://pacbeach.navylifepnw.com)  
360-276-4414



Oak Harbor, WA  
[cliffside.navylifepnw.com](http://cliffside.navylifepnw.com)  
360-257-2649



Arlington, WA  
[jimcreek.navylifepnw.com](http://jimcreek.navylifepnw.com)  
425-304-5315

# 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 code for the latest class and activity schedules.



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.

We also offer regularly scheduled team sports leagues and opportunities to participate in tournaments and regional sports competitions throughout the year, such as 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

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

### Intramural Sports

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



## 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



## ALL-NAVY SPORTS: 2022 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 boxing, 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 visit the Navy Sports website. Ensure you have your command's endorsement.



# NOFFS

Navy Operational Fitness and Fueling System

# BUILT FOR YOU



Your wellness journey is unique to you. Whether you enjoy movement at a fitness center, the great outdoors or simply in your living room, there is always a space and a place for exercise. When duty calls you to be away from your routine and onto an aircraft carrier, submarine or out of the country, fitness can be found in the palm of your hand.

The Naval Operational Fitness & Fueling Systems (NOFFS) was built by the Navy for the Navy and it lays a foundation for a lasting and successful journey of fitness and wellness. NOFFS has four, easy-to-use apps that you can download for FREE on any phone or tablet. Once downloaded, you can access NOFFS resources and routines at anytime, even without Wi-Fi or cellular signal! These apps can be used by everyone in your family, not just Active Duty service members.

NAS Whidbey Island Fitness Director Karissa Sander highly recommends this app. "NOFFS is a great, interactive workout that you can take on vacation to work or at home. Anywhere you go, you get to take the workout with you!" she says. Remember, only you are in charge of your fitness journey and NOFFS is the perfect way to solidify that foundation. For more information about NOFFS, visit your fitness center or [navyfitness.org](http://navyfitness.org).



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# 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 code to learn more about our programs and services.



## Child Development Centers (CDC)

*Our Child Development Centers (CDC) are open to children ages 6 weeks to 5 years, for full-time or hourly care. Our classrooms provide fun, inclusive and engaging environments, individualized learning experiences that meet the needs of each child, and great opportunities for socialization!*

### **Clover Child Development Center (CDC)**

365 W Clover Bldg, 2679, Oak Harbor, 360-257-3302

### **Regatta Child Development Center (CDC)**

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

## Child Development Homes (CDH)

*If you prefer child care in a home setting, consider a Navy Child Development Home (CDH)! Navy CDH providers are self-employed individuals who have met the Navy's rigorous training and certification requirements for operating a child-care business in their homes. CDH Providers who reside outside of a qualifying military housing community must also be licensed by the State of Washington before certifying as a Navy CDH Provider.*

### **NAS Whidbey Island CDH**

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

## 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)**

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

## Youth Center

*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.*

### **Youth Center**

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

## Child and Youth Education Services (CYES) 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 Liaison Officers (SLO) help families with children in pre-kindergarten through 12th grade. They assist with everything from a school transfer and home-school support, to meeting graduation requirements. For our elementary, preteen, and teen community, the Youth Sponsorship Program adds in an element of social support. We strive to make contact with 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 to learn more.*

### **NAS Whidbey Island School Liaison**

260 W Pioneer Way Bldg. 13, Oak Harbor, 360-257-6863



*There are more than 1,000 military children on a waitlist for child care in Navy Region Northwest. Here's what you can do to help ...*

### **OPPORTUNITIES FOR JOB SEEKERS**

Stable early learning environments encourage creativity and skills development in young children, and strong school-age programs help children build confidence and excel in their formative years. Navy Region Northwest children need you to help them learn and grow! Become a part of our Child & Youth Program teams and see just how much your guidance can propel military youth. The Navy is urgently hiring:

- **Program Assistants:** Provides appropriate developmental care and instruction for infants to children up to 12 years of age by attending to their physical, social, emotional, and intellectual needs.
- **Program Leads:** Provides appropriate specialized developmental care and instruction for children and youth, as well as guidance, assistance, and mentoring for Program Assistants.
- **Operations Clerks:** Serves as clerical and administrative support, providing records management and reporting, liaising with families and programs, and collecting and monitoring fees and supplies.

### **BENEFITS:**

- Starts at \$16.20 per hour and up (depending on experience)
- Earn up to \$2250\* in sign-on and retention bonuses
- Career growth and development opportunities, including ongoing training and tuition reimbursement
- Work with a team of professionals who are passionate about their work
- Premier benefits package starting on your first day of employment (for full-time and part-time employees)

\*Terms and Conditions apply. Contact NAF HR for details.

### **OPPORTUNITIES FOR ENTREPRENEURS**

Have you ever dreamed of making a living from the comfort of your own home? Now you can go from dream to reality in just a few short weeks with the Navy Child Development Homes (CDH) program. As a qualified applicant, you'll receive all of the training and support you need to operate a successful child-care business with little to no start-up costs or upfront expenses. Best of all, the skills you learn are in high demand and will transfer easily to another city or state if you ever have to move.

We're looking for dedicated and flexible child-care providers to care for infants to children up to 12 years of age. This opportunity may be right for you if you are at least 18 years old, have a high school diploma or equivalent, own or lease your home, love working with children and have a strong desire to succeed at running your own small business.

### **BENEFITS**

- Independence and flexibility that comes from being your own boss
- Marketing and advertising done for you
- Turnkey start-up kit that includes learning curriculum, daily schedule, templates and more
- Access to educational toys, furnishings and supplies from our Lending Library
- USDA reimbursements to supplement your food budget
- Dedicated success coach
- Plus: FREE training and opportunities to earn your Child Development Associate credential and NAFCC accreditation that will boost your skills and earning potential even further

Find out more about any of these opportunities by visiting [navylifepnw.com/kids](http://navylifepnw.com/kids)



# WELCOME ABOARD NAS WHIDBEY ISLAND

## 20% OFF

### One (1) Outdoor Recreation Rental

Valid at any Navy Region Northwest Community Recreation Center.

CASHIERS: PLEASE USE COUPON CODE **\*\*CPN016** WITH YOUR SITE NUMBER (\*\*). Instructions for redemption: 1. On the Payment screen select "Split Payment"; 2. Type in Pay Code 41; 3. Select "Add Split Payment"; 4. Type the coupon code into the "Scan" box then click OK or Enter; 5. Select additional Pay Codes to finish the remaining payment(s). **EXPIRES December 31, 2022**

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## FREE RENTAL

### One (1) FREE Camping Equipment Rental Package

Valid at any Navy Region Northwest Community Recreation Center.

CASHIERS: PLEASE USE COUPON CODE **\*\*CPN002** WITH YOUR SITE NUMBER (\*\*). Instructions for redemption: 1. On the Payment screen select "Split Payment"; 2. Type in Pay Code 41; 3. Select "Add Split Payment"; 4. Type the coupon code into the "Scan" box then click OK or Enter; 5. Select additional Pay Codes to finish the remaining payment(s). **EXPIRES December 31, 2022**

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## \$10 OFF TRIPS & TOURS

Valid at any Navy Region Northwest Community Recreation Center.  
Advance reservation required.

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## 20% OFF

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## 15% OFF

### Design-a-Trip

Valid at any Navy Region Northwest Community Recreation Center.

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## 20% OFF

### Any Outdoor Recreation Outing

Valid at any Navy Region Northwest Community Recreation Center.

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## FREE BOWLING

### at NAS Whidbey Island Convergence Zone

One round, includes shoe rental.

**EXPIRES December 31, 2022**

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## FREE MOVIE

### Tickets for Two (2)

Valid at Skywarrior Theatre.

CASHIERS: PLEASE USE COUPON CODE **87CPN007** WITH YOUR SITE NUMBER (\*\*). Instructions for redemption: 1. On the Payment screen select "Split Payment"; 2. Type in Pay Code 41; 3. Select "Add Split Payment"; 4. Type the coupon code into the "Scan" box then click OK or Enter; 5. Select additional Pay Codes to finish the remaining payment(s). **EXPIRES December 31, 2022**

NOT REDEEMABLE FOR CASH. ONE COUPON PER CUSTOMER. CANNOT BE USED WITH OTHER PROMOTIONS. NO REPRODUCTIONS OR ELECTRONIC IMAGES ACCEPTED. OTHER RESTRICTIONS MAY APPLY.



navylifepnw.com





# STAY ONE NIGHT, GET THE 2<sup>ND</sup> NIGHT FREE



Valid at Navy Getaways Jim Creek Navy Community Recreation Area or Cliffside RV Park. Good for all accommodations, not valid on school breaks or holidays. Subject to availability and advance reservations. Please contact the facility directly to book your stay.

NOT REDEEMABLE FOR CASH. ONE COUPON PER CUSTOMER. CANNOT BE USED WITH OTHER PROMOTIONS. NO REPRODUCTIONS OR ELECTRONIC IMAGES ACCEPTED. OTHER RESTRICTIONS MAY APPLY.



# \$10 OFF LODGING

Valid at Navy Getaways Pacific Beach.

Good for all accommodations, not valid on school breaks or holidays. Subject to availability and advance reservations. Please contact 360-276-4414 ext. 2 to book your stay.

NOT REDEEMABLE FOR CASH. ONE COUPON PER CUSTOMER. CANNOT BE USED WITH OTHER PROMOTIONS. NO REPRODUCTIONS OR ELECTRONIC IMAGES ACCEPTED. OTHER RESTRICTIONS MAY APPLY. **VALID JANUARY 1, 2022-DECEMBER 1, 2022.**

## RENT 1, GET 1 RENTAL ITEM

Rent one item at single rate, get one FREE at Navy Getaways Pacific Beach

(Of equal or lesser value)

CASHIERS: PLEASE USE BOGO DISCOUNT TRANSCODE **369101**. Instructions for redemption: 1. Ring up the MOST expensive rental first; 2. Ring up the LEAST expensive rental; 3. Apply BOGO Discount Transcode #369101 using the BOGO button.

NOT REDEEMABLE FOR CASH. ONE COUPON PER CUSTOMER. CANNOT BE USED WITH OTHER PROMOTIONS. NO REPRODUCTIONS OR ELECTRONIC IMAGES ACCEPTED. OTHER RESTRICTIONS MAY APPLY. **VALID JANUARY 1, 2022-DECEMBER 1, 2022.**

## BUY 1, GET 1 ESPRESSO

Buy one espresso drink, get one FREE at Navy Getaways Pacific Beach

(Of equal or lesser value)

CASHIERS: PLEASE USE BOGO DISCOUNT TRANSCODE **369102**. Instructions for redemption: 1. Ring up the MOST expensive espresso first; 2. Ring up the LEAST expensive espresso; 3. Apply BOGO Discount Transcode #369102 using the BOGO button.

NOT REDEEMABLE FOR CASH. ONE COUPON PER CUSTOMER. CANNOT BE USED WITH OTHER PROMOTIONS. NO REPRODUCTIONS OR ELECTRONIC IMAGES ACCEPTED. OTHER RESTRICTIONS MAY APPLY. **VALID JANUARY 1, 2022-DECEMBER 1, 2022.**



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# NEED HELP NAVIGATING YOUR NAVY BENEFITS START HERE

As the spouse of an active duty service member, you are eligible for many benefits and perks, including health care, housing support, access to base recreational facilities and exclusive military discounts. Make sure you know what they are and how to take advantage of them with this handy guide.

### 1. Health and Dental Care

If you're married to an active duty service member, you and your children are eligible for healthcare and premium-based dental insurance plans. See [www.tricare.mil](http://www.tricare.mil) for more information.

### 2. Exceptional Family Member Program (EFMP)

This program assists Sailors who have family members with special medical, dental, mental health, developmental or educational requirements. EFMP representatives can help you navigate available resources such as assistive technology, support groups and other services. For more information see page 23 or visit <https://www.mynavyhr.navy.mil/Support-Services/Exceptional-Family-Member/>

### 3. Child Care

The Navy's Child Development Centers (CDC) and after-school programs are among the best in the nation. See page 14 or contact your installation's Child and Youth Program to learn more about available childcare options on and near base. You can also find valuable information at [www.childcareaware.org/](http://www.childcareaware.org/).

### 4. Housing

To take advantage of your housing benefits, contact your Housing Service Center (see page 26). They can help you find a home, resolve common landlord-tenant issues, give you information and referral about the Service Members Civil Relief Act (SCRA) and other programs. You also have 24/7 access to [www.HOMES.mil](http://www.HOMES.mil), a great resource for finding military community housing at your current and future duty station.

*Tip: Get free and confidential support from FFSC in times of deployment or whenever you need it.*

### 5. World-class Fitness and Recreation Facilities

The Navy's [Morale, Welfare, and Recreation \(MWR\)](#) program operates fitness centers and a variety of indoor and outdoor recreation facilities on and near base. MWR also offers food & beverage services, discount tickets to a variety of local and national attractions, and equipment checkout centers where you can rent bicycles, picnic and camping gear, kayaks and more all at reasonable rates. See

page 6 or visit [navylife.pnw.com](http://navylife.pnw.com) to see what MWR has to offer in your area.

### 6. Legal Help

Some Navy Legal Service offices can provide notary services, power of attorney services, and information on topics such as consumer/financial affairs, disaster relief support and advice, family law, foreclosure advice and counseling, immigration, landlord/tenant matters, Service Members' Civil Relief Act, small claims court matters, victim assistance, and wills/estate planning. To learn more, find your nearest office at [https://www.jag.navy.mil/legal\\_services.htm](https://www.jag.navy.mil/legal_services.htm)

### 7. Chaplains

Chaplains serve all service members and their families, not just individuals or groups belonging to specific religious denominations. Pastoral counseling is provided to all who ask for assistance. Chaplains work at base chapels and are qualified to help Navy families find solutions to personal, family, marital,

and spiritual dilemmas. They can also help you establish contact with almost any religious institution or clergy. For more information, see the services directory on your installation's [official website](#).

### 8. Tax-free Shopping and Discounts

Navy Exchange stores ([mynavyexchange.com](http://mynavyexchange.com)) and Defense Commissaries ([commissaries.com](http://commissaries.com)) boast savings between 20% and 30% of what you'd expect to pay off base for similar items. You can also get exclusive travel discounts through [AmericanForcesTravel.com](http://AmericanForcesTravel.com), just to name a few!

### 9. Military OneSource

Need help, but don't know who to call? The Military OneSource team is standing by to assist you in navigating the many agencies and organizations that support service members and their families. This free service is available 24/7 by visiting [militaryonesource.mil](http://militaryonesource.mil) or calling 1-800-342-9647.

### 10. Personalized Support for Your Navy Life

If you are new to this area, consider making the Fleet & Family Support Center (FFSC) program the first place you visit on base. They will help you feel at home and informed here with newcomer's orientation resources, informative classes and one-on-one support for anything from career advice to coping with deployment. FFSC's services are so wide-ranging and extensive that we dedicated a special section in this guide to describe them in detail. Turn the page to learn more!

## To-Do List for New Navy Spouses

- ✓ 1. Make sure your Sailor has enrolled you in the Defense Enrollment Eligibility Reporting System (DEERS). You will need this to get medical care and other benefits.
- ✓ 2. Memorize your Sailor's Social Security number and keep your Sailor's rate, rank, department or division, email, mailing address and full command name on your phone or other handy location. You will need this information for all sorts of paperwork and forms.
- ✓ 3. Obtain a military identification card. An ID card will give you access to military exchanges, commissaries and other facilities on base.
- ✓ 4. Learn to read and understand your Sailor's Leave and Earnings Statement (LES). See <https://www.dfas.mil/militarymembers/payentitlements/les.html> for more information.
- ✓ 5. Find out who your Ombudsman is (or volunteer to become one). Ombudsmen are the spouses of command members who are specially trained to provide assistance and referrals during times of emergency and volunteer to serve as a liaisons between a command's leaders and associated families.
- ✓ 6. Ask your Sailor to list you as a beneficiary on his or her Serviceman's Group Life Insurance (SGLI) policy and update his or her record of emergency data sheet (DD Form 93). <http://www.benefits.va.gov/insurance/sgli.asp>
- ✓ 7. Visit your installation Fleet & Family Support Center (FFSC). There you will find helpful information and referrals for anything else you might need to feel at home at your new duty station. Turn the page to learn more about the many free services offered through FFSC.

Sources: *Naval Education and Training Command, US Navy JAG Corps, and Commander, Navy Installations Command (CNIC)*

BENEFITS?  
RE



## 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](http://www.applocker.navy.mil) to download this app and many other helpful Navy apps for free.



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.



### Centralized Scheduling

866-854-0638  
ffsp.cnrrw@navy.mil

### Fleet & Family Support Center Nor'Wester

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



**Navy Gold Star Call Center**  
888-509-8759

### 24/7 SAPR Advocate

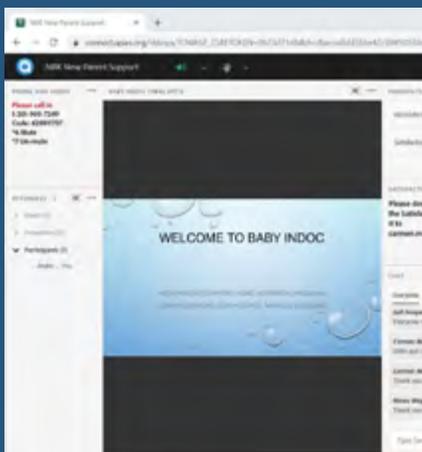
360-914-7867/55

### 24/7 Sexual Assault Response Coordinator (SARC)

360-914-7834



**DoD Safe Helpline**  
877-995-5247



## HOW TO REGISTER FOR VIRTUAL FFSC CLASSES HOSTED ON APAN

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

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

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



*Health Protection Notice: FFR activities and services may require advanced registration and are subject to change or cancellation without prior notice. Contact the facility directly or visit [navylifepnw.com](http://navylifepnw.com) for current hours of operation and health precautions in effect.*

# FLEET & FAMILY SUPPORT CENTER

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.



## NEW SPOUSE



## 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 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 healthcare provider. Visit your FFSC or scan the QR code to learn more.

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, you are NOT alone.

Fleet & Family Support Centers (FFSC) can support you with in-home visits after the baby is born to help smooth the transition to new parent.

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.



## PARENTHOOD

MEETING YOUR NEEDS AT HOME AND AT SEA · CALL 866-854-0638

# FLEET & FAMILY SUPPORT CENTER



## 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 the family includes stress-reduction classes, mind and body mental fitness classes and countless other resources. Homecoming can also emphasize problems in a relationship, so FFSC understands those hurdles too.

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

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.

If you already have a career, FFSC has a wide variety of resources including information on how occupational licenses from one state can be recognized in another.

We also offer FREE support with resume writing, interview techniques, job search strategies and workshops for teen employment and WA state employment among others. Visit your FFSC or scan the QR code to learn more.



## EMPLOYMENT & ADULT EDUCATION

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.



## TRANSITION & RETIREMENT

MEETING YOUR NEEDS AT HOME AND AT SEA · CALL 866-854-0638

# FLEET & FAMILY SUPPORT CENTER

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

The 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.



## FAMILY FINANCIAL PLANNING



## 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 to 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.

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.

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.



## SPECIAL NEEDS FAMILY SUPPORT

MEETING YOUR NEEDS AT HOME AND AT SEA · CALL 866-854-0638



# WE'RE HIRING!

## WE'RE SEEKING TALENT LIKE YOU

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RECREATION, FITNESS AND MORE!

### BENEFITS & PERKS

#### ► COMPETITIVE WAGES & BENEFITS

- Benefits begin DAY ONE (Full-Time only)
- Access to base recreation centers, gyms, movie theaters, Navy Exchange and discount travel through AmericanForcesTravel.com

#### ► GLOBAL CAREER OPPORTUNITIES

- Free training and transfer opportunities to Navy bases around the world

#### ► MAKE A POSITIVE IMPACT ON THE MILITARY COMMUNITY

**APPLY TODAY!**

[WWW.NAVYLIFEPNW.COM/JOBS](http://WWW.NAVYLIFEPNW.COM/JOBS)



FLEET & FAMILY READINESS  
**WORK that MATTERS.**





## 10 Great Reasons to Work for FFR

**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.**

- 1. Competitive pay.** FFR 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 NW.** 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, barbecue grills 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](http://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 employee, your base access allows your kids to play! Some bases have bowling, fishing ponds, playgrounds, STEM kits, crafts, libraries, as well as Child & Youth Programs, Youth & Teen Centers, movie theaters that offer family-friendly films, and events on base.

**9. Getaways all over the world.** DoD lodging offers hotels, cabins, cottages and more, anywhere a U.S. military base is located. A cottage in Pacific Beach or a 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.

— Contributed by Ani Pendergast

# NAVY HOUSING



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

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.

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.

### Nor'Wester

3675 W Lexington, Bldg. 2556  
Oak Harbor, WA  
360-257-3331

### Hunt Military Communities

888-597-8174 or 360-679-4241  
[whidbeyislandfamilyhousing.com/](http://whidbeyislandfamilyhousing.com/)

## Unaccompanied Housing

### Check-in: Unaccompanied Housing Office

1040 Intruder Street Bldg. 2701, Oak Harbor, 360-257-5513  
After-hours Emergency Maintenance: 360-257-5513

### Online Barracks Maintenance Requests

Available 24/7, residents can submit non-emergency maintenance requests through the online maintenance request program at [navylifepnw.com](http://navylifepnw.com).

# Transferring? PCSing? Looking for local rentals?



or contact your local  
**Housing Services Office**



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

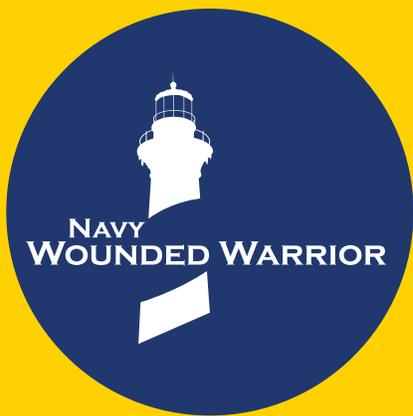


@NAVYLIFEPNW

**(800) 876-7022**

[whidbey\\_housing@navy.mil](mailto:whidbey_housing@navy.mil)  
[everett\\_housing@navy.mil](mailto:everett_housing@navy.mil)  
[kitsap\\_housing@navy.mil](mailto:kitsap_housing@navy.mil)

# NAVY WOUNDED WARRIOR



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

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



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Some discounts, coverages, payment plans, and features are not available in all states, in all GEICO companies, or in all situations. GEICO contracts with various membership entities and other organizations, but these entities do not underwrite the offered insurance products. Discount amount varies in some states. One group discount applicable per policy. Coverage is individual. In New York a premium reduction may be available. GEICO may not be involved in a formal relationship with each organization; however, you still may qualify for a special discount based on your membership, employment or affiliation with those organizations. GEICO is a registered service mark of Government Employees Insurance Company, Washington, DC 20076; a Berkshire Hathaway Inc. subsidiary. © 2021 GEICO



**“I would have medications that were \$150 and they would go down to 9.99.”**

Kiara G. Mom

---

Whether your copay is too high or your VA Healthcare doesn't quite cover your prescription costs, we can help you save up to 80% on your medications.

Download the free GoodRx app or visit us at [goodrx.com/nwnavy](https://goodrx.com/nwnavy)

The Department of Navy does not endorse any company, sponsor or their products or services. GoodRx is not insurance, but can be used instead of insurance. GoodRx user compensated for their time. In 2020, GoodRx users saved an average of 79% off retail prices.





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



For Emergencies 911 or 360-257-3333 (if calling from a cellphone)

## EMERGENCY ASSISTANCE

**FFSC Centralized Scheduling & Urgent Respite Care**  
866-854-0638  
ffsp.cnrnw@navy.mil

**Nor'Wester (FFSC)**  
360-257-6289  
Information and Referral is available at the Fleet & Family Support Center

**Base Information Line** 360-257-1080

**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

**Base Self-Help** 360-257-8962

## 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

**Ault Field Autoport (Gas/Parts/Repair)** 360-257-0629

**Base Access/DBIDS** 360-257-5620  
**DEERS/ID Card Office (Ault Field)** 360-257-1390/6770  
**DEERS/ID Card Office (Seaplane Base)** 360-257-6070

**Chapel** 360-257-2414

**Commissary** 360-257-3318

**Funeral Services**  
360-315-3456

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

**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

**Personnel Support Detachment** 360-257-1102

**Public Affairs** 360-257-2286

**Public Works** 360-257-3348      **Recycling** 360-257-5481

**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



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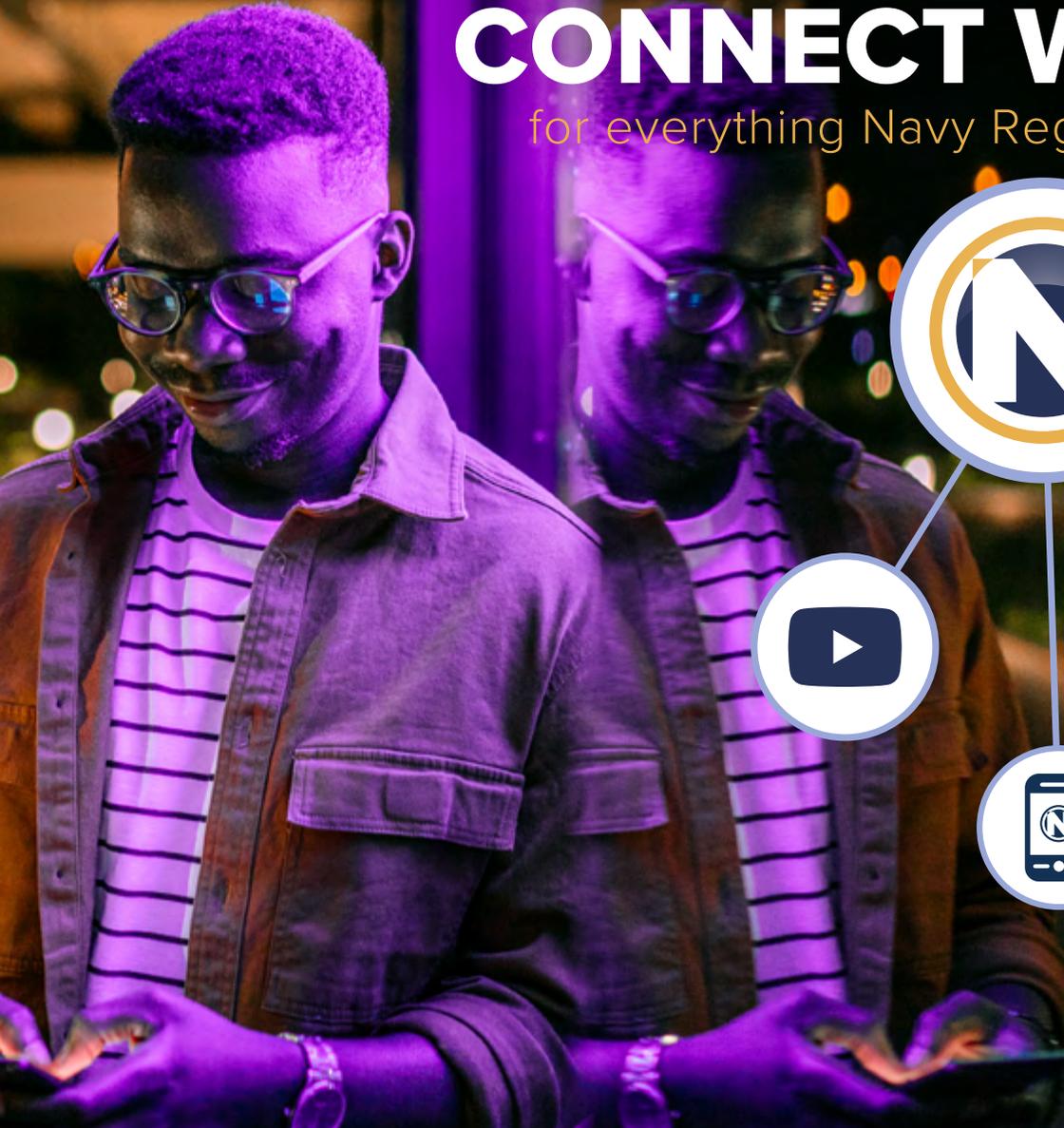


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