



SUMMER 2021

# EXPERIENCE

NAVY LIFE MAGAZINE • WHIDBEY

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OUTSIDE**

YOUR GUIDE TO SUMMER





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[twitch.tv/NavyMWR](https://twitch.tv/NavyMWR)

# EXPERIENCE NAVY LIFE

JULY-SEPTEMBER 2021

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Experience Navy Life is your go-to guide to the world of services available to authorized DoD personnel through the U.S. Navy Region Northwest Fleet & Family Readiness (FFR) program. We make every effort to ensure that the information herein is accurate at the time of publication; however, all activities, events and hours of operation are subject to change. For the most up-to-date information, please visit our website at [navylifepnw.com](http://navylifepnw.com) or contact the facility directly. A digital version of this magazine is available at: [whidbey.navylifepnw.com/magazine](http://whidbey.navylifepnw.com/magazine).

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14

July is National Parks and Recreation Month. Get outside with MWR Outdoor Recreation.



18

Earn this set of collectible medals as part of our 2021 Virtual Run Series, sponsored by GEICO Military.

### Sponsorship & Advertising Opportunities

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.

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**CONTACT US TODAY!**  
360-535-9092  
[Sponsorship.cnrnw.pf@navy.mil](mailto:Sponsorship.cnrnw.pf@navy.mil)



### MESSAGE FROM THE FFR DIRECTOR



We're thrilled to welcome you and your family back on base.

There's so much to do this season and our team stands ready to make the most of it with exceptionally clean facilities, knowledgeable staff and fun activities that are sure to put a smile on your face.

Check out our event listings on page 6. From bowling tournaments to our upcoming Whidbey's Got Talent competition, we've got something for everyone!

Need a vacation close to home? Then check out our Navy Getaways location at Cliffside. This award-winning facility is also known as one of the Navy's best RV parks due to its prime Puget Sound location that includes spectacular views and a nature trail that takes you through a nearby forest. Call to reserve an RV or camp site just in time for one of our Summer Sip events. See page 12 for details.

Summer is also a great time to get in shape. Don't miss out on the opportunity to earn all five collectible medals as part of the Navy Region Northwest Virtual Run Series. See page 16 for details on our many sports and fitness offerings.

On behalf of the NAS Whidbey Island Fleet & Family Readiness team, I wish you a safe and sunny summer. Please feel free to reach out to me or any FFR team member if there is anything we can do to make your time at NASWI more enjoyable.



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

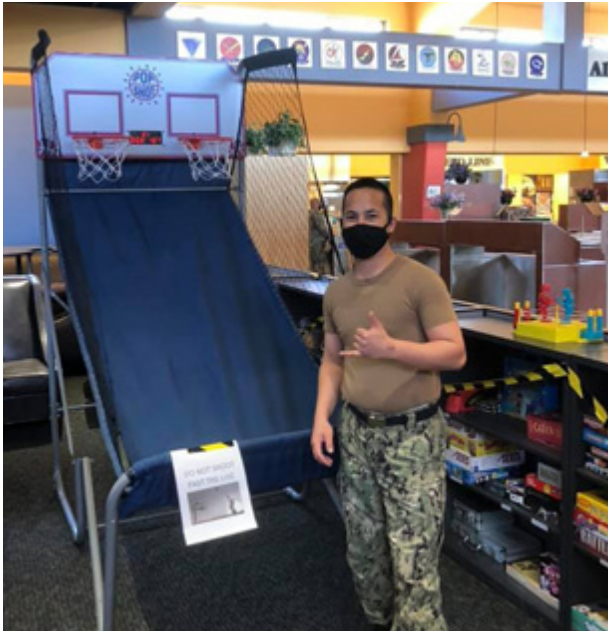


*The Galley at Admiral Nimitz Hall earned a Five Star Accreditation Award for the 20th year in a row! Food Service Officer Erick Roberts (right) received an award from Capt. Matthew Army (left) in recognition of this phenomenal accomplishment. "We have a dynamic and diverse group of culinary and logistic specialists with all different levels of expertise," says Roberts, "you train them, trust them and you'll be amazed at what they achieve."*



*This group, representing VAQ-209, were among the groups who participated in this year's SAPR 5K Color Run in support of sexual assault prevention and awareness.*





Over 40 college basketball enthusiasts showed off their skills during Whidbey MWR's 'Pop-A-Shot' Competition. Congratulations to Lavern Cajigal who earned the highest score of 137 baskets!



## LIKE, SHARE AND WIN

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



"Thank you for making our Easter special!"

-The Molano Family

Siblings Samantha, Aiden, Noah, Oliver, Elliot, Camden, Paisley and Ryann Molano posed with the Easter bunny at the 2021 Hoppy Hunting Easter event.

## 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 are looking for.

### 4 PURCHASE

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

### 5 ENJOY!

Rest easy knowing your reservation is complete!



## FOOD, FUN & RECREATION



Marvelous views from Navy Getaways Cliffside RV Park. Book your stay today!



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

### Dining & Entertainment



#### Admiral Nimitz Hall Galley

Located on Ault Field  
360-257-2469



#### CPO Lounge

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



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

Located on Ault Field  
360-257-2521



#### Kegler's Bar & Grill

Located in the Convergence Zone  
360-257-1567

Closed holidays

Check out new menu.  
You can also order online through our *Dine on the Go* PNW app.



### Community Recreation Facilities



#### CONVERGENCE ZONE

Located on Ault Field  
360-257-2432

Hours: please call for information

Closed holidays

#### Equipment Rentals

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

#### Tickets, Trips & Tours

Come see us for military discounts on travel and advice on local hot spots. We also offer a wide variety of day and weekend trips. Let us do the driving while you travel in style.

#### Wheels & Deals

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

### Outdoor Parks and Recreation Areas

#### Costen-Turner Recreation Area

Located on Ault Field

360-257-2432

Features include a new playground, gazebo, and plenty of picnic tables. Gazebo rental reservations are available.

#### Disc Golf Course

Located on Ault Field  
360-257-2432

The 18-hole disc golf course starts and ends at PSD, located across the parking lot from the Convergence Zone. Disc sets available for rent.

#### General Quarters Paintball

Located on Ault Field  
360-257-2432

Adrenaline, strategy, skill and



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





speed combine in exhilarating thrills on two separate fields. Call to set up your party or open play details.

### The Grind Skate Park

Located on the corner of Intruder and Princeton Streets (across from the Chapel). Oak Harbor, WA 98278 360-257-3309

Open daily, dawn to dusk.

The Grind features a series of challenging obstacles, including a half pipe, quarter pipe, grind box, pyramid and stairs.

### Rocky Point Recreation Area

Located on Ault Field 360-257-2432

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



### Gallery Golf Course

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

Hours: please call for information

Open to the public.

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

### Vehicle Storage

Operated through Cliffsides RV Park 360-257-2649

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

Looking for a place to store your vehicle, RV or boat long term? We have secured long term storage available.

### Theaters

#### Skywarrior Theatre

Located on Ault Field 360-257-6684

Hours: please call for show times

### LIBERTY Lounges

#### LIBERTY Northwest Center

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

Open to junior service members (E1-E6) who seek high-energy recreation and entertainment in an alcohol- and tobacco-free environment. Eligible users may escort up to two guests over the age of 18.

## JULY-SEPTEMBER 2021

EVENT	DATE/TIME	HOST/VENUE
<b>Bowling Specials &amp; Tournaments</b> There's always something new for bowling fans at the Convergence Zone! Check out our daily specials, events and league nights.	Monday-Sunday, Ongoing	Convergence Zone
<b>Leisure Skills Classes</b> Community Recreation teaches many different leisure skills. From pumpkin painting to Wilderness First Aid, there is something for everyone. Contact facility for details.	Monday-Sunday, Ongoing	Convergence Zone
<b>Special Activities</b> Community Recreation offers activities throughout the week such as Toddler Reading Time and contests. Contact facility for details.	Monday-Sunday, Ongoing	Convergence Zone
<b>Trips &amp; Tours</b> Community Recreation offers a variety of trips each month for you to experience and explore the great Northwest. Contact facility for details.	Monday-Sunday, Ongoing	Convergence Zone
<b>Paint &amp; Sip Evening</b> Paint a familiar Cliffsides scene to take a lasting memory home. Register by July 8 (myFFR #430001-01) and Aug. 19 (myFFR #430001-02).	Sunday, July 11, 7 p.m.	Navy Getaways Cliffsides RV Park
	Sunday, Aug. 22, 7 p.m.	

## NAS WHIDBEY ISLAND SKYWARRIOR THEATRE

# PARTY

## PACKAGES

### STARTING AT \$300

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



For more information call: 360-257-1977

## JULY-SEPTEMBER 2021

EVENT	DATE/TIME	HOST/VENUE
<b>Sips@Sunset</b> Share some local wines, ciders or beers and meet their creators. Register by Wednesday, July 14. \$20 per person.	Saturday, July 17, 7 p.m.	Navy Getaways Cliffside RV Park
<b>Growler 8K</b> Run in the sun for 8 kilometers and then fill your race Growler with the beverage of choice. Register by Wednesday, Aug. 4. FREE event.	Friday, Aug. 6, 3 p.m.	M.T. McCormick's O'Club
<b>Sudz@Sunset</b> Share some local wines, ciders or beers and meet their creators. Register by Wednesday, Aug. 4. \$20 per person.	Saturday, Aug. 7, 7 p.m.	Navy Getaways Cliffside RV Park
<b>40th Annual Men's Invitational Golf Tournament</b> Compete against other golfers of all levels to win. This event is now in it's fortieth year! Register by Friday, Aug. 13. \$160 per person.	Sunday, Aug. 15	Gallery Golf Course
<b>iRead: Summer Color Your World Closeout Party</b> Join us for the closeout party of iRead: Color Your World Reading Challenge! Be sure to pick up all of the incentives you've earned, plus some other surprises!	Saturday, Aug. 14, Noon	Resource Center, Convergence Zone
<b>Whidbey's Got Talent-NASWI All Star</b> Come out to showcase your talent and a chance to win prizes and an opening spot for a future MWR concert event. Register by Tuesday, Aug. 24. FREE event.	Friday, Aug. 27	Skywarrior Theatre/ LIBERTY Center



## UPCOMING PROGRAMS & EVENTS





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WITH  
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ORDER ON OUR WEBSITE ORDER ON THE GO  
[www.DineOnTheGoPNW.com](http://www.DineOnTheGoPNW.com) Text DOTGPNW to 33733

 **DINE ON THE GO**  
NAS WHIDBEY ISLAND

### JULY-SEPTEMBER 2021

EVENT	DATE/TIME	HOST/VENUE
<p style="text-align: center;"><b>Great Navy Campout</b></p> <p>Join us for two fun-filled nights during our annual Campout at Cliffside! There will be plenty to do-everything from campfire building and crafts, to guided nature hikes and family campout games! Supplies are included in this FREE event.</p>	Friday, Aug. 27 -Sunday, Aug. 29	Community Recreation, Navy Getaways Cliffside RV Park
<p style="text-align: center;"><b>Pet Nature Walk</b></p> <p>Take the pets and family out for a walk along the Seaview Trail and learn about plants and animals unique to the area. Register by Wednesday, Aug. 25. FREE event.</p>	Saturday, Aug. 28, 9:30 a.m.	NASWI Fitness Center, Seaview Trail, Navy Getaways Cliffside RV Park
<p style="text-align: center;"><b>Red Cup Night</b></p> <p>Share some local wines, ciders or beers and meet their creators. Register by Wednesday, Aug. 25. \$20 per person</p>	Saturday, Sept. 4, 7 p.m.	Navy Getaways Cliffside RV Park
<p style="text-align: center;"><b>LIBERTY See Ya Summer Party!</b></p> <p>Say goodbye to summer and enjoy good food, music, games and more! Open to LIBERTY-eligible patrons only.</p>	Friday, Sept. 10, 4-7 p.m.	LIBERTY/UH Pavilion
<p style="text-align: center;"><b>Ernie Ghezzi Memorial Golf Tourney</b></p> <p>Join us for a day of golf in remembrance of Ernie Ghezzi and loved ones we have lost in the past year. \$100 per person.</p>	Saturday, Sept. 11	Gallery Golf Course

# 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



**“My prescription  
copay was \$20,  
but now I use  
GoodRx every  
time and it’s  
around \$5.”**

**Kayla M.**  
Stay-at-home 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. GoodRx user compensated for their time. In 2020, GoodRx users  
received an average savings of over 70% off retail prices.



**GoodRx**

## LODGING & LEISURE



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



### Cliffside RV Park & Campground

Located on Ault Field.  
360-257-2649

*Nestled along the shoreline of Whidbey Island, Navy Getaways Cliffside offers an awe-inspiring location, the ambiance of shoreline living, ever-changing marine environment and unparalleled sunsets. 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  
425-304-5315/5361

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



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

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

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



### Navy Gateway Inns & Suites

*Navy Gateway Inns & Suites combines all the comforts of a hotel, while specializing in official business accommodations. For reservations, call 877-NAVY-BED (628-9233).*

#### Bangor

2750 Sargo Circle  
Silverdale, WA 98315

#### Bremerton

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

#### Whidbey Island

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

Amenities include:

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



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



## UPCOMING PROGRAMS & EVENTS



### JULY-SEPTEMBER 2021

EVENT	DATE/TIME	HOST/VENUE
<b>Tie-Dye Saturdays at the Beach</b> Learn to tie-dye! Includes supplies to create your own Pacific Beach souvenir. \$12 adult tees, \$10 kid tees.	Saturday, July 3, Noon	Navy Getaways Pacific Beach
	Saturday, July 10, Noon	
	Saturday, July 17, Noon	
<b>Sips@Sunset</b> Share some local wines, ciders or beers and meet their creators. Register by Wednesday, July 14. \$20 per person.	Saturday, July 17, 7 p.m.	Navy Getaways Cliffside RV Park
<b>Great Navy Campout and Luau at the Beach</b> Join us for FREE tent camping and Luau-themed activities all weekend! We'll show an outdoor movie, make s'mores, and top it all off with carnival rides and yard games! Luau barbecue plate just \$15.95 per person. Book your stay today!	Friday, Aug. 6-7, Noon	Navy Getaways Pacific Beach
<b>Great Navy Campout at Jim Creek</b> Get introduced to the outdoors in the serene setting of Jim Creek or check out our virtual, self-guided campout. Learn how to pitch a tent, make your own campfire food and engage in some friendly competition. Gear available at no charge, while supplies last! FREE event.	Saturday, Aug. 21- Sunday, Aug. 22	Community Recreation, Navy Getaways Jim Creek
<b>Great Navy Campout at Cliffside RV Park</b> Join us for two fun-filled nights during our annual Campout at Cliffside! There will be plenty to do—everything from campfire building and crafts, to guided nature hikes and family campout games! Supplies are included in this FREE event. Register by Monday, Aug. 23.	Saturday, Aug. 27- Sunday, Aug. 29	Community Recreation, Navy Getaways Cliffside RV Park
<b>Sudz@Sunset</b> Share some local wines, ciders or beers and meet their creators. Register by Wednesday, Aug. 4. \$20 per person.	Saturday, Aug. 7, 7 p.m.	Navy Getaways Cliffside RV Park
<b>Paint &amp; Sip Evening</b> Paint a familiar Cliffside scene to take a lasting memory home. Register by July 8 (myFFR #430001-01) and Aug. 19 (myFFR #430001-02).	Sunday, July 11, 7 p.m.	Navy Getaways Cliffside RV Park
	Sunday, Aug. 22, 7 p.m.	
<b>Pet Nature Walk</b> Take the pets and family out for a walk along the Seaview Trail and learn about the plants and animals unique to the area. Register by Monday, Aug. 23.	Saturday, Aug. 28, 9:30 a.m.	Navy Getaways Cliffside RV Park
<b>Red Cup Night</b> Share some local wines, ciders or beers and meet their creators. Register by Wednesday, Aug. 25. \$20 per person	Saturday, Sept. 4, 7 p.m.	Navy Getaways Cliffside RV Park





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# LET'S TAKE IT OUTSIDE

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*Get outdoors with  
MWR's Community  
Recreation  
Program and  
see what the  
Great Northwest  
has to offer!*





by Kelly Joines and Marie Larsen

**T**he Great Northwest has a reputation for being cold, dreary and rain-soaked, which is perfectly fine with the locals who'd prefer to keep the area's stunning beauty all to themselves. The truth, however, is quite the opposite. Thanks to higher latitude and longer days, Great Northwest summers are filled with seemingly endless sunshine. Those in the know spend their weekends soaking up the scenery, wading through fields of purple, yellow and red wildflowers or hiking up the deep greens and ambers of the forest floor to a bird's-eye view of the Puget Sound, where the blue gradient water becomes one with the horizon.

There's no better time than now to discover the many hidden gems this area has to offer. Your installation MWR program stands ready to reveal some of Washington's best kept secrets through guided tours and expert advice. Check out these top tips!

## VISIT A NATIONAL PARK OR STATE PARK FOR FREE

Washington State is home to Olympic National Park, the iconic Mount Rainier National Park, and the North Cascades National Park, to name a few. The National Parks Service "America the Beautiful" pass allows nature lovers access to these and 2,000 other federal recreational areas for entire year for just \$80. Active Duty Service Members, Veterans and Gold Star Families can get this fee waived entirely simply by requesting a special military pass. For details, visit [www.nps.gov](http://www.nps.gov).

Washington State is also home to more than seven million acres of managed recreation lands including campgrounds, parks, wildlife areas, trails, natural areas, wilderness areas and water access points.

You can access any Washington State Park, Department of Natural Resources site and Department of Fish and Wildlife trailhead by purchasing an annual Discover Pass for just \$30. For details, visit [www.discoverpass.wa.gov](http://www.discoverpass.wa.gov).

For extra savings, consider planning your trip around the National Park Service Birthday on Aug. 25 and National Public Lands Day on Sept. 25. All entry fees are waived on these days.

## DISCOVER LOCAL DEALS AND DELIGHTS

Whidbey Island is a gateway to get up, close and personal with the great outdoors. When asked about her favorite hidden gems, Installation Community Recreation Director Melissa Darling puts Deception Pass State Park at the top of her list. "There is something in that park for everyone," she says when explaining why the park draws more than 2 million visitors annually.

Darling also likes Windjammer Park, located on SW Beeksma Drive in Oak Harbor. "Windjammer Park is newly renovated and has many interactive elements for everyone to enjoy," says Darling, who especially recommends the large playground with water features on a hot summer day. For a bit of Southend flair, Darling suggests Double Bluff County Park in Langley, a sandy oasis on an otherwise rocky island. "It's a must visit!" she insists.

Darling also reminds you about the Navy Getaways location right by the base, "There is complete beach access and a beautiful local garden at Cliffside," she says. To learn more, feel free to contact Melissa Darling and her teammates at the Outdoor Recreation Center located inside the Convergence Zone

## TAKE ADVANTAGE OF NAVY GETAWAYS

Washington is home to three Navy Getaways locations, each with its own unique flair and pristine surroundings. These Navy-operated facilities are designed to make leisure travel and outdoor adventure more accessible to military families by offering clean and comfortable accommodations at affordable rates. See page 12 for details on this amazing benefit available to eligible personnel.

## DON'T KNOW WHERE TO START?

Contact your ship's Fun Boss or your installation MWR Community Recreation Center for planned group trips, equipment rentals or for ideas and advice for exploring on your own. For instance, at the time of publication, visitors to National Parks are still expected to wear a cloth face covering outdoors when social distancing (6 feet) cannot be maintained. Visitors are also advised to consider the "10 essentials," before embarking on an outdoor adventure.

## OUTDOOR ADVENTURE CHECKLIST MAKE SURE YOU HAVE THE 10 ESSENTIALS!

1. **NAVIGATION** – Map, compass and GPS system
2. **SUN PROTECTION** – Sunglasses, sunscreen and hat
3. **INSULATION** – Jacket, hat, gloves, rain shell and thermal underwear
4. **ILLUMINATION** – Flashlight, lanterns and headlamp
5. **FIRST-AID SUPPLIES** – First Aid Kit
6. **FIRE** – Matches, lighter and fire starters
7. **REPAIR KIT AND TOOLS** – Duct tape, knife, screwdriver and scissors
8. **NUTRITION** – Food
9. **HYDRATION** – Water and water treatment supplies
10. **EMERGENCY SHELTER** – Tent, space blanket, tarp, and bivy

Source: [www.nps.gov](http://www.nps.gov)

## SPORTS, FITNESS & AQUATICS



Our state-of-the-art fitness centers offer individual and group instruction from certified professionals and a wide variety of equipment, classes and team activities for every age, interest and fitness level.

### Whidbey Fitness Center

3755 N Wasp St.  
Bldg. 117  
Oak Harbor, WA 98278  
360-257-2420

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

- Extensive Cardio and Strength Equipment
- Life Fitness
- Treadmills
- Stairmaster
- Steppers
- Matrix Stepmill
- Concept2 Indoor Rowers
- Precor Elliptical
- Life Fitness Ellipticals
- Technogym Wave Ellipticals

- Recumbent Bikes
- Upright Bikes
- Free Motion
- Free-Weight Room
- Hammer Strength Line

Facility and Surrounding area features:

- Sauna
- Large Group Fitness Room
- Four Racquetball Courts
- Full Basketball Court
- Volleyball Court
- Tennis Court
- Boxing/Judo Room
- NOFFS Zone
- Rogue Rack
- Functional Training Equipment
- Family Fitness Room
- Functional Training Room

- Seaview Trail (leads to Cliffside or Nortz Gate)
- Costen-Turner Complex
- Football/Soccer Field with Running Track
- Three Softball Fields

### Aquatics Facilities

Although NAS Whidbey Island does not have its own recreational swimming facility, MWR has partnerships with two local pools: Fidalgo Pool in Anacortes and the North Whidbey Parks & Rec Pool in Oak Harbor. For more information, see the Front Desk.

### Intramural Sports

3755 N Wasp St.  
Bldg. 117  
Oak Harbor, WA 98278  
360-257-4320

Participate in regularly scheduled leagues, including soccer, volleyball, flag football, golf, basketball, softball and more. In addition, there are opportunities to participate in tournaments and regional competitions throughout the year.

#### All-Navy Sports

This program allows Sailors who possess the athletic skills to compete above the intramural level, in team or individual sports, a chance to represent the Navy at

higher-level athletic competitions. All-Navy teams participate in the Department of Defense Sports program and compete in the Armed Forces Championships against teams from the Marine Corps, Army and Air Force.

#### Admiral's Cup

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

#### Captain's Cup

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



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## UPCOMING PROGRAMS & EVENTS

JULY-SEPTEMBER 2021

 = Captain's Cup

EVENT	DATE/TIME	HOST/VENUE
<b>Navy Region Northwest Virtual Freedom Run 5K</b> Commemorate Independence Day with a 5K! Post a pic of your finish line with #FreedomRun5K on our Facebook event page to earn one of five collectible medals, while supplies last. FREE event.	July 1-31	Virtual, Facebook: @WhidbeyFFR
<b>Down &amp; Dirty Dash</b> Come run the beach while the tide is out! Start times may be staggered based on local health and safety guidance.	Wednesday, July 7	Whidbey Island Fitness Center
<b>Tennis Tournament</b> Sign up at the Front Desk of the Fitness Center for this FREE, in-person event.	Friday, July 9	Whidbey Island Fitness Center
<b>Growler 8K Run</b> Run or walk 8K to earn a FREE Growler! This event may be held in-person or virtually depending on local health and safety guidance in effect on the scheduled start date.	Friday, Aug. 6	Virtual, Facebook: @WhidbeyFFR
<b>Frisbee Golf Tournament</b> Sign-up at the front Desk of the Fitness Center. FREE event.	Saturday, Aug. 7	Frisbee Golf Course, Convergence Zone
<b>Pet Nature Walk</b> Come join us on a walk along Seaview Trail with your pets and a chance to win prizes. This event may be held in-person or virtually depending on local health and safety guidance in effect on the scheduled start date.	Saturday, Aug. 28	Seaview Trail
<b>Navy Region Northwest Virtual POW/MIA Honor Run 5K</b> Run or walk in honor of prisoners of war and those who are still missing in action. Post a pic of your finish line with #POWMIAHonorRun5K on our Facebook event page to earn the one of five collectible medals, while supplies last. FREE event.	Sept. 1-30	Virtual, Facebook: @WhidbeyFFR







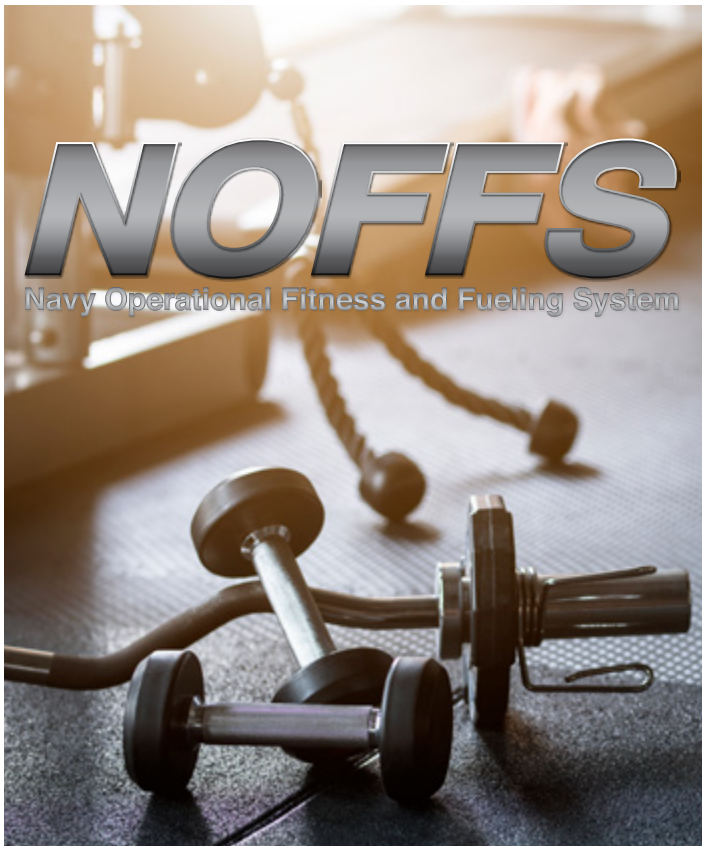
# FITNESS INCENTIVE PROGRAM

Earn prizes for time spent working out!

See Front Desk for details.



## SPORTS, FITNESS & AQUATICS



### NOFFS IS 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).



*Photo of the series medals when all 5 runs are completed. Not actual size.*

## 2021 VIRTUAL RUN SERIES



Sponsored by:  
**GEICO** | MILITARY

### It's easy as 1-2-3!

1. Track your time and take a picture at your "finish line."
2. Post your picture by 11:59 p.m. PST at the end of your run on Facebook or Instagram (@KitsapFFR, @EverettFFR or @WhidbeyFFR)
3. Collect your medal at your installation Fitness Center within 10 days of the conclusion of each run!

Complete your series by running or walking each 5K. You can participate in one or all five runs. Register anytime within the 30-day period open for each run. Compete against other commands any time, anywhere!

For details, contact your installation Fitness Center.

\*While supplies last.

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

### COLLECT ALL 5 MEDALS!\*

<b>July 1-30</b>	<b>#Freedom Run 5K</b>
<b>Sept. 1-30</b>	<b>#POW/MIA Honor Run 5K</b>
<b>Oct. 1-29</b>	<b>#Day of the Dead Dash 5K</b>
<b>Nov. 1-30</b>	<b>#Turkey Trot 5K</b>
<b>Dec. 1-30</b>	<b>#Eggnog Jog 5K</b>



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

## SUPPORT PROGRAMS



We're here to support you and your family during every career and life change with caring counselors, classes, relocation assistance and deployment support.

### Centralized Scheduling

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

### Fleet & Family Support Center Nor'Wester

3675 W Lexington  
Bldg. 2556  
Oak Harbor, WA 98278  
360-257-6289



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

### 24/7 SAPR Advocate

360-914-7687/55

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

360-914-7834



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



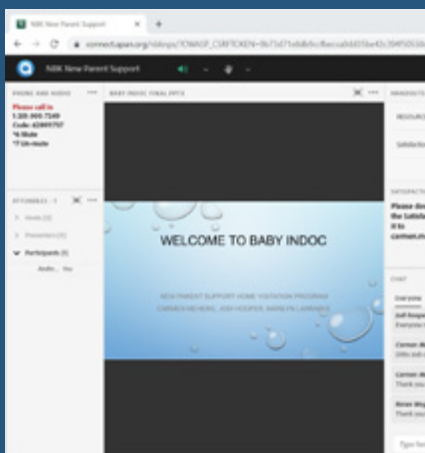
*Health Protection Notice: FFR activities and services may require advanced registration and are subject to change or cancellation without prior notice. Contact the facility directly for confirmation or visit [navylifepnw.com](http://navylifepnw.com) for current hours of operation and health precautions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

## NEW! REGISTER FOR VIRTUAL FFSC CLASSES HOSTED ON APAN

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

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

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





## UPCOMING PROGRAMS & EVENTS



### CLINICAL COUNSELING AND FAMILY ADVOCACY PROGRAMS

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



### SEXUAL ASSAULT PREVENTION & RESPONSE (SAPR)

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

EVENT NAME	DATE/TIME
<b>Domestic Violence (DV) and Sexual Assault (SA) Executive Leadership Training</b> This training gives command leadership the tools needed to keep victims safe and hold offenders accountable for their actions.	Wednesday, Sept. 22, 8:30 a.m.-noon
<b>Bells Across America</b> This annual event is held across the nation in remembrance of Sailors who died while serving on Active Duty. Join us as we honor our heroes and show our support of Gold Star Families.	Wednesday, Sept. 22, 9-11 a.m.
<b>Living Intentionally, Fully and Effectively (LIFE)</b> Connect with other people and share your journey of personal growth.	
<b>Submerged</b> This group gives military-connected teens, ages 12-18, a safe space to talk about issues that matter most to them.	
<b>Suicide Assist &amp; Intercept for Life (SAIL)</b> This voluntary program serves as a helpful and supportive link between you, your providers and command leadership during your recovery.	
<b>Survivors Overcoming Assault with Resiliency (SOAR)</b> This is a 10-week, psycho-educational program and support group designed especially for survivors of sexual abuse and violence.	

EVENT NAME	DATE/TIME
<b>SAPR Initial Victim Advocate Training</b> Required course to become a command-designated and credentialed SAPR victim advocate.	Monday, June 21-Friday, July 2, 7:30 a.m.-1 p.m. Monday, Sept. 13-Friday, Sept. 24, 7:30 a.m.-1 p.m.
<b>SAPR Primary Unit Victim Advocate Training</b> Formerly known as the SAPR Point of Contact (POC) Training, required course to become a command-designated SAPR Primary Unit Victim Advocate.	Friday, July 2, Noon-2 p.m.
<b>SAPR Policy Summit and Advocate Appreciation Event</b> Open to all SAPR personnel and command leadership teams. To register, contact your local installation SAPR office: <a href="mailto:NBKSAPR@navy.mil">NBKSAPR@navy.mil</a> <a href="mailto:NSE-SAPR@navy.mil">NSE-SAPR@navy.mil</a> <a href="mailto:NASWI-SAPR@navy.mil">NASWI-SAPR@navy.mil</a>	Wednesday, July 7, 10-11 a.m.
<b>SAPR Victim Advocate Refresher Training</b> Credentialed advocates must complete 32 hours of refresher training every 2 years.	Thursday, July 22, 2-4 p.m. Thursday, Aug. 26, 2-4 p.m. Thursday, Sept. 23, 2-4 p.m.



## SUPPORT PROGRAMS



### FAMILY SUPPORT SERVICES

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

EVENT	DATE/TIME
<b>Family Sensory-Friendly Movie</b> Free family movie with the sound turned down and the lights turned up. Kids can be kids, if they want to sing or dance with the movie. Held at the Skywarrior Theatre.	Thursday, July 8, 6 p.m. Thursday, Aug. 12, 6 p.m. Thursday, Sept. 9, 6 p.m.
<b>EFMP Sensory Friendly Bowling</b> Free bowling and shoe rental for EFMP families. No strobe lights, low and calm or no music. Bowl as much as you want in the time allotment. Reservation required. Register by Monday, July 19. Held at the Convergence Zone.	Tuesday, July 20, 3-6 p.m.
<b>Ombudsman Assembly</b> Contact the FFSC Ombudsman coordinator for location and registration information.	Tuesday, July 27, 6-8 p.m. Tuesday, Aug. 24, 6-8 p.m.
<b>Ombudsman Basic Training (OBT) Part 1</b> Ombudsmen are required to attend Ombudsman Basic Training (OBT) within 6 weeks of their appointment. Held at the Nor'Wester, Seaview. Contact the FFSC Ombudsman coordinator for registration information.	Saturday, Aug. 7, 8 a.m.-5 p.m. Wednesday, Aug. 10, 5-8:30 p.m.
<b>Ombudsman Basic Training (OBT) Part 2</b> Ombudsmen are required to attend Ombudsman Basic Training (OBT) within 6 weeks of their appointment. Held at the Nor'Wester, Seaview. Contact the FFSC Ombudsman coordinator for registration information.	Wednesday, Aug. 11, 5-8:30 p.m.
<b>Ombudsman Basic Training (OBT) Part 4</b> Ombudsmen are required to attend Ombudsman Basic Training (OBT) within 6 weeks of their appointment. Held at the Nor'Wester, Seaview. Contact the FFSC Ombudsman coordinator for registration information.	Thursday, Aug. 12, 5-8:30 p.m.
<b>NRNW Ombudsman Command Support Team Member Event</b> Contact the FFSC Ombudsman coordinator for registration information. Held online at: <a href="https://connect.apan.org/nrnw-ombudsman/">https://connect.apan.org/nrnw-ombudsman/</a>	Thursday, Aug. 19, 2-3 p.m.



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

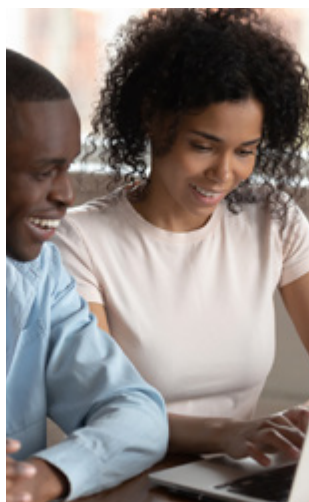


855-628-9997 (24/7)  
[www.navywoundedwarrior.com](http://www.navywoundedwarrior.com)

EVENT	DATE/TIME
<b>Certified Ombudsman Trainer (COT) Training</b> Experienced ombudsmen and command leadership spouses are encouraged to become Certified Ombudsman Trainers (COT), which allows them to teach Ombudsman Basic Training (OBT). Held at the Nor'Wester, Seaview. Contact the FFSC Ombudsman coordinator for registration information.	Part 1: Tuesday, Aug. 31, 8 a.m.-5 p.m. Part 2: Wednesday, Sept. 1, 8 a.m.-5 p.m. Part 3: Thursday, Sept. 2, 8 a.m.-5 p.m.
<b>New Spouse Orientation</b> Are you newly married or new to the Navy? Come learn the basics of Navy life and how to thrive as a military spouse! Held at the Nor'Wester, Seaview or online at: <a href="https://connect.apan.org/naswirelocation/">https://connect.apan.org/naswirelocation/</a>	Thursday, Sept. 9, 9 a.m.-Noon
<b>Ombudsman Appreciation Event</b> Held at the M.T. McCormick's O'Club. Contact the FFSC Ombudsman coordinator for registration information.	Tuesday, Sept. 28, 6-8 p.m.



## UPCOMING PROGRAMS & EVENTS



### NOW OFFERING VIRTUAL SERVICES AND ONE-ON-ONE PHONE APPOINTMENTS

Visit [navylifepnw.com/webinars](https://navylifepnw.com/webinars)  
or call 866-854-0638



#### FINANCIAL MANAGEMENT

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

EVENT NAME	DATE/TIME
<b>Moving Out...What's the Cost?</b> Moving off base? Not sure where to start? This workshop covers everything a sailor needs to know before they move out of the barracks—from what you can afford to roommate pros and cons. Held at the Nor'Wester, Seaview or online at: <a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a>	Monday, July 6, 2-4 p.m.
<b>Car Buying</b> Want to buy a new set of wheels? Learn about researching a car purchase, determining how much you can afford and negotiating effectively. Held at the Nor'Wester, Seaview or online at: <a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a>	Tuesday, July 7, 2-4 p.m.
<b>Million Dollar Sailor</b> Improve your financial literacy with this seminar. MDS is open to all hands including spouses and other family members. This is a 2 1/2-day course covering all aspects of financial management. Call for location and registration details.	Wednesday, July 14-Friday, July 16, 8 a.m.-4 p.m.
<b>Life After High School: Parents Edition</b> Don't want your children living with you forever? Then you will need to teach them critical life principles to help them to stand on their own and be financially successful. Held online at: <a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a>	Tuesday, July 27, 1-4 p.m.

EVENT NAME	DATE/TIME
<b>Life After High School: Young Adult Edition</b> Don't want to live with your parent's forever? Then you will need to take the initiative to learn critical life principles to be financially successful. Designed for ages 16-24 and held online at: <a href="https://connect.apan.org/naswipfm">https://connect.apan.org/naswipfm</a>	Wednesday, July 28, 1-4 p.m.
<b>Financial Freedom Basics</b> Money ... We all need it, but do we know how to use it effectively? Learn the basics of sound financial principles that, if followed, leads to financial freedom. Held online at: <a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a>	Thursday, July 29, 1-4 p.m.
<b>CIAC Roundtable</b> The FFSC IA Deployment Support Specialist will meet with Command Individual Augmentee Coordinators (CIAC) to discuss best practices, NFAAS updates and IA status. Held at Nor'Wester, Fidalgo or online at: <a href="https://connect.apan.org/naswideployment/">https://connect.apan.org/naswideployment/</a>	Wednesday, July 21, 3-3:30 p.m.
<b>Credit ... What's the Big Deal?</b> Is credit really that important? Come learn how credit is used, who can access it and why it's important to use credit responsibly. Held at the Nor'Wester, Seaview or online at: <a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a>	Tuesday, Aug. 3, 2-4 p.m.
<b>Debt Rehab</b> Is debt weighing you down? Unsure where to start? Discuss all types of debt from credit card to installment loans and design a recovery plan that best benefits you. Held at the Nor'Wester, Seaview or online at: <a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a>	Wednesday, Aug. 4, 2-4 p.m.
<b>Tackling Student Loans</b> Is student loan debt interfering with your GPA (going places ability)? Come learn what options are available, even if you are currently in default. Held at the Nor'Wester, Seaview or online at: <a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a>	Thursday, Aug. 5, 2-4 p.m.
<b>Command Financial Specialist (CFS)</b> CFS Initial training is a mandatory 40-hour course to become a CO-designated CFS. Candidates must be an E6 and above or an E5 with a qualifying waiver. This is a 5-day course and requires daily homework. Call for location and registration information..	Monday, Aug. 9-Friday, Aug. 13, 8 a.m.-4:30 p.m.
<b>Saving and Investing 101</b> Want to save and/or invest, but not sure where to start? Learn the difference between saving and investing, and the tools needed to get started. Held at Nor'Wester, Seaview or online at: <a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a>	Tuesday, Aug. 24, 2-4 p.m.

## SUPPORT PROGRAMS



EVENT NAME	DATE/TIME
<b>Thrift Savings Plan &amp; BRS</b> You signed up for it in boot camp, but you have no idea how it works ... Come learn how to make the most of your TSP and BRS benefits. Held at Nor'Wester, Seaview or online at: <a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a>	Wednesday, Aug. 25, 2-4 p.m.
<b>Navy Retirement ... Is It Enough?</b> Getting ready to retire and unsure if it will be enough? Explore the three stages of retirement, the five retirement steps, and sources and types of income available in "real" retirement. Call for location and registration information.	Thursday, Aug. 26, 2-4 p.m.
<b>Newly Married? Let's Talk Money</b> Talking about money can be stressful! Add in the military lifestyle and it becomes more stressful. Come learn tips, tricks and resources to master managing your finances. Held at Nor'Wester, Seaview or online at: <a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a>	Wednesday, Sept. 8, 2-4 p.m.
<b>CFS and Leadership Financial Forum</b> This quarterly forum is open to all CFSs, as well as command leadership, career counselors, first-line supervisors, senior enlisted advisors and senior leadership. Various personal financial management hot topics will be discussed. Held at Nor'Wester, Seaview.	Tuesday, Sept. 14, 2-4 p.m.
<b>CFS Refresher</b> All CFSs must attend a refresher course every three years. This is a comprehensive 8-hour course with pre-class coursework to review the financial planning worksheet and the solution focused counseling model. Held at Nor'Wester, Seaview.	Thursday, Sept. 16, 8 a.m.-4 p.m.




# PODCASTS

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

Skills education on demand from our team of professionals. Download and listen anywhere, anytime.

EVENT NAME	DATE/TIME
<b>Home Selling</b> Getting ready to PCS or move ... but you have a home here? Explore what to do prior to putting your house on the market, what to do after it's on the market, how to respond to an offer and what happens at closing. Held at Nor'Wester, Seaview or online at: <a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a>	Wednesday, Sept. 29, 2-4 p.m.
<b>Home Buying</b> Planning to buy a home? Not sure of the process? Learn how much you can afford, selecting the right loan, selecting a realtor and your ideal home, plus making the offer and the closing process. Held at Nor'Wester, Seaview or online at: <a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a>	Tuesday, Sept. 28, 2-4 p.m.
<b>Now I'm the Landlord ...</b> Moving or PCSing, but can't sell your house here or just want to rent out a room? Prepare to become the landlord by getting financially ready, understanding the laws, hiring a property manager, finding good tenants, maintaining your property and using your resources. Held at Nor'Wester, Seaview or online at: <a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a>	Thursday, Sept. 30, 2-4 p.m.



## UPCOMING PROGRAMS & EVENTS



### EMPLOYMENT/TRANSITION SUPPORT

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

#### EVENT NAME

##### (TAP) Pre-Separation

This is an introduction to the Transition Assistance Program (TAP) curriculum and will assist service members in identifying programs and services available to them while on Active Duty and after separation.

##### (TAP) Managing Your (MY) Transition

Make your transition from military service to the civilian sector a successful one. This monthly class covers important military and civilian resources as well as "less obvious" issues, such as personal and family transition concerns, the differences in the culture of civilian and military workplaces, transition-related stressors, and the importance of effective communication. Registration required.

##### (TAP) Military Occupational Code (MOC) Crosswalk

Class demonstrates how to translate military skills, training and experience into civilian credentialing appropriate for civilian jobs. Service members will document their military career experience and skills, translate their military occupation experience to civilian sector occupations and skills, and identify any gaps in their training or experience that need to be filled to meet their personal career goals. Registration required.

##### (TAP) Financial Planning for Transition

Stay in control of your finances during your transition. This class covers helpful tools to help you calculate military-to-civilian income equivalence and the real cost-of-living for at least two geographical locations and an updated spending plan. Registration required.

##### (TAP) VA Workshop

This brief is designed to enable transitioning service members (TSMs) to make informed decisions regarding the use of VA benefits. The program is designed around the understanding that no two transitions are the same. Topics covered include disability benefits and compensation, memorial and burial benefits, education and economic support, housing benefits, and health-care options as well as physical and emotional health needs.

##### (TAP) Department of Labor Employment Fundamentals of Career Transition (DOLEFCT)

This class lays the foundation of the transition from military to civilian life. This workshop provides an introduction to the essential tools and resources needed to evaluate career options, gain information for civilian employment, and understand the fundamentals of the employment process.

##### (TAP) Managing Your (MY) Education (2-day)

Interested in pursuing higher education? This 2-day workshop covers tips for choosing a field of study, selecting an institution, and admission requirements. Target audience: service members attending college for the first time and those applying to graduate school programs.

##### (TAP) Managing Your (MY) Entrepreneurship (2-day)

Learn about the benefits and challenges of entrepreneurship and the steps required to launch a small business successfully. After completing the Small Business Association (SBA) Entrepreneur Track, participants can take advantage of follow-on training, counseling and mentorship opportunities designed to assist with business planning, market research, access to capital and all other aspects and stages of small business ownership.

#### EVENT NAME

##### (TAP) Employment Workshop (2-day)

This monthly class provides service members with a comprehensive 2-day workshop that covers emerging best practices in career employment, including in-depth training to learn interview skills, build effective resumes, and use emerging technology to network and search for employment.

##### (TAP) Department Of Labor Career and Credential Exploration (2-day)

This class offers a unique opportunity for participants to complete a personalized career development assessment and present them with tailored job recommendations that align with their occupational interests and abilities. Participants are guided through a variety of career considerations including labor market projections, education, apprenticeships, certifications and licensure requirements.

##### (TAP) Disabled American Veterans

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

##### CONSEP Mid-Career

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

##### Department of Labor Vocational Career Track

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

##### Transition Assistance Program (TAP) Capstone Event

The event takes place after you have completed Pre-assessment with your Command Career Counselor, and attended the 3-day workshop, as well as one of the four Career Tracks. During Capstone, your Individual Transition Plan (ITP) and E-form 2648 (Individual Transition Plan Checklist) will be reviewed to verify that you have met your transition Career Readiness Standards.

#### EVENT NAME

#### DATE/TIME

##### Spouse Education and Employment Information

Join us to explore some of the education and employment resources available to military spouses including licensure reimbursement and scholarship possibilities. Held online at: <https://connect.apan.org/naswiferp/>

Wednesday, July 8,  
9-10 a.m.

Thursday, Sept. 9,  
2-3 p.m.

##### Sponsorship Training

This training prepares for Sailors to effectively sponsor in-bound Sailors and their families within their commands for a successful transition to their new duty station at NASWI. Training includes an overview of available resources, history of the program, and the roles and responsibilities of sponsors. Held at Nor'Wester, Seaview or online at: <https://connect.apan.org/naswirelocation/>

Wednesday, July 8,  
2-3:30 p.m.

## SUPPORT PROGRAMS



### LIFE SKILLS EDUCATION

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

EVENT NAME	DATE/TIME
<b>Navigating the Federal Application Process</b> Join us to explore the USAJobs website, federal resume formats and tips to focus your resume. Held online at: <a href="https://connect.apan.org/naswiferp/">https://connect.apan.org/naswiferp/</a>	Tuesday, July 13, 10-11 a.m.  Tuesday, Sept. 28, 5-6 p.m.
<b>Writing Your Best Resume</b> Learn the different styles of resumes and when to use them. Discover ways to translate and highlight skill sets you possess and put them into words to let employers know why they should meet and ultimately hire you. Held online at: <a href="https://connect.apan.org/naswiferp/">https://connect.apan.org/naswiferp/</a>	Tuesday, July 13, 2-3 p.m.  Thursday, Aug. 19, 10-11 a.m.
<b>Virtual Interview Preparation</b> Let's talk about effective strategies that you can use to best prepare for an interview, improve interview performance and make the most of your interview experience. Held online at: <a href="https://connect.apan.org/naswiferp/">https://connect.apan.org/naswiferp/</a>	Tuesday, July 27, 5-6 p.m.
<b>Career Assessment and Exploration</b> Not sure what career path to pursue or are you looking for a change? We will utilize O*NET Online to assess your interests in different industries or occupations as well learn the job skills and education/training required for them. Held online at: <a href="https://connect.apan.org/naswiferp/">https://connect.apan.org/naswiferp/</a>	Thursday, Aug. 5, 10-11 a.m.  Thursday, Sept. 23, 10-11 a.m.
<b>Money and the Move</b> This training will help you prepare for a CONUS or OCONUS move. Topics include the phases of relocation, financial entitlements, creating a plan of action, packing tips, family concerns and resources available. Held at Nor'Wester, Seaview or online at: <a href="https://connect.apan.org/naswirelocation/">https://connect.apan.org/naswirelocation/</a>	Tuesday, Aug. 17, 1-4 p.m.
<b>Acing the Interview</b> Let's talk about effective strategies that you can use to best prepare for an interview, improve interview performance, and make the most of your interview experience. Held online at: <a href="https://connect.apan.org/naswiferp/">https://connect.apan.org/naswiferp/</a>	Tuesday, Aug. 24, 5-6 p.m.  Thursday, Sept. 16, 10-11 a.m.
<b>Child &amp; Youth Program Hiring Event</b> Ensure you have all the required documents in addition to your resume. The forms can be found at <a href="http://www.navylifepnw.com/jobs">www.navylifepnw.com/jobs</a> . Resume assistance available through FFSC. Early Access for Veterans and Spouse Preference at 9 a.m. Regatta Child Development Center (220 NE Regatta Dr., Bldg 2938, Oak Harbor, WA 98277)	Tuesday, Sept. 21, 9 a.m.-Noon

EVENT NAME	DATE/TIME
<b>Anger Management (Taming the Tiger Within)</b> Discover better ways to respond to your own anger as well as that of others by examining family patterns, individual beliefs, and other issues that will challenge the common thoughts and beliefs of normal and healthy emotion. Held at Nor'Wester, Fidalgo or online at <a href="https://connect.apan.org/naswilifeskills/">https://connect.apan.org/naswilifeskills/</a>	Tuesday, July 6, 9-10 a.m.  Tuesday, July 20, 9-10 a.m.  Tuesday, Aug. 24, 3-4 p.m.  Tuesday, Sept. 7, 9-10 a.m.  Thursday, Sept. 23, 1-2 p.m.
<b>Conflict Resolution</b> Learn how to create a peaceful environment by examining attitudes and behaviors when peace turns into conflict. Held at the Nor'Wester, Fidalgo or online at: <a href="https://connect.apan.org/naswilifeskills/">https://connect.apan.org/naswilifeskills/</a>	Tuesday, July 6, 2-3 p.m.  Thursday, Aug. 5, 9-10 a.m.  Thursday, Sept. 9, 1-2 p.m.
<b>Stress Management 101</b> Learn how to recognize and cope with your personal stressors using easily accessible tools and resources. Held at Nor'Wester, Fidalgo or online at: <a href="https://connect.apan.org/naswilifeskills/">https://connect.apan.org/naswilifeskills/</a>	Tuesday, July 7, 1-2 p.m.  Thursday, July 22, 9-10 a.m.  Tuesday, Aug. 10, 2-3 p.m.  Thursday, Aug. 26, 9-10 a.m.  Tuesday, Sept. 14, 1-2 p.m.  Thursday, Sept. 30, 9-10 a.m.
<b>Communication Skills</b> Communication is powerful and directly affects our quality of life and relationships. Strengthen relationships at work and at home by practicing skills that build effective, two-way communication. Held at Nor'Wester, Fidalgo or online at: <a href="https://connect.apan.org/naswilifeskills/">https://connect.apan.org/naswilifeskills/</a>	Wednesday, July 8, 3-4 p.m.  Thursday, Aug. 19, 3-4 p.m.  Tuesday, Sept. 21, 9-10 a.m.





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## CHILD & YOUTH PROGRAMS



We're committed to supporting military and DoD civilian families by recognizing the uniqueness of each family's lifestyle and needs. In addition to on-base child care options, we offer a wide variety of age-appropriate activities for school-age children and teens.

### Child Development Centers (CDC)

*Child Development Centers (CDCs) care for children 6 weeks to 5 years of age. All centers are accredited by the National Association for the Education of Young Children.*

#### Clover Child Development Center (CDC)

365 W Clover  
Bldg. 2679  
Oak Harbor, WA 98278  
360-257-3302

#### Regatta Child Development Center (CDC)

220 NE Regatta Dr.  
Bldg. 2936  
Oak Harbor, WA 98278  
360-257-2938

### Child Development Homes (CDH)

#### Whidbey Child Development Homes (CDH)

260 W Pioneer Way  
Bldg. 13  
Seaplane Base  
360-257-6861

*Our certified Child Development Homes*

*care for children from four weeks through 12 years of age. Off-base homes are additionally licensed by the State of Washington.*

### School-Age Care/Youth Center

#### Whidbey School-Age Care (SAC)

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

*Our School-Age Care (SAC) program provides recreational*

*and educational activities for children 6-12 years of age.*

#### Youth Center

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

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

### Child and Youth Education Services School Liaison

#### Whidbey School Liaison

260 W Pioneer Way  
Bldg. 13  
Oak Harbor, WA 98278  
360-257-6863

*Call for an appointment.*



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





CHILD & YOUTH PROGRAMS

## SEVEN CORE SERVICES of NAVY SCHOOL LIAISONS



### Contact your School Liaison for help with:

- Inbound/outbound school transfers
- K-12 educational options and information: public, private and homeschool
- School support and other learning resources
- Understanding the special education process
- Graduation requirements and post-secondary options
- Military and community services information
- Deployment support for families and children

**NAS Whidbey Island  
School Liaison**  
360-257-6863  
260 W Pioneer Way  
Oak Harbor, WA 98278

1

### School Transition Services (PCS cycle)

Assists families with school transfers, providing information on K-12 educational options and strategies to help "level the playing field" for military children and youth.

2

### Deployment Support

Connects military families to the Navy's deployment-support system, inform educators about the cycle of deployment, and provide tools to assist educators working with Navy children.

3

### Command, School and Community Communications

Serves as subject-matter experts for installation commanders on K-12 issues, helping to connect command, school and community resources and information.

4

### Homeschool Linkage and Support

Provides Navy families with homeschooling resources and support, as well as information on homeschooling issues, policies and legislation.

5

### Partnerships in Education (PIE)

Helps support the installation's PIE program, where military personnel volunteer in local schools to help foster the success of all students in the community.

6

### Post-secondary Preparation

Provides military high-school students with post-secondary information, resources, and opportunities.

7

### Special Needs System Navigation

Provides information to families with children of identified needs, to help them navigate the administrative systems within local education agencies. Also provides information about installation and community programs and services, and make referrals to the Exceptional Family Member Program (EFMP).



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Naval Station Everett: 425-304-3046  
Naval Base Kitsap: 360-731-1894  
Naval Air Station Whidbey Island: 360-257-6861  
Or visit [www.navalylifepnw.com/cdh-provider](http://www.navalylifepnw.com/cdh-provider)

## HOUSING SERVICES



Your installation Housing Service Center (HSC) is your source for helpful and friendly information about housing options at any installation worldwide, including safe and affordable pre-screened community housing listings, personalized counseling and more.

### Housing Service Center

#### Nor'Wester

3675 W Lexington  
Bldg. 2556  
Oak Harbor, WA 98278  
360-257-3331  
Monday-Friday:  
7 a.m.-4:30 p.m.

#### Housing Services:

- Pre-screened community housing listings.
- Personalized counseling to find what will work best for your situation, including exceptional family member needs.

- Lease services, including review and explanation of lease terms and lease negotiation.
- Subject matter experts who can assist you with the Service members Civil Relief Act (SCRA) or any landlord/tenant disputes that you have been unable to resolve on your own.
- Housing representatives who can document basic health or safety conditions in the home.
- Outbound services to help you with

housing at your next destination.

- Local maps, fax services and more, all available to you at no cost!

### Unaccompanied Housing

#### Check-in: Unaccompanied Housing Office

1040 Intruder Street  
Building 2701  
Oak Harbor, WA 98278  
360-257-4163

After-hours  
Emergency  
Maintenance:  
360-914-7347

#### Homes.mil, your FREE online resource

Check out [HOMES.mil](https://www.homes.mil), the only DoD-sponsored rental listing website used by Military Housing Offices around the world. Service members and their families can view property listing details, contact Property Managers by email, compare multiple listings and map rental properties. Property managers and landlords can also use this service to list their rentals. For more information, contact your installation HSC.

#### Online Barracks Maintenance Requests

Available 24/7, residents can submit non-emergency maintenance requests through the online maintenance request program at [navylifepnw.com](https://navylifepnw.com). Requests are sent to our Maintenance Tracking Program and are reviewed daily by UH Building Managers. Residents receive an email confirmation when their maintenance requests are received, assessed and completed.



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## UPCOMING PROGRAMS & EVENTS



### NAS WHIDBEY ISLAND HOUSING

**HOW CAN WE HELP?** EVERY RESIDENT SUGGESTION, CONCERN AND COMPLAINT IS IMPORTANT!

KNOW WHO TO CONTACT IF YOU ARE NOT SATISFIED

YOUR LOCAL PPV PROPERTY MANAGER



YOUR NAVY ADVOCATE FOR HOUSING

**HUNT**

**MGMT: 360-679-4241**

**MAINT: 866-616-3267**

**northwestmilitaryhousing.com**

**CONTACT YOUR NAVY  
HOUSING SERVICE CENTER OR  
CHAIN OF COMMAND**

**360-257-3331**

**Whidbey\_Housing@navy.mil**

NAVAL REGION NORTHWEST HOUSING: **CNRNW\_Housing@navy.mil**



## NAVY REGION NORTHWEST COMMUNITY RECREATION

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JULY - SEPTEMBER 2021



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