



FLEET & FAMILY READINESS (FFR)

summer/fall

MWR RECREATION & FITNESS • CHILD & YOUTH PROGRAMS • FLEET & FAMILY SUPPORT

2023



navylifepnw

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



WHAT'S INSIDE

FFR: The Key to Unlocking Your Passion

Filling Your Life With Fun: Adventures with MWR Community Recreation

The Passion Behind the P.L.A.N.

Work Perks: 10 Great Reasons to Work for FFR

Relax, Recharge, Refocus at Navy Getaways Pacific Beach



2023

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COMMUNITY RECREATION CENTER



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Aug. 18-20
360-276-4414
ext. 2

Aug. 19-20
BA: 360-396-2449
BR: 360-476-3178

Sept. 15-16
425-304-3575



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Stephen Pohrivchak
CNRNW N9 | FFR Director
NAS Whidbey Island

Greetings Team Whidbey. I hope you are looking forward to all the great activities NAS Whidbey Island Fleet & Family Readiness has to offer. Many of us will be planning, and/or participating in our well-deserved summer vacations or fall getaways. NASWI FFR has you covered no matter what your interests, including savings through American Forces Travel, which offers travel discounts for many of the products and services you will be utilizing for your vacations. Nevertheless, NASWI FFR continues to offer outstanding programs, events, and classes in each and every facility to help you out with the busy time of the year. Our FFR Facebook and

Instagram pages and this semiannual publication are great places to find the most up-to-date programs, events and facility information.

We continue to be the shining star within NRNW when it comes to facilities and programs and you can plan to see top-notch programs, events, and classes around NASWI, especially with fall right around the corner. We are always looking at ways to be innovative and help you get through a busy time of the year while having a little bit of fun along the way.

In closing, we at NASWI FFR are here to serve you and your family, so please let us know if there is anything we can do to make your time at NASWI more enjoyable.

JULY-DECEMBER 2023
FEATURES
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SOMETHING FOR EVERYONE

MWR Community Recreation is here to fill your life with fun! From community events to outdoor recreational activities and exploration, we bring the best of the Pacific Northwest to the forefront for you.

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UNLOCK YOUR PASSION

Finding your passion can be a challenging undertaking if you are unsure how to begin. FFR programs are your key to unlocking your potential for a better you.

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A NEW SUPPORT PLAN

Service members and families who have experienced a pregnancy loss lacked in-depth support for such a devastating crisis. Luckily, an FFSC counselor has a P.L.A.N.

WELCOME FROM THE FFR DIRECTOR





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

Unless otherwise noted, the FFR programs described herein are intended for authorized patrons only. We make every effort to ensure that the information is accurate at the time of publication; however, all activities, events and hours of operation are subject to change.

FFR activities and services may require advanced registration and are subject to change or cancellation without prior notice. Contact the facility directly or visit navylifepnw.com for current hours of operation and health precautions in effect. For the most up-to-date information, please visit our website at navylifepnw.com. A digital version of this guide is available at: whidbey.navylifepnw.com/magazine.



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

NAVYLIFEPNW PRODUCTION TEAM

Marketing Director: Dan Coon

Art Direction and Layout: Andrea Sullivan

Editor: Joe Mack

Contributors: Jocelyn Grant, Tiffany Henriques, Nhu Mai Le, Tania Ostrander, Joey Pascua and Sara Sisung

For advertising inquiries contact Kevin Danford at 360-535-9092

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WHAT'S INSIDE

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MWR

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

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CHILD & YOUTH

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

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FFSC

FFSC is here to meet the needs of Sailors and Navy families at home and at sea with helpful programs and resources.

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HOUSING

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

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

- Activity/event registration
- Event details and maps
- Support resources
- On-base restaurant apps
- Our social media pages
- and more!

navylifepnw.com



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





FOOD, FUN & RECREATION

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



ADMIRAL NIMITZ HALL GALLEY

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

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



CHIEFS' CLUB

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

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



M.T. MCCORMICK'S OFFICERS' CLUB

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

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



KEGLER'S BAR & GRILL

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

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

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



CONVERGENCE ZONE

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

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

Featuring:

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



SKYWARRIOR THEATRE

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

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



MWR OUTDOOR PARKS AND RECREATION AREAS

360-257-2432

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

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

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

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

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

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



GALLERY GOLF COURSE

360-257-2178

3065 N. Cowpens Rd., Oak Harbor, WA

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



MWR LIBERTY PROGRAM

The LIBERTY Program offers low cost or free activities and entertainment to junior service members (E1-E6 single or geobachelor). 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, 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

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



**trips
events
exclusives**



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

FEATURES


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

SCAN for CONVERGENCE ZONE INFORMATION



GET THE CLAN BACK TOGETHER

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

Join our Discord  servers or visit navylifepnw.com/esports for upcoming Region- and Navy-wide tournaments





Veteran Expanded Facility Access

Navy Exchange, Commissary and MWR activities.

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



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

Visit www.va.gov on how to qualify for a Veterans Health Identification Card or visit:

MWR Facilities & Locations: www.navylifepnw.com

Commissary: www.mycommissaries.com

Navy Exchange: www.mynavyexchange.com



navylifepnw.com
 f y i

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Contributed by navylifepnw Staff

filling your life with *fun*



Adventures with MWR Community Recreation

The Pacific Northwest is a region of stunning natural beauty, diverse landscapes, and endless opportunities for adventure. Everyone can find something fulfilling in this corner of the country, whether it's a relaxing getaway you're looking for, or a thrilling challenge. But how can you make the most of your time and experience the best the Pacific Northwest has to offer? MWR Community Recreation Centers are here to answer the call.





Morale, Welfare, and Recreation provides countless activities and amenities for service members and families, Retirees, DoD civilians and qualified Veterans. One of the main components of MWR is Community Recreation, which engages patrons by providing recreational programs and services like community events, leisure skills development and discount tickets to attractions and vacation bookings. Patrons can also find outdoor recreation activities featuring recreation equipment rentals, parks and picnic areas and information and referral to a variety of recreational offerings in the local areas.

Community Recreation can help you get outside, explore the Pacific Northwest, and go on your new adventure in many ways. Stop by your local Community Recreation Office and see how we can help fill your life with fun.

Y



COMMUNITY EVENTS

Socialize and celebrate with your family, friends or meet new people through Community Recreation organized events and activities. You can join festivals, concerts, movie nights, game nights, holiday parties, or many other types of events or activities. You can also volunteer for a cause near to heart or participate in a contest or challenge to expand your personal horizons. Head into your local Community Recreation Office for a calendar of events or visit us online at Whidbey.navylifepnw.com/Events to check out the events schedule. Looking to stay updated on events and activities? Follow us on Facebook or Instagram pages (@Whidbeyffr) for upcoming events and activities.

DISCOUNT TICKETS AND VACATIONS

Community Recreation can help you find tickets to theme parks, museums, zoos, aquariums, or shows. We offer discount tickets to attractions and vacation bookings that allow you to save money and explore new places. Book vacations to Hawaii, Alaska, Canada or Mexico to name a few.

LEISURE SKILLS DEVELOPMENT

Community Recreation offers programs to introduce you to new hobbies and interests. You can take classes or workshops on painting, photography, cooking, gardening or crafting, amongst many others. You can also join clubs or groups to connect with others who share your passions.

OUTDOOR RECREATION

Outdoor Recreation programs allow you to enjoy nature's beauty and reverence. You can join guided trips or tours to some of the Pacific Northwest's most majestic places, from national parks like Mount Rainier, Mt. Baker and Olympic National Park, to scenic destinations like the Pacific Coast. Join us on whitewater rafting trips if thrill-seeking is more your style, or bike and hike at local and state parks for your perfect adrenaline rush.

RECREATION EQUIPMENT RENTALS

You don't have to commit to purchasing recreation equipment just to try something new. Rent what you need for your next adventure at a fraction of the cost through Community Recreation. We have what you need to go mountain biking, paddle boarding, camping, fishing, golf clubs to hit the links and much more. Check with your local recreation office to see if they rent party, grilling and picnic gear instead of investing in equipment you might not need long term. Stop by your local Community Recreation Office for a list of equipment and gear you can rent.

PARKS, PICNIC AREAS, AND NAVY GETAWAYS

Come for the day or stay the week. We have three Navy Getaways locations for people who enjoy the beach or the mountains. Head out to the coast and stay at Pacific Beach to walk and play by the sea. You can venture north to Whidbey Island and spend the weekend glamping in a yurt at Cliffside



RV Park, or head to Jim Creek Recreation Area and stay in a rustic cabin in the mountains for a week of hiking and fishing in a mountain lake. How about relaxing and enjoying the outdoors by staying close to home and visiting a local or on-base park or picnic area? You can visit playgrounds, hiking trails, and beaches and use pavilions or barbecues. You can also reserve spaces for your command functions or family gatherings. Each installation has something for you. Come by our Community Recreation Office and let us help ensure your getaway, no matter how big or small, is filled with fun.

discover some hidden gems along the way, many charming towns, quirky attractions, and local cuisine. Not sure where to go? We're here to help!

MWR Community Recreation has much to offer for anyone who wants to get outside, explore the Pacific Northwest, and go on a new adventure. You can activate your passions and fill your life with fun through recreation, so don't wait any longer; visit your nearest MWR Community Recreation Center today and find out what they have for you!



GO ON A ROAD TRIP

One of the best ways to explore the Pacific Northwest is by hitting the road and driving through its scenic routes. Take a road trip to see some of the most iconic sights of the region, such as Paradise at Mount Rainier National Park and Hurricane Ridge at Olympic National Park. Embark on a trip to Leavenworth, an alpine town nestled in the Cascade Mountains, Roselyn, an old mining town in the Cascades, or Westport, a fishing town on the Pacific Coast. You'll also



NAS WHIDBEY ISLAND
CHILD & YOUTH PROGRAM

WELCOME BACK TO **FUN**

TEEN CENTER OPEN FRIDAYS 2:30-8 P.M.

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

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

Register your teen to be a member!
Teens can sign themselves in,
sponsor one non-military friend, and
participate in cool events at the center.



SCAN for DETAILS



BREAK THE



AND TELL US HOW WE'RE DOING!

RATE YOUR EXPERIENCE AT ANY FLEET AND FAMILY READINESS FACILITY
BY COMPLETING A COMMENT CARD OR GOING ONLINE TO :

SCAN HERE TO GO TO ICE



navylifepnw.com



JUST CLICK ON THE ICE LOGO! YOUR FEEDBACK IS IMPORTANT TO US IN HELPING
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MEMBER OR MANAGER.

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Share your
business with
Sailors
and their families.

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

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

www.navylifepnw.com/sponsorship



SKYWARRIOR THEATRE

FAMILY MOVIE Night

2nd TUESDAY of Every Month
6 P.M.

FREE • Sensory-friendly • Open to All Ages

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



NAS WHIDBEY ISLAND
ADMIRAL NIMITZ HALL GALLEY



Special Meals

11 A.M.-1 P.M. • OPEN TO ALL HANDS





SKYWARRIOR THEATRE

PARTY PACKAGES

All packages include the theater for one (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.

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

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

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

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

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

Box Office Package: Perfect for a birthday party and/or special occasion, this package features a private party room, with bathrooms, 30 balcony seats with (2) 6 ft. tables, 24 chairs, the showing of the Box Office movie, one (1) one-topping large pizza, two (2) pitchers of soda, and two (2) bags of popcorn. 30 Guest. Total: \$595.00

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

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

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

For additional catering service, please see Keglers Bar and Grill catering menu.

Visit theater webpage:



MWR
MOVIE, WELLBEING AND RECREATION

For more information call:
360-257-1977



KARAOKE NIGHT

Second Friday of the Month

GAME NIGHT

Third Friday of the Month

TRIVIA NIGHT

Last Friday of the Month



TRIPS & TOURS

YOU RIDE, WE DRIVE



SCAN for
DETAILS

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



RECREATIONAL LODGING

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



CLIFFSIDE RV PARK & CAMPGROUND

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

Nestled along the shoreline of Whidbey Island, Navy Getaways Cliffside offers an awe-inspiring location, the ambiance of shoreline living, ever-changing marine environment and unparalleled sunsets. Enjoy the seasons with us in your very own RV camper or relax in our RV campers, yurts, and tent sites with exciting programming all year long.



JIM CREEK RECREATION AREA & CAMPGROUND

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

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

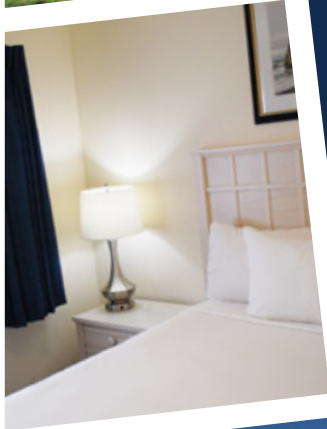


PACIFIC BEACH HOTEL, COTTAGES, RV PARK & CAMPGROUND

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

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






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



Cliffside

RV PARK • CAMPING • YURTS

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




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



Navy Getaways • COME STAY, PLAY AND RELAX.



R

Relax
Recharge
Refocus

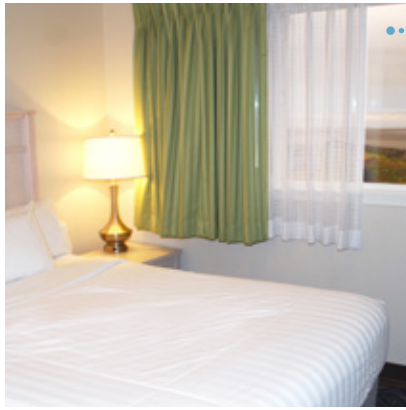
Contributed by navylifepnw Staff

If the last three years has taught society anything, it's that people should focus on the things that matter most. And nothing seems clearer than taking time to unwind and relax to focus on oneself. Navy Getaways Pacific Beach lies approximately 2-1/2 hours southwest of Seattle and offers the perfect escape from the daily hustle.

Medical professionals promote time away from everyday life stressors to rejuvenate mental health and reduce health risks. Spending time reinvigorating the mind in a Navy Getaways Pacific Beach cottage is an affordable way to trade in the buzz of your laptop for the hiss of surf receding from the sand.

Forget the stress of packing for your trip as cottages include everything you need for your retreat. Fully furnished and ready for your stay, find your passion exploring the endless beauty of your surroundings or simply unplug and enjoy the time to recharge and refocus.

Pacific Beach has the perfect place to kick back, whether your escape includes just the family or nine of your closest friends. Can't stand the idea of a getaway without your furry friend? Some cottages have pet-friendly options! Check out accommodation options at pacbeach.navylifepnw.com.





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 or scan this code to find out about our upcoming specials and promotions. Open to anyone with base access including retirees, guests and contractors unless otherwise noted.



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

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

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

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

INTRAMURAL SPORTS

360-257-4320
T3755 N. Wasp St., Bldg. 117

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

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

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





ALL NAVY SPORTS: 2023 SPORTS CALENDAR

For details and an updated calendar, visit: www.navyfitness.org/all-navy-sports



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

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

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

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

5 SIMPLE STEPS TO REGISTERING WITH MYFFR

1 VISIT

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!



MWR SPORTS

ADMIRAL'S CUP

2023 SCHEDULE

Represent your command and installation in Navy Region Northwest tournaments.

SCAN HERE for DATES and LOCATIONS

NAS Whidbey Island MWR 2023 RUN SERIES

Summer Sprint Triathlon	Friday, June 30
Skookum Obstacle Course	Saturday, June 10
Prevention & Awareness Color 5k	Friday, July 14
Growler 8k Walk/Run	Friday, Aug. 11
Open House Flight Line 5k	Saturday, Sept. 9
Turkey Trot 5k/10k	Saturday, Nov. 18
Run/Bike/Row Challenge	Friday, Dec. 11
New Year's Day Polar Bear Plunge	Monday, Jan. 1

Details available at navylifepnw.com

MWR FITNESS

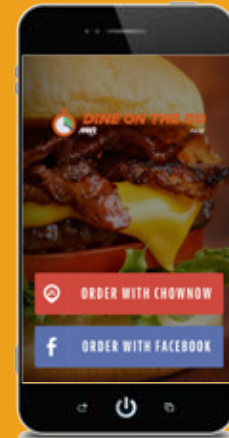
FITNESS INCENTIVE PROGRAM

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

See Front Desk for details.



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www.DineOnTheGoPNW.com

ORDER ON THE GO
Text DOTGPNW to 33733



GREAT MEMORIES START *with* MWR!

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



#MakeMemoriesWithMWR





CHILD & YOUTH PROGRAMS

CHILD & YOUTH PROGRAMS

The mission of Child & Youth Programs (CYP) is to make sure you can do yours by providing high-quality child care and support services close to home. Visit Whidbey.navylifepnw.com/child-youth or scan this 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 as we strive to meet each child's social, emotional, and intellectual needs.

CLOVER CHILD DEVELOPMENT CENTER (CDC)

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

REGATTA CHILD DEVELOPMENT CENTER (CDC)

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

CHILD DEVELOPMENT HOMES (CDH)

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

NASWI CHILD DEVELOPMENT HOMES

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

SCHOOL-AGE CARE (SAC)

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

SCHOOL-AGE CARE (SAC)

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

YOUTH CENTER

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

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

SCHOOL LIAISON

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

NAS WHIDBEY ISLAND SCHOOL LIAISON

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



NAVY SCHOOL LIAISONS

Connecting Military Families, Commands and K-12 Schools

Did you know?

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

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

Families, Contact your School Liaison for help with:

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

Navy School Liaisons Provide SEVEN CORE SERVICES to Assist Families:

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

Online Resources:

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

Stay on Target with your School Liaisons



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

NAVY REGION NORTHWEST

360-396-4860 nrmw.sl@us.navy.mil
Serving Central Kitsap School District

NAVAL BASE KITSAP

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

NAVAL STATION EVERETT

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

NAS WHIDBEY ISLAND

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

WORLDWIDE SCHOOL LIAISON DIRECTORIES

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



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

NAVY CYP WE'RE HIRING!



MAKE A DIFFERENCE. BUILD A CAREER.

Sign-on & Retention Bonuses • 50% discount for 1st child • Flexible Schedules
Apply Today! www.navylifepnw.com/jobs

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



NAVY CHILD CARE PROGRAMS

Start Here: [MilitaryChildCare.com](https://militarychildcare.com)

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



Child Development Centers, Family Child Care and School Age Care. You have options.

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



Hourly child care? You've got it.

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



Child Care In Your Home Fee Assistance Program

Fee assistance for families who have determined that full-time, in-home child care is the best solution to meet their needs. *The Child Care in Your Home pilot program has a limited number of child care spaces and is only available in select locations. For assistance, call Military OneSource consultants, available 24/7/365, at 800-342-9647 or schedule a live chat.*

Military Child Care in Your Neighborhood

Fee Assistance for Community-Based Child Care

Serving U.S. Navy Families

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

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



MCCYN



Expanding Affordable Child Care



MILITARY
CHILDCARE  .com

Scan here to get started

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Explore, read and learn.

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- Newspapers and Magazines
- Children's Corner

DoD MWR
LIBRARIES



FLEET & FAMILY READINESS: YOUR *Key* TO *Unlock*

Contributed by navylifepnw Staff

Finding your passion can be a challenging undertaking if you are unsure how to begin. Fleet and Family Readiness can provide a range of resources and programs to help you identify new hobbies and introduce you to undiscovered potential interests.

Here are some tips on unlocking your passion with FFR:

ATTEND CLASSES, ACTIVITIES AND EVENTS

Fleet & Family Readiness is comprised of Fleet & Family Support Center and Morale, Welfare and Recreation. These two programs offer a myriad of classes, activities, and events focused on personal and professional development, career exploration, health and fitness, and hobby and interest groups. Attending these events can help you discover new interests and meet like-minded individuals who can support and encourage you.

TRY SOMETHING NEW

One of the best ways to discover your passions is to try new things. MWR offers an array of recreational programs – such as sports teams and fitness classes – as well as classes and creative activities including art and music. The Community Recreation office can offer you opportunities to seek outdoor adventures, trips and travel. Trying new things can help you discover what you enjoy and at which activities you might excel.

TAKE ADVANTAGE OF CAREER COUNSELING SERVICES

Fleet & Family Support Centers help you identify your skills, strengths and interests, as well as explore career paths that align with your passions. These services help you focus on a plan to achieve your career goals and provide guidance on educational and training opportunities.

CONNECT WITH OTHERS

Networking with others who share your interests can help you gain insight into your passions and provide support and encouragement in pursuit of a better you. FFR offers a wealth of social events and interest groups where you can connect with like-minded individuals.

REFLECT ON YOUR EXPERIENCES

Take time to reflect on your past experiences and think about the activities and tasks that brought you the most joy and satisfaction. This reflection can help you identify patterns and themes that can guide you in discovering your passions. If you are not finding events and activities that speak to your passions, tell us, we are often interested in building new programs that meet all needs.

SEEK GUIDANCE AND SUPPORT

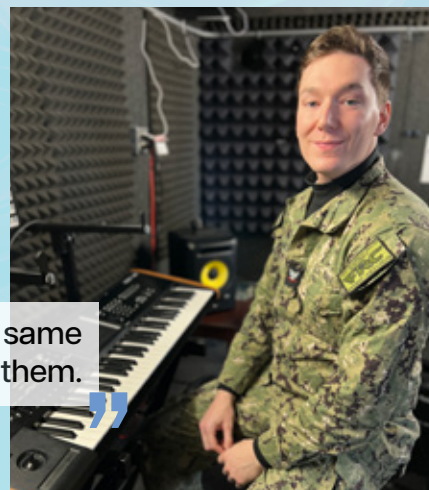
Fleet & Family Support Center offers an extensive selection of support services, such as counseling, EFMP Case Liaisons, New Parent Support, clinical and financial counseling, which can help you overcome any barriers that may be preventing you from pursuing your passions. Seeking guidance and support can help you stay motivated and focused on your goals.

Unlocking YOUR Passion

Finding passion from similar interests ...

AT3 Austin Martin says playing the piano is a way for him to escape. He says the LIBERTY music room feels like a sanctuary and he feels better leaving than when he entered. Martin recommends finding passion in what makes you happy.

“ Talk to people who have the same interest and try to learn from them. ”



Finding passion through adversity ...

Lindsay Gippe, MWR Fitness Specialist, understands the pursuit of one's passion and the work needed to keep it, as a former D1 Student Athlete. She will tell you not to give up despite the many obstacles you might face.

“ Get comfortable with the uncomfortable. A comfort zone is a beautiful place, but nothing ever grows. ”



Finding passion in sports ...

AT1 Matt Miles continues his love for team competition with NASWI Intramural sports. He encourages people to do what they love when pursuing passions.

“ You don't have to be an elite athlete to participate. Get out there and give it a try. You might surprise yourself! ”





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/ or scan the QR code to learn more about this free service.



HOUSING SERVICE CENTER

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

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

HUNT MILITARY COMMUNITIES

360-447-5800
whidbeyislandfamilyhousing.com/

UNACCOMPANIED HOUSING

CHECK-IN: UNACCOMPANIED HOUSING OFFICE

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

ONLINE BARRACKS MAINTENANCE REQUESTS

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



LEARN TIPS & TRICKS

FOLLOW US ON SOCIAL MEDIA



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



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& CRISIS
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There is hope



Easier access.



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

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

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Looking for
local rentals?**

HOMES.mil

or contact your local
Housing Services Office



HOUSING SERVICE CENTER

**Let us
help
you!**

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

Visit any Housing Service Center (HSC) for:

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



“I didn’t realize that this moment would become the blueprint of what I would call my passion project, the Pregnancy Loss Awareness Network (P.L.A.N.) at FFSC”

In December 2021, Jodi was selected for the Navy’s Emerging Leaders Program (ELP) and had the opportunity to promote a necessary change within the workplace and/or Command. “I didn’t realize that this moment would become the blueprint of what I would call my passion project, the Pregnancy Loss Awareness Network (P.L.A.N.) at FFSC,” Jodi says.

What is P.L.A.N.?

What is its mission?

P.L.A.N. is currently a Naval Base Kitsap pilot program designed to create easy access to customized trauma and informed care support services within the Command for service members and immediate family members who have experienced pregnancy loss. It also establishes a complete process for the U.S. Navy to address a pregnancy loss at commands as a primary prevention goal. P.L.A.N. defines a pregnancy loss as an infant death via involuntary or voluntary loss of pregnancy – a miscarriage at less than 20 weeks; stillborn at 20 weeks or more; or, neonatal loss (loss of life for newborn through first 28 days.

The *Passion* behind the P.L.A.N.

Contributed by navylifepnw Staff



The Navy Region Northwest Fleet and Family Support Center has enhanced how it supports our service members and families who have experienced a pregnancy loss crisis. Jodi Hooper is the founder and coordinator of the groundbreaking program and represents just one of the many faces at FFSC who are passionate about their work and inspiring transformation through the nascent program.

Pregnancy loss is, unfortunately, a shared experience many Service Members battle silently. P.L.A.N. is here to help. The Network consists of a group of providers in Command delivering easy access to the following informed-care services:

- A customized care service plan of multiple individualized services and advocate support within the FFSC framework
- Confidential counseling services via FFSC clinical counselors
- Religious Services for spiritual support
- MWR Fitness Center for physical aid with health, nutrition, and other self-care needs
- Command and leadership for military policies or leave support
- Naval Hospital Bremerton or Primary Care Provider for immediate or ongoing physical needs

The P.L.A.N. mission is to “help shatter the silence of pregnancy loss, which educates, empowers, and enhances service members to remain mission ready and focused.” The FFSC is the hub to connect service members and families with support needs. For example, a Care Advocate is assigned to families to link those in need to available resources within the Network.

What sparked your passion for creating P.L.A.N. while raising awareness for pregnancy loss, and how do you hope to make a difference in the lives of military families?

In 2017, while stationed with my family in Monterey – my husband was studying at Naval Postgraduate School – we were expecting our third child. I was pregnant at the same time as a group of close friends who were fellow military spouses.

Unfortunately, one of these friends was a service member who experienced the loss of her pregnancy in her third trimester. Due to this devastating and traumatic experience, she naturally sought counseling. However, there was no pregnancy loss system in place that could be identified within Command to offer additional support and services.

Experiencing this alongside a close friend opened my eyes to this tragedy’s prevalence. Soon after, I began to notice a trend among service members, spouses and even fellow staff members who encountered similar journeys and who suffered in silence for many years.

Since its inception in October 2022, P.L.A.N. has received ongoing information and referrals related to pregnancy loss. The program is currently underway at Naval Base Kitsap, and is in its early stages at NAS Whidbey Island and Naval Station Everett. To learn more about P.L.A.N. and how FFSC can help you or anyone who experiences a loss, visit navylife.com/pregnancy-loss.



FLEET & FAMILY SUPPORT CENTER - NOR'WESTER

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

NAVY GOLD STAR CALL CENTER

888-509-8759

24/7 SAPR ADVOCATE

360-914-7867/55

24/7 SEXUAL ASSAULT RESPONSE COORDINATOR (SARC)

360-914-7834

DOD SAFE HELPLINE

877-995-5247

FLEET & FAMILY SUPPORT

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



NEW SPOUSE

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

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

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

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



EMOTIONAL SUPPORT SERVICES

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

Fleet and 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.



PARENTHOOD

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

New Parent Support Staff are part of Fleet & Family Support Centers can support you with in-home visits after the baby is born to help smooth the transition to new parenthood. New Parent Staff can also help with parenting toddlers and preschool children up to age four.

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

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



SERVICE MEMBER DEPLOYMENT

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

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

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



EMPLOYMENT & ADULT EDUCATION

Fleet and 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 related to how professional licenses can transfer from one state to another.

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

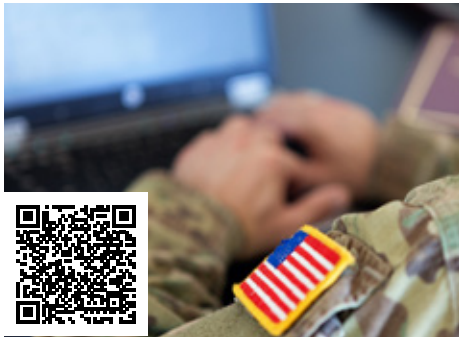
We offer FREE support with resume writing, interview techniques, job search strategies, workshops for teen employment, Myers Briggs Type Indicator to assist your future career search, WA state employment, Military Spouse Employment Program (MSEP), and Spouse Education and Career Opportunities (SECO),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



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

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

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



TRANSITION & RETIREMENT

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

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

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



FINANCIAL PLANNING

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

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

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



MOVING & RELOCATION

Everyone in the military moves at one point or another. Preparation for such a big change is essential to the well-being of every military household. Whether you are settling in or departing, Fleet and 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 can help plan for success. We have counselors for individuals or families who have trouble transitioning. Our career center can help you transfer your license to a new state or the tools to look for a new job when you get there.

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



EXCEPTIONAL FAMILY MEMBER SUPPORT

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

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

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

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

NAVY WOUNDED WARRIOR



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

navywoundedwarrior.fct@navy.mil

www.navywoundedwarrior.com



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- Earn paid time off for full- and part-time employees

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FLEET & FAMILY READINESS
WORK that MATTERS.



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@WHIDBEYFFR



10 Great Reasons to Work for FFR

Contributed by navylifepnw Staff

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

As an FFR Employee ...

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

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

3. Free gym membership. The state-of-the-art fitness centers on each base give you access to cardio equipment, free weights, TRX, spin bikes, outstanding group fitness classes and much more! Fitness equipment orientations, fitness

assessments and facility tours are also available to ensure you know what to do to achieve your desired fitness goals

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

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

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

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

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

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

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



IMPORTANT PHONE NUMBERS

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

FOR EMERGENCIES 911 OR 360-257-3333 (FROM A CELLPHONE)

EMERGENCY ASSISTANCE

**FFSC Centralized
Scheduling &
Urgent Respite Care**

866-854-0638

ffsp.cnrnw@navy.mil

**FFSC Support Center
Nor'Wester**

360-257-6289

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

Base Information Line

360-257-1080

N9 General Directory

360-257-6300

Base Operating Support Calls

360-257-3358

Emergency Operations 360-257-3337

Fire Department 360-257-2532

Fire Prevention/Inspection 360-257-6110

NASWI Quarterdeck 360-257-2631

Poison Control Center 800-222-1222

TRICARE Appointment Line 800-404-4506

Health Clinic 360-257-9500

Health Net Federal Services 844-866-9378

TRICARE Nurse Advice Line 800-874-2273

Active Duty Dental Program 866-984-2337

Retirees' Dental Program 888-838-8737

Base Security 360-257-3893

Suicide & Crisis Lifeline 988

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



ADDITIONAL BASE RESOURCES

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

Air Mobility Command

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

NAS Flight Recording 360-257-2328

Squadron Information

Electronic Attack Wing 360-257-1303

Patrol and Reconnaissance Wing 360-257-0375

Autoport & Hobby Shop (Gas/Parts/Repair)

360-257-0629

Base Access/DBIDS 360-257-5620

DEERS/ID Card Office (Ault Field)

360-257-1390/6770

Chapel 360-257-2414

Commissary 360-257-3318

Funeral Services

360-315-3456

Honor Guard

360-315-3273/3275

Human Resources 360-257-2979

Legal Office 360-257-2126/2127

Lodging

Navy Gateway Inns & Suites (NGIS)

360-257-2529

Navy Lodge 800-NAVY-INN or 360-257-0633

Navy Exchange 360-257-0600

Fleet Store 360-257-0503

Dry Cleaning/Uniform/Tailor Shop 360-257-0507

Personal Property 360-257-3104

Public Affairs 360-257-2286

Public Works

360-257-3348

Recycling 360-257-5481

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

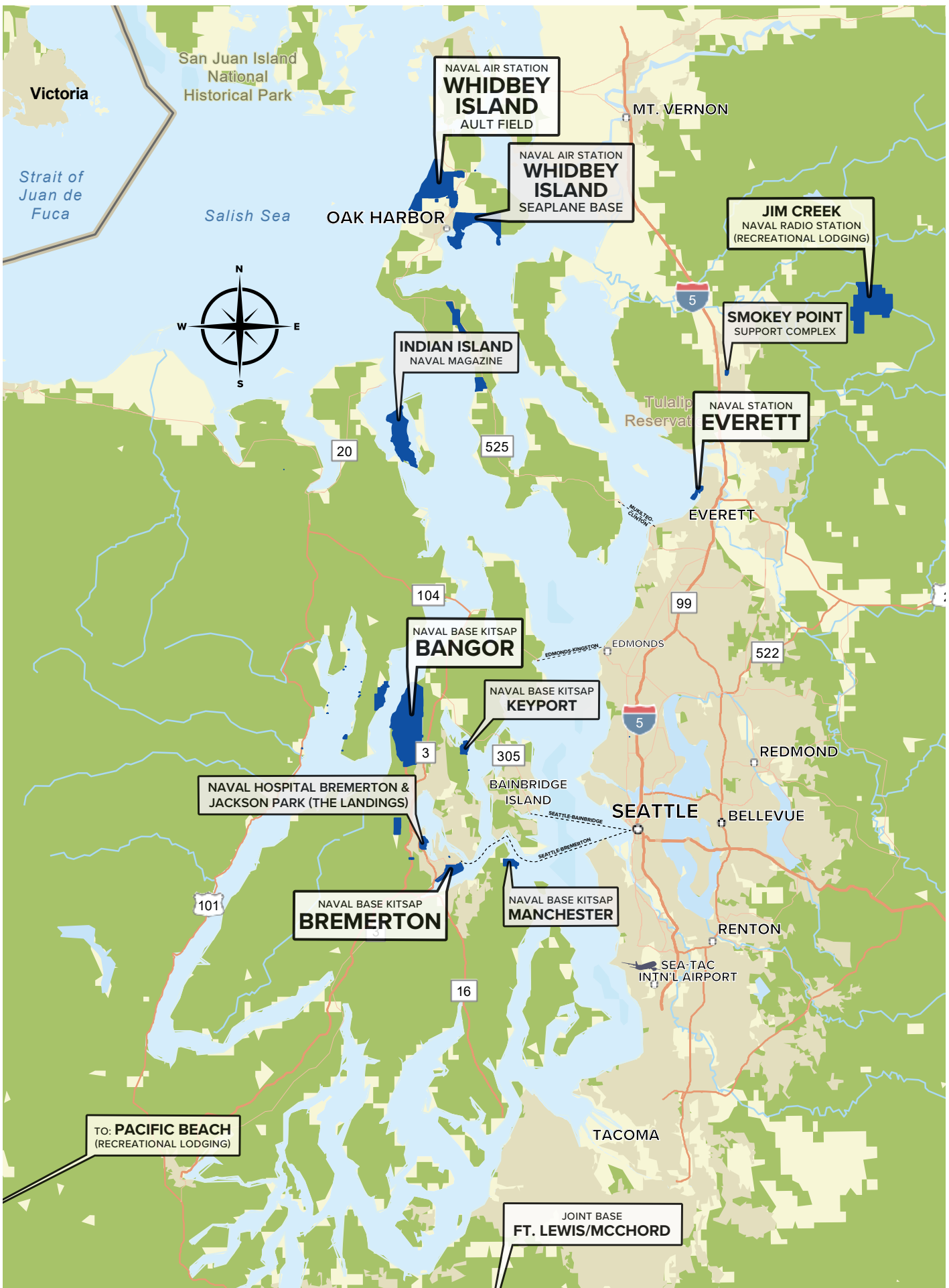
Victims Services Specialist 360-479-6188

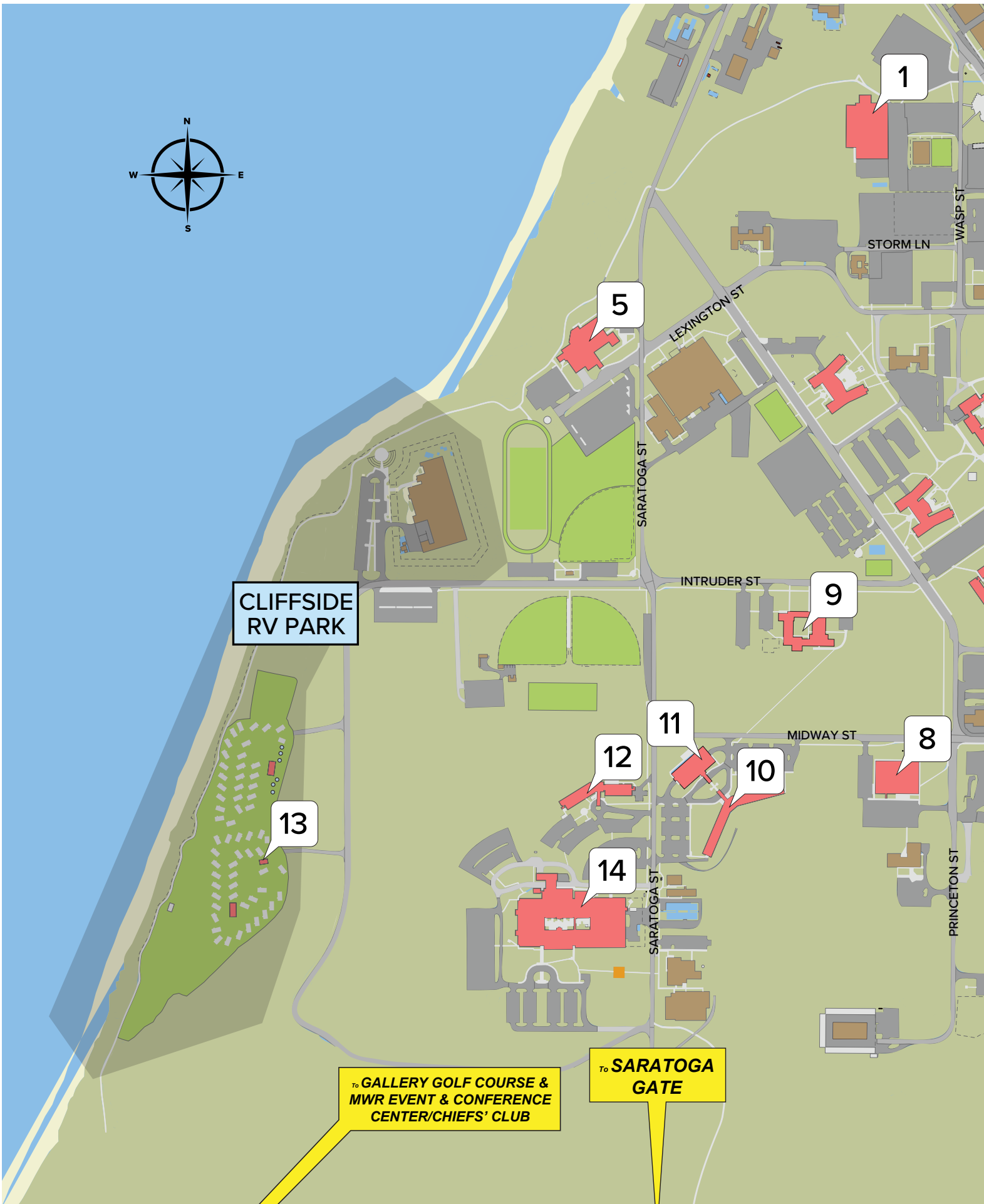
Washington State Dept. of Health

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

or 1-206-418-5500 (24/7) or www.doh.wa.gov/

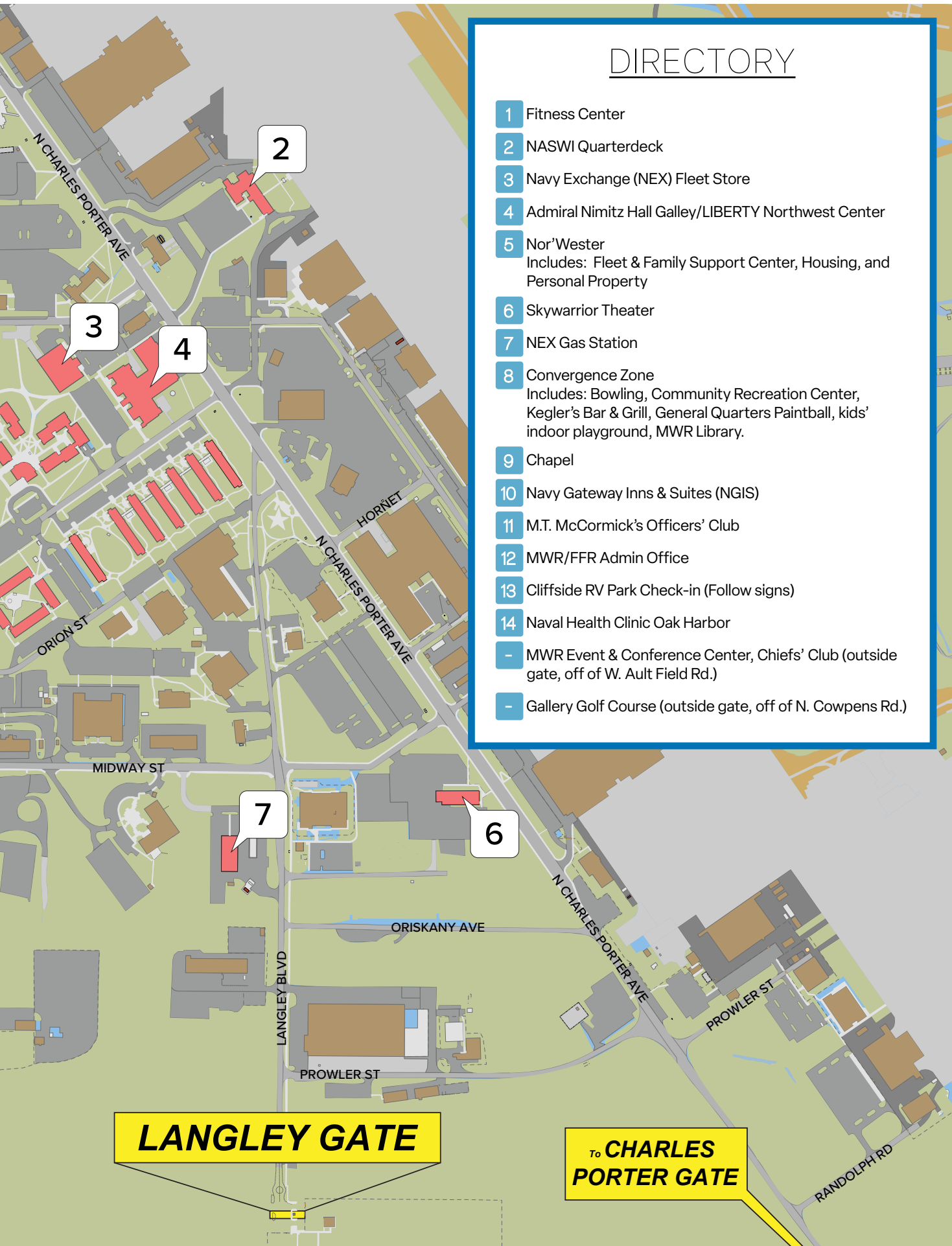
Emergencies



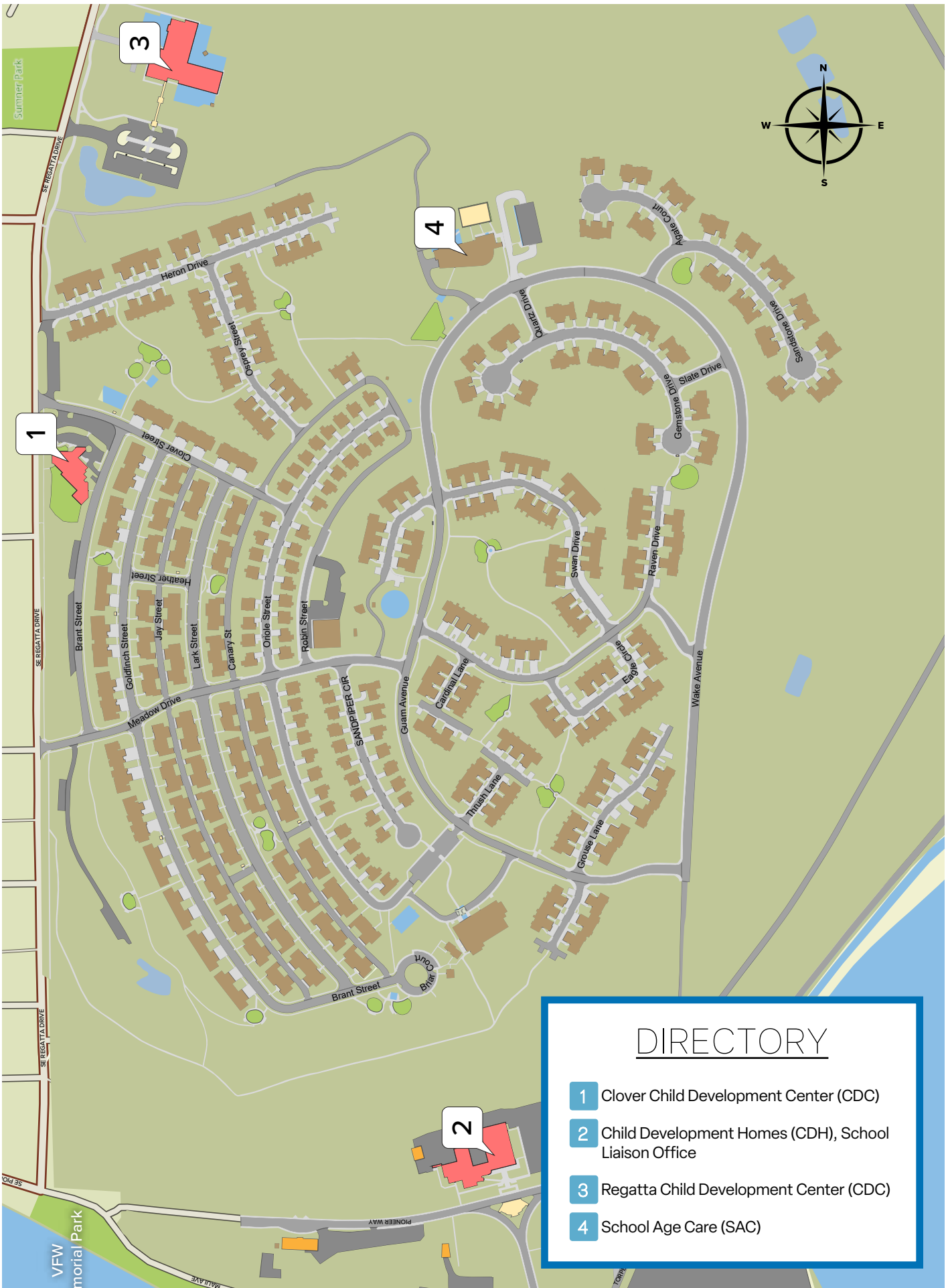


DIRECTORY

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







Base Map

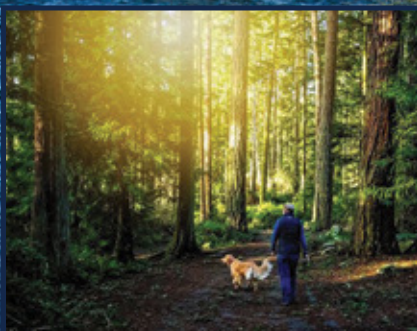
NAS Whidbey Island (Seaplane Base)





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OakHarborChamber.com

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announcements,
prizes and more!

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