NASDAQ Whidbey Island
GALLERY
Golf Course
Public always welcome!

Give the gift of Golf

Holiday Sale!

Nov. 24-Dec. 24

For more information, call:
360-257-2178
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, or contact the facility directly or sign up for the Navy Life Currents e-newsletter at navylifepnw.com/subscribe. A digital version of this magazine is available at whidbey.navylifepnw.com/magazine.

Contact Us Today!
360-535-9092
Sponsorship.cnrnw.pf@navy.mil

Your support enhances MWR programs and events while providing your business or organization with a unique opportunity to build your company product and service awareness directly to the military market. Neither the Navy nor any other part of the Federal government officially endorses any company, sponsor or their products or services.

Sponsorship and advertising with MWR is a rare WIN-WIN opportunity.
A MESSAGE FROM THE FFR DIRECTOR

With my personal favorite time of the year in full swing, I hope you are looking forward to all the great things that Naval Air Station Whidbey Island (NAWSI) has to offer. Many of us will be pulling out our cold-weather clothes, getting vehicles ready for fall and winter driving conditions and thinking about the holidays. NASWI FFR has you covered no matter what your interests are.

Though we have all been experiencing changes to our daily lives, NASWI FFR continues to offer outstanding virtual programs in each and every facility. Our NASWI FFR Facebook page and this magazine are great places to find more information about our programs and events.

We have a good plan in place to continue to offer outstanding events that you have come to expect from us. Though many of our events may be virtual, they are going to get you in the holiday spirit, and remember, NASWI FFR has a team that stepped up to the plate during a challenging time. We are committed to making our holiday-themed events something that you and your family will always remember.

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

STEPHEN POHRIVCHAK
CNRNW N9 | FFR Director
NAS Whidbey Island

FOLLOW US @WHIDBEYFFR!
Special thanks to our NASWI families who participated in our recent virtual events.

Congratulations to John Blair for winning our MWR Nature Photography Contest with this spectacular shot of a Bald Eagle.

Gina Rios-Santiago and Josh Goldsborough, Community Recreation Specialists at the Convergence Zone, handed out free craft kits for MWR customers to use at home.

Congrats to the Fields family, winners of our 4th of July photo contest and a $50 gift card and a prize basket, courtesy of our sponsor Sprint Military. No Navy endorsement of sponsor implied.
Everyone knows the holidays can be stressful! For many of us, the holidays symbolize a time for gathering with family and friends, tradition, cultivating time to give to those less fortunate and most of all, focusing on the things for which we are grateful. However, for some, the holidays represent stress and chaos.

What Makes this Holiday Season Different?
Celebrating the holidays during these unprecedented times adds a completely new layer of stress and uncertainty to the equation. During hard times, the people closest to us become our primary source for nurturing and positivity. The pandemic has certainly made cultivating togetherness even more challenging. There are the concerns about traveling (especially air travel) and potentially exposing family members (some in high-risk categories) to the virus. You may have increasing worries about affording food, rent, and gifts for your children and other family members if you have been financially impacted by the pandemic.

Why Self-Care, Why Now?
We have all heard the saying, “You can’t pour from an empty cup. Take care of yourself first.” For some, practicing self-care seems selfish and unnatural. Many of us have so many responsibilities in life that we forget to take care of our personal needs or when we do put our needs first, we tend to feel guilty. This is especially true for mothers, caregivers, single parents and helping professionals. Self-care is not an indulgence; it is a form of self-love, self-respect, and an ethical obligation. An added bonus of self-care is that when you take time to invest in yourself, you gain more energy to take care of others. Caring for others promotes a sense of connection and belonging, which leads to more feelings of happiness and fulfillment in life and ultimately helps decrease our stress levels.

Self-Care Strategies that Work!
Here are some ways you can practice good self-care to ward off the stress that comes with the holiday season:

• Practice relaxing and calming exercises as a family. A simple deep breathing exercise can help to settle the mind and body.
• Homemade gifts are the best gifts! You and your family can use art supplies from home to make holiday-themed cards, crafts, and artwork.
• Create or start a new family tradition. Experiment with a new recipe, decorations, or rituals that include family members near and far.
• Host private holiday parties using social media outlets so that everyone can participate.
• Practice gratitude. Gratitude can help protect your brain from stress and depression. Just considering the question “What am I grateful for?” increases dopamine and serotonin, even without having an answer.
• Talk to a trusted person who can provide support about your worries and concerns. If you prefer to speak to a professional, counselors are available at the Fleet and Family Support Centers. Call the Centralized Scheduling line at 866-854-0638 to schedule an appointment.
• The last thing we want to leave you with is to stop, drop, and roll. It’s not just for fire but also for stress. Stop reacting to minor problems, and you only know what is or what isn’t a minor problem.
Events, classes and trips may require advanced registration and are subject to change or cancellation without prior notice. For confirmation, contact the venue or host directly, or visit navylifepnw.com for current hours of operation and updates.

FOOD, FUN & RECREATION

We’re proud to offer you and your family a wide variety of dining, entertainment and recreation options conveniently located on base. Visit an MWR facility today to learn more about upcoming events, volunteer opportunities and daily specials and discounts.

DINING & ENTERTAINMENT

Convergence Zone Recreation Center
Keglers Bar & Grill
3535 N Princeton
Bldg. 2510
Oak Harbor, WA 98278
360-257-8541

A great place to hang out with family or enjoy the bar. We have a wide variety of food on the menu. You can eat in or order to go through our Dine on the Go app.

COMMUNITY RECREATION

Auto Skills Center
3455 N Princeton
Bldg. 2549
Oak Harbor, WA 98278
360-257-2295

We offer convenient motorcycle storage and everything you need to keep your ride running smoothly:

- Air tools, sockets, wrenches, pullers, etc.
- Lift and stall rental
- Work bench rental
- FREE oil disposal
- Floor jacks
- Motor stand
- All-Data Automotive Information System and Chilton/Haynes manuals

Convergence Zone Community Recreation Center
3535 N Princeton
Bldg. 2510
Oak Harbor, WA 98278
360-257-2432

HOLIDAY CLOSURES
Closed Monday, Oct. 12, Wednesday, Nov. 11, Thursday, Nov. 22 and Friday, Dec. 25

The Convergence Zone is your one-stop shop for all things recreation. Stop by and explore amenities such as:

- Indoor playground
- Toddler play area
- Bowling lanes, billiards, air hockey and more
- Online computers
- WiFi
- Xbox 360s and Nintendo Wiis
- Lending Library and Resource Center
- Fax, copy and printing services

Convergence Zone Facilities and Services
Costen-Turner Recreation Area

This expanse of land is named for Lt. Tom Costen and Lt. Charlie Turner of VA-155, whose A-6 Intruder was shot down over Iraq on the first night of Desert Storm. The park was dedicated in 1995. Contact the Convergence Zone for reservations.

Disc Golf Course

The 18-hole disc golf course offers a new and innovative way to explore Naval Air Station Whidbey Island, with a little competition. The course starts and ends at PSD, located across the parking lot from the Convergence Zone. Disc sets available for rent.

Equipment Rentals

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

Paintball

Adrenaline, strategy, skill and speed combine in exhilarating thrills on two separate fields.

Rocky Point Recreation Area

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

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.

Vehicle Storage
360-257-2521

Drive a motor home on vacation? Or, perhaps a boat is your leisure vacation? Or, perhaps a boat is your leisure vehicle of choice? If you don’t want to keep it in your driveway during its downtime, store it in one of our two secured lots on the Seaplane Base. Register at Navy Getaways Cliffside.

Wheels & Deals

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

Gallery Golf Course
3065 N Cowpens Rd.
Oak Harbor, WA 98278
360-257-2178

The Navy’s one-and-only golf course in Region Northwest features tree-lined fairways, rolling hills and stunning views of the Strait of Juan de Fuca and Vancouver Island.

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

The Convergence Zone is your one-stop shop for family recreation and entertainment.
**LIBERTY Northwest Center**  
Inside Admiral Nimitz Hall Galley  
1040 W Intruder St.  
Bldg. 382  
Oak Harbor, WA 98278  
360-257-3309  
Designed for LIBERTY-eligible 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.  
Amenities include:  
- FREE WiFi  
- Xbox One, PS4 and Nintendo Switch consoles with Internet connection and surround sound dome  
- Cyber Cafe with 10 CAC computers and laptops  
- Music recording studio  
- Classes: DIY, cooking, arts and crafts, knowledge and skills  
- Regular weekly programming with prizes, tournaments and more!  
- Pool tables  
- Pop-a-shot table  
- Table tennis  
- Board game table  
- Volunteer opportunities

**Skywarrior Theatre**  
955 W Midway St.  
Bldg. 118  
Oak Harbor, WA 98278  
360-257-MOVI (6684)  
Skywarrior Theatre features the Navy’s first digital projector, complete with a silver screen, 3-D capabilities and fully cushioned seats.  

**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.

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**TRUNK OR TREAT**  
Saturday, Oct. 24 • 1-4 p.m.  
Curbside craft pickup, a photo booth, pumpkin painting and more! Make sure to vote for your favorite themed vehicle.  
HOSTED BY COMMUNITY RECREATION

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**BOWLING SPECIALS AND TOURNAMENTS**  
Monday-Sunday  
Fun for the whole family.  
Advanced lane reservations highly recommended.  
CONVERGENCE ZONE

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**2ND THURSDAY OF EVERY MONTH 6 P.M.**  
FREE EVENT!  
A unique sensory-friendly movie where you can be you!  
Lights are turned up and the sound is turned down. Get up and dance, walk, shout or sing!  

For more information, call the Movie Hotline: 360-257-6684 or Skywarrior Office: 360-257-1977.  
Open to all DoD ID cardholders. Open to all ages.  

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**VIRTUAL HOLIDAY TREE LIGHTING CEREMONY**  
Thursday, Dec. 3 • 6 p.m.  
Take part in this annual holiday tradition from the comfort of your streaming device.  
@WHIDBEYFFR
### FOOD, FUN & RECREATION EVENT CALENDAR
#### OCTOBER-DECEMBER 2020

<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
<th>TIME</th>
<th>PRICE</th>
<th>VENUE/HOST</th>
<th>ALTERNATIVE DELIVERY*</th>
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<tbody>
<tr>
<td><strong>OCTOBER</strong></td>
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<tr>
<td>Saturday, Oct. 24</td>
<td>Trunk or Treat</td>
<td>1-4 p.m.</td>
<td>FREE</td>
<td>(Venue TBD) Convergence Zone</td>
<td>Call for details</td>
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<tr>
<td><strong>NOVEMBER</strong></td>
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<tr>
<td>Saturday, Nov. 7</td>
<td>Block Busters LEGO® Competition</td>
<td>2-5 p.m.</td>
<td>FREE</td>
<td>Convergence Zone</td>
<td>Call for details</td>
</tr>
<tr>
<td>Saturday, Nov. 14</td>
<td>Month of the Military Family Bowling Tournament</td>
<td>11 a.m.-2 p.m.</td>
<td>$25 per family (Limit 5 people)</td>
<td>Convergence Zone</td>
<td>Call for details</td>
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<tr>
<td><strong>DECEMBER</strong></td>
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<tr>
<td>Thursday, Dec. 3</td>
<td>Virtual December to Remember Tree Lighting</td>
<td>6 p.m.</td>
<td>FREE</td>
<td>Facebook @WhidbeyFFR and YouTube</td>
<td>No change</td>
</tr>
<tr>
<td>Friday, Dec. 4</td>
<td>December to Remember Holiday Parade</td>
<td>4:30-7:30 p.m.</td>
<td>FREE</td>
<td>Convergence Zone</td>
<td>Call for details</td>
</tr>
<tr>
<td>Saturday, Dec. 5</td>
<td>December to Remember Event Activities</td>
<td></td>
<td></td>
<td>Convergence Zone</td>
<td>Call for details</td>
</tr>
</tbody>
</table>

**EVENT/CLASS DESCRIPTIONS**

**ACTIVITY**

**Block Busters LEGO® Competition**
Your family competes for the best LEGO creation. Kits provided.

**Bowling Specials and Tournaments**
Check out the ever-changing daily Bowling Specials, events and league nights at the Convergence Zone.

**December to Remember Event Activities**
- Thursday, Virtual Tree Lighting
- Friday, Holiday Parade through housing
- Saturday, Curbside crafts, cookies and Santa. Then enjoy a movie at Skywarrior Theatre.

**December to Remember Holiday Parade**
Get an early glimpse of Santa and all his helpers during the Military Housing Holiday Parade! The parade will start in Maylor Point and will then proceed to Victory Terrace and Crescent Harbor housing area. Check out our [navylifepnw.com](http://navylifepnw.com) for specific routes!

**Month of the Military Family Bowling Tournament**
Think your family has what it takes to win the tournament? Come compete against the best families on the island and show off your bowling skills! Teams will be made up of no more than five players, shoes included in price. Register at the Convergence Zone.

**CLASSES**

**Leisure Skills Classes**
Community Recreation teaches many different leisure skills for a wide variety of skill levels. From crafts to climbing, there is something for everyone. Call or come by for details.

**SPECIAL EVENT**

**December to Remember Tree Lighting**
Check out our video with Command Leadership lighting our official Holiday Tree to kick off our December to Remember.

**Trunk or Treat**
Come dressed in your favorite costume and enjoy a command sponsored Trunk or Treat, curbside craft, photo booth and more.

**TRIPS & TOURS**

**Trips**
Community Recreation offers a variety of trips around the Northwest or build your own. Call or stop by for more details.
EARN YOUR BACHELOR’S DEGREE
with Western Washington University on the Peninsulas.

Learn more about special tuition rates for active duty personnel, veteran tuition waivers and credit for military training.

wwu.edu/peninsulas

Neither the Navy nor any other part of the Federal government officially endorses any company, sponsor, or their products or services.
Active Minds Changing Lives • AA/EO

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For your safety, we have curbside pickup available!

DOWNLOAD THE DINE ON THE GO PNW APP
OR VISIT WWW.DINEONTHEGOPNW.COM/ORDER-ONLINE
WE’RE HIRING!
JOIN OUR TEAM
FULL-TIME, PART-TIME AND FLEX POSITIONS FOR:

☑ Child Care Assistants and Providers
☑ Cooks and Servers
☑ Maintenance/Laborers
☑ Recreation and Fitness Specialists
☑ Supervisors/Management
☑ and more!

LEARN MORE BY VISITING: WWW.NAVYLIFEPNW.COM/JOBS • WWW.USAGJOBS.COM
MEET YOUR MISSION
SAVE TRAVEL DOLLARS
TRAVELING ON TDY? STAY WITH US!

With over 24,000 guest room locations worldwide, we are where you need to be. Call (877) NAVY-BED or visit NGIS.DoDLodging.net to reserve TODAY!

Navy Gateway Inns & Suites (NGIS) is the preferred lodging choice for all TDY travel, military and civilian, helping you meet your fiscal and mission goals, while simultaneously delivering comfort and readiness to your personnel! Call to make your reservation TODAY!

Whether on business or leisure travel, we’re here for you worldwide.

NGIS is professionally managed and staffed, has all the amenities and features of a commercial hotel, and is conveniently located near duty or training sites and base amenities. NGIS creates welcoming, comfortable, 5-star guest services for those we serve.
Whether you’re looking to stay for business or pleasure, we have a lodging option for you! Centrally located on each base, our Navy Getaways and Navy Gateway Inns & Suites offer you a “home away from home” while traveling.

**Cliffside RV Park & Campground**
Cliffside Park located on Ault Field. Watch for the directional signs on base.
Oak Harbor, WA 98278
360-257-2649
Nestled along the shoreline of Whidbey Island, Navy Getaways Cliffside overlooks the Strait of Juan de Fuca, Vancouver Island, the San Juan Islands and the Olympic Peninsula. With its awe-inspiring location, Cliffside offers the ambiance of shoreline living, an open window on an ever-changing marine environment and unparalleled sunsets. Cliffside now has four Mallard RV rentals available.

**Jim Creek Recreation Area & Campground**
21027 Jim Creek Rd.
Arlington, WA 98223
425-304-5315/5361
Jim Creek Recreation Area is located just outside of Arlington, WA, about 90 minutes north of Seattle. Nestled in the foothills of the North Cascade, 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, the facility 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 Pac Beach Market & Café, Raindrop Lanes Bowling Center, Lounge and more.

**NAVY GATEWAY INNS & SUITES**
Amenities include:
- FREE Internet access
- Refrigerator
- Housekeeping
- Fitness rooms
- FREE premium cable TV
- Coffee
- Guest laundry
- Business center
- Microwave
Navy Gateway Inns & Suites (NGIS) also offers pet-friendly accommodations. Call for details. NGIS combines all the comforts of a hotel, while specializing in official business accommodations.

For reservations, call 1-877-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

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Events may require advanced registration and are subject to change or cancellation without prior notice. For confirmation, contact the venue or host directly, or visit navylifepnw.com for current hours of operation and updates. Eligibility subject to change. Currently open to Active Duty, Reservists, Retirees, NAF and DoD civilians and sponsored guests.

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Whether you’re looking to stay for business or pleasure, we have a lodging option for you! Centrally located on each base, our Navy Getaways and Navy Gateway Inns & Suites offer you a “home away from home” while traveling.
We are open!
Say yes to a getaway and 
book your stay today.
### LODGING & LEISURE EVENT CALENDAR OCTOBER-DECEMBER 2020

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<td><strong>OCTOBER</strong></td>
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<tr>
<td>Saturday, Oct. 24</td>
<td>Tie-Dye at the Beach</td>
<td>Noon</td>
<td>$10 adult tees, $7 kid tees, $2 for towel</td>
<td>Navy Getaways Pacific Beach</td>
<td>Call for details</td>
</tr>
<tr>
<td>Saturday, Oct. 31</td>
<td>Glass Float Frenzy at the Beach</td>
<td>8 a.m.</td>
<td>FREE</td>
<td>Navy Getaways Pacific Beach</td>
<td>Call for details</td>
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<tr>
<td><strong>NOVEMBER</strong></td>
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<tr>
<td>Sunday, Nov. 1- Wednesday, March 31</td>
<td>BOGO Special (Exclusions apply)</td>
<td>All day</td>
<td>Buy one night, get one night FREE</td>
<td>Navy Getaways Jim Creek</td>
<td>Call for details</td>
</tr>
<tr>
<td>All Month Long</td>
<td>Month of the Military Family Weekend Specials</td>
<td>All day</td>
<td>Buy one night, get one night FREE</td>
<td>Navy Getaways Cliffside</td>
<td>Call for details</td>
</tr>
<tr>
<td>Friday, Nov. 6- Saturday, Nov. 7</td>
<td>November Getaway Package</td>
<td>All day</td>
<td>TBD</td>
<td>Navy Getaways Pacific Beach</td>
<td>Call for details</td>
</tr>
<tr>
<td>Wednesday, Nov. 11</td>
<td>Veterans Day Sale</td>
<td>All day</td>
<td>Stay two or more consecutive nights including the holiday and receive a discount</td>
<td>Navy Getaways Pacific Beach</td>
<td>Call for details</td>
</tr>
<tr>
<td>Saturday, Nov. 14</td>
<td>Wizarding World of Jim Creek</td>
<td>Noon-4 p.m.</td>
<td>FREE</td>
<td>Navy Getaways Jim Creek</td>
<td>Call for details</td>
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<tr>
<td><strong>DECEMBER</strong></td>
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<tr>
<td>Tuesday, Dec. 1- Friday, Dec. 18</td>
<td>Light Your RV Contest</td>
<td>All day</td>
<td>FREE</td>
<td>Navy Getaways Cliffside</td>
<td>Call for details</td>
</tr>
<tr>
<td>Saturdays, Dec. 5, 12 &amp; 19</td>
<td>Holiday Festivities</td>
<td>TBD</td>
<td>FREE</td>
<td>Navy Getaways Pacific Beach</td>
<td>Call for details</td>
</tr>
<tr>
<td>Friday, Dec. 18</td>
<td>Coloring Contest</td>
<td>All day</td>
<td>FREE</td>
<td>Navy Getaways Cliffside</td>
<td>Call for details</td>
</tr>
<tr>
<td>Friday, Dec. 18</td>
<td>Pictures with Santa</td>
<td>TBD</td>
<td>FREE</td>
<td>Navy Getaways Cliffside</td>
<td>Call for details</td>
</tr>
<tr>
<td>Saturday, Dec. 19</td>
<td>Glass Float Frenzy</td>
<td>8 a.m.</td>
<td>FREE</td>
<td>Navy Getaways Pacific Beach</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Dec. 31- Friday, Jan. 1, 2021</td>
<td>New Year’s Party and Specials</td>
<td>TBD</td>
<td>FREE</td>
<td>Navy Getaways Pacific Beach</td>
<td>Call for details</td>
</tr>
</tbody>
</table>

*In the event of health-related base closure or service limitations.*
An official, DoD-sponsored TRICARE Prime plan with an all-civilian network.

If you're an active-duty family or military retiree, choose TRICARE Prime with the US Family Health Plan at PacMed, your all-civilian network. Choose and build a relationship with a primary care doctor. Get access to an extensive network of specialists. And enjoy exclusive health and wellness benefits available only through the Plan.

Nearly nine out of ten members say they’re “highly satisfied” with the Plan.† Learn why — request a free information package or attend an in-person briefing.

Call 866-486-0707 Visit USFHPclinics.org

*Military Retirees and eligible family members under age 65.
†2019 Consumer Assessment of Healthcare Providers and Systems (CAHPS)
TRICARE is a registered trademark of the Department of Defense, Defense Health Agency. All rights reserved.
The Department of Navy does not endorse any company, sponsor or their products or services.
Naval Air Station Whidbey Intraumral Sports
3755 N Wasp St.
Bldg. 117
Oak Harbor, WA 98278
360-257-4320
Participate in regularly scheduled leagues, including 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
Admiral's Cup allows Sailors who possess the athletic skills to compete on an All-Navy Regional Installation team. They have the chance to represent their installation in Navy Region Northwest (NRNW) tournaments.

Captain’s Cup
Represent your command in a variety of different team sports and activities, while earning points toward the cup.

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 (Cardio)
- 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 a partnership 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.

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.

VIRTUAL MONSTER DASH 5K WALK/RUN
Dress up as your favorite monster (or anything you want) to participate in this virtual 5K.
FACEBOOK @WHIDBEYFFR

VIRTUAL TURKEY TROT
Sunday, Nov. 1
Take the family out for a 5K or 10K. Medals for first 200 participants. Complete by Nov. 21 to be eligible for FREE turkey drawing.
FACEBOOK @WHIDBEYFFR

RUN/BIKE/ROW CHALLENGE
Friday, Dec. 11 • 11 a.m.
Run 1 mile, bike 2 miles, and row 1000 meters! Lowest combined time wins!
NASWI FITNESS CENTER
# SPORTS, FITNESS & AQUATICS EVENT CALENDAR
## OCTOBER-DECEMBER 2020

<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
<th>TIME</th>
<th>PRICE</th>
<th>VENUE/HOST</th>
<th>ALTERNATIVE DELIVERY*</th>
</tr>
</thead>
<tbody>
<tr>
<td>ONGOING</td>
<td>Fitness Incentive Program</td>
<td>Minimum 30 min./day</td>
<td>FREE</td>
<td>NASWI Fitness Center</td>
<td>Call for details</td>
</tr>
<tr>
<td>OCTOBER</td>
<td>Thursday, Oct. 1</td>
<td>Virtual Monster Dash 5K Walk/Run</td>
<td>Anytime</td>
<td>FREE</td>
<td>Facebook @WhidbeyFFR</td>
</tr>
<tr>
<td></td>
<td>Wednesday, Oct. 14</td>
<td>NOFFS Operational Course</td>
<td>7-11 a.m.</td>
<td>FREE</td>
<td>NASWI Fitness Center</td>
</tr>
<tr>
<td></td>
<td>Monday Oct. 19 - Friday, Oct. 23</td>
<td>Command Fitness Leader (CFL) Certification Course</td>
<td>7 a.m.-4:30 p.m.</td>
<td>FREE</td>
<td>NASWI Fitness Center</td>
</tr>
<tr>
<td>NOVEMBER</td>
<td>Sunday, Nov. 1</td>
<td>Virtual Turkey Trot 5K/10K</td>
<td>Anytime</td>
<td>FREE</td>
<td>Facebook @WhidbeyFFR</td>
</tr>
<tr>
<td></td>
<td>Wednesday, Nov. 4</td>
<td>Mission Nutrition</td>
<td>8 a.m.-4 p.m.</td>
<td>FREE</td>
<td>NASWI Fitness Center</td>
</tr>
<tr>
<td></td>
<td>Friday, Nov. 13</td>
<td>NOFFS Operational Course</td>
<td>7-11 a.m.</td>
<td>FREE</td>
<td>NASWI Fitness Center</td>
</tr>
<tr>
<td></td>
<td>Wednesday, Nov. 18</td>
<td>NOFFS Strength/Endurance/Sandbag Course</td>
<td>11 a.m.</td>
<td>FREE</td>
<td>NASWI Fitness Center</td>
</tr>
<tr>
<td>DECEMBER</td>
<td>Wednesday, Dec. 2</td>
<td>NOFFS Operational Course</td>
<td>7-11 a.m.</td>
<td>FREE</td>
<td>NASWI Fitness Center</td>
</tr>
<tr>
<td></td>
<td>Friday, Dec. 11</td>
<td>Run/Bike/Row Challenge</td>
<td>11 a.m.</td>
<td>FREE</td>
<td>NASWI Fitness Center</td>
</tr>
</tbody>
</table>

### MISSION NUTRITION
Wednesday Nov. 4 • 8 a.m.-4 p.m.
This nutrition class will help you increase your understanding of food and weight relationships. Learn how to shop wisely, build meals and understand external factors that affect eating habits, as well as information on fad diets, sports nutrition and supplements.

NASWI FITNESS CENTER

### EVENT/CLASS DESCRIPTIONS

#### SPORTS & FITNESS

**Command Fitness Leader (CFL) Certification Course**
Week-long course teaching skills to CFLs to lead the way in establishing and maintaining a culture of fitness for their commands. Active Duty only. Register through CNIC by going to [www.navyfitness.org/fitnesscfl-information/cfl-course-application-and-instructions](http://www.navyfitness.org/fitnesscfl-information/cfl-course-application-and-instructions).

**NOFFS Operational Course**
Four-hour course teaching Navy Operational Fitness and Fueling System, involving functional training instruction and workouts, and nutritional portion. Open to all eligible patrons ages 18 and up.

**NOFFS Strength/Endurance/Sandbag Course**
Four-hour course builds on the Navy Operational Fitness and Fueling System by incorporating different modalities and goals. Involves workouts and instructional portion. Open to all eligible patrons ages 18 and up.

**Run/Bike/Row Challenge**
Run 1 mile, Bike 2 miles, and Row 1000 meters! Lowest combined time wins! Prizes for 1st, 2nd and 3rd place. Teams and individual. Register by Wednesday, Dec. 7.

**Virtual Monster Dash 5K Walk/Run**
Dress up as your favorite monster (or anything you want) and get outside to walk/run. Can be done anywhere and anytime in October. Prizes for best adult costume and best child costume, so make sure you post those pictures using #navylifepnw or in the WhidbeyFFR Facebook event.

**Virtual Turkey Trot 5K/10K**
Burn those calories before the holidays hit us. Take the family out for a 5K or 10K. Medals for first 200 participants. Complete by Saturday, Nov. 21 to be eligible for FREE turkey drawing.
ATTENTION!

CALLING ALL JUNIOR SERVICE MEMBERS

FREE, DISCOUNTED, FUN, AFFORDABLE ACTIVITIES
to get you out and enjoying the
GREAT PACIFIC NORTHWEST.

LIBERTY provides high-energy recreation programs, entertainment experiences and development of personal leisure skills exclusively for our Navy Junior Sailors and Marines. Most LIBERTY Centers include FREE use of computers, Internet and wireless Internet, state-of-the-art video game systems, movies and TV rooms, book collections and special events and trips!

CHECK US OUT AT:
LIBERTY Northwest Center
360-257-3309

ATTENTION!

CALLING ALL JUNIOR SERVICE MEMBERS
FREE, DISCOUNTED, FUN, AFFORDABLE ACTIVITIES
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360-257-3309

Experts and amateurs enjoy regularly scheduled leagues throughout the year, including volleyball, flag football, golf, basketball, softball, and more.

REGIONAL TEAMS: Play for Team Navy as our region takes on Soldiers and Airmen from Joint Base Lewis-McChord each year in Flag Football, Ice Hockey, and more.

ADMIRAL’S CUP: Lead your Base to victory by competing against the other Naval bases in our region.

CAPTAIN’S CUP: Represent your Command in a variety of different team sports and activities, while earning points toward the Cup.

TOURNAMENTS: Various tournaments are scheduled throughout the year, including Racquetball, Dodgeball, and Basketball.

For more information:
360-257-4320
www.navylifepnw.com

Child Care is in High Demand.

START YOUR CAREER
with Navy Child Development Homes

• Run your own business while developing your professional career
• Ability to stay at home with your children
• Provide support for military families by providing quality care

BENEFITS
• Military Subsidy Program
• MilitaryChildCare.com
• Low-premium Liability Insurance
• Free Lending Library - Toys and Equipment
• Free On-site Support
• Educational Enhancement Program

Learn More by Calling 360-257-1877
CHILD CARE
Child Development Centers (CDC) 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
360-257-6861

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 birth through 12 years of age. Off-base homes are additionally licensed by the State of Washington.

WHIDBEY SCHOOL-AGERS/TEENS
Our School-Age Care (SAC) program is designed to provide peace of mind for children 5-12 years of age. We also offer safe activities for teens.

Whidbey School-Age Care (SAC)
54 Wake Ave.
Bldg. 2874
Oak Harbor, WA 98278
360-257-0889

Whidbey School Liaison Officer (SLO)
260 W Pioneer Way
Oak Harbor, WA 98278
360-257-6863
Call for an appointment.

Youth Center
54 Wake Ave.
Bldg. 2874
Oak Harbor, WA 98278
360-257-3150
Our Youth Center is open to eligible family members ages 12-18, in grades 7-12 of Active Duty, retirees, DoD civilians and DoD contractors.

Facility hours of operation may vary based on local command guidance. Please see navylifepnw.com for current hours of operation and updates.

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 recreational and educational programs for school-age children and teens.

1. School Transition Services (PCS cycle)
SLOs assist 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
SLOs connect 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
SLOs serve 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
SLOs provide Navy families with homeschooling resources and support, as well as information on homeschooling issues, policies and legislation.

5. Partnerships in Education (PIE)
SLOs help 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
SLOs provide military high-school students with post-secondary information, resources, and opportunities.

7. Special Needs System Navigation
SLOs provide information to families with children of identified needs, to help them navigate the administrative systems within local education agencies. SLOs also provide information about installation and community programs and services, and make referrals to the Exceptional Family Member Program.
# 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.

Events and classes may require advanced registration and are subject to change or cancellation without prior notice. For confirmation, contact the venue or host directly, or visit [navylifepnw.com](http://navylifepnw.com) for current hours of operation and updates.

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## SUPPORT PROGRAMS EVENT CALENDAR OCTOBER-DECEMBER 2020

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<tr>
<td>ONGOING</td>
<td></td>
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<tr>
<td></td>
<td>On demand Podcasts</td>
<td>On demand</td>
<td>Download from <a href="http://navylifepnw.com/podcasts">navylifepnw.com/podcasts</a></td>
<td>No change</td>
</tr>
<tr>
<td></td>
<td>On demand Webinars</td>
<td>On demand</td>
<td>Online at <a href="http://navylifepnw.com">navylifepnw.com</a></td>
<td>No change</td>
</tr>
<tr>
<td></td>
<td>By appointment United Through Reading</td>
<td>By appointment</td>
<td>Call 360-257-8058 to schedule</td>
<td>No change</td>
</tr>
<tr>
<td>OCTOBER</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thursday, Oct. 1</td>
<td>Now I’m the Landlord ...</td>
<td>2-4 p.m.</td>
<td>Nor’Wester, Seaview</td>
<td>Call for details</td>
</tr>
</tbody>
</table>

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### CAR BUYING

**Thursday, Oct. 8**  
2-4 p.m.  
Be prepared and plan now for your next car purchase with this class.  
**NOR’WESTER, SEAVIEW**

### CONFLICT RESOLUTION - PEACEFUL SOLUTIONS

**Thursday, Nov. 12**  
3-4 p.m.  
This workshop will help you manage conflict by examining the attitudes and behaviors of others.  
**NOR’WESTER, FIDALGO**

### KIDS’ HOLIDAY CRAFT EVENT

**Tuesday, Dec. 3**  
5-7 p.m.  
Enjoy crafts, pizza and a chance for children to see Santa Claus.  
**NOR’WESTER, SAN JUAN**

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*In the event of health-related base closure or service limitations.
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<tr>
<td>OCTOBER CONTINUED</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Saturday, Oct. 3</td>
<td>Ombudsman Basic Training Parts 1-4</td>
<td>8 a.m.-5 p.m.</td>
<td>Nor’Wester, Seaview</td>
<td>Call for details</td>
</tr>
<tr>
<td>Monday, Oct. 5</td>
<td>Ombudsman Basic Training Part 5</td>
<td>5-8 p.m.</td>
<td>Nor’Wester, Seaview</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Oct. 6</td>
<td>Webinar: The Ghost of Christmas Present</td>
<td>11 a.m.-noon</td>
<td>Online at <a href="http://navylifepnw.com">navylifepnw.com</a></td>
<td>No change</td>
</tr>
<tr>
<td>Tuesday, Oct. 6</td>
<td>Stress Management</td>
<td>1-2 p.m.</td>
<td>Nor’Wester, Fidalgo</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Oct. 6</td>
<td>Communication Skills</td>
<td>2-3 p.m.</td>
<td>Nor’Wester, Fidalgo</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Oct. 6</td>
<td>Moving Out ... What’s the Cost?</td>
<td>2-4 p.m.</td>
<td>Nor’Wester, Seaview</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Oct. 6</td>
<td>Ombudsman Basic Training Part 6</td>
<td>5-8 p.m.</td>
<td>Nor’Wester, Seaview</td>
<td>Call for details</td>
</tr>
<tr>
<td>Wednesday, Oct. 7</td>
<td>Anger Management</td>
<td>1-2 p.m.</td>
<td>Nor’Wester, Fidalgo</td>
<td>Call for details</td>
</tr>
<tr>
<td>Wednesday, Oct. 7</td>
<td>Ombudsman Basic Training Part 7</td>
<td>5-8 p.m.</td>
<td>Nor’Wester, Seaview</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Oct. 8</td>
<td>Dealing With Difficult People</td>
<td>8-9 a.m.</td>
<td>Nor’Wester, Fidalgo</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Oct. 8</td>
<td>Semi-Annual Senior Leadership PFM Seminar</td>
<td>10-11 a.m.</td>
<td>Nor’Wester, Seaview</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Oct. 8</td>
<td>Time Management: Too Much to Do too Little Time</td>
<td>10-11 a.m.</td>
<td>Nor’Wester, Fidalgo</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Oct. 8</td>
<td>Car Buying</td>
<td>2-4 p.m.</td>
<td>Nor’Wester, Seaview</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Oct. 8</td>
<td>Ombudsman Basic Training Parts 8-9</td>
<td>5-8 p.m.</td>
<td>Nor’Wester, Seaview</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Oct. 8</td>
<td>Sensory-Friendly Movie Night</td>
<td>6 p.m., Doors open at 5:30 p.m.</td>
<td>Skywarrior Theatre</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Oct. 13</td>
<td>Goal Setting-Steps to a Better Life</td>
<td>Noon-1 p.m.</td>
<td>Nor’Wester, Fidalgo</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Oct. 13</td>
<td>Money and the Move</td>
<td>1-4 p.m.</td>
<td>Nor’Wester, Seaview</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Oct. 13</td>
<td>Couples Communication</td>
<td>2-3 p.m.</td>
<td>Nor’Wester, Fidalgo</td>
<td>Call for details</td>
</tr>
<tr>
<td>Wednesday, Oct. 14</td>
<td>Million Dollar Sailor</td>
<td>8 a.m.-4:30 p.m.</td>
<td>Nor’Wester, Seaview</td>
<td>Call for details</td>
</tr>
<tr>
<td>Wednesday, Oct. 14</td>
<td>Anger Management</td>
<td>1-2 p.m.</td>
<td>Nor’Wester, Fidalgo</td>
<td>Call for details</td>
</tr>
<tr>
<td>Wednesday, Oct. 14</td>
<td>EFMP Harvest Party</td>
<td>5-7 pm</td>
<td>Nor’Wester, San Juan</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Oct. 15</td>
<td>Virtual DoD Military Spouse Career Employment Expo</td>
<td>9 a.m.-3 p.m.</td>
<td>TBD</td>
<td>Call for details</td>
</tr>
<tr>
<td>Monday, Oct. 19</td>
<td>Virtual SAPR Initial Advocate Training</td>
<td>7:30 a.m.-12:30 p.m.</td>
<td>Virtual: MS CVR TEAMS, Register with your installation SAPR office 360-340-1340/360-257-3265</td>
<td>No change</td>
</tr>
<tr>
<td>Tuesday, Oct. 20</td>
<td>Conflict Resolution-Peaceful Solutions</td>
<td>Noon-1 p.m.</td>
<td>Nor’Wester, Fidalgo</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Oct. 20</td>
<td>Stress and Suicide Awareness</td>
<td>2-3 p.m.</td>
<td>Nor’Wester, Fidalgo</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Oct. 20</td>
<td>The Ghost of Christmas Past</td>
<td>2-4 p.m.</td>
<td>Nor’Wester, Seaview</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Oct. 20</td>
<td>Moving with an Exceptional Family Member</td>
<td>6-7:30 p.m.</td>
<td>Nor’Wester, Seaview</td>
<td>Webinar</td>
</tr>
<tr>
<td>Wednesday, Oct. 21</td>
<td>Lemons to Lemonade</td>
<td>2-4 p.m.</td>
<td>Nor’Wester, Seaview</td>
<td>Call for details</td>
</tr>
<tr>
<td>Wednesday, Oct. 21</td>
<td>CIAC Roundtable</td>
<td>3-3:30 p.m.</td>
<td>Nor’Wester, Fidalgo</td>
<td>Call for details</td>
</tr>
<tr>
<td>Wednesday, Oct. 21</td>
<td>Anger Management</td>
<td>1-2 p.m.</td>
<td>Nor’Wester, Fidalgo</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Oct. 22</td>
<td>Sponsorship Training</td>
<td>2-3:30 p.m.</td>
<td>Nor’Wester, Seaview</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Oct. 22</td>
<td>Virtual SAPR D-SAACP CEU Refresher</td>
<td>2-4 p.m.</td>
<td>Virtual: MS CVR TEAMS, Register with your installation SAPR office 360-340-1340/360-257-3265</td>
<td>No change</td>
</tr>
<tr>
<td>Thursday, Oct. 22</td>
<td>Operational Stress Control</td>
<td>5-7 p.m.</td>
<td>Nor’Wester, Fidalgo</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Oct. 22</td>
<td>Family Readiness Group Roundtable</td>
<td>5:15-6:30 p.m.</td>
<td>Nor’Wester, Fidalgo</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Oct. 27</td>
<td>Job Prep 101: Civilian Resume Writing</td>
<td>5-7 p.m.</td>
<td>Nor’Wester, Fidalgo</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Oct. 27</td>
<td>Thrift Savings Plan &amp; BRS</td>
<td>5:30-7 p.m.</td>
<td>Nor’Wester, Seaview</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Oct. 27</td>
<td>Ombudsman Assembly</td>
<td>6-8 p.m.</td>
<td>Nor’Wester, San Juan</td>
<td>Call for details</td>
</tr>
<tr>
<td>Wednesday, Oct. 28</td>
<td>Saving &amp; Investing 101</td>
<td>2-4 p.m.</td>
<td>Nor’Wester, Seaview</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Oct. 29</td>
<td>Navy Retirement ... Is It Enough?</td>
<td>2-4 p.m.</td>
<td>Nor’Wester, Seaview</td>
<td>Call for details</td>
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<tr>
<td><strong>NOVEMBER</strong></td>
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<tr>
<td>Monday, Nov. 2- Friday, Nov. 6</td>
<td>Command Financial Specialist (CFS)</td>
<td>7:30 a.m.-4:30 p.m.</td>
<td>Nor’Wester, Seaview</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Nov. 3</td>
<td>Command EFMP POC Training</td>
<td>9-11 a.m.</td>
<td>Nor’Wester, Fidalgo</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Nov. 5</td>
<td>Webinar: Holiday Employment</td>
<td>11 a.m.-noon</td>
<td>Online at <a href="http://navylifepnw.com">navylifepnw.com</a></td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Nov. 10</td>
<td>EFMP Roundtable</td>
<td>10-11 a.m.</td>
<td>Nor’Wester, Seaview</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Nov. 10</td>
<td>Stress Management</td>
<td>Noon-1 p.m.</td>
<td>Nor’Wester, Fidalgo</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Nov. 10</td>
<td>Sponsor Coordinator and Relocation Roundtable</td>
<td>1-2 p.m.</td>
<td>Nor’Wester, Seaview</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Nov. 12</td>
<td>Anger Management</td>
<td>1-2 p.m.</td>
<td>Nor’Wester, Fidalgo</td>
<td>Call for details</td>
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<td>Thursday, Nov. 12</td>
<td>Conflict Resolution: Peaceful Solutions</td>
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<td>Nor’Wester, Fidalgo</td>
<td>Call for details</td>
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<td>Thursday, Nov. 12</td>
<td>Sensory-Friendly Movie Night</td>
<td>6 p.m., Doors open at 5:30 pm</td>
<td>Skywarrior Theatre</td>
<td>Call for details</td>
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<tr>
<td>Tuesday, Nov. 17</td>
<td>Federal Resume &amp; Application Process</td>
<td>8:30-9:30 a.m.</td>
<td>Nor’Wester, Fidalgo</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Nov. 17</td>
<td>Writing Your Best Resume</td>
<td>9:30-10:30 a.m.</td>
<td>Nor’Wester, Fidalgo</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Nov. 17</td>
<td>Couples’ Communication</td>
<td>Noon-1 p.m.</td>
<td>Nor’Wester, Fidalgo</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Nov. 17</td>
<td>Debt Rehab</td>
<td>2-4 p.m.</td>
<td>Nor’Wester, Seaview</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Nov. 18</td>
<td>Anger Management</td>
<td>1-2 p.m.</td>
<td>Nor’Wester, Fidalgo</td>
<td>Call for details</td>
</tr>
<tr>
<td>Wednesday, Nov. 18</td>
<td>Credit ... What’s the Big Deal?</td>
<td>2-4 p.m.</td>
<td>Nor’Wester, Seaview</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Nov. 19</td>
<td>Stress Management</td>
<td>8-9 a.m.</td>
<td>Nor’Wester, Fidalgo</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Nov. 19</td>
<td>Dealing With Difficult People</td>
<td>10-11 a.m.</td>
<td>Nor’Wester, Fidalgo</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Nov. 19</td>
<td>Tackling Student Loans</td>
<td>2-4 p.m.</td>
<td>Nor’Wester, Seaview</td>
<td>Call for details</td>
</tr>
<tr>
<td>Friday, Nov. 20</td>
<td>Sensory-Friendly Bowling Night</td>
<td>5-7 p.m.</td>
<td>Convergence Zone</td>
<td>Call for details</td>
</tr>
<tr>
<td>Monday, Nov. 23</td>
<td>Stress and Suicide Awareness</td>
<td>Noon-1 p.m.</td>
<td>Nor’Wester, Fidalgo</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Nov. 24</td>
<td>Job Prep 101: Navigating the Federal Application Process</td>
<td>5-7 p.m.</td>
<td>Nor’Wester, Fidalgo</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Nov. 24</td>
<td>Now I’m the Landlord ...</td>
<td>5:30-7 p.m.</td>
<td>Nor’Wester, Seaview</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Nov. 24</td>
<td>Ombudsman Assembly</td>
<td>6-8 p.m.</td>
<td>Nor’Wester, San Juan</td>
<td>Call for details</td>
</tr>
<tr>
<td><strong>DECEMBER</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuesday, Dec. 1</td>
<td>New Spouse Orientation</td>
<td>9 a.m.-noon</td>
<td>Nor’Wester, Seaview</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Dec. 1</td>
<td>Communication Skills</td>
<td>Noon-1 p.m.</td>
<td>Nor’Wester, Fidalgo</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Dec. 1</td>
<td>Stress Management</td>
<td>2-3 p.m.</td>
<td>Nor’Wester, Fidalgo</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Dec. 1</td>
<td>Newly Married? Let’s Talk Money</td>
<td>2-4 p.m.</td>
<td>Nor’Wester, Seaview</td>
<td>Call for details</td>
</tr>
<tr>
<td>Wednesday, Dec. 2</td>
<td>Anger Management</td>
<td>Noon-1 p.m.</td>
<td>Nor’Wester, Fidalgo</td>
<td>Call for details</td>
</tr>
<tr>
<td>Wednesday, Dec. 2</td>
<td>CFS and Leadership Financial Forum</td>
<td>2-4 p.m.</td>
<td>Nor’Wester, Seaview</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Dec. 3</td>
<td>CFS Refresher</td>
<td>7:30 a.m.-4:30 p.m.</td>
<td>Nor’Wester, Seaview</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Dec. 3</td>
<td>Stress and Suicide Awareness</td>
<td>8-9 a.m.</td>
<td>Nor’Wester, Fidalgo</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Dec. 3</td>
<td>Conflict Resolution</td>
<td>10-11 a.m.</td>
<td>Nor’Wester, Fidalgo</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Dec. 3</td>
<td>Kids’ Holiday Craft Event</td>
<td>5-7 p.m.</td>
<td>Nor’Wester, San Juan</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Dec. 8</td>
<td>Webinar: Real Talk-Couples Communication</td>
<td>Noon-1 p.m.</td>
<td>Nor’Wester, Fidalgo</td>
<td>No change</td>
</tr>
<tr>
<td>Tuesday, Dec. 8</td>
<td>Time Management: Too Much to Do too Little Time</td>
<td>2-3 p.m.</td>
<td>Nor’Wester, Fidalgo</td>
<td>No change</td>
</tr>
<tr>
<td>Tuesday, Dec. 8</td>
<td>Home Buying</td>
<td>2-4 p.m.</td>
<td>Nor’Wester, Seaview</td>
<td>Call for details</td>
</tr>
<tr>
<td>Wednesday, Dec. 9</td>
<td>Holiday Stress</td>
<td>Noon-1 p.m.</td>
<td>Nor’Wester, Fidalgo</td>
<td>Call for details</td>
</tr>
<tr>
<td>Wednesday, Dec. 9</td>
<td>Home Selling</td>
<td>2-4 p.m.</td>
<td>Nor’Wester, Seaview</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Dec. 10</td>
<td>Sensory-Friendly Movie Night</td>
<td>6 p.m., Doors open at 5:30 p.m.</td>
<td>Skywarrior Theatre</td>
<td>Call for details</td>
</tr>
<tr>
<td>Saturday, Dec. 12</td>
<td>EFMP Holiday Celebration</td>
<td>9 a.m.-noon, 1-4 p.m.</td>
<td>Nor’Wester</td>
<td>Call for details</td>
</tr>
</tbody>
</table>

*In the event of health-related base closure or service limitations.
WEBINARS

For a schedule of on-demand webinars visit www.navylifepnw.com/webinars

Questions?
866-854-0638 or ffsp.cnrnw@navy.mil
## SUPPORT PROGRAMS CALENDAR OCTOBER-DECEMBER 2020

<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
<th>TIME</th>
<th>VENUE/HOST</th>
<th>ALTERNATIVE DELIVERY*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, Dec. 15</td>
<td>Conflict Resolution</td>
<td>Noon-1 p.m.</td>
<td>Nor’Wester, Fidalgo</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Dec. 15</td>
<td>Communication Skills</td>
<td>2-3 p.m.</td>
<td>Nor’Wester, Fidalgo</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Dec. 15</td>
<td>Career Assessment and Exploration</td>
<td>2-3 p.m.</td>
<td>Virtual</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Dec. 17</td>
<td>Stress Management</td>
<td>8-9 a.m.</td>
<td>Nor’Wester, Fidalgo</td>
<td>Call for details</td>
</tr>
</tbody>
</table>

*In the event of health-related base closure or service limitations.

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

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www.navywoundedwarrior.com

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Season's Greetings

We're here for you this holiday season!

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**EVENT/CLASS DESCRIPTIONS**

**CLINICAL**

**G.R.I.T.- Growing Resiliency in Time**
This 8–week group will teach skills to enhance perseverance and build resiliency. Learn to implement cognitive behavioral strategies to adapt and overcome life challenges, large and small. Walk-ins welcome, registration is preferred. Please call 360–257–4215 to register.

**SOAR Survivors**
Overcoming Assault with Resilience: SOAR is a 10–week educational support group for women (18 and over) who are survivors of sexual assault and abuse. The group will discuss ways to aid the healing process including coping, regaining trust, strengthening intimate relationships and personal empowerment. Call 360–257–8895 if interested in joining.

**DEPLOYMENT**

**CIAC Roundtable**
FFSC IA Deployment Support Specialist will meet with Command Individual Augmentee Coordinators (CIAC) to discuss best practices, NFAAS updates and IA status.

**FRG Roundtable**
The roundtable is a chance for FRG board members to discuss any issues or questions about the program. There will be advanced training at each session.

**EFMP Roundtable and Training**
The roundtable is a chance for all EFMP POCs, CMCs and any other person the command deems pertinent to discuss any issues or questions about the EFMP program. Also, there will be advanced training at each session.

**EMPLOYMENT**

**Career Assessment and Exploration**
Not sure what career path to pursue or are you looking for a change? We will utilize the website O*NET Online to assess your interests in different industries or occupations, as well learn the job skills and education/training required for them.

**Job Prep 101: Civilian Resume Writing**
Learn the different styles of resumes and when to use them. Discover ways to translate and highlight skill sets you possess to let employers know why they should meet and ultimately hire you.

**Interviewing Techniques at WorkSource**
FFSC staff will partner with WorkSource for this workshop. We will discuss valuable interviewing tips and provide an opportunity to practice frequently asked interviewing questions in a supportive, realistic environment.

**Federal Resume & Application Process**
Class will cover the USAJobs website, federal resume formats and tips to focus your resume.

**Virtual DoD Military Spouse Career Empowerment Expo**
Featuring a panel discussion with various employers along with breakout sessions to address a variety of topics related to career research and preparation.

**LIFE SKILLS**

**Anger Management I–IV**
A four-part, activity rich, non-sequential series with each workshop independent of the others.

**Conflict Resolution–Peaceful Solutions**
Unmanaged conflict has caused many hardships in the workplace and at home. This workshop will help people to manage conflict by examining their attitudes and behaviors when faced with conflicting situations.

**Couples’ Communication**
Covers blocks to communication, provides insights and a working knowledge of gender differences, and creates a process to resolve conflicts and improve lines of communication.

**Decision Making**
We make decisions every waking moment of our lives. Those decisions impact all aspects of your life, career, family and friends. This workshop helps people identify and learn the process of solid decision making and how to assimilate it into their everyday lives.

**Depression: It’s More Than Just Feeling Sad**
Everyone, at various times in life, feels sad. This is normal. This workshop is designed to provide introductory information about depression, how to recognize the symptoms, how to develop a wellness lifestyle, what resources are available and how to access those resources.

**Emotional Intelligence**
Emotional Intelligence is the ability to recognize and assess the emotional temperature in social and workplace settings. This workshop provides an overview and introduction to the two primary competencies: personal competence and social competence. Decades of research point to emotional intelligence as the critical factor that sets star performers apart from the rest of the pack.

**Goal Setting–Steps To a Better Life**
In this workshop, attendees will learn the steps for successful goal setting, identify and prepare a plan for a specific goal, recognize potential barriers to successful completion and develop a mitigation plan to respond and overcome potential roadblocks.

Description continues on page 28.
Transition Assistance Program

The Transition Process:
Four Steps to Success

If you are within 12 to 24 months of separating or retiring from the Navy, contact your Command Career Counselor (CCC) or local Fleet and Family Support Center (FFSC). You will receive information about the Transition Assistance Program and available supportive services.

A CCC or FFSC staff member will conduct your Initial Self-Assessment Counseling (IC), which is a tool that is used to help reflect your personal circumstances, needs and transition goals to meet your Career Readiness Standards (CRS). After completing the IC, you will need to register for the TAP Workshop and select your career track.

The TAP Workshop will assist you with your CRS. It also includes a veterans’ benefits brief; employment information; guidance on financial planning; and the mandated Pre-Separation Counseling Briefing, which must be completed no less than 365 days prior to separation.

To achieve a balanced and smooth transition, attend the Capstone briefing no less than 90 days prior to your official retirement or separation from military service.

Start early. Preparing for life after the military is a process. The Transition Assistance Program will help you take the right steps for a successful transition to civilian life.

www.ffsp.navy.mil
EVENT/CATEGORIZATION CONTINUED

“Opportunism” Is Not a Bad Word
This workshop is designed to clarify and discuss the definition of an opportunist and why it’s actually not a bad thing. What are the attributes, skills and strengths consistent with opportunist people? How can being an opportunist improve your outlook and quality of life?

Parenting Middle Schoolers (Middle School Mayhem)
Middle school is a time filled with hormones, intellectual and social growth, stress and mountains of uncertainty. This workshop is designed to discuss the specific milestones associated with this age group and provide tools for parents to navigate these deep waters as smoothly as possible.

STRESS MANAGEMENT I–IV
A four-part, activity-rich, non-sequential series with each workshop independent of the others.

Stress Management I–Personal Awareness
This workshop assists learners with identifying and awareness of personal stressors, including the ability to understand what it looks like, how it effects the body and mind, and tools and resources available to support effective coping skills throughout challenging events.

Stress Management II–Thoughts in Action
This workshop assists learners with acknowledging thoughts are things and learn how to transform their negative thinking into positive beliefs, as well as painting and incorporating a different picture of stress.

Stress Management III–Needs and Trust Continuum
This workshop assists learners with building new perceptions and helping them apply universal and unconventional stress management strategies.

Stress Management IV–“SMART” Stress Management
This workshop assists learners with detecting the source of problems, establishing problem-solving goals and creating greater self-awareness to help make decisions that minimize the stress.

Time Management: “Too Much to Do Too Little Time”
This workshop discusses time management for individuals, including parents. This workshop addresses time wasters, tips and why it’s important to know when to say no to something or someone.

OMBUDSMAN
Ombudsman Basic Training
Ombudsmen are required to attend Ombudsman Basic Training (OBT) within six weeks of their appointment per OPNAVINST 1750.1G. OBT is standardized and any ombudsman, Active Duty or reservist, can attend any training as approved by their commanding officer.

PERSONAL FINANCIAL MANAGEMENT
Car Buying Class
Want to buy a new set of wheels? Learn about researching a car purchase, determining how much you can afford and negotiating effectively.

Caring for Aging Parents
Are your parents getting older and unsure how you can help? This workshop provides education and resources to assist families in caring for parents as they age including financial, emotional and legal issues.

Command Financial Specialist Initial Training
CFS Initial Training is a mandatory 40-hour course to become a CO-designated CFS. CFS candidates must be an E6 and above, or an E5 with at least six years, or obtain a waiver from CNIC, plus have a minimum of one year left at the command. This is a 5-day course and requires daily homework.

CFS and Leadership Financial Forum
Once a quarter, we host a financial forum open to all CFSs and command leadership, including command career counselors, first-line supervisors, senior enlisted advisors and senior leadership. Various personal financial management hot topics will be discussed.

CFS Refresher
Per the OPNAVINST 1740.5D, Enclosure (6), page 2, all CFSs must attend a refresher course at a minimum of 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.

Credit … What’s the Big Deal?
Is credit really that important? Learn how credit is used, who can access it and why it’s important to use credit responsibly.

Debt Rehab
Is debt weighing you down? Unsure where to start? Discuss all types of debt from credit card interest and installment loans to collections. Design a recovery plan that best benefits you.

The Ghost of Christmas Past and Present
Is holiday debt ruining your new year? Explore the true cost of our happy holidays, which often results in debt, and learn tips on how to avoid the debt trap in the future.

Home Buying
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.

Home Selling
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.

Million Dollar Sailor
MDS seminars meet all your financial literacy touch points and are open to all hands including spouses and other family members. This course covers all aspects of financial management.

Moving Out … What’s the Cost?
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 they can afford to roommates pros and cons.

myFICO Credit Score/Report
It’s more than a 3-digit number. This workshop assists service members and their family members in examining their credit score and report, plus the program utilizes a score simulator to help improve your score.

Navy Retirement … Is It Enough?
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.

Newly Married?
Let’s Talk Money
Talking about money can be stressful! Add in the military lifestyle and it becomes more
stressful. Learn tips, tricks and resources to master managing your finances.

**Now I’m the Landlord ...**
Moving or PCSing, but can’t sell your house 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.

**Saving and Investing 101**
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.

**Tackling Student Loans**
Is student loan debt interfering with your GPA (going places ability)? Learn what options are available including if you are in default.

**Thrift Savings Plan and Blended Retirement System (TSP & BRS)**
You signed up for it in boot camp, but you have no idea how it works. Learn the TSP details including the various options and funds, plus BRS benefits.

**RELOCATION ASSISTANCE PROGRAM**
**Sponsor Training**
FFSC Relocation staff provides training (orientation) to Active Duty members, upholding OPNAVINST 1740.3D. This training prepares 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.

**New Spouse Orientation**
Are you newly married or new to the Navy? Learn the basics of Navy life and how to thrive as a military spouse! Explore the military lifestyle and many of the resources available to military families.

**Money and the Move**
Training provides an overview of the PCS process to assist sailors and their families in preparing to move CONUS and OCONUS. This workshop provides an overview of the phases of relocation, financial entitlements, creating a plan of action, packing tips, family concerns and resources available.

**21st Century CONSEP**
Career Options & Navy Skills Evaluation Program instruction for first-term sailors. This course will enhance mission readiness by giving sailors the tools to make informed decisions about their educational and career options in the Navy and future as a civilian. The 21st Century CONSEP course provides six modules of instructor-led training that support the Military Life Cycle (MLC) model by providing instruction on military and civilian career options, Veteran Affairs (VA) benefits, financial planning and professional networking.

**Capstone Event**
Capstone must be completed no later than 90 days prior to separation in order to verify that service members have met their Career Readiness Standards (CRS) and received the transition services that are mandated by the Department of Defense. During Capstone, an FFSC Transition Counselor will review all CRS requirements to verify that you have met CRS and have a viable transition plan.

**My Education**
Provides guidance on choosing an educational institution, to prepare for the application process and expectations upon attendance.

**My Employment Workshop**
Provides an in-depth knowledge of the topics covered during the DOL One-Day that is provided during the three days of the Transition Workshop.

**Spouse Transition Workshop**
Provides information on business ownership and self-employment in the private or non-profit sectors.

**My Vocational Workshop**
Provides guidance and assistance in conducting several self-assessments to determine a career path to align with skills, interests and abilities to identify a vocational post-transition career and in locating a technical school.

**Self-Care, It’s All About You**
Self-care is one of our most important needs. This workshop explores different types of self-care opportunities and how to maximize their value in our daily life.

**Mind Over Money–Financial Management**
Managing money isn’t as hard as we think it is ... WE make it harder than it really is. Come learn some simple management tips and tricks.

**Emergency Preparedness, Tips and Tools–Work/Life Balance**
Did the house run without a hitch when the winds and snow came and blew out the lights? No? Hmm. Let’s embrace the fact that “stuff” will happen in the Pacific Northwest. This workshop will help you to establish a level of emergency preparedness your family has never seen before.

**WORK/LIFE BALANCE SERIES**
**Emergency Preparedness, Tips and Tools–Work/Life Balance**
Did the house run without a hitch when the winds and snow came and blew out the lights? No? Hmm. Let’s embrace the fact that “stuff” will happen in the Pacific Northwest. This workshop will help you to establish a level of emergency preparedness your family has never seen before.

**WEBINARS**
**Interview Types and How to Dress for Them**
Learn the different types of interviews that you could encounter and the do’s and don’ts of interview wear.

**Getting a Tax Refund? What’s Next?**
Wondering how to best use that tax refund? Learn what to do with a tax refund and how to manage it for the future.

**Communication is powerful and directly affects our quality of life and relationships.**

**Sign up for a Couples Communication Class today.**
Your installation Housing Service Center (HSC) is your source for helpful and friendly information about available housing options at any installation worldwide, including safe and affordable pre-screened community housing listings, personalized counseling and more.

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!

**Homes.mil, your FREE online resource**
Check out 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 without logging in. 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. It’s fast and easy. 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.

Visit any Housing Service Center (HSC) for:
- Lease Services
- Referral Counseling
- Family Housing Application
- Landlord/Tenant Resolution Services
- Navy Advocate for you and your family when housing maintenance, health or safety issues arise
- Outbound Services
- and more!

All military personnel are required to check in with the Housing Service Center (HSC). This should be accomplished prior to making any arrangements for community housing. The office maintains a complete computerized listing covering almost all the rental properties in your local area.
MyNavy Family App

We are here for you & your family!

New resources are available on the MNF app covering a wide variety of topics including: Family Emergencies and Pandemic Resources.

Visit applocker.navy.mil to learn more about Pandemic Resources.
Take part in this annual holiday tradition from the comfort of your streaming device.
Follow your base Facebook page for details:
@EverettFFR, @KitsapFFR or @WhidbeyFFR.