

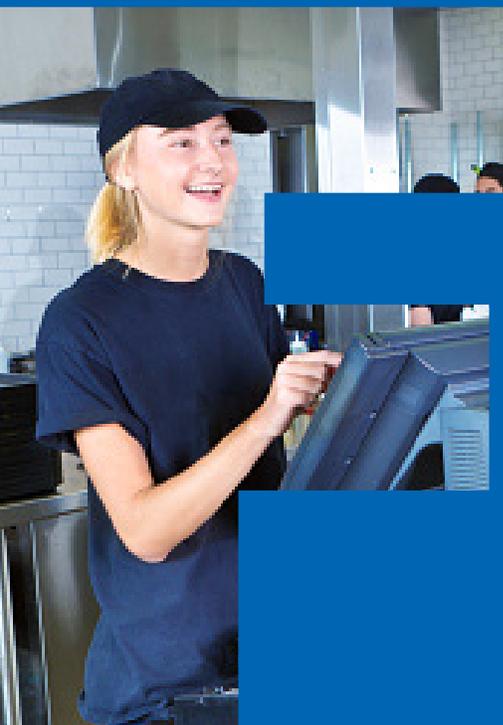


FALL 2021

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EXPERIENCE NAVY LIFE

OCTOBER-DECEMBER 2021

TABLE OF CONTENTS

- 4 Around the Community
 - 4 Message from the FFR Director
 - 6 Food, Fun & Recreation
 - 12 PERSPECTIVE: Expressions of Gratitude Go a Long Way
 - 14 Lodging & Leisure
 - 16 Sports, Fitness & Aquatics
 - 20 Support Programs
 - 28 Child & Youth Programs
 - 29 FEATURE: Open Your Heart to a Military Child
 - 30 Housing Services
-

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. A digital version of this magazine is available at: whidbey.navylifepnw.com/magazine.

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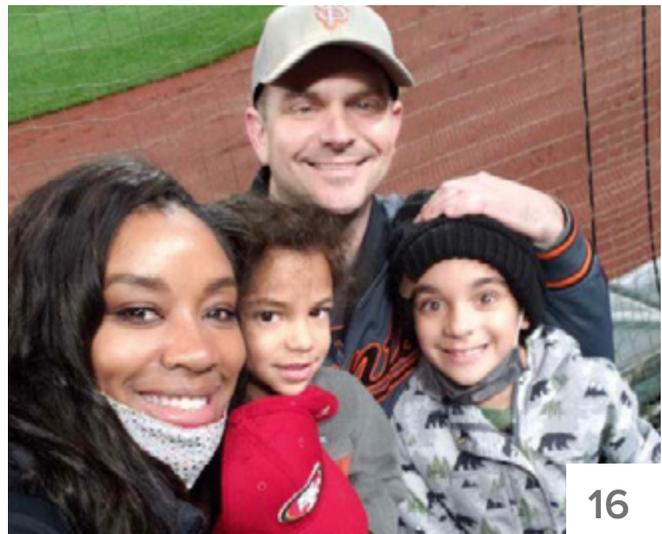
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16

What are you grateful for? Find out how gratitude can boost your mood and more in this issue's PERSPECTIVE feature.



29

There are more than 1,200 military kids on a waitlist for child care in Navy Region Northwest. Learn how you can help.

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MESSAGE FROM THE FFR DIRECTOR



Greetings Team Whidbey!

The beautiful Pacific Northwest weather is taking a turn for crisper mornings and shorter days as we head into fall. And, what a better time to participate in the incredible events that are taking place at our award-winning facilities than this season? We extend a warm invitation

to you and your family to join in on the fun!

Kick off this fall with Costumes and Carving at Cliffside RV Park and a Harvest Festival, where you and your family can enjoy a trunk or treat, crafts and pumpkin picking at the scenic Rocky Point this October, hosted by MWR's Community Recreation.

During November, we will celebrate and honor Military Families with specials and activities, bowling tournaments and even a clue- and challenge-driven *Race the Base!* At the start of December, Community Recreation will host a Holiday parade that starts at Maylor Point and continues on through Victory Terrace and Crescent Harbor Housing, bringing all the festivities right to your front door!

Don't forget to collect the final three medals of the 2021 Virtual Run Series, sponsored by GEICO | Military (no Navy or Federal endorsement implied). There is the #DayoftheDead5K, #TurkeyTrot5K, #EggnogJog5K ... we can't wait to see your pictures of the finish line!

In short, know that the NASWI FFR and N9 team are here to serve you and your family. Do not hesitate to reach out to any of our facilities and its team members should you have any questions. We want your stay here at NASWI to be the best it can be. We are eager to hear of your ideas for future events and activities!



Stephen Pohrivchak
CNRNW N9 | FFR Director
NAS Whidbey Island



The Hall Family, pictured here at the Convergence Zone, were among the first to claim their free tickets to the NAS Whidbey Island USO Concert Tour. The family-friendly show featured Miss America Camille Schrier, comedian Taylor Williamson, DJ J. Dayz and country music duo LOCASH.



Military kids got to hear from Seahawks legend Edwin Bailey this summer during the Seattle Seahawks Gatorade Junior Training Camp.



Way to go Navy Veteran and VR61 Calvin D. Simerson! He earned the first of five Virtual Run Series medals by posting this pic to our Facebook page. See page 11 for details on how you can join him and others at the next 5K!



LIKE, SHARE AND WIN

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



Congrats to VP-69 representatives CDR Aldridge, AOC Van Allen and AWO1 Sparks who won first place in an MWR Sprint Triathlon, completing a 2000 meter row, a 12-mile bike ride and a 5K run in just 56 minutes and 9 seconds!

5 SIMPLE STEPS TO REGISTERING WITH MYFFR

1 VISIT

www.navalifepnw.com/myFFR

2 LOG IN

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

3 BROWSE

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

4 PURCHASE

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

5 ENJOY!

Rest easy knowing your reservation is complete!



FOOD, FUN & RECREATION



In November, we honor our Military Families. See what's happening all month long at your MWR facilities.

MONTH OF THE MILITARY FAMILY

RACE THE BASE

Solve clues and complete the challenges to win the race! Visit an MWR facility for details on this FREE event.



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

Dining & Entertainment



Admiral Nimitz Hall Galley
 Located on Ault Field
 360-257-2469



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



M.T. McCormick's Officers' Lounge
 Located on Ault Field
 360-257-2521



Kegler's Bar & Grill
 Located in the Convergence Zone
 360-257-1567
 Closed holidays
 Check out new menu. You can also order online through our Dine on the Go PNW mobile app.



Community Recreation Facilities



CONVERGENCE ZONE
 Located on Ault Field
 360-257-2432
 Hours: please call for information
 Closed holidays

Equipment Rentals
 For rental reservations call 360-914-7445. Our experienced staff stands ready to outfit your next outdoor adventure.

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

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

Outdoor Parks and Recreation Areas

Costen-Turner Recreation Area
 Located on Ault Field

360-257-2432
 Features include a new playground, gazebo, and plenty of picnic tables. Gazebo rental reservations are available.

Disc Golf Course
 Located on Ault Field
 360-257-2432
 The 18-hole disc golf course starts and ends at PSD, located across the parking lot from the Convergence Zone. Disc sets available for rent.

General Quarters Paintball
 Located on Ault Field
 360-257-2432
 Adrenaline, strategy, skill and



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

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

The Grind Skate Park

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

Open daily, dawn to dusk.

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

Rocky Point Recreation Area

Located on Ault Field 360-257-2432

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



Gallery Golf Course

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

Hours: please call for information

Open to the public.

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

Vehicle Storage

Operated through Cliffside RV Park 360-257-2649

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

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

Theaters

Skywarrior Theatre

Located on Ault Field 360-257-6684

Hours: please call for show times

LIBERTY Lounges

LIBERTY Northwest Center

Located inside Admiral Nimitz Hall Galley 360-257-3309

Hours: please call for information

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

OCTOBER-DECEMBER 2021

EVENT	DATE/TIME	HOST/VENUE
<p>Bowling Specials & Tournaments</p> <p>There's always something new for bowling fans at the Convergence Zone! Check out our daily specials, events and league nights.</p>	Monday-Sunday, Ongoing	Convergence Zone
<p>Leisure Skills Classes</p> <p>Community Recreation teaches many different leisure skills. From pumpkin painting to Wilderness First Aid, there is something for everyone. Contact facility for details.</p>	Monday-Sunday, Ongoing	Convergence Zone
<p>Special Activities</p> <p>Community Recreation offers activities throughout the week such as Toddler Reading Time and contests. Contact facility for details.</p>	Monday-Sunday, Ongoing	Convergence Zone
<p>Trips & Tours</p> <p>Community Recreation offers a variety of trips each month for you to experience and explore the great Northwest. Contact facility for details.</p>	Monday-Sunday, Ongoing	Convergence Zone
<p>Costumes & Carving</p> <p>Dust off your Halloween costume and wear it as you carve your own Jack-O'-Lantern for Allhallows Eve! Pumpkins and carving kits provided. \$5 each</p>	Saturday, Oct. 16, 1-3 p.m.	Community Recreation, Cliffside RV Park
<p>Trunk or Treat Competition</p> <p>Sponsor a trunk for the 2021 Harvest Festival! As a family, team or command be voted "The Best Decorated Trunk" and win a prize! Sign up at the Convergence Zone to participate. FREE event.</p>	Saturday, Oct. 23, Noon-3 p.m.	Community Recreation, Rocky Point
<p>Harvest Festival</p> <p>Enjoy a trunk or treat, pumpkin picking and crafts at the annual Harvest Festival! FREE event.</p>	Saturday, Oct. 23, Noon-3 p.m.	Community Recreation, Rocky Point
<p>Month of the Military Family Specials and Activities</p> <p>Celebrate Month of the Military Family with a variety of specials and activities throughout the month of November. FREE event.</p>	November 2021	MWR Facilities

FOOD, FUN & RECREATION

OCTOBER-DECEMBER 2021

EVENT	DATE/TIME	HOST/VENUE
<p>Month of the Military Family Bowling Tournament</p> <p>Join us for the Month of the Military Family Bowling Tournament. Each family that registers will play one game per week. Prizes are awarded to the top three finishing families. FREE event.</p>	Monday, Nov. 1, 11 a.m.-4 p.m.	Bowling, Convergence Zone
<p>Quarterly Croovie</p> <p>Make crafts during a showing of a FREE movie. FREE event.</p>	Sunday, Nov. 14, Noon-2 p.m.	Community Recreation, Skywarrior Theatre
<p>Month of the Military Family Race the Base</p> <p>Does your family have what it takes to be crowned NASWI's Top Family? Solve clues and complete the challenges to win the race! FREE event.</p>	Friday, Nov. 11-Sunday, Nov. 21, Noon-2 p.m.	Community Recreation, MWR Facilities
<p>Holiday Parade</p> <p>Get an early peek of Santa and his helpers in this year's Holiday Parade! The parade starts at Maylor Point and proceeds to Victory Terrace and Crescent Harbor housing areas. FREE event.</p>	Thursday, Dec. 2, 4-7 p.m.	Community Recreation, Base Housing
<p>Holiday Whobilation</p> <p>Merry Grinchmas NASWI! The Grinch didn't ruin our Christmas plans this year. Enjoy crafts, activities, photos with Santa and more! Come to the Convergence Zone wearing the ugliest Christmas Sweater for a chance to be crowned the 2021 Holiday Cheermeister! FREE event.</p>	Friday, Dec. 3, 4-8 p.m.	Community Recreation, Convergence Zone
<p>Pictures with Santa and RV Lighting Contest Judging</p> <p>Santa will visit Cliffside to check out the holiday lights strung along the RV's at Cliffside! Join Santa, while sipping hot cocoa, to help crown the winner of "The Most Decorated RV." Enjoy a cookie and take a picture with the jolly ol' elf!</p>	Friday, Dec. 17, 4-6 p.m.	Community Recreation, Cliffside RV Park



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LODGING & LEISURE



Navy Getaways Jim Creek is a winter wonderland. See for yourself when you take advantage of our winter BOGO!



Navy Getaways welcomes you with a wide range of comfortable and affordable accommodations across the Pacific Northwest.



Cliffside RV Park & Campground

Located on Ault Field.
360-257-2649

Nestled along the shoreline of Whidbey Island, Navy Getaways Cliffside offers an awe-inspiring location, the ambiance of shoreline living, ever-changing marine environment and unparalleled

sunsets. Rent one of our RV campers or bring your own. We also rent tent sites and yurts.



Jim Creek Recreation Area & Campground

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

Located just outside of Arlington, WA,

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



Pacific Beach Hotel, Cottages, RV Park & Campground

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

Located on the Pacific coast, 15 miles north of Ocean Shores, Pacific Beach features reasonably priced hotel

accommodations as well as fully furnished 3-, 4- and 5-bedroom cottages lining the ocean bluff, providing guests with panoramic ocean vistas. On-site amenities include Pacific Beach Café & Gift Shop, a bar and more.



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

UPCOMING PROGRAMS & EVENTS



Our annual tradition at Navy Getaways Cliffside RV Park is back! Light up the night brighter than a Griswold Christmas while enjoying an evening with Santa.

OCTOBER-DECEMBER 2021

EVENT	DATE/TIME	HOST/VENUE
<p>Jim Creek Stay One Night, Get One Night FREE</p> <p>BOGO! Take advantage of this great deal! Go one step further and plan your stay around our special events. Valid for Standard Cabins, RV Sites, RV Trailers and Tent Sites. Excludes Deluxe Cabins, Dens, Group Camps and Lodge. Not valid during holiday weekends including Veterans Day, Thanksgiving, Christmas, New Year's, Martin Luther King Jr. Day and Presidents' Day. Special is valid for one site per household.</p> <p>Call for details or reservations at 425-304-5315. Standard rates apply</p>	Friday, Oct. 1-Thursday, Mar. 31, 2022	Navy Getaways Jim Creek
<p>Jim Creek's Halloween Spooktacular</p> <p>Join us for a family Halloween event like no other. Stay the weekend or just come up for the day of un-BOO-lievable events that includes our Haunted Lodge, pumpkin carving, costume contest, hay rides, music, refreshments and a whole lot more. For reservations or event details call 425-304-5315.</p>	Saturday, Oct. 9, Noon-4 p.m.	Navy Getaways Jim Creek
<p>Costumes & Carving</p> <p>Get the bugs worked out of your costume before Halloween! Show off that costume and carve your own Jack-O-Lantern for Allhallows Eve! \$5 per person</p>	Saturday, Oct. 16, 1-3 p.m.	Navy Getaways Cliffside RV Park
<p>Spooky Hayride at the Beach</p> <p>Jump in the trailer if you dare to be scared!</p>	Saturday, Oct. 16	Navy Getaways Pacific Beach
<p>Halloween Spooky Hayride with Scavenger Hunt at the Beach</p> <p>Join us for a spooky hayride and a bone-chilling scavenger hunt.</p>	Saturday, Oct. 30	Navy Getaways Pacific Beach
<p>Holiday Sale - Veterans Day</p> <p>Stay three or more night consecutive dates that include the Veterans Day holiday and get Thursday, Nov. 11 for just \$11!</p> <p>Call 360-276-4414 ext. 2 to book your stay today.</p>	Thursday, Nov. 11	Navy Getaways Pacific Beach
<p>Holiday Fun at the Beach</p> <p>Wine and paint, ultimate cocoa bar and holiday themed crafts.</p>	Saturday, Dec. 4	Navy Getaways Pacific Beach
	Saturday, Dec. 11	
<p>Pictures with Santa and RV Lighting Contest Judging</p> <p>Santa will be visiting to check out the lights on the RVs at Cliffside! Join us to help pick the winner of the most decorated RV, have a cookie and some cocoa, and get a picture with the Jolly Ole Elf!</p>	Friday, Dec. 17, 4-6 p.m.	Navy Getaways Cliffside RV Park
<p>Holiday Fun & Glass Float Frenzy at the Beach</p> <p>Wine and paint, ultimate cocoa bar, holiday-themed crafts and a holiday glass float scavenger hunt.</p>	Saturday, Dec. 18	Navy Getaways Pacific Beach

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Pacific Beach, WA
pacbeach.navylifepnw.com
360-276-4414



Oak Harbor, WA
cliffside.navylifepnw.com
360-257-2649



Arlington, WA
jimcreek.navylifepnw.com
425-304-5315



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



2021 VIRTUAL RUN SERIES

Sponsored by:
GEICO | MILITARY

It's easy as 1-2-3!

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

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

For details, contact your installation Fitness Center.

COLLECT ALL 5 MEDALS!*

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

*While supplies last.
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EXPRESSIONS



Expressions of gratitude have been linked to greater goal achievement, improved physical health, increased exercise, better sleep and even an improved ability to overcome memories of potentially traumatic events. Consider these tips and see for yourself how easy it can be to positively build health, happiness and resilience in yourself and others.

- 1. GO TO BED GRATEFUL.** Before you go to sleep, list up to five things that happened in the last 24 hours for which you're genuinely grateful. Think big (I'm grateful for seeing a good friend) and small (my favorite galley meal today – love that meatloaf!). It can be done mentally or you can write it down.
- 2. FOR A LIMITED TIME, GIVE UP SOMETHING YOU TAKE FOR GRANTED.** Even if underway or forward deployed, there's at least a small luxury you enjoy every day. Let it go for a week and notice what happens. Do you appreciate it even more? Do you feel stronger for having gone without it at will?
- 3. EXPRESS GRATITUDE TO OTHERS OFTEN.** Give three sincere compliments a day. We feel at our best when we help others to do the same. Express your appreciation for the actions of others. Be clear and specific. After a week, see what happens – are you more focused on people's positive qualities? Do those around you seem more motivated? Are you more enthused?
- 4. THINK FLEXIBLY ABOUT ADVERSITY.** Bring a challenging experience from your past to mind, or a challenge you're experiencing now, and write a list of the ways in which this thought-provoking experience has helped you to grow. This is not the same as simply "looking on the bright side" or denying that a bad event was, in fact, bad. It is about looking at stimulating experiences in their totality, flexibly from all sides, and focusing energy on the lessons learned, and the muscles strengthened. Remaining mentally tough, resilient and ready takes effort, the same way we need three healthy meals a day, and a commitment to regular exercise, psychological strength takes continuous action and reinforcement. These activities are a place to start, for you and everyone you care about.

This is a condensed version of an article originally published in Navy Medicine Live. Visit <https://www.med.navy.mil/> for more health tips.

GRATITUDE

GO A LONG WAY

by LCDR Jay A. Morrison, PH.D.

WHAT ARE YOU GRATEFUL FOR AT NAS WHIDBEY ISLAND?



Brytanny Scudder with her husband, Michael.

When we asked Brytanny Scudder, military spouse and 2021 Reserve Ombudsman of the Year, this question, she named the Triad at VP69. "Their incredible flexibility made it easy for me and my husband to take care of our children," says the mother of two, who has been stationed at NAS Whidbey Island with her husband, AT1 Michael Scudder, for the last three-and-a-half years.

Scudder also feels gratitude towards the Fleet and Family Support Center and the countless ombudsmen who she credits with bridging a wealth of information to families.

When it's time for a little R&R, Scudder turns to FFR. "My kids just love the curbside pick-up kits at the Convergence Zone," she says. Her family also loves taking part in all of the runs hosted by the Whidbey Fitness Center. "That's our thing," she shares with a laugh, "we actually had to buy a medal holder because we participate in a lot of 5K's!"

— Contributed by Marie Larsen

Celebrate the season by sharing your own words of appreciation for something you are grateful for on our Facebook page @WhidbeyFFR.

SPORTS, FITNESS & AQUATICS



Finish strong... collect the remaining 3 medals in the 2021 Virtual 5K Run Series while supplies last.



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

Whidbey Fitness Center

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

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

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

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

Facility and Surrounding area features:

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

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

Aquatics Facilities

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

Intramural Sports

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

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

All-Navy Sports

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

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

Admiral's Cup

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

Captain's Cup

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



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

UPCOMING PROGRAMS & EVENTS

OCTOBER-DECEMBER 2021

 = Captain's Cup

EVENT	DATE/TIME	HOST/VENUE
<p>Virtual Day-of-the-Dead Dash 5K</p> <p>Commemorate Day of the Dead with a 5K Dash! Post a pic of your finish line with #DayoftheDead5K on our Facebook event page to earn one of five collectible medals, while supplies last. FREE event</p>	Friday, Oct. 1-Friday, Oct. 29	NRNW, Facebook: @WhidbeyFFR
<p>DV Prevention Obstacle Course</p> <p>Test your skills on at least different physical challenges. Event will be held outside at soccer field or inside at the basketball courts, depending on the weather. myFFR #610222</p>	Friday, Oct. 15, 11 a.m.	NASWI Fitness Center
<p>CFL Course</p> <p>The Command Fitness Leader (CFL) Course is the 40-hour mandatory training for those Sailors appointed to be their Command CFL. ACFL's are not required to take this course, but are highly encouraged to attend. Register at Navyfitness.org/cfl/cfl-information/cfl-course-application-and-instructions. Active Duty only.</p>	Monday, Oct. 18-Friday, Oct. 22, 7:30 a.m.-4 p.m.	NASWI Fitness Center, FFR Admin Office
<p>Great Pumpkin Dash Glow Run/Walk</p> <p>Bring the whole family for a night under the stars and glow under the stars. The event begins at the Fitness Center and continues on to Cliffside into the forest and ends back at the gym. Dress up in your favorite costume! myFFR #610220. FREE event.</p>	Thursday, Oct. 28, 5:30 p.m.	NASWI Fitness Center, Seaview Trail
<p>Virtual Turkey Trot 5K</p> <p>Commemorate Thanksgiving with a 5K! Post a pic of your finish line with #TurkeyTrot5K on our Facebook event page to earn one of five collectible medals, while supplies last. FREE event.</p>	Monday, Nov. 1-Tuesday, Nov. 30	NRNW, Facebook: @WhidbeyFFR
<p>Turkey Trot 5K/10K</p> <p>Bring the family to enjoy a 5K or 10K along Seaview and Nortz Gate trails. myFFR #610223. FREE event.</p>	Wednesday, Nov. 20, 9 a.m.	NASWI Fitness Center
<p>Turn 'n' Burn Cycling Event</p> <p>Enjoy 1½ hours of indoor cycling just before Thanksgiving!. FREE event.</p>	Tuesday, Nov. 23, 11:30 a.m.	NASWI Fitness Center
<p>Virtual Eggnog Jog 5K</p> <p>Commemorate the holidays with a 5K! Post a pic of your finish line with #EggnogJog5K on our Facebook event page to earn one of five collectible medals, while supplies last. FREE event.</p>	Friday, Dec. 1-Thursday, Dec. 30	NRNW, Facebook: @WhidbeyFFR
<p> Run/Row/Bike 1-2-3 Challenge</p> <p>Run 1 mile, Row 2000 meters, and Bike 3 miles! Lowest combined times wins! Captain's Cup event. myFFR #610225. FREE event.</p>	Friday, Dec. 10, 11 a.m.	NASWI Fitness Center



ALL NAVY SPORTS: 2021 ARMED FORCES SPORTS CALENDAR

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

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

wrestling, basketball, soccer, triathlon, volleyball, softball, golf, rugby and marathon. The Navy Sports Program also assists athletes who participate at the national or international level in activities that are not normally offered on a base, such as rowing, archery and shooting. To apply, see your base Fitness/Athletic Director or from the Navy Sports website. Ensure you have your command's endorsement.

SUPPORT PROGRAMS



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

Centralized Scheduling

866-854-0638
360-257-2271
ffsp.cnrnw@navy.mil

Fleet & Family Support Center Nor'Wester

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



Navy Gold Star Call Center

888-509-8759

24/7 SAPR Advocate

360-914-7687/55

24/7 Sexual Assault Response Coordinator (SARC)

360-914-7834

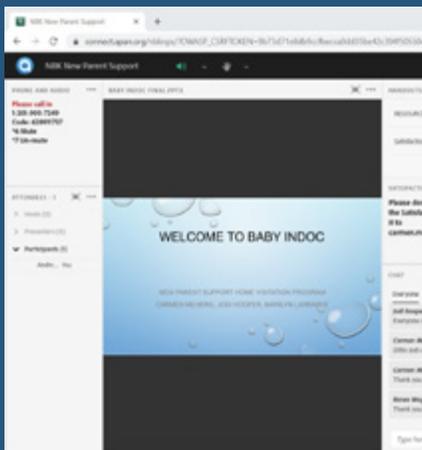


DoD Safe Helpline

877-995-5247



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



NEW! REGISTER FOR VIRTUAL FFSC CLASSES HOSTED ON APAN

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

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

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

UPCOMING PROGRAMS & EVENTS



CLINICAL COUNSELING AND FAMILY ADVOCACY PROGRAMS

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



SEXUAL ASSAULT PREVENTION & RESPONSE (SAPR)

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

EVENT NAME	DATE/TIME
Domestic Violence (DV) and Sexual Assault (SA) Executive Leadership Training This training gives command leadership the tools needed to keep victims safe and hold offenders accountable for their actions.	Wednesday, Dec. 8, 9 a.m.-noon
Domestic Violence (DV) Awareness & Prevention Month Contact your local FFSC for details.	October
Month of the Military Family Visit an MWR facility for details on specials and events held in honor of military families.	November
Living Intentionally, Fully and Effectively (LIFE) Connect with other people and share your journey of personal growth.	
Submerged This group gives military-connected teens, ages 12-18, a safe space to talk about issues that matter most to them.	
Suicide Assist & Intercept for Life (SAIL) This voluntary program serves as a helpful and supportive link between you, your providers and command leadership during your recovery.	
Survivors Overcoming Assault with Resiliency (SOAR) This is a 10-week, psycho-educational program and support group designed especially for survivors of sexual abuse and violence.	

EVENT NAME	DATE/TIME
SAPR Initial Victim Advocate Training Required course to become a command-designated and credentialed SAPR victim advocate. *In-person training facilitated at NBK only. Contact NBK SAPR (NBK.SAPR@navy.mil)	Monday, Oct. 25-Friday, Nov. 5, 7:30 a.m.-1 p.m. Monday, Nov. 29-Friday, Dec. 3, 7:30 a.m.-4:30 p.m.*
SAPR Primary Unit Victim Advocate Training Formerly known as the SAPR Point of Contact (POC) Training, required course to become a command-designated SAPR Primary Unit Victim Advocate.	Friday, Nov. 5, Noon-2 p.m.
SAPR Policy Summit Open to all SAPR personnel and command leadership teams, provides policy changes and updates for a constantly changing program. To register, contact your local installation SAPR office: NBKSAPR@navy.mil NSE-SAPR@navy.mil NASWI-SAPR@navy.mil	Wednesday, Oct. 6, 10-11 a.m.
SAPR Victim Advocate Refresher Training Credentialed advocates must complete 32 hours of refresher training every 2 years.	Thursday, Oct. 28, 2-4 p.m.

BREAK THE SILENCE of DOMESTIC VIOLENCE

October is Domestic Violence Awareness and Prevention Month

The Navy observes Domestic Violence Awareness Month (DVAM) in October to show our community that the Navy is united in respecting and supporting victims, and defending the universal right to a safe, violence-free relationship. Join Fleet & Family Support Centers in raising awareness with the following special events:

Proclamation Signing
Friday, Oct. 1st

DV Awareness and Prevention Obstacle Course
Friday, Oct. 15

and

In honor of survivors of domestic violence and child abuse, twenty-one informational signs have been posted across the base and housing areas with ways to report and show that help is available.

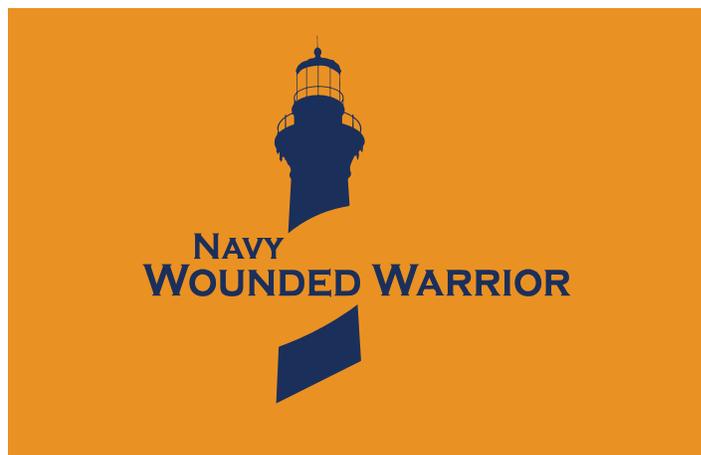
SUPPORT PROGRAMS



FAMILY SUPPORT SERVICES

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

EVENT	DATE/TIME
<p>Moving with an EFM</p> <p>For a stressless PCS, find out more about benefits, relocation entitlements and school resources available for Exceptional Family Members.</p>	Tuesday, Oct. 5, 5:30-7 p.m.
<p>EFMP Family Sensory-Friendly Movie</p> <p>FREE family movie with the sound turned down and the lights turned up. Kids can be kids. They can sing or dance with the movie if they want. Held at the Skywarrior Theatre.</p>	Thursday, Oct. 14, 6 p.m.
	Thursday, Dec. 9, 6 p.m.
<p>EFMP Command POC Training</p> <p>This training covers the enrollment process and responsibilities, EFMP benefits for commands, service members and their families, TRICARE for Special Needs families, and local military/civilian resource information. Held in person at FFSC, Nor'Wester.</p>	Wednesday, Oct. 20, Noon-2:30 p.m.
	Tuesday, Dec. 7, 9-11:30 a.m.
<p>EFMP Sensory-Friendly Bowling</p> <p>FREE bowling and shoe rental for EFMP families. No strobe lights, low and calm or no music. Bowl as much as you want in the time allotment. Reservation required. Held at the Convergence Zone.</p>	Friday, Nov. 19, 4-6 p.m.
<p>EFMP Harvest Event</p> <p>Enjoy crafts, games and prizes; an event designed specifically for EFMP Families.</p>	Thursday, Oct. 28, 5-7 p.m.
<p>EFMP Holiday Celebration with Santa</p> <p>Visit with Santa and enjoy crafts and activities. Held at Nor'Wester, call for details.</p>	Saturday, Dec. 11, By appointment
<p>EFMP Roundtable</p> <p>For Command EFMP POCs and leadership. Advanced EFMP training, discussion on challenges and problem-solving.</p>	Tuesday, Nov. 9, 10-11 a.m.
<p>Ombudsman Basic Training (OBT) Part 1</p> <p>Ombudsmen are required to attend Ombudsman Basic Training (OBT) within 6 weeks of their appointment. Held at the Nor'Wester, Seaview. Contact the FFSC Ombudsman coordinator for registration information.</p>	Saturday, Oct. 16, 8 a.m.-5 p.m.



NAVY
WOUNDED WARRIOR

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



855-628-9997 (24/7)

www.navywoundedwarrior.com

EVENT	DATE/TIME
<p>Ombudsman Basic Training (OBT) Part 2</p> <p>Ombudsmen are required to attend Ombudsman Basic Training (OBT) within 6 weeks of their appointment. Held at the Nor'Wester, Seaview. Contact the FFSC Ombudsman coordinator for registration information.</p>	Saturday, Oct. 23, 8 a.m.-5 p.m.
<p>Ombudsman Assembly</p> <p>Contact the FFSC Ombudsman coordinator for location and registration information.</p>	Tuesday, Oct. 26, 6-8 p.m.
	Tuesday, Nov. 23, 6-8 p.m.
<p>Military Kids Holiday Crafting Event</p> <p>Make an ornament or other craft to mail to your deployed service member and beat the holiday mailing deadlines. Join our deployment support team at FFSC Nor'Wester for free crafts where you can add your own personal touch to impress your deployed family member.</p>	Tuesday, Dec. 7, 5-7 p.m.

UPCOMING PROGRAMS & EVENTS



FINANCIAL MANAGEMENT

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

EVENT NAME	DATE/TIME
<p>Million Dollar Sailor/Spouse</p> <p>MDS Seminars are opened to all hands including spouses and other family members ages 16 and over. This is a 2 ½-day course covering all aspects of financial management. Held in-person at Nor'Wester, Seaview Room.</p>	<p>Wednesday, Oct. 6, 8 a.m.-4:30 p.m.</p>
<p>Moving Out ...What's the Cost?</p> <p>Moving off base? Not sure where to start? This workshop covers everything a Sailor needs to know before they move out of the barracks—from what you can afford to roommate pros and cons. Held at the Nor'Wester, Seaview or virtually at https://connect.apan.org/naswipfm</p>	<p>Tuesday, Oct. 12, 2-4 p.m.</p>
<p>Car Buying</p> <p>Want to buy a new set of wheels? Learn about researching a car purchase, determining how much you can afford and negotiating effectively. Held at the Nor'Wester, Seaview or virtually at https://connect.apan.org/naswipfm</p>	<p>Wednesday, Oct. 13, 2-4 p.m.</p>
<p>Semi-Annual Leadership PFM Seminar</p> <p>This seminar for command senior leadership (CO/XO/CMC) is hosted twice a year and provides an introduction/overview of the PFM program services, assistance and initiatives to include current trends. Held at the Nor'Wester, Seaview or virtually at https://connect.apan.org/naswipfm</p>	<p>Thursday, Oct. 14, 10-11 a.m.</p>
<p>Touchpoint Training - Marriage</p> <p>Marriage introduces many changes to a relationship, including ones to your finances. This training meets the Touchpoint requirement and will help you organize your finances. Held at Nor'Wester, Fidalgo or virtually at https://connect.apan.org/naswipfm</p>	<p>Thursday, Oct. 14, 2-4 p.m.</p>
<p>Caring for Aging Parents</p> <p>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, to include financial, emotional and legal issues. Held at Nor'Wester, Seaview or virtually at https://connect.apan.org/naswipfm</p>	<p>Tuesday, Oct. 19, 2-4 p.m.</p>
<p>Tackling Student Loans</p> <p>Is student loan debt interfering with your GPA (going places ability)? Come learn what options are available, even if you are currently in default. Held at the Nor'Wester, Seaview or virtually at https://connect.apan.org/naswipfm</p>	<p>Wednesday, Oct. 20, 2-4 p.m.</p>

EVENT NAME	DATE/TIME
<p>Ghost of Christmas Present</p> <p>Want to avoid the debt trap this holiday? Come learn tips to not overspend and to avoid unnecessary debt, plus how to plan for the future. Held at Nor'Wester, Seaview or virtually at https://connect.apan.org/naswipfm</p>	<p>Thursday, Oct. 21, 11 a.m.-noon</p> <p>Thursday, Oct. 21, 2-3 p.m.</p>
<p>Thrift Savings Plan (TSP)/ Blended Retirement System</p> <p>You signed up for it in boot camp but you have no idea how it works ... Come learn the TSP details to include the various options and funds, plus the BRS benefits. Held at the Nor'Wester, Seaview or virtually at https://connect.apan.org/naswipfm</p>	<p>Tuesday, Oct. 26, 2-4 p.m.</p>
<p>Savings and Investing 101</p> <p>Want to save and/or invest, but not sure where to start? Learn the difference between saving and investing, and the tools needed to get started. Held at the Nor'Wester, Seaview or virtually at https://connect.apan.org/naswipfm</p>	<p>Wednesday, Oct. 27, 2-4 p.m.</p>
<p>Navy Retirement ... Is It Enough?</p> <p>Getting ready to retire and unsure if it will be enough? Explore the three stages of retirement, the five retirement steps, and sources and types of income available in "real" retirement. Call for location and registration information.</p>	<p>Thursday, Oct. 28, 2-4 p.m.</p>
<p>Command Financial Specialist (CFS)</p> <p>CFS Initial training is a mandatory 40-hour course to become a CO-designated CFS. Candidates must be an E6 and above or an E5 with a qualifying waiver. This is a 5-day course and requires daily homework. Held in person at Nor'wester, Seaview.</p>	<p>Monday, Nov. 1- Friday, Nov. 5, 7:30 a.m.- 4:30 p.m.</p>
<p>Touchpoint Training - Vesting in TSP</p> <p>Congratulations on completing two years of service in the Navy! This anniversary marks an important milestone in your military career and the Thrift Savings Plan. This training meets the Touchpoint requirement and will help you understand your benefits. Held at Nor'Wester, Fidalgo or virtually at https://connect.apan.org/naswipfm</p>	<p>Tuesday, Nov. 9, 2-4 p.m.</p>
<p>Credit ... What's the Big Deal?</p> <p>Is credit really that important? Come learn how credit is used, who can access it and why it's important to use credit responsibly. Held at the Nor'Wester, Seaview or virtually at https://connect.apan.org/naswipfm</p>	<p>Tuesday, Nov. 23, 2-4 p.m.</p>
<p>Debt Rehab</p> <p>Is debt weighing you down? Unsure where to start? Discuss all types of debt from credit card to installment loans and design a recovery plan that best benefits you. Held at the Nor'Wester, Seaview or virtually at https://connect.apan.org/naswipfm</p>	<p>Wednesday, Nov. 24, 2-4 p.m.</p>

SUPPORT PROGRAMS



EMPLOYMENT/TRANSITION SUPPORT

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

EVENT NAME	DATE/TIME
<p>Home Buying</p> <p>Planning to buy a home? Not sure of the process? Learn how much you can afford, selecting the right loan, selecting a realtor and your ideal home, plus making the offer and the closing process Held at the Nor'Wester, Seaview or virtually at https://connect.apan.org/naswipfm</p>	Tuesday, Nov. 30, 2-4 p.m.
<p>Home Selling</p> <p>Getting ready to PCS or move ... but you have a home here? Explore what to do prior to putting your house on the market, what to do after it's on the market, how to respond to an offer and what happens at closing. Held at the Nor'Wester, Seaview or virtually at https://connect.apan.org/naswipfm</p>	Wednesday, Dec. 1, 2-4 p.m.
<p>Now I'm the Landlord ...</p> <p>Moving or PCSing, but can't sell your house here or just want to rent out a room? Prepare to become the landlord by getting financially ready, understanding the laws, hiring a property manager, finding good tenants, maintaining your property and using your resources. Held at the Nor'Wester, Seaview or virtually at https://connect.apan.org/naswipfm</p>	Thursday, Dec. 2, 2-4 p.m.
<p>CFS and Leadership Financial Forum</p> <p>This quarterly forum is open to all CFSs, as well as command leadership, career counselors, first-line supervisors, senior enlisted advisors and senior leadership. Various personal financial management hot topics will be discussed. Held at Nor'Wester, Seaview.</p>	Tuesday, Dec. 7, 2-4 p.m.
<p>CFS Refresher</p> <p>All CFSs must attend a refresher course every three years. This is a comprehensive 8-hour course with pre-class coursework to review the financial planning worksheet and the solution focused counseling model. Held at Nor'Wester, Seaview.</p>	Thursday, Dec. 9, 8 a.m.-4 p.m.
<p>Touchpoint Training - PCS</p> <p>Moving often means adjusting to change and starting new routines. This training meets the Touchpoint requirement and will help you prepare for the main financial considerations of a PCS. Held at Nor'Wester, Seaview or virtually at https://connect.apan.org/naswipfm</p>	Tuesday, Dec. 14, 2-4 p.m.

EVENT NAME

(TAP) Pre-Separation

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

(TAP) Managing Your (MY) Transition

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

(TAP) Military Occupational Code (MOC) Crosswalk

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

(TAP) Financial Planning for Transition

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

(TAP) VA Workshop

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

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

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

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

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

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

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

UPCOMING PROGRAMS & EVENTS

EVENT NAME
<p>(TAP) Employment Workshop (2-day)</p> <p>This monthly class provides service members with a comprehensive workshop that covers emerging best practices in career employment, including in-depth training to learn interview skills, build effective resumes, and use emerging technology to network and search for employment.</p>
<p>(TAP) Department Of Labor Career and Credential Exploration (2-day)</p> <p>This class offers a unique opportunity for participants to complete a personalized career-development assessment and will present them with tailored job recommendations that align with their occupational interests and abilities. Participants are guided through a variety of career considerations including labor market projections, education, apprenticeships, certifications and licensure requirements.</p>
<p>(TAP) Disabled American Veterans</p> <p>Information regarding Benefits Delivery at Discharge (BDD) claims. Describes procedures and requirements to file a VA disability claim prior to separation.</p>
<p>CONSEP Mid-Career</p> <p>CONSEP gives you the opportunity to gather and understand information as you analyze your options to continue your service in the Navy or pursue a civilian career.</p>

<p>Department of Labor Vocational Career Track</p> <p>This workshop offers the opportunity to identify skills, increase awareness of training and credentialing programs, and develop an action plan to achieve your career goals.</p>
<p>Transition Assistance Program (TAP) Capstone Event</p> <p>The event takes place after you have completed the pre-assessment with your Command Career Counselor, and attended the 3-day workshop, as well as one of the four Career Tracks. During Capstone, your Individual Transition Plan (ITP) and E-form 2648 (Individual Transition Plan Checklist) will be reviewed to verify that you have met your transition Career Readiness Standards.</p>

EVENT NAME	DATE/TIME
<p>Spouse Education and Employment Information</p> <p>Join us to explore some of the education and employment resources available to military spouses, including licensure reimbursement and scholarship possibilities. Held at the Nor'Wester, Seaview or virtually at https://connect.apan.org/naswiferp</p>	<p>Wednesday, Oct. 13, 1-2 p.m.</p>
<p>Sponsorship Training</p> <p>This training prepares for Sailors to effectively sponsor in-bound Sailors and their families within their commands for a successful transition to their new duty station at NASWI. Training includes an overview of available resources, history of the program, and the roles and responsibilities of sponsors. Held at the Nor'Wester, Seaview or virtually at https://connect.apan.org/naswirelocation/</p>	<p>Thursday, Oct. 14, 2-3:30 p.m.</p>

EVENT NAME	DATE/TIME
<p>Money and the Move</p> <p>This training will help you prepare for a CONUS or OCONUS move. Topics include the phases of relocation, financial entitlements, creating a plan of action, packing tips, family concerns and resources available. Held at the Nor'Wester, Seaview or virtually at https://connect.apan.org/naswirelocation</p>	<p>Tuesday, Oct. 19, 1-3 p.m.</p>
<p>CIAC Roundtable</p> <p>FFSC IA Deployment Support Specialist will meet with Command Individual Augmentee Coordinators (CIAC) to discuss best practices, NFAAS updates and IA status. Held at the Nor'Wester, Fidalgo or virtually at https://connect.apan.org/naswideployment</p>	<p>Wednesday, Oct. 20, 3-3:30 p.m.</p>
<p>Acing the Interview</p> <p>Let's talk about effective strategies that you can use to best prepare for an interview, improve interview performance, and make the most of your interview experience. Held virtually at https://connect.apan.org/naswiferp/</p>	<p>Wednesday, Oct. 27, 1-2 p.m.</p>
<p>Navigating the Federal Application Process</p> <p>Join us to explore the USAJobs website, federal resume formats and tips to focus your resume. Held at the Nor'Wester, Seaview or virtually at https://connect.apan.org/naswiferp</p>	<p>Tuesday, Nov. 9, 8:30-9:30 a.m.</p> <p>Thursday, Dec. 2, 5:30-6:30 p.m.</p>
<p>Writing Your Best Resume</p> <p>Learn the different styles of resumes and when to use them. Discover ways to translate and highlight skill sets you possess and put them into words to let employers know why they should meet and ultimately hire you. Held at the Nor'Wester, Seaview or virtually at https://connect.apan.org/naswiferp</p>	<p>Tuesday, Nov. 9, 9:30-10:30 a.m.</p> <p>Tuesday, Dec. 7, 10-11 a.m.</p>
<p>Virtual Interview Preparation</p> <p>Let's talk about effective strategies that you can use to best prepare for an interview, improve interview performance and make the most of your interview experience. Held at the Nor'Wester, Seaview or virtually at https://connect.apan.org/naswiferp</p>	<p>Tuesday, Nov. 23, 5:30-6:30 p.m.</p>
<p>Sponsorship Coordinator and Relocation Roundtable</p> <p>Updates to the Sponsorship Program, resources and PCS entitlements. Held at the Nor'Wester, Fidalgo or virtually at https://connect.apan.org/naswideployment</p>	<p>Tuesday, Nov. 9, 1-2 p.m.</p>
<p>Deployment Daze: Pre-Deployment</p> <p>Join us to talk about preparing for a deployment. We will discuss the practical and emotional side of deployment, communication and expectations. Held at the Nor'Wester, Seaview or virtually at https://connect.apan.org/naswideployment</p>	<p>Tuesday, Nov. 16, 10-11:30 a.m.</p> <p>Thursday, Nov. 16, 5:30-7 p.m.</p>

SUPPORT PROGRAMS



LIFE SKILLS EDUCATION

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

EVENT NAME	DATE/TIME
<p>Deployment Daze: Homecoming</p> <p>Join us to talk about coming home from deployment. We will discuss reintegration, communication and expectations. Held at the Nor'Wester, Seaview or virtually at https://connect.apan.org/naswideployment</p>	<p>Thursday, Nov. 18, 10-11:30 a.m.</p> <p>Thursday, Nov. 18, 5:30-7 p.m.</p>
<p>Career Assessment and Exploration</p> <p>Not sure what career path to pursue or are you looking for a change? We will utilize O*NET Online to assess your interests in different industries or occupations as well learn the job skills and education/training required for them. Held at the Nor'Wester, Seaview or virtually at https://connect.apan.org/naswiferp</p>	<p>Wednesday, Dec. 1, 1-2 p.m.</p>
<p>New Spouse Orientation</p> <p>Are you newly married or new to the Navy? Come 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. Held at the Nor'Wester, Seaview or virtually at https://connect.apan.org/naswirelocation/</p>	<p>Thursday, Dec. 2, 9-10:30 a.m.</p>
<p>Child & Youth Program Hiring Event</p> <p>Ensure you have all the required documents in addition to your resume. The forms can be found at www.navylifepnw.com/jobs. Resume assistance available through FFSC. Early Access for Veterans and Spouse Preference at 9 a.m. Held at the Regatta Child Development Center (220 NE Regatta Dr., Bldg 2938, Oak Harbor, WA 98277)</p>	<p>Tuesday, Dec. 14, 9 a.m.-noon</p>

EVENT NAME	DATE/TIME
<p>Anger Management (Taming the Tiger Within)</p> <p>Discover better ways to respond to your own anger as well as that of others by examining family patterns, individual beliefs, and other issues that will challenge the common thoughts and beliefs of normal and healthy emotion. Held at the Nor'Wester, Fidalgo or virtually at https://connect.apan.org/naswilifeskills</p>	Tuesday, Oct. 5, 9-10 a.m.
	Tuesday, Oct. 12, 2-3 p.m.
	Tuesday, Nov. 2, 9-10 a.m.
	Thursday, Nov. 11, 9-10 a.m.
	Tuesday, Dec. 28, 9-10 a.m.
	Thursday, Oct. 7, 9-10 a.m.
	Thursday, Oct. 21, 2-3 p.m.
	Thursday, Nov. 4, 9-10 a.m.
	Thursday, Nov. 18, 2-3 p.m.
	Tuesday, Dec. 14, 2-3 p.m.
<p>Stress Management 101</p> <p>Learn how to recognize and cope with your personal stressors using easily accessible tools and resources. Held at the Nor'Wester, Fidalgo or virtually at https://connect.apan.org/naswilifeskills</p>	Tuesday, Dec. 21, 9-10 a.m.
	Tuesday, Oct. 19, 9-10 a.m.
	Tuesday, Nov. 16, 2-3 p.m.
	Thursday, Nov. 18, 9-10 a.m.
	Thursday, Dec. 9, 11 a.m.-noon
	Thursday, Oct. 21, 9-10 a.m.
	Tuesday, Nov. 9, 2-3 p.m.
	Tuesday, Nov. 16, 9-10 a.m.
	Thursday, Dec. 16, 2-3 p.m.
	Thursday, Dec. 16, 2-3 p.m.
<p>Conflict Resolution - Peaceful Solutions</p> <p>Learn how to create a peaceful environment by examining attitudes and behaviors when peace turns into conflict. Held at the Nor'Wester, Fidalgo or virtually at https://connect.apan.org/naswilifeskills</p>	Thursday, Oct. 21, 9-10 a.m.
	Thursday, Dec. 9, 11 a.m.-noon
	Thursday, Nov. 18, 9-10 a.m.
	Thursday, Nov. 18, 9-10 a.m.
	Thursday, Nov. 16, 2-3 p.m.
	Thursday, Nov. 16, 9-10 a.m.
<p>Communication Skills</p> <p>Communication is powerful and directly affects our quality of life and relationships. Strengthen relationships at work and at home by practicing skills that build effective, two-way communication. Held at the Nor'Wester, Fidalgo or virtually at https://connect.apan.org/naswilifeskills</p>	Thursday, Dec. 16, 2-3 p.m.
	Thursday, Dec. 16, 2-3 p.m.

Fall Harvest Fest

HELD AT ROCKY POINT

MWR MORALE, WELFARE AND RECREATION

SAFETY FIRST

SATURDAY, OCT. 23
NOON-4 P.M.
 SEE PAGE 7 FOR DETAILS

UPCOMING PROGRAMS & EVENTS

EVENT NAME	DATE/TIME	EVENT NAME	DATE/TIME
<p>Mind Body Mental Fitness: Stress Resilience</p> <p>This module will teach participants to explore how stress affects the four domains of resilience (mind, body, spirit and social). Participants will learn and practice the vital skill of Energy Management and Recalibration which will allow one to resync with their mind-body connection, and will increase clear thinking and optimize performance. Participants will also learn skills to turn stress into growth opportunities and to recognize stress before it becomes a problem. Held at the Nor'Wester, Fidalgo or virtually at https://connect.apan.org/naswilifekills</p>	<p>Thursday, Oct. 5, 2-3 p.m.</p>	<p>Mind Body Mental Fitness: Problem Solving</p> <p>This module will teach participants how to understand the basic steps of problem-solving, including many examples of practical application at work and at home. Participants will learn how to recognize and build healthy and helpful coping skills to deal with all the daily challenges that life brings. Participants will also be able to recognize dynamics and interactions of personal and group challenges. Held at the Nor'Wester, Fidalgo or virtually at https://connect.apan.org/naswilifekills</p>	<p>Thursday, Dec. 2, 1-3 p.m.</p>
<p>Mind Body Mental Fitness: Mindfulness and Meditation</p> <p>This module will teach participants the three attitudes of mindfulness: non-judgment, curiosity and acceptance and how to use these in a moment-to-moment basis to improve decision-making, reduce destructive behaviors and increase optimal performance. Participants will understand the benefits of mindfulness and meditation, and how they aid in recovery from stress. Participants will also be able to practice being mindful and learn how to begin or further their own mindfulness and meditation practices. Held at the Nor'Wester, Fidalgo or virtually at https://connect.apan.org/naswilifekills</p>	<p>Thursday, Oct. 28, 9-11 a.m.</p>	<p>Mind Body Mental Fitness: Connection</p> <p>This module will teach participants how to define connection and communication, and how they help to manage stress and create resiliency. Participants will learn how to identify their support network and how to use connection in a beneficial manner. Participants will be able to recognize the different communication styles and the impact they have on successful communication with others. Participants will also learn the vital role empathetic listening has in connection with others, effective communication, and cohesiveness of groups and organizations. Held at the Nor'Wester, Fidalgo or virtually at https://connect.apan.org/naswilifekills</p>	<p>Thursday, Dec. 16, 10 a.m.-noon</p>
<p>Mind Body Mental Fitness: Living Core Values</p> <p>This module will teach participants how to define their values and relate them to their goals. The module will help participants understand how values assist you in the face of stress to stay on course and maintain commitment and consistency. Participants will also be able to identify how their values relate to Navy values and develop problem solving strategies when values and behaviors conflict. Held at the Nor'Wester, Fidalgo or virtually at https://connect.apan.org/naswilifekills</p>	<p>Thursday, Nov. 4, 1-3 p.m.</p>		
<p>Mind Body Mental Fitness: Flexibility</p> <p>This module will teach participants how to better understand their own thoughts, emotions and behaviors. Participants will learn how thoughts, emotions and behaviors are different, how they interact with one another and how to deal with them. Participants will be able to practice their newly learned flexibility skills and discuss how to apply these skills in different settings. This module is heavily skills-based and participants will walk away with tangible skills they can put to immediate use. Held at the Nor'Wester, Fidalgo or virtually at https://connect.apan.org/naswilifekills</p>	<p>Tuesday, Nov. 23, 9-11 a.m.</p>		

November is Month of the Military Family



Honoring the sacrifices and support of our military families.

For a list of events in celebration of our military families, please see page 6.

CHILD & YOUTH PROGRAMS



CHILD & YOUTH PROGRAMS

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

Child Development Centers (CDC)

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

Clover Child Development Center (CDC)

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

Regatta Child Development Center (CDC)

220 NE Regatta Dr.
Bldg. 2936
Oak Harbor, WA 98278
360-257-6572

Child Development Homes (CDH)

Whidbey Child Development Homes (CDH)

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

Our certified Child Development Homes care for children from four weeks through 12 years of age. Off-base homes are additionally licensed by the State of Washington.

School-Age Care/Youth Center

Whidbey School-Age Care (SAC)

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

Our School-Age Care (SAC) program provides recreational and educational activities for children 6-12 years of age.

Youth Center

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

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

Child and Youth Education Services School Liaison

Whidbey School Liaison

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

Call for an appointment.



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



There are more than 1,200 military kids on a waitlist for child care in Navy Region Northwest. Here's what you can do to help ...

OPPORTUNITIES FOR JOB SEEKERS

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

- *Program Assistants: Provides appropriate developmental care and instruction for infants to children up to 12 years of age by attending to their physical, social, emotional, and intellectual needs.*
- *Program Leads: Provides appropriate specialized developmental care and instruction for children and youth, as well as guidance, assistance, and mentoring for Program Assistants.*

BENEFITS:

- *Starts at \$15.69 per hour and up (depending on experience)*
- *Career growth and development opportunities, including ongoing training and tuition reimbursement*
- *Work with a team of professionals who are passionate about their work*
- *Premier benefits package starting on your first day of employment (full-time employees only)*

OPPORTUNITIES FOR ENTREPRENEURS

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

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

BENEFITS

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

Find out more about any of these opportunities by visiting navylifepnw.com/kids

HOUSING SERVICES



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

Housing Service Center

Nor'Wester

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

Housing Services:

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

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

housing at your next destination.

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

Unaccompanied Housing

Check-in: Unaccompanied Housing Office

1040 Intruder Street
Building 2701
Oak Harbor, WA 98278
360-257-4163
After-hours
Emergency
Maintenance:
360-914-7347

Homes.mil, your FREE online resource

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

Online Barracks Maintenance Requests

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



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UPCOMING PROGRAMS & EVENTS



NAS WHIDBEY ISLAND HOUSING

HOW CAN WE HELP?

 EVERY RESIDENT SUGGESTION, CONCERN AND COMPLAINT IS IMPORTANT!

KNOW WHO TO CONTACT IF YOU ARE NOT SATISFIED

YOUR LOCAL PPV PROPERTY MANAGER



YOUR NAVY ADVOCATE FOR HOUSING

HUNT

MGMT: 360-679-4241

MAINT: 866-616-3267

northwestmilitaryhousing.com

CONTACT YOUR NAVY HOUSING SERVICE CENTER OR CHAIN OF COMMAND

360-257-3331

Whidbey_Housing@navy.mil

NAVAL REGION NORTHWEST HOUSING: CNRNW_Housing@navy.mil



NAVY REGION NORTHWEST COMMUNITY RECREATION

NRNW

ESPORTS

TOURNAMENTS

CASH AND PRIZES AWARDED!

SIGN UP TO PLAY AT:

navylifepnw.com/esports

Presented by:



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





**Department of the Navy
Fleet & Family Readiness**
1103 Hunley Rd. Bldg. 94
Silverdale, WA 98315



Open Your Heart to a Military Child

Become a Navy child-care provider. Apply today at
NAVYLIFEPNW.COM/KIDS



Over 380 Kids Need You at NAS Whidbey Island!

- FREE training
- Work from home opportunities
- No military affiliation required