



EXPERIENCE NAVY LIFE
N A V A L S T A T I O N

EVERETT

YOUR GUIDE TO ON-BASE RESOURCES AND ACTIVITIES

JULY-SEPTEMBER 2019

MUSIC TO MY EARS
LIVE CONCERTS AND FESTIVALS

RED, WHITE, AND BLUE
FOOD AND FUN

BELLS ACROSS AMERICA
HONORING OUR HEROES

SAVE MONEY ON
LEISURE TRAVEL





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EXPERIENCE NAVY LIFE NAVAL STATION EVERETT

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

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A MESSAGE FROM THE FFR DIRECTOR

Happy 243rd Birthday U.S.A! Independence Day weekend kicks off another three months of fun and excitement at Naval Station Everett. All of us at Fleet & Family Readiness look forward to helping you and your family choose your own adventure this summer with a variety of educational and recreational activities and experiences. Whether your interests lean toward camping or book clubs, FFR has it all!

Stay for a day or a week at our Navy Getaways locations. Jim Creek, nestled in the foothills of the Cascade Mountains, and Pacific Beach, our waterfront property along the Western Washington coast, offer breathtaking views and family-friendly activities, all at an exceptional value. See page 16 for a list of our Navy Getaways special events. You'll find something to do every weekend. During the week, come see us at the Commons. Our children's activities include the summer reading program, the Missoula Children's Theater Camp, and Mermaid University at the Tsunami Pool (see page 21 and 24 for details).

Our Fleet & Family Support Center (FFSC) is also open all summer. Stop by our FFSC location at Smokey Point to learn more about our wide variety of free and helpful resources that can help you successfully navigate the challenges and transitions unique to Navy life. See page 26 for a list of upcoming classes, webinars and special events. Whatever you choose to do this summer, the FFR team at Naval Station Everett is here for you.

JENNIFER FOSTER
CNRNW N9 | FFR Director,
Naval Station Everett



HOW TO REGISTER FOR FFR ACTIVITIES ONLINE



5 SIMPLE STEPS

- 1 VISIT** www.navalifepnw.com/myffr
- 2 LOG-IN** Enter your Username/Password or Request Account.
- 3 BROWSE** Enter the Class, Trip, or Activity myFFR # in the search bar. If you don't have the myFFR #, use the drop-down menus to search by base and 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 that your reservation is complete!

How to Find Military-Friendly Travel Deals Online



American Forces Travel

When Gas Turbine Systems Technician (Mechanical) Third Class Kayla Pomroy was considering taking leave to travel from Japan to be with family in Pennsylvania this past Christmas, she researched www.AmericanForcesTravel.com. She had heard about the site from a family member and was impressed the moment she logged in. "The website was very easy to navigate," said Pomroy, who is stationed on the Yokosuka-based guided missile destroyer USS Stethem (DDG-63).

Pomroy said she was also surprised by how much she saved by using American Forces Travel (AFT). "All the sites that I looked on the fares were well over \$1,500, most were close to \$2,000," she said. "After taxes and the protection plan, I only spent \$941 on the ticket round trip to come home all the way from Japan. American Forces Travel was an extremely good deal!"

The savings weren't the best part though. "The day I landed, I went straight to my neighbor's house for their holiday party,

Pomroy said. "My mom had absolutely no idea that I was coming home. My neighbor asked my mom to come over early to help set up, and so she did. When I heard the doorbell ring my stomach dropped, but it was in a good way."

When her mother walked in the door, Pomroy peeked around the corner and saw her mother in the kitchen. Then the Sailor, who has been in the Navy for a little more than two years, ran into her mother's arms.

"I WILL LOOK BACK AT ALL THE PICTURES AND VIDEOS OF SURPRISING THEM AND I WILL BE SO THANKFUL THAT I GOT TO DO THAT."

GSM3 KAYLA POMROY

"The feeling was absolutely amazing," she said. "There was so much emotion, but all we could do was hug and cry. My mom is my best friend, so being away for even a month is hard let alone months and months and years at a time like I am."

"Coming home like that is not a moment that everyone gets to have," she added, "but people need to savor those little moments. Because years down the road, I will look back at all the pictures and videos of surprising them and I will be so thankful that I got to do that."

That's the kind of experience that the Navy MWR team likes to hear.

"American Forces Travel wants to provide the best value and opportunities for access to the world's most exclusive travel deals," said Leslie Gould, Navy MWR Recreation Program Manager.

Although not all savings are as good as Pomroy experienced, AFT, which is currently part of the Priceline partner network, will match the best rates offered by airlines and other travel sites. "We have a best price guarantee for all product lines, not just

airfare," said Debbie Phillips, Technology Manager for the Commander, Navy Installation Command's Fleet Readiness Division.

AFT is unprecedented as the only leisure travel site sponsored by the U.S. military, Gould noted. It was a result of a year-long joint service initiative among the Army, Marine Corps, Navy, Air Forces, and Coast Guard to provide exceptional deals on flights, hotels, cruises and rental cars.

Another important feature is that all AFT transactions generate a commission that will support Quality-of-Life programs within each service branch.

Gould notes that the AFT site is in keeping with MWR's goals to provide recreation pursuits that ultimately support resiliency, readiness, and retention.

"By providing quality and value through a leisure travel program, service members and their families can enjoy experiences and travel opportunities for rest and relaxation, which helps reduce stress and improve morale," Gould said.

American Forces Travel is currently available to active duty personnel, reservists and retirees from the Army, Navy, Air Force, Marine Corps and Coast Guard, as well as their eligible family members. First-time users will be asked to verify their eligibility through the Army and Air Force Exchange Service (AAFES).

Adapted from "New Pentagon MWR program offers sailors leisure travel savings" by Stephen Clutter and Chief Petty Officer Brian Morales.

Why choose American Forces TravelSM?

- Easy online booking
- Discounts on hotels, flights, cars, packages, and cruises
- Best price guarantee
- 24/7 customer support
- Your purchase supports your military community



GSM3 Kayla Pomroy (left), with her brother, Sean Pomroy, Jr., and their mother on Christmas morning. The Yokosuka-based Sailor used the ATF website to book her trip.



FOOD & FUN

MWR-operated food and beverage facilities offer a variety of dining experiences, ranging from fast-casual to fine dining, as well as catering and special event services. Online ordering and delivery are also available at certain locations. All sales support MWR programs.



All American Restaurant

2000 W Marine View Dr.
Bldg. 2025
Everett, WA 98207
425-304-3943
Subsistence-in-Kind (SIK)
diners eat FREE.
Monday-Friday
Breakfast: 6-8 a.m.
(Cafeteria-style Service)
Lunch: 11 a.m.-1 p.m.
(Cafeteria-style Service)
Dinner: 4-8 p.m.
(Restaurant Menu/
Delivery Service)
Weekends & Holidays
Brunch: 10 a.m.-1 p.m.
(Cafeteria-style Service)
Dinner: 4-8 p.m.
(Restaurant Menu/
Delivery Service)

Located in Jackson Plaza,
serves hearty, whole-

some meals for breakfast, lunch and dinner. The All American Restaurant offers a unique approach to food service for Navy patrons. Breakfast and lunch are served cafeteria-style. During the evening, select your meal from a menu of delicious options and our staff will deliver your dinner straight to your table.



NAVSTA Everett Catering

2000 W Marine View Dr.
Bldg. 1950
Everett, WA 98207
425-304-3911

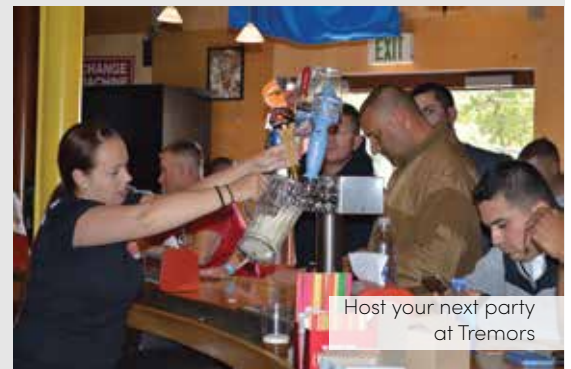
Our catering staff can help you to plan your

private party, wedding reception, corporate meeting, grad party, conference, or official military function from start to finish. We offer wide menu selections, room decors, and entertainment packages to suit most any budget. Available venues include NAVSTA Everett's Grand Vista Ballroom, an elegant setting that can accommodate meetings, luncheons, retirement ceremonies, weddings and more, for up to 250 guests. We offer a selection of set-up and catering options, including box lunches, plated meals as well as buffet stations.



Tremors Neighborhood Sports Bar

The Commons
2000 W Marine View Dr.
Bldg. 1950
Everett, WA 98207
425-304-3153
Open for special events or by request. Call for details.



PRE-INDEPENDENCE DAY BARBECUE

Wednesday, July 3
11 a.m.-1 p.m.

Special pricing may apply,
FREE for SIK-eligible* diners
Barbecue chicken, pulled beef brisket,
or grilled jumbo brats.
All American Restaurant



BRAZILIAN BARBECUE

Wednesday, Aug. 14
11 a.m.-1 p.m.

Special pricing may apply,
FREE for SIK-eligible* diners
Rotisserie chicken, beef tenderloin,
grilled seasoned spicy sausages
and pork baby back ribs.
All American Restaurant



PRE-LABOR DAY END-OF-SUMMER BARBECUE

Wednesday, Aug. 28
11 a.m.-1 p.m.

Special pricing may apply,
FREE for SIK-eligible* diners
Beef or chicken kabobs,
Barbecue pork ribs, and more.
All American Restaurant

FOOD & FUN EVENT CALENDAR JULY-SEPTEMBER 2019 ■ = For Kids

DATE	EVENT	TIME	PRICE	VENUE/HOST
JULY				
Wed. 3	Pre-Independence Day Barbecue	11 a.m.-1 p.m.	Special pricing may apply; FREE for SIK*	All American Restaurant
Thu. 11	Mongolian Barbecue	11 a.m.-1 p.m.	Standard rates apply; FREE for SIK*	All American Restaurant
Wed. 17	National Hot Dog Month Luncheon	11 a.m.-1 p.m.	Special pricing may apply; FREE for SIK*	All American Restaurant
AUGUST				
Thu. 8	Mongolian Barbecue	11 a.m.-1 p.m.	Standard rates apply; FREE for SIK*	All American Restaurant
Wed. 14	Brazilian Barbecue	11 a.m.-1 p.m.	Special pricing may apply; FREE for SIK*	All American Restaurant
Wed. 28	Pre-Labor Day End-Of-Summer Barbecue	11 a.m.-1 p.m.	Special pricing may apply; FREE for SIK*	All American Restaurant
SEPTEMBER				
Thu. 5	Mongolian Barbecue	11 a.m.-1 p.m.	Standard rates apply; FREE for SIK*	All American Restaurant
Wed. 11	Catering EXPO	10:30 a.m.-1:30 p.m.	FREE	Grand Vista Ballroom
Wed. 18	National Breakfast Day	11 a.m.-1 p.m.	Special pricing may apply; FREE for SIK*	All American Restaurant
Wed. 25	National Hispanic Heritage Day	11 a.m.-1 p.m.	Special pricing may apply; FREE for SIK*	All American Restaurant

Events are subject to change or cancellation without prior notice. For the most up-to-date information, contact the venue/host directly or visit www.navylifepnw.com. *SIK: Subsistence-in-Kind.



Eat | Play | Explore

BECOME A NAVY REGION NORTHWEST MYSTERY SHOPPER

Yes, it's true. You can actually get reimbursed to do the things that you already love to do.

For more information on becoming an MWR Mystery Shopper, please contact:
mysteryshopper.cnrnw@navy.mil
or call 360-315-5114



BREAK THE



AND TELL US HOW WE'RE DOING!

*YOUR
FEEDBACK IS
IMPORTANT!*

FOR AN IMMEDIATE RESPONSE, PLEASE ADDRESS ANY ISSUES
WITH A STAFF MEMBER OR MANAGER.

RATE YOUR EXPERIENCE AT ANY FLEET AND
FAMILY READINESS FACILITY

BY COMPLETING A COMMENT CARD OR GOING ONLINE TO:

WWW.NAVYLIFEPNW.COM/ICE



CATERING EXPO

Wednesday, Sept. 11
10:30 a.m.-1 p.m. • FREE
Sample specialty foods,
party trays, platters, hors d'oeuvres,
desserts, and more.
Grand Vista Ballroom



NATIONAL HISPANIC HERITAGE DAY

Wednesday, Sept. 25
11 a.m.-1 p.m.
Special pricing may apply,
FREE for SIK-eligible* diners
Enchiladas, tamales, tacos,
Spanish rice, and more.
All American Restaurant

**SHOW US YOUR
NAVY LIFE!**
#NAVYLIFEPNW



Thanks Tevera and Juline Hesslink for sharing
this pic of your visit to Navy Getaways Cliffside.

You could be featured in the next issue
of Experience Navy Life Magazine!
Attend any FFR event, SNAP a photo,
and SEND it to info@navylifepnw.com.

*Please include your name, PNW base,
activity and "Photo submission"
in the subject line.*



**ALL
AMERICAN**
•RESTAURANT•

EAT-N-DRINK

STOP PAYING FOR MEALS OUT-OF-POCKET!

FOR FREE!

Delicious meals are **FREE** at the All American Restaurant, Bldg. 2025
if you use your Subsistence-in-Kind (SIK).

Start saving and satisfy cravings!

Plus:

- Homeport Ashore Sailors also eligible
- Made-Fresh-to-Order line open during lunch, Mon.-Fri.
- Weekly menu available on www.navylifepnw.com





FROM CASUAL TO FORMAL, *THE PREFERRED CHOICE* FOR MEETINGS & EVENTS

Hosting an event? The best place is on base!

Support Your Military: Profits from your event contribute to upgrades and enhancements of Quality-of-Life programs, facilities and equipment for Sailors, Marines and their families!

360-396-5466 Naval Base Kitsap

360-257-2521 NAS Whidbey Island

425-304-3906 Naval Station Everett

CONTACT US AT: CATER-CONFERENCE.CNRNW@NAVY.MIL



HOBBIES & RECREATION

Navy Community Recreation proudly offers you outdoor recreation, community events, discount tickets to attractions and vacation bookings, leisure skills development, recreation equipment rentals, parks and picnic areas and information and referral to a variety of recreational offerings in the Pacific Northwest.

Auto Hobby Shop

13904 45th Ave. NE
Marysville, WA 98271
425-304-4926
Friday & Saturday:
9 a.m.-5 p.m.

If you're a do-it-yourself mechanic in need of a garage, come check us out. We've got everything you need to keep your ride running smoothly.

Everett Community Recreation

The Commons
2000 W Marine View Dr.
Bldg. 1950
Everett, WA 98207
425-304-3167 (tickets & tours) 425-304-3449 (equipment rental)
Monday-Friday:
9 a.m.-5 p.m.

The Community Recreation Office (previously known as Information, Tickets & Tours or ITT) is your go-to source for information and discounts on travel and select attractions. Community Recreation also hosts a variety of local trips

and tours and a great selection of outdoor adventure equipment for rent. From name-brand sleeping bags, tents and kayaks to mountain bikes, stoves, campers, and trailers, MWR has the goods to get you going!

Gallery Golf Course

3065 N Cowpens Rd.
Oak Harbor, WA 98278
360-257-2178
Open Daily:
Dawn to Dusk

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. Just 1.5 hours from Everett. Open to the public.

- Challenging 18-hole course
- Tournaments
- Grass driving range
- Golf Shop, resale, special orders
- ADA rental carts
- Lessons and clinics

- Online tee times for expedited check-in

Navy Getaways

See page 16 for a directory and calendar of events held at Jim Creek Navy Recreation Area (425-304-5315/5363) and Pacific Beach resort (360-276-4414).

Pierside Plaza

Adjacent to Pier Alpha
425-304-3696
Monday-Friday:
10 a.m.-1 p.m.

Located adjacent to Pier Alpha on the main wharf, Pierside Plaza is a great place to grab a bite to eat, do laundry, watch a movie, surf the Internet or play video games

Sailor's Choice Marina & Mini Storage

Intersection of Spruance Blvd. & Thatcher St.
Everett, WA 98207
425-304-3449

Conveniently located at the North Marysville Support Complex at Smokey

Point, we offer secure storage for vehicles from 10 to 40 feet, within a fenced paved lot. There is 24/7 access at the Smokey Point Complex.

Vibes LIBERTY Lounge

The Commons
2000 W Marine View Dr.
Bldg. 1950
Everett, WA 98207
425-304-3579
Sunday-Thursday:
Noon-9 p.m.
Friday & Saturday:
Noon-10 p.m.

Vibes offers 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 inside the lounge and adjacent bridge include:

- PS4, Xbox One, Xbox 360 and Wii gaming stations
- Flat-screen TVs,

surround sound and leather recliners

- Billiards, ping-pong, pool, foosball, air hockey, and FREE tabletop arcade
- Computers with video-conference capabilities
- High-top tables with power outlets
- FREE Wi-Fi
- Soundbooth and a variety of musical instruments
- Fax, copy, and scanning services

Vibes-eligible customers also have access to **Faultline Flicks**, a 25-seat mini-theater that offers a wide selection of movies to choose from. Visit www.navylifepnw.com for a current list of titles.



WOMEN'S CLIMB MEETUP

Wednesdays, July 3, Aug. 7
& Sept. 4

6-9 p.m. • \$14, includes day pass, gear rental, and instruction
Transportation not provided, pay at the venue.
Summit Everett



ROCK CLIMBING SERIES LEAVENWORTH

Sunday, July 14 • 8 a.m.-6 p.m.
\$40, \$35 for LIBERTY-eligible

WEEKEND IN MAZAMA

Saturday, Sept. 7-Sunday, Sept. 8
7 a.m.-7 p.m. • \$125
www.navylifepnw.com/myffr



OUTDOOR PHOTOGRAPHY SERIES INTRO CLASS: COMPOSITION

Wednesdays, July 24 & Aug. 28
5:30-6:30 p.m. • \$10 • The Commons

SUNSET HIKE & SHOOT


Sunday, Sept. 22
4-10 p.m. • \$15 • Deception Pass
www.navylifepnw.com/myffr

HOBBIES & RECREATION EVENT CALENDAR

JULY-SEPTEMBER 2019

■ = Activity ■ = Class/Leisure skill ■ = Special Event
■ = Trip/Tour ■ = For Kids

DATE	EVENT/CLASS	TIME	PRICE	VENUE/HOST
ONGOING				
Fridays & Saturdays, Ongoing	■ Auto Hobby Shop	8 a.m.-5 p.m.	Varies	Naval Support Complex Smokey Point Autoport Community Recreation
JULY				
Wed. 3	■ Women's Climb Meetup*	6-9 p.m.	\$14, includes day pass, climbing gear rental, and instruction	Summit Everett Community Recreation
Fri. 5	■ Wine & Paint Night*	5:30-7:30 p.m.	\$10, \$8 for LIBERTY-eligible	All American Restaurant Community Recreation
Sat. 6	■ Trail Ride & Brews*	8 a.m.-5 p.m.	\$45 including bike rental, \$40 for LIBERTY-eligible, \$10 without bike rental	Skykomish, WA Community Recreation
Sun. 7	■ Whitewater Rafting*	7:30 a.m.-4 p.m.	\$75	Marblemount, WA, Community Recreation
Tue. 9	■ Books & Brews*	5:30-7:30 p.m.	\$10	Everett, WA, Community Recreation
Wed. 10	■ Facebook Live Q&A's	6-6:15 p.m.	FREE	Facebook.com/EverettFFR
Sat. 13	■ Skookum Obstacle Run*	9 a.m.-2 p.m.	\$10	Jim Creek Navy Community Recreation Area
Sun. 14	■ Float the Wenatchee River*	8 a.m.-6 p.m.	\$30, \$27 for LIBERTY-eligible	Leavenworth, WA, Community Recreation
Sun. 14	■ Rock Climbing in Leavenworth*	8 a.m.-6 p.m.	\$40, \$35 for LIBERTY-eligible	Leavenworth, WA, Community Recreation
Tue. 16	■ Stand-Up Paddleboard (SUP) Yoga*	5:15-6:15 p.m.	\$18	Tsunami Pool, Bldg. 1950 Community Recreation
Wed. 17	■ Intro to Hiking*	5:30-7:30 p.m.	\$5	The Commons, Bldg. 1950 Community Recreation
Fri. 19-Sun. 21	■ Mount Adams Climb*	7 a.m.-Midnight	\$150	Mount Adams, WA Community Recreation
Wed. 24	■ Intro to Outdoor Photography: Composition Class*	5:30-7:30 p.m.	\$10	Community Recreation Office, Bldg. 1950
Fri. 26	■ Dive-In Movie	5-7 p.m.	FREE	Tsunami Pool, Bldg. 1950
Sat. 27	■ Christmas in July	Noon-4 p.m.	FREE	Jim Creek Navy Community Recreation Area
Sun. 28	■ Alpine Lake Snorkeling*	8 a.m.-7 p.m.	\$30, \$27 for LIBERTY-eligible	Alpine Lake Wilderness, WA, Community Recreation
Wed. 31	■ Leave No Trace*	5:30-7:30 p.m.	\$5	The Commons, Bldg. 1950 Community Recreation
AUGUST				
TBD, Early August	■ 12th Man Ticket Jam	5-7 p.m.	Varies	The Commons, Bldg. 1950 Community Recreation
Tue. 6	■ Books & Brews*	5:30-7:30 p.m.	\$10	Everett, WA, Community Recreation
Wed. 7	■ Women's Climb Meetup*	6-9 p.m.	\$14, includes day pass, climbing gear rental, and instruction	Summit Everett Community Recreation
Fri. 9	■ Wine & Paint Night*	5:30-7:30 p.m.	\$10, \$8 for LIBERTY-eligible	All American Restaurant Community Recreation
Sat. 10-Sat. 17	■ Glacier National Park Tour*	Call for departure time.	\$1,117 per person double occupancy, \$1,638 per person single occupancy	Glacier National Park, MT Community Recreation
Sat. 10	■ Summer Splashdown & 5K Color Run	Noon-4 p.m.	FREE	Jim Creek Navy Community Recreation Area
Sun. 11	■ Float the Wenatchee River*	8 a.m.-6 p.m.	\$30, \$27 for LIBERTY-eligible	Leavenworth, WA Community Recreation
Sun. 11	■ Icicle Ridge Hike*	8 a.m.-6 p.m.	\$25, \$22 for LIBERTY-eligible	Leavenworth, WA Community Recreation
Tue. 13	■ Stand-Up Paddleboard (SUP) Yoga*	5:15-6:15 p.m.	\$18	Tsunami Pool, Bldg. 1950 Community Recreation
Wed. 14	■ Facebook Live Q&A's	6-6:15 p.m.	FREE	Facebook.com/EverettFFR

DATE	EVENT/CLASS	TIME	PRICE	VENUE/HOST
AUGUST CONTINUED				
Thu. 15	 Party in the Plaza	3-6 p.m.	FREE	Jackson Plaza, NSE
Fri. 16- Sun. 18	 Hammock Backpacking*	7 a.m.-7 p.m.	\$60	Port Angeles, WA Community Recreation
Wed. 21	 Backpacking Basics*	5:30-7:30 p.m.	\$15	Community Recreation Office, Bldg. 1950
Fri. 23- Sun. 25	 Joffre Lakes Backpacking Trip*	7 a.m.-7 p.m.	\$95	Pemberton, BC Community Recreation
Wed. 28	 Intro to Outdoor Photography: Composition Class*	5:30-7:30 p.m.	\$10	Community Recreation Office, Bldg. 1950
Thu. 29	 Intro to Stand-Up Paddleboarding (SUP)*	3:30-7 p.m.	\$15	Silverlake, WA, Community Recreation
Fri. 30	 Dive-In Movie	5-7 p.m.	FREE	Tsunami Pool, Bldg. 1950 Community Recreation
Sat. 31	 Mount Baker Glacier Hike*	8 a.m.-8 p.m.	\$20, \$17 for LIBERTY-eligible	Mount Baker, WA Community Recreation
SEPTEMBER				
Sun. 1	 Bowman Bay Paddle Trip*	8 a.m.-5 p.m.	\$30, \$25 for LIBERTY-eligible	Deception Pass, WA Community Recreation
Wed. 4	 Women's Climb Meetup*.	6-9 p.m.	\$14, includes day pass, climbing gear rental, and instruction	Summit Everett Community Recreation
Sat. 7- Sun. 8	 Rock Climbing Weekend*	7 a.m.-7 p.m.	\$125	Mazama, WA Community Recreation
Sat. 7- Sun. 8	 Fire Lookout Weekend*	7 a.m.-7 p.m.	\$95	Mazama, WA Community Recreation
Tue. 10	 Books & Brews*	5:30-7:30 p.m.	\$10	Everett, WA, Community Recreation
Wed. 11	 Facebook Live Q&A's	6-6:15 p.m.	FREE	Facebook.com/EverettFFR
Fri. 13	 Wine & Paint Night*	5:30-7:30 p.m.	\$10, \$8 for LIBERTY-eligible	All American Restaurant Community Recreation
Sat. 14	 Lake Valhalla Hike*	7 a.m.-6 p.m.	\$20, \$17 for LIBERTY-eligible	Stevens Pass, WA Community Recreation
Sun. 15	 Suicide Awareness Hike*	8 a.m.-6 p.m.	\$15	Verlot, WA, Community Recreation
Tue. 17	 Stand-Up Paddleboard (SUP) Yoga*	5:15-6:15 p.m.	\$18	Tsunami Pool, Bldg. 1950 Community Recreation
Sat. 21	 Campers Fair	8 a.m.-5 p.m.	FREE to attend. FREE table with camping reservation, \$10 table without.	Jim Creek Navy Community Recreation Area
Sun. 22	 Outdoor Photography Sunset Hike & Shoot*	4-10 p.m.	\$15	Deception Pass, WA Community Recreation
Fri. 27	 Dive-In Movie	5-7 p.m.	FREE	Tsunami Pool, Bldg. 1950 Community Recreation
Sat. 28	 Columbia Gorge Wine Tasting*	9 a.m.-8 p.m.	\$35	Woodinville, WA, Community Recreation
Sun. 29	 Larch Madness-North Cascades Hike*	7 a.m.-5 p.m.	\$20, \$17 for LIBERTY-eligible	North Cascades National Park, WA Community Recreation

Events are subject to change or cancellation without prior notice. For the most up-to-date information, contact the venue/host directly or visit www.navylifepnw.com. (*) Requires advance registration online at www.navylifepnw.com/myffr (see page 4 for instructions). LIBERTY-eligible: junior service members (E1-E6).



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HAMMOCK BACKPACKING

Friday, Aug. 16–Sunday, Aug. 18
7 a.m.–7 p.m. • \$60
Port Angeles, WA
www.navylifepnw.com/myffr



GLACIER NATIONAL PARK TOUR

Aug. 10–Aug. 17
\$1,117 per person double occupancy,
\$1,638 per person single occupancy
Includes round-trip bus transportation,
seven-night accommodations,
some meals, and more.
www.navylifepnw.com/myffr



SUICIDE AWARENESS HIKE

Sunday, Sept. 15
8 a.m.–6 p.m. • \$15
Verlot, WA
www.navylifepnw.com/myffr

EVENT/CLASS DESCRIPTIONS

ARTS & CRAFTS

Wine & Paint

Stimulate your taste buds and creativity with a guided paint lesson and a glass of wine! No experience necessary. All supplies provided. Food, wine, and other beverages available for purchase. All ages welcome.

KID-FRIENDLY

Dive-In Movie

Dive in for a movie in our Tsunami Pool! Grab a float, lounge chair or enjoy a swim while watching a family feature film.

Christmas in July

Who says Christmas only comes once a year? Partner with Buddy the Elf to spread Christmas cheer for all to hear! Explore the Candy Cane Forest, play games, make crafts, and feast on the four main food groups: candy, candy canes, candy corn, and syrup.

SKILLS

DEVELOPMENT

Backpacking Basics

Discuss pre-trip preparations, how and what to pack, what should be in your first aid kit, and more. Class includes a personal backpacking first aid kit.

Facebook Live Q&A's

Hear from our knowledgeable and adventurous outdoor guides LIVE on Facebook every second Wednesday of the month! We'll discuss upcoming events, give tips for enjoying the PNW outdoors, give away prizes, feature surprise guests, and answer questions you may have.

Intro to Hiking

Take your first steps into the Washington State back country! Prepare for your next hiking trip to make it safe and enjoyable.

Intro to Outdoor Photography

Learn the basics of composition, focusing on landscapes and nature.

Smartphone photographers welcome!

Intro to Stand-Up Paddleboarding

Experience the hype with on-shore practice and then hit the water to try out your new skills.

Leave No Trace

Learn the seven Leave No Trace principles to help protect our wilderness areas for generations to come.

Stand-Up Paddleboard (SUP) Yoga with Carly

Enjoy the benefits of yoga while challenging your balance in our indoor saltwater pool. All equipment provided. Beginners and experts welcome!

SPECIAL EVENTS

12th Man Ticket Jam

Active duty only. Visit the Community Recreation Office in The Commons, Bldg. 1950, and fill out an entry form for a chance to purchase tickets for the Seattle Seahawks home games for the 2019/2020 season!

End-of-Summer Blowout!

Come join us for one last summer celebration with games, crafts, activities, and more.

Party in the Plaza

Enjoy a barbecue, music, laser tag, inflatables, field activities, kids' activities, and the Armed Forces Kids' Fun Run.

Skookum Obstacle Run

Lift, crawl, flip, pull, and swing your way through 15+ obstacles on a 4-mile trail run. Open to all competitors with base access identification. Food and drink will be available for sale.

Summer Splashdown & 5K Color Run

Get blasted with color during our Technicolor DASH, and then spend time slipping and sliding. Slip-n-Slides, inflatable waterslides, water balloon games, crafts, refreshments, and more.

TRIPS & TOURS

Alpine Lake Snorkeling

Bring your waterproof camera! Hit the trail and hike to one of the beautiful Alpine Lakes. Once lake-side, we'll put on our wet suits, fins, and snorkel gear to explore the lakes edges. All gear provided.

Books & Brews

Discuss an adventure-themed book, enjoy tasty food, and sip great brews. Book will be provided about a month prior to the meet up.

Bowman Bay Paddle Trip

Explore this calm, protected bay on paddleboards while watching baby harbor seals and other wildlife! All equipment rentals included.

Columbia Gorge Wine Tasting

Head across the mountains and taste some of Washington's finest wines. We will visit three wineries in the Columbia

EVENT/CLASS DESCRIPTIONS CONTINUED

Gorge area. Tasting fees are not included.

Fire Lookout Weekend

Explore a few of Washington's first lookouts and the selfless volunteers who protect the forests we love. Lookouts are reachable via hike or car. All camping gear and reservations included.

Float the Wenatchee River

Leisurely float down the Wenatchee River while taking in the sunny weather, beautiful mountain scenery, and gentle waters. End in downtown Leavenworth with time to spare for lunch, shopping, or a brewery visit.

Hammock Backpacking

Swing under the stars in a cozy hammock, enjoy the beautiful scenery of the Olympic National Park, unwind next to an alpine lake, and enjoy the sunset with 360-degree views. All backpacking gear provided.

Icicle Ridge Hike

Hike through sunny forests with spectacular views of the surrounding townships, meandering rivers, and rugged mountains nearby.

Joffre Lakes Backpacking

Backpack through a magnificent area of jagged peaks and turquoise blue lakes. While in BC, enjoy the beautiful drive on the Sea-to-Sky Highway, and relax next to a trio of gorgeous lakes in the back country. Backpacking gear and 2 meals provided in cost. Passport or enhanced license required to participate.

Lake Valhalla Hike

Enjoy the vivid colors of autumn as we pass through the Douglas fir forest on a gradual, well-maintained trail to reach this hidden gem.

Larch Madness—North Cascades Hike

Hike for glimpses of Golden Larches! These bright yellow conifers only show their true colors once a year in the fall, and are only found in alpine areas.

Mount Adams Climb

Climb the second highest peak in Washington State! We will take the South Spur Route up to base camp and watch the sunset at 9,000 feet. We will wake up early for an "Alpine Start" and head for the summit, then return to base camp and then back down to the trailhead to drive home. The route is 12 miles round-trip with 6,700 feet of elevation gain.

Mount Baker Glacier Hike

Get up close glacier views of Mount Baker's Eastern Glacier! Talus slopes and late-season snow patches make this an exciting and challenging trail. Must be ages 14+ to participate.

Outdoor Photography Sunset Hike & Shoot

The beautiful sunset views make this a perfect hike for practicing your outdoor photography skills! We'll hike to Lighthouse Point just in time for a perfect golden hour of shooting. Please bring your own camera. Smartphone photographers welcome!

Regional Glacier National Park Tour

During this week-long tour, we will explore beautiful Glacier National Park. Enjoy a laser light show, historic museums, a boat tour on Lake McDonald and an alpine bus tour inside the park.

Suicide Awareness Hike

Find peace in nature

while hiking in honor of suicide awareness. Spend the day exploring the old mining relics of Monte Cristo while our guides share their knowledge of the region's history. Transportation will be available to and from the trail from Everett and Snokey Point.

Rock Climbing in Leavenworth

Get introduced to everything you'll need to start climbing on various easy routes in Leavenworth. All rock climbing gear provided.

Rock Climbing Weekend

Learn sport climbing and test your newly learned skills in a fun and safe environment. Camping reservations and all gear provided.

Trail Ride & Brews

Ride through the alpine meadows and end at a local brewery. Beginners and experts welcome.

Whitewater River Rafting

Professional river guides will instruct and accompany you on Class II-IV rapids. This river offers breathtaking views of the surrounding mountains, wildlife, and some of the greatest rapids in the state. Lunch will be served riverside! River and departure times are subject to change depending on water conditions.

Women's Climb Meetup

It's Ladies Night at Summit Everett, hosted by Sisters in Action Sports. This beginner-friendly venue offers indoor climbing, fitness programs, and more. Transportation not provided, pay at the venue.



Intro to Stand-up Paddleboard with Community Recreation



Backpacking trips with Community Recreation

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COMMUNITY RECREATION
TICKETS OFFICE**

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LODGING & LEISURE

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 Gateways Inns & Suites offer you a "home away from home" while traveling. We are committed to providing world-class service from the moment you arrive. Our accommodations range from hotel rooms, cottages and deluxe cabins to yurts, RV parks and tent camping sites.

NAVY GETAWAYS

Stay! Play! Relax! The Navy's Recreational Lodging Program, Navy Getaways, offers three quality recreational getaway locations in the Pacific Northwest. Eligibility: Active Duty, Reservists, Retirees, NAF or DoD civilians and sponsored guests. Make a reservation at www.navygetaways.com or call 1-877-NAVY-BED (6289-2333)!



RV Park & Campground

Cliffside Park Drive from Ault Field. Watch for the directional signs on base. Oak Harbor, WA 98278 360-257-2649 Customer Service Cabin Open Daily: 10 a.m.-6 p.m.

Nestled along the shoreline of Whidbey Island, Cliffside RV Park 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.



Recreation Area & Campground

21027 Jim Creek Rd. Arlington, WA 98223 425-304-5315/5363

Jim Creek Recreation Area is located just outside of Arlington, WA, about 90 minutes north of Seattle. 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).



Hotel, Cottages, RV Park, & Campground

108 First St. N Pacific Beach, WA 98571 360-276-4414 Front Desk Hours Friday: 7:30 a.m.-8 p.m. Saturday-Thursday: 7:30 a.m.-6 p.m.

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, an exercise room, volleyball and basketball courts, clam-cleaning stations, a whale-watching tower, a recreation equipment rental center and lounge known for a variety of special events.



Navy Gateway Inns & Suites

Eligibility: Active Duty, Reservists, Retirees, NAF or DoD civilians and sponsored guests.

Traveling for weekends and holidays? Don't forget to check with NGIS for available rooms. Amenities include: FREE Internet access,



TIDE'S OUT RUN ON THE BEACH

Wednesday, July 3
11 a.m.-1 p.m. • FREE
The tide is low, so out in the mud we go!
NASWI Fitness Center & Navy Getaways Cliffside



ANNUAL POLYNESIAN LUAU

Saturday, Aug. 3
Enjoy a piece of the islands with a Hawaiian dinner and interactive show.
Navy Getaways Pacific Beach



CHRISTMAS IN JULY

Saturday, July 27
Noon-4 p.m. • FREE
Partner with Buddy the ELF to explore the Candy Cane Forest, play games, and make crafts!
Navy Getaways Jim Creek

refrigerator, housekeeping, fitness rooms, FREE premium cable TV, coffee, guest laundry, business centers and microwave. NGIS also offers pet-friendly accommodations. Call for details.

For reservations, call 1-877-NAVY-BED (628-9233)

Bangor

2750 Sargo Circle
Silverdale, WA 98315
877-628-9233

Nestled among the trees of Naval Base Kitsap Bangor, the Evergreen Lodge offers standard rooms and suites in a park-like setting. The new beds and upgraded linens ensure maximum guest comfort. Navy Gateway Inns & Suites combines all the comforts of a hotel, while specializing in official business accommodations.

Bremerton

120 S Dewey St.
Bldg. 865
Bremerton, WA 98314
877-628-9233

Located in the central hub of Naval Base Kitsap Bremerton, the facility offers an unobstructed view of Sinclair Inlet and is a comfortable home away from home. Standard rooms, suites with kitchenettes and extended-stay accommodations are available to meet a variety of needs and budgets. Navy Gateway Inns & Suites combines all the comforts of a hotel, while specializing in official business accommodations.

Smokey Point

13918 45th Ave. NE
Marysville, WA 98271
877-628-9233

Located approximately 20 minutes north of Naval Station Everett in the Smokey Point Navy Support Complex, the Navy

Gateway Inns & Suites, Eagle's Nest Inn offers standard rooms and suites. Navy Gateway Inns & Suites combines all the comforts of a hotel, while specializing in official business accommodations.

Whidbey Island

1175 W Midway St.
Bldg. 973
Oak Harbor, WA 98278
877-628-9233

Conveniently positioned on Naval Air Station Whidbey Island's Ault Field, which overlooks the San Juan Islands and Strait of Juan de Fuca, Navy Gateway Inns & Suites combines all the comforts of a hotel, while specializing in official business accommodations.

Stay at Navy Getaways in our Deluxe Camping Trailers

Just
\$95
a night



Available for rent at:

Cliffside
RV PARK CAMPING TRAILERS

Oak Harbor, WA

JIM CREEK
Navy Community Recreation Area

Arlington, WA

Open to active duty, retirees, reservists, DoD civilians, base contractors, families, and accompanied guests, unless otherwise noted.

www.navygetaways.com • 1-877-NAVY-BED



SUMMER SPLASHDOWN & 5K COLOR RUN

Saturday, Aug. 10

Noon-4 p.m. • FREE

Get blasted with color during our Technicolor DASH, and then spend time slipping and sliding.

Navy Getaways Jim Creek
www.navylifepnw.com/myffr



SIPS AND PAINTING (WINE & ADULT CRAFT)

Sunday, Aug. 18

7 p.m. • \$35, sign up at

Cliffside RV Park Office

Meet at the Fireplace Pavilion, sip some wine and find your inner

Van Gogh or Picasso.

Navy Getaways Cliffside



GLASS FLOAT FRENZY

Saturday, Sept. 21

Starts at 8 a.m. • FREE

Comb the beach for glass floats.

Navy Getaways Pacific Beach

NAVY GETAWAYS EVENT CALENDAR JULY-SEPTEMBER 2019

DATE	EVENT/CLASS	TIME	PRICE	VENUE/HOST
ONGOING				
Ongoing	Deluxe Mallard RV Camper Rentals	Standard reservation and business hours	\$95/night	Jim Creek Navy Community Recreation Area and Cliffside RV Park
Daily, April-Sept. Road to Twin Lakes closes depending on weather	Twin Lakes at Jim Creek	7 a.m.-Dusk	Varies	Jim Creek Navy Community Recreation Area
Daily, Memorial Day-Labor Day	Jumping Pillow	Sun.-Thu.: 10 a.m.-4 p.m. Fri. & Sat.: 9 a.m.-7 p.m.	\$5 daily, \$8 two-day or \$28 family two-day	Jim Creek Navy Community Recreation Area
Saturdays, Memorial Day-Labor Day	Alpine Tower Ropes Course	10 a.m.-3 p.m.	\$15	Jim Creek Navy Community Recreation Area
Fri., July 5-Fri., Sept. 27	Campground Bingo (Fridays)	6-7 p.m.	FREE	Jim Creek Navy Community Recreation Area
Sat., July 6-Sat., Sept. 28	Guided Outdoor Activity (Saturdays)	10 a.m.	FREE	Jim Creek Navy Community Recreation Area
Sat., July 6-Sat., Sept. 28	Ice Cream Social (Saturdays)	Noon-3 p.m.	\$1.50 per scoop or two scoops for \$2	Jim Creek Navy Community Recreation Area
Sat., July 6-Sat., Sept. 28	Campground Movies (Saturdays)	6 p.m.	FREE	Jim Creek Navy Community Recreation Area
JULY				
Wed. 3	Tide's Out Run on the Beach. No chip timing and same-day registration.	11 a.m.-1 p.m.	FREE	NASWI Fitness Center to Cliffside RV Park
Thu. 4	Fireworks Shuttle	4 p.m.	FREE, sign up at Cliffside RV Park Office prior.	Cliffside RV Park
Fri. 5	Ice Cream Social	2-4 p.m.	FREE	Cliffside RV Park
Fri. 5	Sips and Painting (Wine & Adult Craft)	7 p.m.	\$35, sign up at Cliffside RV Park Office	Cliffside RV Park
Sat. 6	4th of July Holiday Weekend Barbecue	5 p.m.	FREE burgers & hot dogs, campers bring a side dish!	Cliffside RV Park
Sat. 6	Pacific Beach Tie-Dye Day	TBD	\$7 for custom Pacific Beach Tie-Dye T-shirt or \$2 for a towel. \$2 for supplies if you bring a garment.	Navy Getaways Pacific Beach
Tue. 9	Star Party-Saturn at Opposition	9 p.m.	FREE	Cliffside RV Park
Sat. 13	Skookum Obstacle Run*	9 a.m.-2 p.m.	\$10	Jim Creek Navy Community Recreation Area
Sat. 13	Moonlight Hike	9:30 p.m.	FREE	Cliffside RV Park
Sat. 13	Family Fun Day & Barbecue	All Day	FREE	Navy Getaways Pacific Beach
Mon. 15	National Ice Cream Day	2-4 p.m.	FREE	Cliffside RV Park
Sat. 20	Fortune Cookie Day	All day	FREE	Cliffside RV Park
Sat. 20	Night Hike	9:30 p.m.	FREE	Cliffside RV Park
Sat. 20	Pacific Beach Tie-Dye Day	TBD	\$7 for custom Pacific Beach Tie-Dye T-shirt or \$2 for a towel. \$2 for supplies if you bring a garment.	Navy Getaways Pacific Beach
Tue. 23	National Hot Dog Day	TBD	FREE	Cliffside RV Park
Sat. 27	Christmas in July	Noon-4 p.m.	FREE	Jim Creek Navy Community Recreation Area
Sat. 27	Star Party	9:30 p.m.	FREE	Cliffside RV Park
Sat. 27	Sips at Sunset	7 p.m.	\$10, includes souvenir glass. Sign up at Cliffside RV Park Office prior.	Cliffside RV Park

DATE	EVENT/CLASS	TIME	PRICE	VENUE/HOST
AUGUST				
Sat. 3	Sudz at Sunset for International Beer Day	7 p.m.	\$10, includes souvenir glass. Sign up at Cliffside RV Park Office prior.	Cliffside RV Park
Sat. 3	Disc Golf Day	All Day	FREE	Cliffside RV Park
Sat. 3	Coast Guard Birthday BOGO	All Day	Enjoy one FREE night when you purchase one or more nights.	Cliffside RV Park
Sat. 3	Polynesian Luau	TBD	TBD	Navy Getaways Pacific Beach
Sat. 10	Summer Splashdown & 5K Color Run*	Noon-4 p.m.	FREE	Jim Creek Navy Community Recreation Area
Sat. 10	National S'mores Day	7:30 p.m.	FREE! Most creative s'more wins a prize!	Cliffside RV Park
Sat. 10	Pacific Beach Tie-Dye Day	TBD	\$7 for custom Pacific Beach Tie-Dye T-shirt or \$2 for a towel. \$2 for supplies if you bring a garment.	Navy Getaways Pacific Beach
Mon. 12	Perseid Meteor Showers	9:30 p.m.	FREE	Cliffside RV Park
Fri. 16	International Geocaching Day	All day	FREE	Cliffside RV Park
Sat. 17	Kids' Craft Time	5 p.m.	Fees apply.	Cliffside RV Park
Sat. 17	Night Hike	9:30 p.m.	FREE	Cliffside RV Park
Sun. 18	Sips & Painting (Wine & Adult Craft)	7 p.m.	\$35, sign up at Cliffside RV Park Office	Cliffside RV Park
Fri. 23	Pet Nature Walk	11 a.m.-1 p.m.	FREE	Cliffside RV Park
Sat. 24	Luau	1-4 p.m.	Food available for purchase.	Cliffside RV Park
Tue. 27	Banana Lovers Day	TBD	FREE	Cliffside RV Park
Fri., Aug.30-Mon., Sept. 2	Kelper's Weekend		Various	Navy Getaways Pacific Beach
Sat. 31	Star Party	9:30 p.m.	FREE	Cliffside RV Park
Sat. 31	Pacific Beach Tie-Dye Day	TBD	\$7 for custom Pacific Beach Tie-Dye T-shirt or \$2 for a towel. \$2 for supplies if you bring a garment.	Navy Getaways Pacific Beach
SEPTEMBER				
Sun. 1	Solar Engraving Craft Time	1 p.m.	FREE	Cliffside RV Park
Sun. 1	Labor Day Barbecue	5 p.m.	FREE burgers and hot dogs, campers bring a side dish!	Cliffside RV Park
Fri. 13	Chocolate Day	All Day	FREE	Cliffside RV Park
Sat. 14	International Coastal Clean-up Day. Help Mother Earth by cleaning up the beach. Enjoy prizes and a hot-dog roast afterward.	1 p.m.	FREE	Cliffside RV Park
Wed. 18	Air Force Birthday	All Day	Enjoy one FREE night when you purchase one or more nights.	Cliffside RV Park
Sat. 21	End-of-Summer Blowout! Come join us for one last summer celebration with games, crafts, activities and more.	8 a.m.-5 p.m.	FREE	Jim Creek Navy Community Recreation Area
Sat. 21	Glass Float Frenzy	Starts at 8 a.m.	FREE	Navy Getaways Pacific Beach
Mon. 30	Hot Mulled Cider Day	All day	FREE	Cliffside RV Park

***May require advanced registration (see page 4 for instructions.) Events are subject to change or cancellation without prior notice. For the most up-to-date information, contact the venue/host directly or visit www.navylifepnw.com.**

SPORTS, FITNESS & AQUATICS

Our state-of-the-art fitness center is here to help you achieve “fitness for life” and offer a variety of services and facilities to fulfill that goal. Individual and group instruction is available from certified professionals in cardiovascular conditioning, strength training, flexibility, and nutrition. Whether you are an expert or an amateur when it comes to sports, chances are we also have a league or tournament to fit your interests.

Seismos Fitness Center

The Commons
2000 W Marine View Dr.
Bldg. 1950
Everett, WA 98207
425-304-3935
(Intramural Sports)
425-304-3922
(Front Desk)
Monday-Friday:
5:15 a.m.-8:30 p.m.
Saturday: 9 a.m.-5 p.m.
Sunday & Holidays:
10 a.m.-5 p.m.

Located in the northwest wing of The Commons, this 7,000-square-foot gymnasium features a full-size basketball court with bleacher seating for command tournament games or larger group fitness classes. With two racquetball courts, a multi-purpose group fitness classroom, PRT training room, NOFFS Zone, and dry saunas in

both men’s and women’s changing rooms, this world-class facility has everything you need to stay in shape. Be sure to ask about the Intramural Sports program that offers friendly competition and tournaments 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.

Tsunami Pool

The Commons
2000 W Marine View Dr.
Bldg. 1950
Everett, WA 98207
425-304-3388
Pool Hours
Monday-Friday:
6 a.m.-12:30 p.m. &
2:30-7 p.m.
Saturday:
9:30 a.m.-2 p.m.
Sunday & Holidays:
Closed

Recreational Swim

Friday: 2:30-7 p.m.
Saturday: Noon-2 p.m.

Employing a salt-water purification system, the Tsunami Pool is less harsh than other local swimming pools. The pool also features eight, 25-yard lanes and ranges from 4 feet to 13 feet in depth.

Navy Youth Swim Test

Navy Fitness strives to educate parents and youth on pool safety and the dangers associated with unsupervised swimming. To attain full access to the Tsunami Pool, all youths 17 and under must successfully pass the Navy Youth Swim Test.

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 NRNW tournaments.

Captain’s Cup

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



Swim like a Mermaid at the Tsunami Pool



SKOOKUM OBSTACLE RUN

Saturday, July 13
9 a.m.-2 p.m. • \$10

Competitors lift, crawl, flip, pull, and swing their way through 15+ obstacles on a 4-mile trail run.

Navy Getaways Jim Creek
www.navylifepnw.com/myffr



YELLOW DUCK WIBIT POOL PARTY

Friday, Aug. 2
5-7 p.m. • FREE

Limited availability.

Registration recommended.

Tsunami Pool

www.navylifepnw.com/myffr



#SPLASHGOALS SWIM CHALLENGE

Tuesday, Sept. 3-Monday, Sept. 30
Pool Operating Hours • FREE

Tsunami Pool

SPORTS, FITNESS & AQUATICS EVENT CALENDAR
JULY-SEPTEMBER 2019

= Admiral's Cup

= For Kids

= Captain's Cup

DATE	EVENT/CLASS	TIME	PRICE	VENUE/HOST
ONGOING				
Available by command request	NOFFS Courses*	Available by command request	FREE	Seismos Fitness Center
By appointment	Command Fitness Leader (CFL) Resource Center*	By appointment	FREE	Seismos Fitness Center
By appointment	Mission Nutrition*	By appointment	FREE	TBD
By appointment	Adult Swim Lessons*	By appointment	\$50 for four sessions Fee waived for active duty/ reservists/recruits who are working towards duty- related swim tests	Tsunami Pool
Ongoing	Water Aerobics Class (Mon./Wed./Fri.)	8:30-9:30 a.m.	FREE active duty/reservists/ retirees and their family members, \$3.50/class for other eligible users; or \$30/ monthly Fitness Pass	Tsunami Pool
TBD	■ Youth Learn-to-Swim*	TBD	\$35 for eight, 30-minute classes for eligible users	Tsunami Pool
TBD	■ Baby Waves*	TBD	\$35 for eight, 30-minute classes for eligible users	Tsunami Pool
JULY				
Fri. 12	■ Youth Beat-the-Board Challenge	5-6 p.m.	FREE for eligible users	Tsunami Pool
Sat. 13	Skookum Obstacle Run*	9 a.m.-2 p.m.	\$10	Jim Creek Navy Community Recreation Area
Fri. 19	■ Mermaid University: 101*	5-6:30 p.m.	\$35 for eligible users	Tsunami Pool
Tue. 23	Beat-the-Board Quarterly Challenge*	11 a.m.-Noon	FREE for eligible users	Tsunami Pool
AUGUST				
Fri. 2	■ Yellow Ducky Wibit Pool Party*	5-7 p.m.	FREE	Tsunami Pool
Sat. 10	Family Water Safety Day	Noon-1:30 p.m.	FREE for eligible users	Tsunami Pool
Fri. 16	Beat-the-Board Open Challenge	Pool Operating Hours	FREE for eligible users	Tsunami Pool
SEPTEMBER				
Tue. 3-Mon. 30	#SplashGoals Swim Challenge	Pool Operating Hours	FREE for eligible users	Tsunami Pool
Sat. 14	CPR Certification Course*	10 a.m.-3 p.m.	\$40 for eligible users	Tsunami Pool
Wed. 18	■ POW*MIA 5K	11 a.m.-1 p.m.	FREE. Register before start of run.	Naval Station Everett Track

Activities are open to eligible male and female patrons ages 18+, unless otherwise noted. Events are subject to change or cancellation without prior notice. For the most up-to-date information, contact the venue/host directly or visit www.navylifepnw.com. (*) Requires advance registration online at www.navylifepnw.com/myffr (see page 4 for instructions) or contact venue/host.

**SWIM LESSONS SAVE LIVES**

MWR Aquatics offers quality swim instruction with curriculum developed to fit the needs of our installation.

Youth Learn-To-Swim Program: A customized Red Cross format for children 3-17 years old, with certified Water Safety Instructors.

Baby Waves Program: For parents with their infants/toddlers. Emphasis on water orientation and water safety. Class is suitable for children 6 months to 3 years old.

Adult Learn-To-Swim Program: For adults who have moderate to no swimming experience. Trained instructors will help to develop swimming skills from water orientation to swimming laps.

Registration is required via myFFR.
425-304-3388 or
everett.aquatics@navylifepnw.com

TSUNAMI POOL



POW*MIA 5K

Wednesday, Sept. 18

11 a.m.-1 p.m. • FREE

Run in honor of any POW*MIA or deployed active duty personnel. Naval Station Everett Track



COMMAND FITNESS LEADER (CFL) COURSE

By appointment

FREE for active duty

Seismos Fitness Center

www.navyfitness.org/fitness/cfl-information



FREE!

MISSION NUTRITION CLASS

Classes Available Upon Request

Open to Active Duty, Retirees, DoD Civilians and Active Duty/Retiree Family Members.

For more information call 360-304-3922.

EVENT/CLASS DESCRIPTIONS

SPORTS & FITNESS

1000 lb. Club

Get the T-shirt! Our 300, 500 and 1000 lb. Clubs offer an opportunity for friendly competition for male and female athletes who have what it takes to lift the goal weight, which is met by combining the total weight lifted from a dead lift, bench press and squat.

Command Fitness Leader (CFL) Resource Center

We offer CFLs and ACFLs the latest in fitness training and enhancement. Register now for a course that will enhance the life of Sailors and vital elements in ensuring mission readiness across the Navy enterprise. To apply for the CFL Course, visit www.navyfitness.org/fitness/cfl-information and click on "CFL Application".

Mission Nutrition

This 6-hour course will give you a better understanding of the relationship between what you

eat and what you weigh. Learn how to shop wisely, build meals, and identify the external factors that can positively and negatively affect your eating habits.

NOFFS Courses

The Navy Operational Fitness & Fueling System (NOFFS) workouts are expertly designed to meet the specialized needs of today's Sailor. Learn more about each organized series: Operational, Strength, Endurance, and Sandbag.

Skookum Obstacle Run

Lift, crawl, flip, pull, and swing your way through 15+ obstacles on a 4-mile trail run. Open to all competitors with base access identification. Food and drink will be available for sale.

AQUATICS

Adult Swim Lessons

Develop swimming skills from water orientation to swimming laps.

Water Aerobics

This instructor-led,

60-minute, full-body workout incorporates cardio, resistance training and stretching.

Youth Learn-to-Swim

This course follows the American Red Cross format and is specially designed for children 3-17 years old.

Baby Waves

This course follows the American Red Cross format and is specially designed for parents who wish to participate with their children, between the ages of 6 months to 3 years old.

Beat-the-Board Quarterly Challenge

Beat the posted time and claim your glory! Up to two records can be challenged each quarter.

Youth Beat-the-Board Challenge

This challenge is for youth competitors in the under 13 and the 14-18 years old divisions who think they have what it takes to beat the NSE Tsunami Pool records board. Up to two records

can be challenged at a time.

CPR Certification Course

Course includes certification in Adult and Pediatric CPR/AED and First Aid. Course is open to ages 12+.

Family Water Safety Day

Meet with the Tsunami aquatics staff to learn the Red Cross safety skills in, near and around the water. Includes water safety presentation, parent and child lesson or skills assessment.

Mermaid University: 101

Fulfill your dream to swim like a mermaid! This is a 90-minute workshop for patrons ages 5+, swimming at a Red Cross Level 3 or higher, to explore the popular activity of "mermaiding" within safe perimeters. Participants who successfully complete the workshop are eligible to use the mermaiding equipment at future events. Swim

skills must be verified prior to registration.

#SplashGoals Swim Challenge

'Fall' into a new fitness routine for the cooler seasons! Throughout September, compete against other swimmers by tracking each day you swim 250 yards or more.

Yellow Ducky Wibit Pool Party

Rubber Ducky, you make pool time so much fun! Family-friendly event. Limited availability, so call ahead and reserve your space. No outside tubes. Pool Safety rules apply. Swim tests must be completed prior to 4 p.m. the day of the event. Registration available online or at Gear Issue.

ATTENTION!

CALLING ALL JUNIOR SERVICE MEMBERS!*



FREE, DISCOUNTED, FUN, AFFORDABLE ACTIVITIES

to get you out and enjoying the
GREAT PACIFIC NORTHWEST.

*Young Adult (E1-E6)

LIBERTY-eligible only.

HOLIDAY PARTIES

PAINTBALL

BARRACKS BASH

VANCOUVER TRIPS

RECREATION TRIPS

VOLUNTEERING OPPORTUNITIES

ADVENTURE

COOKING CLASSES

BUBBLE SOCCER

TOURNAMENTS

★★★★★
Visit **VIBES LIBERTY** Center
for more information
and a calendar of events.
Or visit **LIBERTY** online at
[https://everett.navylifepnw.com/
recreation/liberty-single-
sailor-program](https://everett.navylifepnw.com/recreation/liberty-single-sailor-program)
425-304-3580
Download the
NavyLife PNW App today!

★★★★★

INTRAMURAL SPORTS

LEAGUES AND TOURNAMENTS TO FIT YOUR INTERESTS!

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.



FREE to active duty, retirees, and their family members over the age of 18. DoD civilians and DoD contractors will be charged a \$25 fee for each sport.

For more information, contact everett.sports@navylifepnw.com, or 425-304-3935 or visit www.navylifepnw.com.



CHILD & YOUTH PROGRAMS

Our Child & Youth Programs are committed to supporting military and DoD civilian families by recognizing the uniqueness of each family's lifestyle and needs. In addition to childcare, we provide age-appropriate recreational and educational programs for youth before and after school, as well as summer day camps, homework help and field trips.

Everett Child Development Center
2000 W Marine View Dr.
Bldg. 1980
Everett, WA 98207
425-304-3778

Child Development Centers (CDC) offer center-based care for children 6 weeks to 5 years of age. Care at our centers is primarily geared toward those needing full-time childcare.

Everett Child Development Homes
13912 45th Ave. NE
Marysville, WA 98271
425-304-3046

Certified Navy professional care in comfortable home environments. Caregivers are certified to care for children from birth through 12 years of age. CDH often offers more flexible hours than center-based care. Homes are additionally licensed by the State of Washington.

Everett School-Age Care
13912 45th Ave. NE
Marysville, WA 98271
425-304-3694

As a working parent, having a safe place for your children to go before and after school provides you with peace of mind to do your job. Our School-Age Care (SAC) program, in partnership with the Marysville YMCA, is designed to do just that for children 5-12 years of age.

The SAC program also provides monthly events and partners with the School Liaison Officer to ease the transition of kids meeting new friends.

Teen Programs
Through our partnership with the Boys & Girls Clubs of America, we offer 13 locations in Snohomish County for youth to participate in recreational programs. Memberships are provided at no cost.

Everett School Liaison Officer
13912 45th Ave. NE, #111
Marysville, WA 98271
425-304-3688

The School Liaison Officer is the primary point of contact between the military installation, the local schools and school districts, transitioning families and the community at large. Call for an appointment.

CHILD & YOUTH PROGRAMS EVENT CALENDAR JULY-SEPTEMBER 2019

DATE	EVENT	TIME	PRICE	VENUE/HOST
Fri. June 14– Fri. Aug. 16	It's Showtime at Your Library! Summer Reading Program (Fridays)	10-11 a.m.	FREE	The Commons, Bldg. 1950, Child & Youth Programs
Mon., July 29– Fri. Aug. 2	Missoula Children's Theater Camp: Jack and the Beanstalk	10 a.m.–3 p.m. (hours based on part given)	FREE for ages 6-17	Grand Vista Ballroom, Child & Youth Programs Register at the CDC by Mon., July 22
Thu., Aug. 15	Armed Forces Kids' Fun Run 1/2-mile, 1-mile, or 2-miles	2-3:30 p.m.	FREE run, barbecue, and T-shirt for participants ages 4-17.	NSE Track & Field Register day-of by 2 p.m.



**IT'S SHOWTIME AT
YOUR LIBRARY!**
SUMMER READING PROGRAM
Friday, June 14–Friday, Aug. 16
10-11 a.m. • FREE
Keep your reading skills sharp
this summer with a generous selection
of books and creative art activities.
The Commons, Bldg. 1950



**MISSOULA CHILDREN'S
THEATER CAMP:**
JACK AND THE BEANSTALK
Monday, July 29–Friday, Aug. 2
10 a.m.–3 p.m. • FREE
Participate in an exciting theatrical
performance. Auditions held
at the Grand Vista Ballroom.
Register at the CDC by
Monday, July 22.



**ARMED FORCES
KIDS' FUN RUN**
Thursday, Aug. 15
2-3:30 p.m. • FREE
The world's largest children's
running event.
Same-day event registration only.
NSE Track & Field

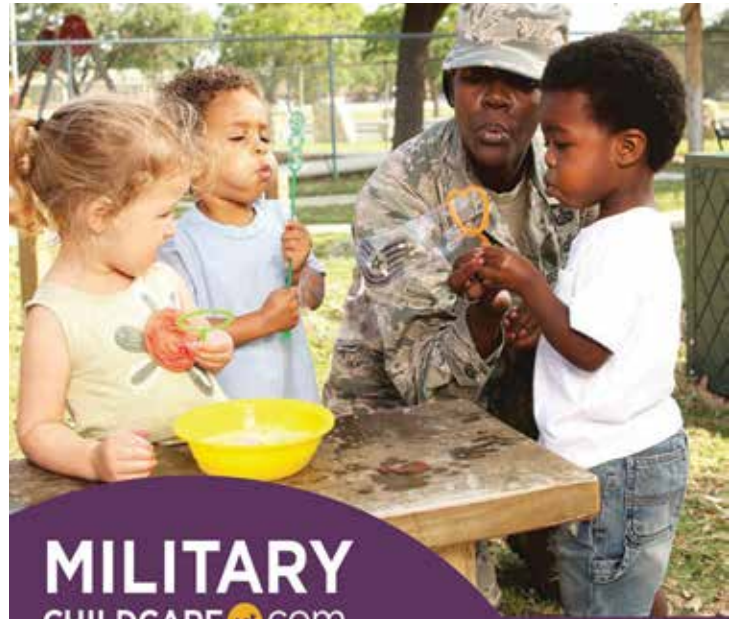
Naval Station Everett
**NAVY SCHOOL
 LIAISON OFFICER**

Connecting Military Families,
 Commands and K-12 Schools

425-304-3688
 everett.slo@navylifepnw.com



Connect with us at
www.navylifepnw.com



MILITARY
 CHILDCARE dot com

We care for your children
 while you protect America

A Department of Defense (DoD) program that makes it easier
 to find the child and youth care your family needs.

MyNavy Family App
 MyNavy Family App combines the strength
 of more than **22 websites** to connect Navy
 spouses and families to information and
 resources when and where they need it.
 download today at applocker.navy.mil

Connecting Navy families to
 accurate information and
 resources to help them flourish
 while living the Navy lifestyle.

- ✓ Accurate and timely
information for spouses and
families
- ✓ Minimizes acronyms, user
friendly tools
- ✓ Useful links to popular Navy
sites like the Navy Exchange,
Commissary, and the Fleet
and Family Support Center
- ✓ Employment resources
- ✓ Spouse mentoring support



@navyseawarrior



@Navy Sea Warrior



Developed by the Navy community for the Navy community.



SUPPORT PROGRAMS

The Fleet & Family Support Program is here to support you and stands ready to assist with every career and life change. Contact our Centralized Scheduling Center for individual, marriage and family counseling, class reservations, individual resume assistance, financial counseling, relocation assistance or deployment/mobilization support anywhere in the Pacific Northwest.

Centralized Scheduling
866-854-0638
ffsp.cnrnw@navy.mil

Fleet & Family Support Center-Smokey Point
13910 45th Ave. NE
Suite 857
Marysville, WA 98271
Monday-Thursday:
7:30 a.m.-4:30 p.m.
Friday: 7:30 a.m.-4 p.m.

Fleet & Family Support Center Annex
2000 W Marine View Dr.
Bldg. 2000, Rm. 133
Everett, WA 98207
425-304-3367
Monday, Wednesday,
Thursday and Friday:
7:30 a.m.-4 p.m.
Tuesday:
9 a.m.-4 p.m.

Navy Gold Star Call Center
888-509-8759

24/7 SAPR Advocate
425-754-5977

DoD Safe Helpline
877-995-5247

24/7 Sexual Assault Response Coordinator (SARC)
425-754-9867

EVENT/CLASS DESCRIPTIONS

Accessing Higher Education
Prepares service members and their families for the college application process.

Aviation Careers Job Search and Resume
With the numerous aviation companies in King and Snohomish county, this course will help to identify opportunities in international aviation companies and the process to get hired.

Car Buying
Learn to conduct adequate research and determine how much you can afford to spend when purchasing an automobile.

Career Exploration and Planning Track (CEPT)
Explore tools used in reaching career goals, market demand, expected salaries, projected job growth, and more.

Command Financial Specialist (CFS) Training
Future Command Financial Specialists will be trained to help other Sailors with their finances.

Communicating for Healthy Relationships (Webinar)
Work on improving your communication skills to build and maintain healthy relationships.

CONSEP (Career Options and Navy Skills Evaluation Program)
Make informed decisions about your career path by identifying your individual skills and talents, and develop long-term professional goals.

Credit... What's the Big Deal? (Webinar)
Is credit really that important? This workshop looks at how credit is used, who can access it and why it's important to use credit responsibly.

Cross Functional Assistance Committee (CFAC)
Points of contact across our Navy services will meet to discuss eliminating issues involving relocation and transitioning.

Intro to the Exceptional Family Member Program (EFMP)
This briefing provides information about EFMP advocacy, referrals and more.

End of Summer & Back to School-EFMP/IA Event
Networking opportunities, resources and information, crafts and games, and more.

Entrepreneurship Track (B2B)
Cover the fundamental tools and strategies associated with launching and growing a small business.

Family Employment Readiness Job Fair
Bring your resume and meet local employers, find resources, and more!

Family Readiness Group Training (FRG)
FRGs provide support to families before, during, and after a deployment. This training provides knowledge of establishing an FRG and more.
(Descriptions continue on page 29.)



FLEET AND FAMILY SUPPORT CENTER 40TH CELEBRATION
Tuesday, July 16 • 1 p.m.
Smokey Point, Bldg. 13910, Foyer



ARE YOU READY NAVY? FAIR
Friday, Aug. 30 • 11 a.m.-3 p.m.
Emergency preparedness kits, safety and emergency preparedness information, activities for children, and more.
Smokey Point NEX/Commissary



BELLS ACROSS AMERICA
Thursday, Sept. 26 • 9-10 a.m.
Bells will ring in honor and remembrance of the fallen.
Jackson Plaza

FLEET & FAMILY SUPPORT EVENT CALENDAR JULY-SEPTEMBER 2019

DATE	EVENT/CLASS	TIME	VENUE/HOST
ONGOING			
By appointment	Survivors Overcoming Assault with Resiliency (SOAR)	By appointment	FFSC Everett Annex, Bldg. 2000
By appointment	Sailor Assistance & Intercept for Life (SAIL)	By appointment	FFSC Everett Annex, Bldg. 2000
JULY			
Mon. 8–Fri. 12	Separation Transition GPS	7:30 a.m.–4 p.m.	Smokey Point, Bldg. 13910, Room 809
Tue. 9	Resume Writing for a Difficult Job Market	10 a.m.–Noon	Smokey Point, Bldg. 13910, Room 811
Tue. 9	Car Buying	10–11:30 a.m.	FFSC Everett Annex, Bldg. 2000, Room 107
Wed. 10	Separation Capstone	7:30 a.m.–2 p.m.	FFSC Everett Annex, Bldg. 2000, Room 107
Wed. 10	Pregnancy Support Group: Pregnancy Nutrition	11 a.m.–12:30 p.m.	FFSC Everett Annex, Bldg. 2000, Room 109
Thu. 11	Self-Care & Stress Management	8:30–10 a.m.	FFSC Everett Annex, Bldg. 2000, Room 105
Thu. 11	Webinar: Credit... What's the Big Deal?	11 a.m.–Noon	Online
Thu. 11	Suicide Prevention	11:30 a.m.–1:30 p.m.	FFSC Everett Annex, Bldg. 2000, Room 109
Tue. 16	Family Violence Executive Leadership Training	8 a.m.–Noon	FFSC Everett Annex, Bldg. 2000, Room 109
Tue. 16	Cross-Functional Assistance Committee (CFAC)/ Quarterly Financial Forum	10–11:30 a.m.	FFSC Everett Annex, Bldg. 2000, Room 105
Tue. 16	Fleet and Family Support Center 40th Birthday Celebration	1 p.m.	Smokey Point, Bldg. 13910, Foyer
Tue. 16	Teen Budgeting	2–3 p.m.	Smokey Point, Bldg. 13910, Room 807
Tue. 16	Ombudsman Assembly	5–7 p.m.	FFSC Everett Annex, Bldg. 2000, Room 107
Tue. 16–Wed. 17	Entrepreneur Track (B2B)	7:30 a.m.–4 p.m.	FFSC Everett Annex, Bldg. 2000, Room 107
Mon. 22–Fri. 26	SAPR Initial Victim Advocate (VA) Training (40 hours)	7:30 a.m.–4 p.m.	FFSC Everett Annex, Bldg. 2000, Room 107
Mon. 22–Fri. 26	Retirement Transition GPS	7:30 a.m.–4 p.m.	Smokey Point, Bldg. 13910, Room 809
Tue. 23	Transition to Parenthood: Stress Management & Self-Care Techniques for Parents	11 a.m.–1 p.m.	FFSC Everett Annex, Bldg. 2000, Room 320
Tue. 23	Understanding Anger & Stress: Anger Inventory 101	2–3 p.m.	FFSC Everett Annex, Bldg. 2000, Room 105
Tue. 23	Washington State Employment Workshop	3–4 p.m.	Smokey Point, Bldg. 13910, Room 808
Wed. 24	Pregnancy Support Group: Understanding Pregnancy, Labor Interventions & Procedures	11 a.m.–12:30 p.m.	FFSC Everett Annex, Bldg. 2000, Room 109
AUGUST			
Mon. 5–Fri. 9	Separation Transition GPS	7:30 a.m.–4 p.m.	Smokey Point, Bldg. 13910, Room 809
Tue. 6	End of Summer & Back to School – EFMP/IA Event	TBD	TBD
Tue. 6	Aviation Careers Job Search and Resume	10 a.m.–Noon	Smokey Point, Bldg. 13910, Room 811
Tue. 6	Federal Employment Workshop	3–4 p.m.	Smokey Point, Bldg. 13910, Room 808
Wed. 7	Retirement Capstone	7:30 a.m.–3 p.m.	FFSC Everett Annex, Bldg. 2000, Room 109
Wed. 7–Fri. 9	Ombudsman Basic Training (OBT)	9 a.m.–3:30 p.m.	Smokey Point, Bldg. 13910, Room 811
Wed. 7	Navy Spouse 101	10–11 a.m.	FFSC Everett Annex, Bldg. 2000, Room 109
Wed. 7	Pregnancy Support Group: Pregnancy Fitness/Physical Therapy	11 a.m.–12:30 p.m.	FFSC Everett Annex, Bldg. 2000, Room 109
Thu. 8	Self-Care & Stress Management	8:30–10 a.m.	FFSC Everett Annex, Bldg. 2000, Room 109
Tue. 13	Relationship Maintenance: Reconnecting Using the 5 Love Languages	3–4:30 p.m.	FFSC Everett Annex, Bldg. 2000, Room 105
Tue. 13–Wed. 14	Accessing Higher Education	7:30 a.m.–4 p.m.	FFSC Everett Annex, Bldg. 2000, Room 107
Mon. 19	Webinar: Communicating for Healthy Relationships	1–2 p.m.	Online
Mon. 19–Fri. 23	Separation Transition GPS	7:30 a.m.–4 p.m.	FFSC Everett Annex, Bldg. 2000, Room 107
Tue. 20	Relationship Maintenance: Communicating & Fair Fighting	3–4:30 p.m.	FFSC Everett Annex, Bldg. 2000, Room 105
Tue. 20	Ombudsman Assembly	5–7 p.m.	FFSC Everett Annex, Bldg. 2000, Room 107
Wed. 21	Pregnancy Support Group: Domestic Violence in Pregnancy	11 a.m.–12:30 p.m.	FFSC Everett Annex, Bldg. 2000, Room 109
Tue. 27	Transition to Parenthood: Transitioning Back to Work	11 a.m.–1 p.m.	FFSC Everett Annex, Bldg. 2000, Room 320
Tue. 27	Relationship Maintenance: Finances, Goal Setting & Growth	3–4:30 p.m.	FFSC Everett Annex, Bldg. 2000, Room 105
Fri. 30	Are You Ready Navy? Fair	11 a.m.–3 p.m.	Smokey Point NEX/Commissary

DATE	EVENT/CLASS	TIME	VENUE/HOST
SEPTEMBER			
Tue. 3	Relationship Maintenance: Teaming Up Through Deployment & Other Tough Times	3-4:30 p.m.	FFSC Everett Annex, Bldg. 2000, Room 105
Wed. 4	Separation Capstone	7:30 a.m.-2 p.m.	FFSC Everett Annex, Bldg. 2000, Room 107
Wed. 4-Thu. 5	SAPR Victim Advocate Refresher Training (16 hours)	Day 1: 7:30 a.m.-4:30 p.m. Day 2: 7:30 a.m.-2:30 p.m.	FFSC Everett Annex, Bldg. 2000, Room 105
Wed. 4	Pregnancy Support Group: Car Seat Basics	11 a.m.-12:30 p.m.	FFSC Everett Annex, Bldg. 2000, Room 109
Mon. 9-Fri., 13	Command Financial Specialist (CFS) Training	7:30 a.m.-4 p.m.	Smokey Point, Bldg. 13910, Room 811
Tue. 10-Wed. 11	Career Exploration and Planning Track (CEPT)	7:30 a.m.-4 p.m.	FFSC Everett Annex, Bldg. 2000, Room 107
Tue. 10	Federal Job Application Process	10 a.m.-Noon	Smokey Point, Bldg. 13910, Room 812
Tue. 10	Saving & Investing	10-11:30 a.m.	FFSC Everett Annex, Bldg. 2000, Room 105
Tue. 10	Relationship Maintenance: Resource Roundup Open House	3-4:30 p.m.	FFSC Everett Annex, Bldg. 2000, Room 105
Wed. 11	Intro to EFMP	10-11 a.m.	FFSC Everett Annex, Bldg. 2000, Room 105
Thu. 12	SAPR Point of Contact Training (POC) (8 hours)	7:30 a.m.-4 p.m.	FFSC Everett Annex, Bldg. 2000, Room 105
Thu. 12	Self-Care & Stress Management	8:30-10 a.m.	FFSC Everett Annex, Bldg. 2000, Room 109
Thu. 12	Webinar: Ready or Not...	11 a.m.-Noon	Online
Fri. 13	Time Management	2-3:30 p.m.	FFSC Everett Annex, Bldg. 2000, Room 107
Sun. 15	Remembrance Hike (<i>see page 14 for description</i>)	8 a.m.-6 p.m.	Verlot, WA, Community Recreation
Mon. 16-Fri. 20	Retirement Transition GPS	7:30 a.m.-4 p.m.	Smokey Point, Bldg. 13910, Room 809
Wed. 18	Pregnancy Support Group: Understanding Your Newborn	11 a.m.-12:30 p.m.	FFSC Everett Annex, Bldg. 2000, Room 109
Thu. 19	Ombudsman Appreciation Dinner	6-8 p.m.	Grand Vista Ballroom Call 425-304-3708 for reservations
Tue. 24-Wed. 25	First-Term: Career Options and Navy Skills Eval Program (CONSEP)	7:30 a.m.-4 p.m.	FFSC Everett Annex, Bldg. 2000, Room 107
Tue. 24	Transition to Parenthood: Mental Health & Wellness Checkup	11 a.m.-1 p.m.	FFSC Everett Annex, Bldg. 2000, Room 320
Wed. 25	Understanding Anger & Stress: Conflict Models, Negative Self-Talk & Quieting Responses (1 of 3-part series)	11 a.m.-1:30 p.m.	FFSC Everett Annex, Bldg. 2000, Room 105
Thu. 26-Fri. 27	Family Readiness Group (FRG) Training	7:30 a.m.-12:30 p.m.	FFSC Everett Annex, Bldg. 2000, Room 105
Thu. 26	Bells Across America for Fallen Service Members	Starting at 9 a.m.	Jackson Plaza
Mon. 30-Fri. Oct. 4	SAPR Initial Victim Advocate (VA) Training (40 hours)	7:30 a.m.-4 p.m.	FFSC Everett Annex, Bldg. 2000, Room 107
Mon. 30-Fri. Oct. 4	Separation Transition GPS	11 a.m.-1 p.m.	Smokey Point, Bldg. 13910, Room 809

All events and classes are FREE unless otherwise noted. Dates and times are subject to change without prior notice. Advance registration may be required, call 866-854-0638 to register. For the most up-to-date information, contact the venue/host directly or visit www.navylifepnw.com.



OMBUDSMAN APPRECIATION DINNER

Thursday, Sept. 19 • 6-8 p.m.
Ombudsman will be celebrating years of dedicated service to families through a special dinner and recognition ceremony.
Grand Vista Ballroom
425-304-3708



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



855-628-9997 (24/7)

www.navywoundedwarrior.com

EVENT/CLASS DESCRIPTIONS CONTINUED

Family Violence Executive Leadership Training

Valuable information will be provided to inform leadership on family violence issues and how to handle these situations.

Federal Employment Workshop

Learn about job searches, job-hunting skills, resume preparation, and more.

Federal Job Application Process

This workshop will cover finding and understanding a job announcement, preparing the Federal Resume or OF 612, and how to research positions.

Million Dollar Sailor

Learn sound money management principles that can assist Sailors and their families with specific transitions that are unique to the military lifestyle.

Navy Spouse 101/New Spouse Orientation

Get all the essential information you need for success: benefits, support services, military culture, and more.

Ombudsman Appreciation Dinner

Navy Family Ombudsmen will be celebrating years of dedicated service to families through a special dinner and recognition ceremony.

Ombudsman Assembly

Meeting focuses on providing Navy Family Ombudsmen with the latest guidance and information to pass on to the families.

Ombudsman Basic Training

A nine-module seminar which includes: Confidentiality, command relationships, communicating with families, information and referral services, basic deployment support issues, and more.

Parenting Your School-Aged Children

For parents of children ages 5-10, learn tips and tricks to be the best parent possible.

Pregnancy Support Group

Learn from experts on how to best care for yourself and your child while meeting others who are also expecting.

Quarterly Financial Forum (QFF)

Receive continuing education and up-to-date financial information for Command Financial Specialists (CFS) and other interested military members.

Ready or not... (Webinar)

The big "something" emergency is going to happen. That "something" could be a fire or an earthquake. Are you and your family members prepared?

Relationship Maintenance: Communicating & Fair Fighting

Find ways to fight with the issues and not with the person, communicate effectively, and become the type of listener you want to be.

Relationship Maintenance: Finances, Goal Setting & Growth

Find ways to communicate through hard subjects like money, the future, and finding common ground through differences.

Relationship Maintenance: Reconnecting Using the 5 Love Languages

Find out what love language you speak and how to connect with your loved ones.

Relationship Maintenance: Resource Roundup Open House

Bring your best resources

for relationship maintenance and learn what resources others use.

Relationship Maintenance: Teaming Up Through Deployment & Other Tough Times

Learn ways to stay close and work as a team during times separated, when the expected or unexpected occurs, and how to tackle tough issues together.

Resume Writing for a Difficult Job Market

Effective resumes get interviews. Learn to market your skills, knowledge and accomplishments using specific formats, selective "key" words, and eye-catching cover letters.

Sailor Assistance & Intercept for Life (SAIL)

SAIL is a voluntary program that quickly provides support during the stressful period after suicide-related behavior (SRB). SAIL is designed around a series of caring contacts within first 90 days after an SRB, the period of highest risk.

SAPR Initial Victim Advocate Training

NAVSTA Everett is looking for courageous and empathetic individuals to train as sources of support and information for victims of sexual assault.

SAPR Point of Contact (POC) Training

Every command has to have, at a minimum, one trained point of contact (POC) for victims of sexual assault.

SAPR Victim Advocate Refresher Training

All unit SAPR VA must attend 32 hours of D-SAACP approved refresher training.

Saving & Investing

Develop in-depth knowledge and skills to save and invest wisely.

Self-Care & Stress Management

Learn tips and tricks for identifying how stress manifests for you and ways to mitigate its effects.

Suicide Prevention

Learn how to recognize the warning signs of suicide, what resources are available, and how to teach others about suicide prevention.

Teen Budgeting

Teach your teen the value of money: how to earn it, how to save it, and how to respect it.

Time Management

Learn practical ways to help you improve your efficiency.

Transitioning to Parenthood

Gain confidence in this class that addresses common concerns parents have about raising children 0-3 years of age.

Transition GPS Capstone (Separation or Retirement)

Completion of this activity demonstrates that service members have met their Career Readiness Standards (CRS) and have received the transition services mandated by Department of Defense.

Transition GPS (Separation or Retirement)

Transition GPS is designed to build skills to allow Sailors to depart "career ready" and meet mandatory Career Readiness Standards (CRS).

Understanding Anger & Stress: 3-Part Series

Find ways to fight with the issues and not with a person, communicate effectively, and become the type of listener you want to be.

Washington State Employment Workshop

This class offers a "how to" for federal jobs, from the application process to using keywords.

SPECIAL PROGRAMS**Navy Gold Star Program**

Navy Gold Star services provide support to surviving family members of Sailors who died while on active duty, no matter the cause of death. Survivors remain part of the Navy Family and are welcome at any Fleet & Family Support Center (FFSC) for as long as they desire.

Sexual Assault Prevention & Response (SAPR) Program

SAPR provides 24/7 services and support to assist victims of sexual assault and aims to reduce the incidence of sexual assault committed by or against military service members, their families, and civilians.

Survivors Overcoming Assault with Resiliency (SOAR) Support Group

This is a 10-week, psycho-educational support group that aims to assist survivors of sexual abuse and violence. It is trauma-informed, strength-based and provides a safe environment to begin the healing process. For women and men, 18 and older.



HOUSING SERVICES

Your installation Housing Service Center (HSC) is your source for helpful and friendly information about available housing options at any installation worldwide. Call or visit your installation HSC to learn more about our wide range of services including safe and affordable pre-screened community housing listings, personalized counseling and more.

Housing Service Center

2000 W Marine View Dr.,
Bldg. 2028, Rm. 115
Everett, WA 98207
800-876-7022
Monday-Friday:
7 a.m.-4:30 p.m.

Unaccompanied Housing

Check in: 2000 W Marine
View Dr., Bldg. 2029
Everett, WA 98207
425-304-3111

After-hours Emergency Maintenance

425-304-3111

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 at no cost to you!

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 www.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.

Tell Us What You Think

Your Unaccompanied Housing Office offers a Continuous Improvement Survey (CIS). We highly encourage your participation in the CIS. A hard copy of the survey can be obtained from any UH staff member. The survey can also be found online at www.surveymonkey.com/r/9D5MZ25

HOUSING SERVICE CENTER

Let us
help
you!

Naval Base Kitsap Housing Service Center

Bangor Plaza
2720 Ohio Street
Silverdale, WA 98315
360-396-4399
nbk-housing@navylifepnw.com

NAVSTA Everett Housing Service Center

2000 W. Marine View Drive
Bldg. 2028
Everett, WA 98207
425-304-3402
everett-housing@navylifepnw.com

NAS Whidbey Island Housing Service Center

3675 W. Lexington St.
Bldg. 2556
Oak Harbor, WA 98278
360-257-3331
whidbey-housing@navylifepnw.com

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.



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Celebrate the Sounds of Summer across Navy Region Northwest

LIVE Music EVENTS

NAVAL STATION EVERETT

Party in the Plaza

Thursday, Aug. 15 • 3-6 p.m.

Jackson Plaza

Enjoy laser tag, kids' activities, Barbecue
and the Armed Forces Kids' Fun Run!

425-304-3579

NAVAL AIR STATION WHIDBEY

5th Annual MWR Appreciation Concert

Friday, Aug. 16 • 6 p.m.

Seaplane Base Across from the NEX

Food trucks, a bounce house,
children's activities, and more!

360-257-2432

Wine & Jazz Festival

Friday, Sept. 6 • 6-10 p.m.

Seaplane Base Across from the NEX

Enjoy regional wine specialties
and the smooth sounds of jazz!

360-257-2432

NAVAL BASE KITSAP

Summer Concert

Saturday, Aug. 17 • Time TBD

Jackson Park

Inflatables, Beer Garden, Barbecue
and more!

360-476-3178

Events are **FREE**
to all personnel
with base access,
their families,
and guests.



Contact your local MWR Community Recreation Office
for more information.

www.navylifepnw.com

