



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

OCTOBER-DECEMBER 2019

**HARVEST &
SPOOKTACULAR FUN**

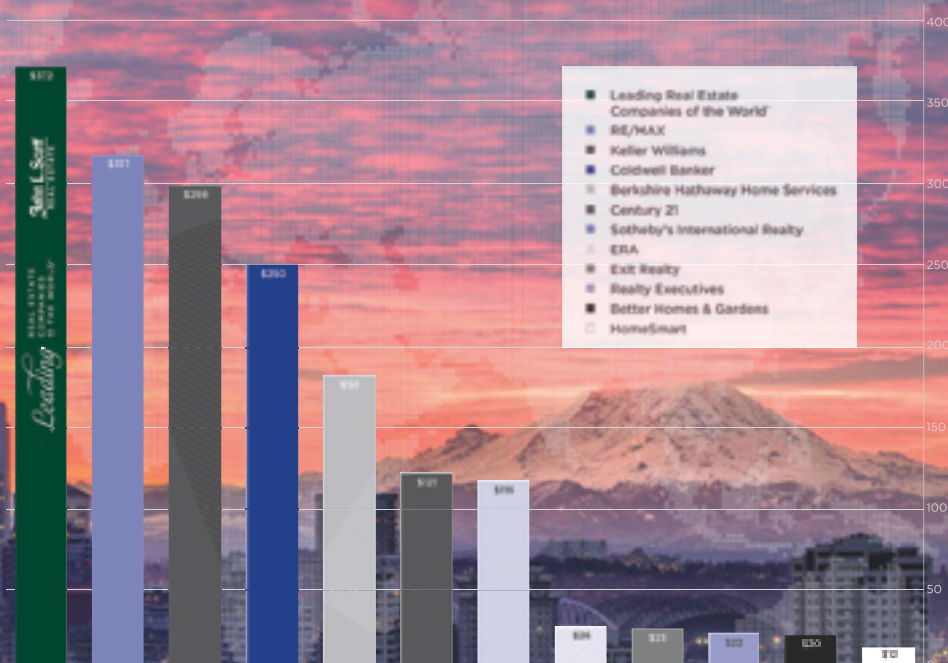
**HOLIDAY FESTIVITIES &
TREE LIGHTING CEREMONIES**

COUNTING DOWN TO 2020

**CELEBRATING
FAMILY TRADITIONS**



Reaching virtually
100%
of buyers in our
local market
AND **FROM ALL AROUND**
THE WORLD



It Rains in the Pacific Northwest.

That does not stop us from loving it—the climate has created the landscape and shaped the culture. When it rains, it can be kind of a bummer, but when it doesn't its amazing. We could bounce around our favorite cities—Seattle, Vancouver, Portland or stay out of them completely and just play on the trails and in the mountains.

You have a taste of what the Pacific Northwest has to offer the world beyond a great cup of coffee and—the region gives us much more than edible delights. If you are considering making the Pacific Northwest your home or selling your home we have the solutions.

Contact me to find out more:



Jon Selin
Real Estate Specialist

phone 206 650 4566
email jons@johnlscott.com
web jons.johnlscott.com



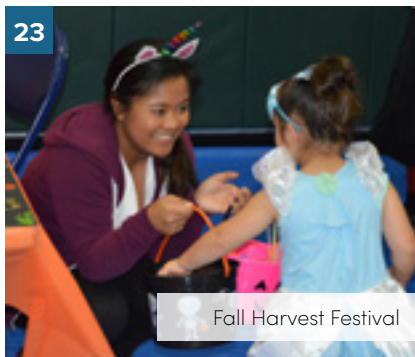
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Breakfast at the
All American Restaurant



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Snowshoeing Trip



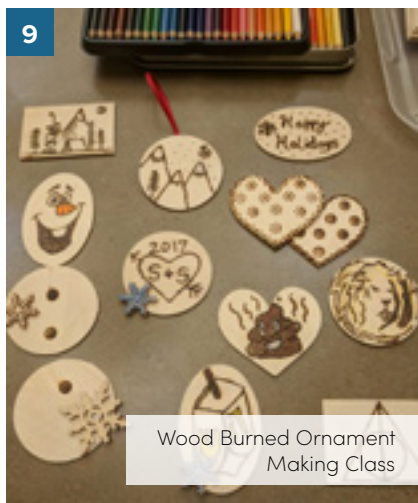
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EXPERIENCE NAVY LIFE NAVAL STATION EVERETT

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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: everett.navylifepnw.com/magazine.

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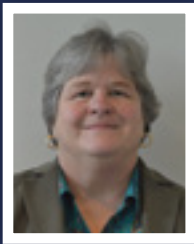
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AND ADVERTISERS**

Thank you to our community for your continued support
of our military service members and their families!

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A MESSAGE FROM THE FFR DIRECTOR

As a Pacific Northwest transplant, I look forward to the season when the leaves start to change and the rain falls a little more frequently. It reminds me that new experiences and adventures are coming my way. Fall brings the chance for children to try new things, families to grow closer together and friends can venture into the outdoors together. The proud employees of Fleet & Family Readiness (FFR) and Morale, Welfare and Recreation (MWR) work hard every day to create close-to-home opportunities for Sailors and families to get outside, be active, and have fun. Let us help you strengthen your family this holiday season with valuable self-help classes (page 25) and family-friendly events. Did you know that our Navy Getaways locations are open all year long? Now is the time to experience one-of-a-kind Pacific Northwest adventures at Navy Getaways Cliffside, Jim Creek and Pacific Beach at great off-season rates (see page 16 for details). For more holiday travel deals, check out the new American Forces Travel website. This service is supported by Priceline and is transforming the way MWR meets the leisure travel needs of our service members and families. Not only does the site offer a best-price guarantee, it also supports your local military community by providing commissions on every booking made. (See page 13 for details). It's just one more way MWR can help you revitalize, reconnect, be well, and most importantly, be mission-ready.



JENNIFER FOSTER

CNRNW N9 | FFR Director,
Naval Station Everett

HOW TO REGISTER FOR FFR ACTIVITIES ONLINE



5 SIMPLE STEPS

- 1 VISIT** www.NavyLifePNW.com/myFFR
- 2 LOG-IN** Enter your User-name/ 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!



NAVY GETAWAYS JIM CREEK: A NORTHWEST FAMILY TRADITION

BY HILLARY COLLINS

Navy Getaways Jim Creek continues to raise the bar on exceptional hospitality. Over the last five years, this Navy-operated recreation facility, nestled in the foothills of the North Cascades, has become a staple attraction in the Pacific Northwest, drawing thousands of visitors annually. We asked two veteran Jim Creek families to tell us more about what keeps them coming back time and time again.

What led to your first visit?

Ryan and Jennifer Roberson were first drawn by the scenery. "We loved it so much, after we had children, we have made it a tradition to take our kids as often as possible," says Roberson, who comes every year for the fishing derby "rain or shine!"

The Cardenas family first visited Jim Creek while they were stationed at NAS Whidbey Island after seeing a social media post for Jim Creek's FREE Family Fun Day. "The kids could climb the Alpine Tower and do other activities, so it seemed like something fun to do," says Andre Cardenas, a retired Navy Senior Chief and father of three.

What keeps you coming back?

"The reality for us here is that we are on a budget and there often isn't extra to do super fun things together as a family. Jim Creek makes that possible for us," says Cardenas, who regularly attends Jim Creek's special events, which are usually free of charge.

"The events are truly fantastic, but honestly what keeps us coming back is how dedicated the staff is," says Cardenas. "Just when we think an event is incredible, the following one surpasses it. There is such quality in all that they do."

"Just when we think an event is incredible, the following one surpasses it. There is such quality in all that they do."

- Retired Senior Chief Andre Cardenas

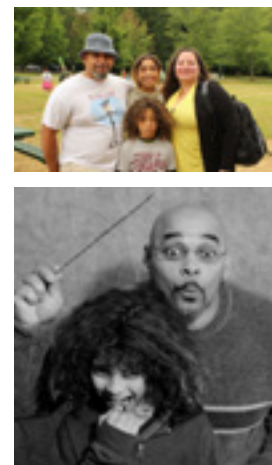
"We have made some of our best memories at Jim Creek ... It's our absolute favorite spot to camp."

- Jennifer Roberson, Military Veteran and Spouse

Cardenas says he especially appreciates how the staff puts their heart into each event, from creating complete replicas from iconic movies, to joining in with the kids during a water balloon fight, or dressing up in full costume so that youth can meet their heroes. "I just want to express to you how much we absolutely enjoy Jim Creek," he says. "We feel honored, valued

and appreciated as military [members]." Jim Creek also offers a variety of accommodations for visitors who wish to stay overnight or for the weekend. "Our children's first choice for vacation is always Jim Creek," says Roberson. "When we are

there, we go exploring and hike all around, the kids love looking for bugs and seeing the deer up close. We have made some of our best memories at Jim Creek." The Robersons have also made an adventure out of experiencing Jim Creek's diverse accommodations. "From tenting, to bringing our RV, staying in a small cabin and trying out the luxurious ones, you really can't go wrong," she says, "It is our absolute favorite spot to camp."



ABOVE: Andre Cardenas, his wife Michelle, and two of their three children, Gabriella (19), and Joshua (8).

BELOW: Andre and Joshua Cardenas at Jim Creek's annual Wizarding World event, which will take place on Nov. 9 this year.



The Roberson family, Ryan and Jennifer and their two children, Luke (5) and Zoie (7), stand in front of their winning entry at a recent Jim Creek Snowman Building Contest.

What is your favorite event?

"Honestly it is extremely difficult to pick just one," says Cardenas. "Each event is so unique. Even though the events are geared mostly towards children, the truth is we enjoy them just as much, if not more!" If they had to choose, however, Wizarding World is their top pick. The Robersons are fans of friendly competition: "We love when they do contests ... our family really gets into it and we have a wonderful time bonding through working together,"

says Roberson. "One of my favorite times is when they do the Christmas decorating competition, we spend the entire Friday decorating and listening to Christmas music and then the next day enjoying all the festivities MWR has put on. It's truly magical."

Start your own family tradition

Now is a great time to experience Jim Creek for yourself. See page 16 to learn more about upcoming events, specials and amenities available at all three Navy Getaways locations in the Pacific Northwest!



FOOD, FUN & RECREATION

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

DINING



All American Restaurant

2000 W Marine View Dr.
Bldg. 2025
Everett, WA 98207
425-304-3943
Essential Station Messing (ESM) diners eat FREE.
Open seven days a week, the All American serves hearty, wholesome meals for breakfast, lunch and dinner during the week, along with brunch and supper on the weekend, at an exceptional value.



NAVSTA Everett Catering

2000 W Marine View Dr.
Bldg. 1950
Everett, WA 98207
425-304-3906

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.

everett.catering@navylifepnw.com



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.

COMMUNITY RECREATION

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
Tickets & Tours:
425-304-3167
Equipment Rental:
425-304-3449
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!

Pierside Plaza

Adjacent to Pier Alpha
425-304-3579
Monday-Friday:
11 a.m.-8 p.m.

Located adjacent to Pier Alpha on the main wharf, Pierside Plaza is a great place to 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 50 feet, within

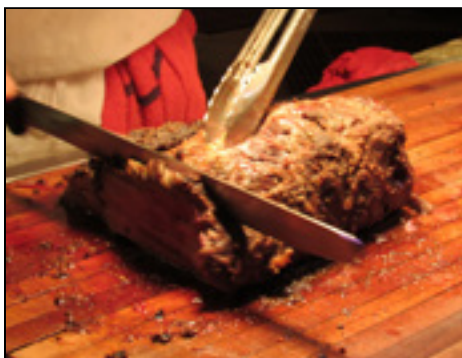


TRONSEN RIDGE "LARCH MADNESS" HIKE

Saturday, Oct. 13 • 7 a.m.-5 p.m.
\$20, \$15 LIBERTY-eligible**

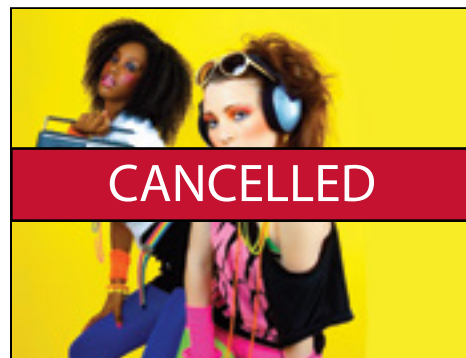
Unique opportunity to see glowing golden pine trees in the Okanogan-Wenatchee National Forest

HOSTED BY COMMUNITY RECREATION



NAVY BIRTHDAY CELEBRATION FEATURING PRIME RIB AND CRAB

Wednesday, Oct. 9 • 11 a.m.-1 p.m.
FREE for ESM-eligible Diners
ALL AMERICAN RESTAURANT



CANCELLED

TOTALLY '80S MURDER MYSTERY PARTY

Friday, Nov. 1 • 6-9 p.m.
FREE to participate,
Buffet: \$25, \$15 LIBERTY-eligible**
Held inside TREMORS SPORTS BAR
HOSTED BY COMMUNITY RECREATION

a fenced paved lot. There is 24/7 access at the Smokey Point Complex. The Marina has been updated with a newly replaced docking system, a new concrete Unifloat system with grated main walks, single piece concrete fingers, and new utilities.



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 Navy Getaways Jim Creek (425-304-5315/5363) and Pacific Beach (360-276-4414).

LIBERTY LOUNGES

Vibes LIBERTY Lounge

The Commons
2000 W. Marine View Dr.
Bldg. 1950
Everett, WA 98207
425-304-3579
Sunday-Thursdays:
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 WiFi
- 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.



Mongolian BBQ at the All American Restaurant



Painting Poinsettias at Wine and Paint Night



OUTDOOR PHOTOGRAPHY SUNRISE HIKE & SHOOT

Saturday, Nov. 2 • 6 a.m.-Noon
\$15/person

See the Big Four Ice Caves
near Verlot, WA

HOSTED BY COMMUNITY
RECREATION



VETERANS DAY LUNCHEON

Wednesday, Nov. 13 • 11 a.m.-1 p.m.

Special pricing may apply; FREE
for ESM-eligible* diners.

Ginger beef pot roast with
seasoned vegetables, rotisserie
Cornish game hens, and more."

ALL AMERICAN RESTAURANT



THANKSGIVING DAY DINNER

Thursday, Nov. 28 • 2:30-5:30 p.m.

Special pricing may apply; FREE
for ESM-eligible* diners.

Oven roasted turkey with gravy,
roasted pork loin, and more.

ALL AMERICAN RESTAURANT

FOOD, FUN & RECREATION EVENT CALENDAR OCTOBER-DECEMBER 2019

■ = Activity
■ = Trip/Tour

■ = Class/Leisure Skill
■ = For Kids
■ = Special Event

DATE	REGISTER BY	EVENT/CLASS	TIME	PRICE	VENUE/HOST
ONGOING					
Fridays & Saturdays, Ongoing	N/A	■ Auto Hobby Shop	8 a.m.-5 p.m.	Varies	Naval Support Complex Smokey Point Auto-port, Community Recreation
OCTOBER					
Wednesday, Oct. 2	Tuesday, Oct. 1	■ Women's Climb Night	6-9 p.m.	\$14 (at the door, includes day pass, gear rental, and instruction)	Summit Everett, Community Recreation
Thursday, Oct. 3	Wednesday, Oct. 2	■ Stand-Up Paddleboard (SUP) Yoga	5:15-6:15 p.m.	\$18	Tsunami Pool, Bldg. 1950
Thursday, Oct. 3	N/A	Mongolian BBQ	11 a.m.-1 p.m.	Standard rates apply; ESM* eat FREE!	All American Restaurant
Saturday, Oct. 5	Thursday, Oct. 3	■ Larch Madness - Alpine Lake Hike	7 a.m.-5 p.m.	\$20, \$17 LIBERTY-eligible**	North Cascades National Park, Community Recreation
Sunday, Oct. 6	Thursday, Oct. 3	■ Mount St. Helens Lava Tube Hike	8 a.m.-8 p.m.	\$35, \$30 LIBERTY-eligible**	Cougar, WA, Community Recreation
Tuesday, Oct. 8	Monday, Oct. 7	■ Books & Brews	7-9:30 p.m.	\$10	Everett, WA
Wednesday, Oct. 9	N/A	Navy Birthday Celebration with Prime Rib and Crab	11 a.m.-1 p.m.	Special pricing may apply; ESM* eat FREE!	All American Restaurant
Saturday, Oct. 12	Saturday, Oct. 12	■ Jim Creek's Halloween Spooktacular	Noon-4 p.m.	FREE	Navy Getaways Jim Creek
Sunday, Oct. 13	Thursday, Oct. 10	■ Larch Madness - Tronsen Ridge Hike	7 a.m.-5 p.m.	\$20, \$17 LIBERTY-eligible**	Okanogan-Wenatchee National Forest, Community Recreation
Tuesday, Oct. 15	Monday, Oct. 14	■ Stand-Up Paddleboard (SUP) Yoga	5:15-6:15 p.m.	\$18	Tsunami Pool, Bldg. 1950
Wednesday, Oct. 16	Tuesday, Oct. 15	■ Fall Hiking Tips	5:30-7 p.m.	\$5	Community Recreation Office, Bldg. 1950
Friday, Oct. 18	Friday, Oct. 18	■ Dive-In Movie	5-7 p.m.	FREE	Tsunami Pool, Bldg. 1950
Friday, Oct. 18	Thursday, Oct. 17	■ Wine & Paint Night	5:30-7:30 p.m.	\$10	All American Restaurant
Saturday, Oct. 19	Thursday, Oct. 17	■ Oktoberfest in Leavenworth	4 p.m.-Midnight	\$20, \$10 LIBERTY-eligible**	Leavenworth, WA, Community Recreation
Wednesday, Oct. 23	N/A	National Pasta Month Luncheon	11 a.m.-1 p.m.	Standard rates apply; ESM* eat FREE!	All American Restaurant
Saturday, Oct. 26	Thursday, Oct. 24	■ Haunted Night Hike	4-11 p.m.	\$15, \$10 LIBERTY-eligible**	Wellington, WA, Community Recreation
Wednesday, Oct. 30	Tuesday, Oct. 29	■ Leave No Trace Principles	5:30-7 p.m.	\$5	The Commons, Bldg. 1950
Thursday, Oct. 31	N/A	Mongolian BBQ	11 a.m.-1 p.m.	Standard rates apply; ESM* eat FREE!	All American Restaurant
NOVEMBER					
Saturday, Nov. 2	Thursday, Oct. 31	■ Outdoor Photography Sunrise Hike & Shoot	6 a.m.-Noon	\$15	Verlot, WA, Community Recreation

**FREE for active duty personnel eligible for Essential Station Messing (ESM). **LIBERTY-eligible: junior service members (E1-E6). Please note: FFR events, classes and trips may require advanced registration and are subject to change or cancellation without prior notice. To confirm, contact the venue or host directly or visit NavyLifePNW.com/myFFR to view events that offer online registration.*

FOOD, FUN & RECREATION EVENT CALENDAR OCTOBER-DECEMBER 2019

■ = Activity
■ = Trip/Tour

■ = Class/Leisure Skill
■ = Special Event
■ = For Kids

DATE	REGISTER BY	EVENT/CLASS	TIME	PRICE	VENUE/HOST
NOVEMBER CONTINUED					
Wednesday, Nov. 6	Tuesday, Nov. 5	■ Women's Climb Night	6-9 p.m.	\$14 (at the door, includes day pass, gear rental, and instruction)	Summit Everett, Community Recreation
Thursday, Nov. 7	Wednesday, Nov. 6	■ Stand-Up Paddleboard (SUP) Yoga	5:15-6:15 p.m.	\$18	Tsunami Pool, Bldg. 1950
Saturday, Nov. 9	N/A	■ Wizarding World of Jim Creek	Noon-4 p.m.	FREE	Navy Getaways Jim Creek
Tuesday, Nov. 12	Friday, Nov. 8	■ Books & Brews	7-9:30 p.m.	\$10	Everett, WA
Wednesday, Nov. 13	N/A	Veterans Day Luncheon	11 a.m.-1 p.m.	Special pricing may apply; ESM* eat FREE!	All American Restaurant
Friday, Nov. 15	Friday, Nov. 15	■ Dive-In Movie	5-7 p.m.	FREE	Tsunami Pool, Bldg. 1950
Friday, Nov. 15	Thursday, Nov. 14	■ Wine & Paint Night	5:30-7:30 p.m.	\$10	All American Restaurant
Saturday, Nov. 16	Thursday, Nov. 14	■ Leavenworth Holiday Shopping	9 a.m.-6 p.m.	\$25/transportation	Leavenworth, WA, Community Recreation
Tuesday, Nov. 19	Monday, Nov. 18	■ Stand-Up Paddleboard (SUP) Yoga	5:15-6:15 p.m.	\$18	Tsunami Pool, Bldg. 1950
Wednesday, Nov. 20	Monday, Nov. 18	■ Wood Burning Holiday Ornaments	5:30-7:30 p.m.	\$10, \$5 LIBERTY-eligible**	The Commons, Bldg. 1950



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 Essential Station Messing (ESM).

Start saving and satisfy cravings!

Plus:

- Homeport Ashore Sailors also eligible
- Made-Fresh-to-Order Grill line and Chef's Choice Special Entrée available during lunch, Monday-Friday
- Weekly menu available on www.navylifepnw.com

09/19

FOOD, FUN & RECREATION EVENT CALENDAR OCTOBER-DECEMBER 2019

■ = Activity
■ = Trip/Tour

■ = Class/Leisure Skill
■ = For Kids
■ = Special Event

DATE	REGISTER BY	EVENT/CLASS	TIME	PRICE	VENUE/HOST
NOVEMBER CONTINUED					
Saturday, Nov. 23	Wednesday, Nov. 20	■ Mount Baker Sunset Snowshoe	11 a.m.-9 p.m.	\$25	Mount Baker, WA, Community Recreation
Tuesday, Nov. 26	Monday, Nov. 25	■ Holiday Wreath Making	5:30-7:30 p.m.	\$10, \$5 LIBERTY-eligible**	The Commons, Bldg. 1950
Thursday, Nov. 28	N/A	Thanksgiving Day Dinner	2:30-5:30 p.m.	Special pricing may apply; ESM* eat FREE!	All American Restaurant
DECEMBER					
Wednesday, Dec. 4	Tuesday, Dec. 3	■ Women's Climb Night	6-9 p.m.	\$14 (at the door, includes day pass, gear rental, and instruction)	Summit Everett, Community Recreation
Thursday, Dec. 5	N/A	■ NAVSTA Everett Tree Lighting	3:30-6:30 p.m.. Tree Lighting at 5 p.m.	FREE	The Commons, Bldg. 1950
Thursday, Dec. 5	Tuesday, Dec. 3	■ Stand-Up Paddleboard (SUP) Yoga	5:15-6:15 p.m.	\$18	Tsunami Pool, Bldg. 1950
Thursday, Dec. 5	N/A	Mongolian BBQ	11 a.m.-1 p.m.	Standard rates apply; ESM* eat FREE!	All American Restaurant
Saturday, Dec. 7	Thursday, Dec. 5	■ Leavenworth Tree Lighting	9 a.m.-9 p.m.	\$25 adults (18+), \$15 youth (0-17)	Leavenworth, WA, Community Recreation
Saturday, Dec. 7	N/A	■ Jim Creek's Holiday Celebration	Noon-4:30 p.m.	FREE	Navy Getaways Jim Creek
Tuesday, Dec. 10	Monday, Dec. 9	■ Books & Brews	7-9:30 p.m.	\$10	Everett, WA
Wednesday, Dec. 11	Monday, Dec. 9	■ Holiday Gift Wrapping Bash	5:30-7:30 p.m.	\$10, \$5 LIBERTY-eligible**	The Commons, Bldg. 1950
Friday, Dec. 13	Friday, Dec. 13	■ Dive-In Movie	5-7 p.m.	FREE	Tsunami Pool, Bldg. 1950
Saturday, Dec. 14	Thursday, Dec. 12	■ Leavenworth Tree Lighting	9 a.m.-9 p.m.	\$25 adults (18+), \$15 youth (0-17)	Leavenworth, WA, Community Recreation
Saturday, Dec. 14	Friday, Dec. 6	Breakfast with Santa	9-11 a.m.	Price TBD	Grand Vista Ballroom
Sunday, Dec. 15	Friday, Dec. 6	■ Bald Eagle River Float	8 a.m.-3 p.m.	\$65	Marblemount, WA, Community Recreation
Tuesday, Dec. 17	Monday, Dec. 16	■ Stand-Up Paddleboard (SUP) Yoga	5:15-6:15 p.m.	\$18	Tsunami Pool, Bldg. 1950
Wednesday, Dec. 18	Tuesday, Dec. 17	■ Winter Driving Basics	5:30-7:30 p.m.	\$10, \$5 LIBERTY-eligible**	The Commons, Bldg. 1950
Thursday, Dec. 19	Wednesday, Dec. 18	■ Snowshoeing Basics	5:30-7:30 p.m.	\$10, \$5 LIBERTY-eligible**	The Commons, Bldg. 1950
Friday, Dec. 20	Thursday, Dec. 19	■ Wine & Paint Night	5:30-7:30 p.m.	\$10	All American Restaurant
Tuesday, Dec. 24	N/A	Christmas Eve Dinner	2:30-5:30 p.m.	Special pricing may apply; ESM* eat FREE!	All American Restaurant
Wednesday, Dec. 25	N/A	Christmas Day Dinner	2:30-5:30 p.m.	Special pricing may apply; ESM* eat FREE!	All American Restaurant

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EVENT/CLASS DESCRIPTIONS

ARTS & CRAFTS

Holiday Gift Wrapping Bash

Finish your gift wrapping with us! We'll bring the paper, tags, ribbon and bows. All supplies and light refreshments provided.

Holiday Wreath Making

Decorate and design your own unique wreath from scratch! All supplies provided.

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.

Wood Burning Holiday Ornaments

Create and design your own ornament! All supplies provided. See an example in the Community Recreation office.

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.

Jim Creek's Halloween Spooktacular

Haunted Lodge, pumpkin carving, costume contest, hay rides, campsite decorating contest, the Zombie Dash and more.

Jim Creek's Holiday Celebration

Meet and share stories with Santa, holiday crafts and ornaments, cookies and cocoa, tree lighting, and more.

Wizards World of Jim Creek

Diagon Alley, Ollivanders wands, Sorting Hat, lessons in potions, history of magic, Quidditch, wizard duels, and more.

SPECIAL EVENTS

All-American Christmas Eve Dinner

Celebrate the season with salmon in a lemon dill beurre blanc

sauce, sirloin tri-tips in Bordeaux button mushroom sauce, wild rice pilaf, garlic mashed potatoes and more.

All-American Christmas Day Dinner

Join us for rosemary and garlic crusted prime rib, pineapple and honey glazed ham, loaded baked potatoes, sautéed button mushrooms in a red wine Merlot sauce and more.

All-American Thanksgiving Day Dinner

Bring the family for oven-roasted turkey with gravy, roasted pork loin stuffed with an apple cranberry dressing, creamy garlic mashed potatoes, green bean casserole and more.

Naval Station Everett Holiday Tree Lighting

Winter carnival activities, photos with Santa, refreshments, crafts, inflatables, children's entertainment, and the evening Tree Lighting. No registration required.

Totally '80s Murder Mystery Party

Help the crowd and detective figure out who ruined this totally tubular night, so everyone can like, take a chill pill.

TRIPS & TOURS

Bald Eagle Float

Bundle up and leisurely float down the Skagit River to view hundreds of bald eagles along the banks. Enjoy views of lush evergreen trees, abundant wildlife, and snow-capped mountains.

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.

Haunted Night Hike

The Iron Goat Trail marks the site of one of the worst railroad disasters in U.S. history. We will safely explore the old railroad tunnels and, as the sun sets, we will put on our headlamps and explore the trails at night.

Larch Madness

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 and sub-alpine areas.

Leavenworth Tree Lighting

Travel in comfort as our experienced guides take you across Stevens Pass to the Bavarian-style town of Leavenworth. Holiday music, sledding, holiday shopping, and the evening tree lighting ceremony.

Leavenworth Holiday Shopping

Enjoy the best Bavarian food in the state, wine and beer tasting, amazing holiday shopping, short local hikes, and much more!

Mount Baker Sunset Snowshoe

Strap on your snowshoes and bring your camera! We will begin with an afternoon of gorgeous panoramic views of the surrounding peaks,

**NAVAL STATION EVERETT HOLIDAY TREE LIGHTING**

Thursday, Dec. 5 • 3:30-6:30 p.m.
Winter carnival activities, photos with Santa, refreshments, crafts, inflatables, children's entertainment, and the evening Tree Lighting.

THE COMMONS

**CHRISTMAS EVE & CHRISTMAS DAY DINNER**

Tuesday, Dec. 24
Wednesday, Dec. 25
2:30-5:30 p.m.

Special pricing may apply;
ESM* eat FREE!

ALL AMERICAN RESTAURANT

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www.edu/peninsulas

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Active Minds Changing Lives • AA/EO



EVENT/CLASS DESCRIPTIONS

and crest up to Artist Point just in time to watch the sun set behind Mount Baker. We will make our way back with headlamps and starlight. This is a moderate 4-mile trail with 1,000-ft elevation gain. All gear provided.

Mount St. Helens Lava Tube Hike

Descend below the surface to explore the Lava Tubes of Mount St. Helens. The trail is 1.5 miles long and gains 500 ft of elevation. The trail features large rooms and tight squeezes. The ground is very uneven so wear sturdy hiking boots and bring your sense of adventure.

Oktoberfest in Leavenworth

Brats and brews at Washington State's biggest Oktoberfest! FREE entrance for active duty military with ID. Lederhosen encouraged! Must be age 21+.

Outdoor Photography Sunrise Hike & Shoot

Practice your outdoor photography skills with a beautiful sunrise and gorgeous views. We'll hike in on a short and sweet trail, and arrive at the Big Four Ice Caves just in time for a perfect golden hour of shooting.

Women's Climb Night

It's Ladies Night at Summit Everett, hosted by Sisters in Action Sports. This beginner-friendly venue offers indoor climbing, fitness programs, and more.

SKILL DEVELOPMENT

We offer three different levels of skill development classes. Ask your Outdoor Recreation Specialist which one is right for you.

Level I = EASY: Equivalent to being able to walk 3 miles on a treadmill at

2.5 mph. Slight inclines.

Level II = AVERAGE:

Equivalent to being able to walk for an hour at 3 mph. Varying inclines.

Level III = STRENUOUS:

Equivalent to being able to maintain a brisk pace on a stair stepper for up to 45 minutes.

Extreme inclines.

Locations and times may be subject to change without prior notice depending on weather conditions.

Fall Hiking Tips

We will cover trail etiquette, gear, clothing, maps, weather, trail passes, and more.

Leave No Trace

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

Snowshoeing Basics

Get hands-on experience with different types of snowshoes and other necessary equipment. Learn the basics of pre-trip preparation, avalanche considerations, and get some tips on easy snowshoe trails in the area.

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!

Winter Driving Basics

Driving in the snow can be intimidating. Get tips from our outdoor guides who drive across our mountain passes multiple times a winter for trips. We will discuss websites to check road conditions, what items to keep in the vehicle, how to put on snow chains, and how we decide to go or not go.



Playing Quidditch at the Wizarding World of Jim Creek



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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.

NAVY GETAWAYS

Stay! Play! Relax! The Navy's Recreational Lodging Program, Navy Getaways, offers three quality recreational getaway locations in the Pacific Northwest.

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.

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 (6289-233)!



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, Navy Getaways Cliffside overlooks the Strait of Juan de Fuca, Vancouver Island, the San Juan Islands, and the Olympic Peninsula. With its awe-inspiring location, Cliffside offers the ambiance of shoreline living, an open window on an ever-changing marine environment, and unparalleled sunsets.



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



ASTRONOMY DAYS

Saturday, Oct. 5

Friday, Dec. 13

Telescopes provided

Weather permitting

NAVY GETAWAYS CLIFFSIDE



MOVIE WEEKENDS AT THE BEACH

Saturdays, Oct. 5, 12, 19, Dec. 7, 14, 21

Crafts, activities and movie fun for the whole family!

NAVY GETAWAYS PACIFIC BEACH



JIM CREEK'S HALLOWEEN SPOOKTACULAR

Saturday, Oct. 12 • Noon-4 p.m.

Activities for all ages

FREE Admission

NAVY GETAWAYS JIM CREEK



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
- Refrigerator
- Housekeeping
- Fitness rooms
- FREE premium cable TV
- Coffee
- Guest laundry
- Business center
- 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.

WINTER SPECIALS

STAY 2 NIGHTS, GET YOUR 3RD NIGHT FREE

Friday, Nov. 1-Tuesday, March 31, 2020

Terms and conditions apply. Contact 425-304-5315/5363 for details.

NAVY GETAWAYS JIM CREEK

MONTH OF THE MILITARY FAMILY BOGO

Friday, Nov. 1-Saturday, Nov. 30

Terms and conditions apply. Contact 360-257-2649 for details.

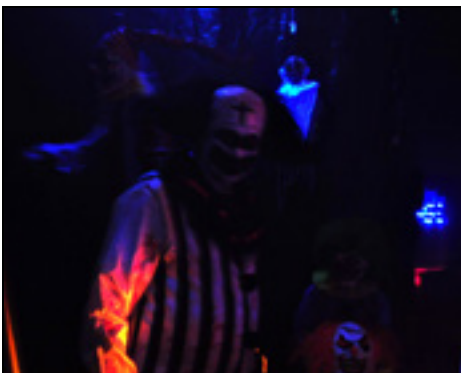
NAVY GETAWAYS CLIFFSIDE

SAVE UP TO 25% OFF YOUR STAY

Friday, Nov. 1-Tuesday, March 31, 2020

Terms and conditions apply. Contact 360-276-4414 for details.

NAVY GETAWAYS PACIFIC BEACH



HAUNTED WEEKEND

Friday, Oct. 25-Saturday,
Oct. 26 & Thursday, Oct. 31

Halloween scavenger hunt and crafts, karaoke in the bar on Saturday, and more. Activities also available on Halloween Day, Oct. 31.

NAVY GETAWAYS PACIFIC BEACH



WIZARDING WORLD OF JIM CREEK

Saturday, Nov. 9 • Noon-4 p.m. • FREE

Join us for lessons in potions, the history of magic, Quidditch, wizard duels, and more.

NAVY GETAWAYS JIM CREEK



THANKSGIVING AT THE BEACH

Thursday, Nov. 28

Traditional dinner with all of the trimmings, family crafts and activities, and bowling at Raindrop Lanes.

NAVY GETAWAYS PACIFIC BEACH

LODGING & LEISURE EVENT CALENDAR OCTOBER-DECEMBER 2019

DATE	EVENT	TIME	PRICE	VENUE/HOST
ONGOING				
Ongoing	Mallard RV Camper Rentals	Standard Reservation and Business Hours	\$95/night	Navy Getaways Jim Creek, Pacific Beach, and Cliffside
OCTOBER				
Saturday, Oct. 5	Fall Astronomy Day	TBA-Weather Permitting	FREE	Navy Getaways Cliffside
Saturday, Oct. 5	Spooktacular Movie Weekends	Daytime activities and movie showing at 8 p.m.	FREE	Navy Getaways Pacific Beach
Saturday, Oct. 12	Jim Creek's Halloween Spooktacular	Noon-4 p.m.	FREE	Navy Getaways Jim Creek
Saturday, Oct. 12	Spooktacular Movie Weekends	Daytime activities and movie showing at 8 p.m.	FREE	Navy Getaways Pacific Beach
Saturday, Oct. 19	Spooktacular Movie Weekends	Daytime activities and movie showing at 8 p.m.	FREE	Navy Getaways Pacific Beach
Friday, Oct. 25- Saturday, Oct. 26, & Thursday, Oct. 31	Haunted Weekend	Varies	FREE	Navy Getaways Pacific Beach

Please note: FFR events may require advanced registration and are subject to change or cancellation without prior notice. To confirm, contact the venue or host directly or visit Navylifepnw.com/myFFR to view events that offer online registration.



LIGHT YOUR RV CONTEST

Sunday, Dec. 1-Friday, Dec. 20
Be the new Clark Griswold of Cliffside!
Decorate your RV and stand by
for judging the night of Dec. 20.
Our talented judges will pick the
winners and award the prizes!

NAVY GETAWAYS CLIFFSIDE



JIM CREEK'S HOLIDAY CELEBRATION

Saturday, Dec. 7 • Noon-4 p.m.
Meet and share stories with Santa,
holiday crafts and ornaments, cookies
and cocoa, tree lighting, and more.

NAVY GETAWAYS JIM CREEK



NEW YEAR'S AT THE BEACH

Tuesday, Dec. 31-Wednesday, Jan. 1
Annual party with entertainment,
champagne toast, dinner buffet,
and New Year's Day breakfast with
a bloody Mary bar and mimosas.

NAVY GETAWAYS PACIFIC BEACH

LODGING & LEISURE EVENT CALENDAR OCTOBER-DECEMBER 2019

DATE	EVENT	TIME	PRICE	VENUE/HOST
NOVEMBER				
Friday, Nov. 1– Saturday, Nov. 30	Month of the Military Family BOGO	N/A	RV Sites/Yurts start at \$40/day	Navy Getaways Cliffside
Friday, Nov. 1–Tuesday, March 31, 2020	Stay 2 Nights, Get the 3rd Night FREE at Jim Creek	N/A	Cabin rates start at \$55/night	Navy Getaways Jim Creek
Friday, Nov. 8	Tongue Twister Day	N/A	FREE	Navy Getaways Cliffside
Saturday, Nov. 9	Wizarding World of Jim Creek	Noon–4 p.m.	FREE	Navy Getaways Jim Creek
Sunday, Nov. 17	National Take-a-Hike Day	Noon	FREE, transportation provided	Navy Getaways Cliffside
Thursday, Nov. 28	Thanksgiving at the Beach	TBD	TBD	Navy Getaways Pacific Beach
DECEMBER				
Sunday, Dec. 1– Friday, Dec. 20	Light Your RV Contest	N/A	FREE	Navy Getaways Cliffside
Saturday, Dec. 7	Holiday Movie Weekends	TBD	FREE	Navy Getaways Pacific Beach
Saturday, Dec. 7	Jim Creek's Holiday Celebration	Noon–4 p.m.	FREE	Navy Getaways Jim Creek
Friday, Dec. 13	Geminid Meteor Showers	TBA–Weather Permitting	FREE	Navy Getaways Cliffside
Saturday, Dec. 14	Holiday Movie Weekends	TBD	FREE	Navy Getaways Pacific Beach
Saturday, Dec. 21	Holiday Movie Weekends	TBD	FREE	Navy Getaways Pacific Beach
Tuesday, Dec. 31– Wednesday, Jan. 1	New Year's at the Beach	TBD	TBD	Navy Getaways Pacific Beach

Your Holiday Getaway Awaits...

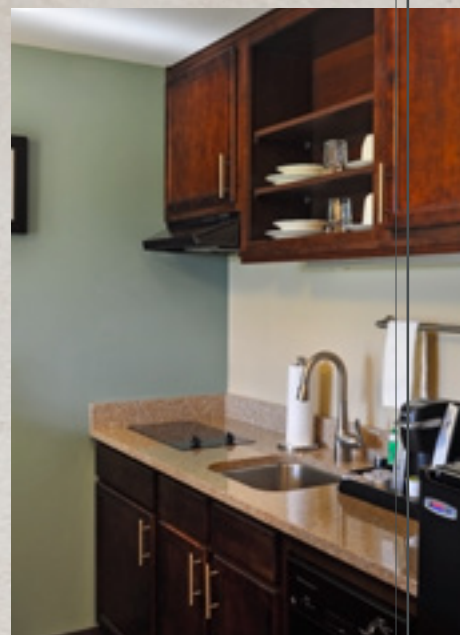
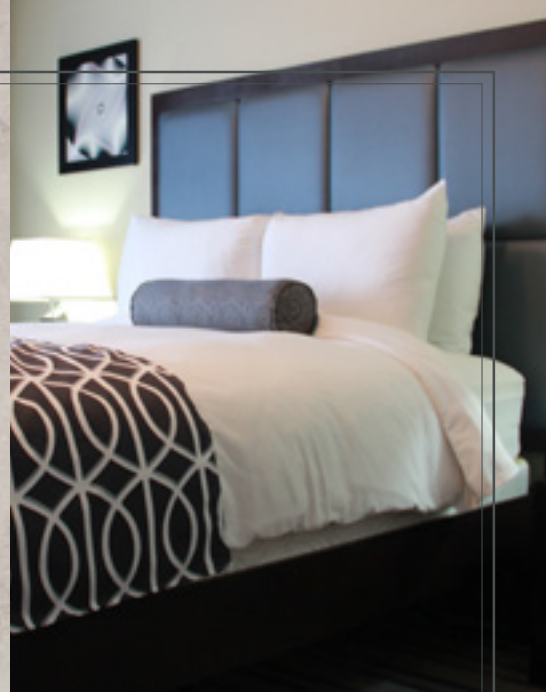
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Call 360-276-4414 to BOOK YOUR STAY TODAY!

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

NGIS is professionally managed and staffed, has all the amenities and features of a commercial hotel, and is conveniently located near duty or training sites and base amenities. NGIS creates welcoming, comfortable, 5-star guest services for those we serve.

Celebrate the Season with MWR

Holiday Tree Lighting



Holiday Tree Lighting Ceremonies

Join us for festive music, refreshments, activities and a visit from St. Nick!

Naval Base Kitsap

Thursday, Dec. 5, 5:30-6:30 p.m.
Bangor Plaza Parking Lot, FREE

NAVSTA Everett

Thursday, Dec. 5, 3:30-6:30 p.m.
The Commons, Bldg. 1950, FREE

NAS Whidbey Island

Friday, Dec. 6, 4-7 p.m.
Convergence Zone, FREE

Leavenworth Tree Lighting Festival Trip

*This quaint Bavarian town is a must-see for the holidays.
Join the MWR tour bus for a spectacular tree-lighting
event filled with old-world charm and holiday cheer.*

Register at any MWR Facility,

Pick-up/Drop-off: Off-base (Silverdale)

Saturday, Dec. 7, 7 a.m.-10 p.m.
\$69 for adults, \$64 ages 10 and younger

Registration & Pick-up/Drop-off: Community

Recreation, The Commons

Saturdays, Dec. 7 & 14, 9 a.m.-9 p.m.
\$25 adults (18+), \$15 youth (0-17)

Registration & Pick-up/Drop-off: Community

Recreation, Convergence Zone

Saturdays, Dec. 14 & 21, 7 a.m.-9 p.m.
\$39 ages 13+, \$25 ages 12 and under



SPORTS, FITNESS & AQUATICS

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

Seismos Fitness Center

The Commons
2000 W Marine View Dr.
Bldg. 1950
Everett, WA 98207

Intramural Sports
425-304-3935

Front Desk 425-304-3922
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 Aquatics Centers, 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.

EVENT/CLASS DESCRIPTIONS

SPORTS & FITNESS

Burn the Bird

Burn off those extra holiday calories. This total body workout will keep you burning calories long after you've left the gym. All fitness levels welcome!

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 navyfitness.org/fitness/cfl-information and click on "CFL Application".



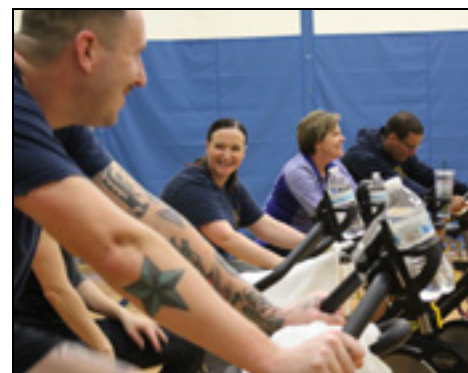
ZOMBIE DASH

Saturday, Oct. 12 • Noon-2 p.m.
Avoid the legions of the infected as you make your way through to the safe zone. Open to authorized MWR patrons ages 12+.

NAVY GETAWAYS JIM CREEK



Cyclist wins a turkey during Burn the Bird



BURN THE BIRD

Wednesday, Nov. 20 • 11 a.m.-1 p.m.

Burn off those extra holiday calories. This total body workout will keep you burning calories long after you've left the gym. All fitness levels welcome!

SEISMOS FITNESS CENTER

SPORTS, FITNESS & AQUATICS EVENT CALENDAR OCTOBER-DECEMBER 2019

DATE	EVENT	TIME	PRICE	VENUE/HOST
ONGOING				
By appointment	Adult Swim Lessons	By appointment	*\$50 for four sessions	Tsunami Pool, Bldg. 1950
By appointment	Command Fitness Leader (CFL) Resource Center	By appointment	FREE	Seismos Fitness Center
By appointment	Mission Nutrition	By appointment	FREE	TBD
By Command request	NOFFS Courses	By Command request	FREE	Seismos Fitness Center
TBD	Baby Waves	TBD	Call for pricing	Tsunami Pool, Bldg. 1950
TBD	Youth Learn-to-Swim	TBD	Call for pricing	Tsunami Pool, Bldg. 1950
OCTOBER				
Friday, Oct. 4	Youth Beat-the-Board Challenge	5-6 p.m.	FREE for eligible users	Tsunami Pool, Bldg. 1950
Saturday, Oct. 12	CPR Certification Course	10 a.m.-3 p.m.	\$80 for eligible users	Tsunami Pool, Bldg. 1950
Saturday, Oct. 12	Zombie Dash	Noon-2 p.m.	FREE	Navy Getaways Jim Creek
Tuesday, Oct. 22	Beat-the-Board Quarterly Challenge	11 a.m.-Noon	FREE for eligible users	Tsunami Pool, Bldg. 1950
NOVEMBER				
Tuesday, Nov. 12- Saturday, Nov. 16	Family Water Safety Days	TBD	FREE for eligible users	Tsunami Pool, Bldg. 1950
Wednesday, Nov. 20	Burn the Bird	11 a.m.-1 p.m.	FREE	Seismos Fitness Center
DECEMBER				
Friday, Dec. 13	Dive-In Movie	5-7 p.m.	FREE	Tsunami Pool, Bldg. 1950
Friday, Dec. 27- Monday, Dec. 30	Lifeguarding Course	10 a.m.-5 p.m.	\$185 for all eligible users	Tsunami Pool, Bldg. 1950

Please note: FFR events, classes and trips may require advanced registration and are subject to change or cancellation without prior notice. To confirm, contact the venue or host directly or visit NavyLifePNW.com/myFFR to view events that offer online registration. Activities are open to authorized MWR patrons ages 18+, unless otherwise noted.

EVENT/CLASS DESCRIPTIONS CONTINUED

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.

Zombie Dash

Avoid the legions of the infected as you make your way through to the safe zone. Open to authorized MWR patrons ages 12+.

AQUATICS

Adult Swim Lessons

Develop swimming skills from water orientation to swimming laps. Open to eligible users ages 18+.

Fee waived for Active Duty/reservists/recruits who are working towards work-related swim tests

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+.

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.

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.

Lifeguarding Course

Entry-level course includes two-year certification in Lifeguarding, CPR/AED and First Aid. Pre-course consists of 300 yd. continuous swim, treading event and a timed event.

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

★★★★★
Visit your nearest LIBERTY Center for more information and a calendar of events. Or visit LIBERTY online at everett.navylifepnw.com/recreation/liberty-single-sailor-program
425-304-3579
Download the NavyLife PNW App today!

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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.



For more information:
everett.sports@navylifepnw.com
425-304-3935
www.navylifepnw.com



CHILD & YOUTH PROGRAMS

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

CHILD CARE

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.

SCHOOL-AGERS/TEENS

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

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 OCTOBER-DECEMBER 2019

DATE	EVENT	TIME	PRICE	VENUE/HOST
OCTOBER				
Friday, Oct. 25	Fall Harvest Festival	6-7:30 p.m.	FREE	Seismos Gymnasium, The Commons, Bldg. 1950
DECEMBER				
Saturday, Dec. 14	Breakfast with Santa	9-11 a.m.	Price TBD	Grand Vista Ballroom, The Commons, Bldg. 1950



FALL HARVEST FESTIVAL

Friday, Oct. 25, 6-7:30 p.m.
FREE

Carnival booths featuring cake walk, fishing pond, face painting, pumpkin ring toss, and more.

SEISMOS GYMNASIUM



BREAKFAST WITH SANTA

Saturday, Dec. 14, 9-11 a.m.
Price TBD

Buffet breakfast, holiday activities & crafts, carolers, and a visit with Santa!

GRAND VISTA BALLROOM



Come meet Santa at the Grand Vista Ballroom on Saturday, Dec. 14.

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  .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.

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

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

Centralized Scheduling

866-854-0638

ffsp.cnrnw@navy.mil

Fleet & Family Support Center-Smokey Point

13910 45th Ave. NE, Ste. 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

SUPPORT PROGRAMS EVENT CALENDAR OCTOBER-DECEMBER 2019

DATE	EVENT	TIME	VENUE/HOST
ONGOING			
By appointment	Sailor Assistance & Intercept for Life (SAIL)	By appointment	FFSC Everett Annex, Bldg. 2000
By appointment	Survivors Overcoming Assault with Resiliency (SOAR)	By appointment	FFSC Everett Annex, Bldg. 2000
OCTOBER			
TBD	Stand Together for Change	Trainings available in 30-minute intervals	TBD
Monday, Sept. 30-Friday, Oct. 4	SAPR Initial Victim Advocate (VA) Training (40 hours)	7:30 a.m.-4 p.m.	FFSC Everett Annex, Bldg. 2000, Room 107
Monday, Sept. 30-Friday, Oct. 4	Separation Transition GPS	7:30 a.m.-4 p.m.	Smokey Point, Bldg. 13910, Room 809
Tuesday, Oct. 1	Resume Writing for a Difficult Job Market	10 a.m.-Noon	Smokey Point, Bldg. 13910, Room 811
Tuesday, Oct. 1-Thursday, Oct. 31	NSE Promotes Healthy Relationships Photo Booth	All day	TBD
Tuesday, Oct. 1-Thursday, Oct. 31	ROCK-Tober	N/A	Naval Station Everett & Smokey Point
Tuesday, Oct. 1	Washington State Employment Workshop	3-4 p.m.	Smokey Point, Bldg. 13910, Room 808
Wednesday, Oct. 2	Understanding Anger & Stress: Fighting Fair & Communicating (2 of 3-part series)	11 a.m.-12:30 p.m.	FFSC Everett Annex, Bldg. 2000, Room 105
Wednesday, Oct. 2	Pregnancy Support Group: Breastfeeding	11 a.m.-12:30 p.m.	FFSC Everett Annex, Bldg. 2000, Room 109
Wednesday, Oct. 2	Retirement Capstone	7:30 a.m.-3 p.m.	FFSC Everett Annex, Bldg. 2000, Room 107
Wednesday, Oct. 2	Webinar: Navy Spouse 101	10-11 a.m.	Online
Thursday, Oct. 3-Thursday, Oct. 31	NSE Purple Thursdays	N/A	Naval Station Everett & Smokey Point
Tuesday, Oct. 8	Cross-Functional Assistance Committee (CFAC)	10-11:30 a.m.	FFSC Everett Annex, Bldg. 2000, Room 105
Tuesday, Oct. 8-Wednesday, Oct. 9	Entrepreneur Track (B2B)	7:30 a.m.-4 p.m.	FFSC Everett Annex, Bldg. 2000, Room 107

Please note: Most FFSC events are free of charge but require advanced registration and are subject to change or cancellation without prior notice. To confirm, contact the venue or host directly or call the toll-free FFSC central registration line at 866-854-0638.

SUPPORT PROGRAMS EVENT CALENDAR OCTOBER-DECEMBER 2019

DATE	EVENT	TIME	VENUE/HOST
OCTOBER CONTINUED			
Wednesday, Oct. 9	Understanding Anger & Stress: Norms & Anger Identification (3 of 3-part series)	8:30-10 a.m.	FFSC Everett Annex, Bldg. 2000, Room 105
Wednesday, Oct. 9	Command Leadership PFM Seminar	10-11:30 a.m.	FFSC Everett Annex, Bldg. 2000, Room 105
Thursday, Oct. 10	Self-Care & Stress Management	8:30-10 a.m.	FFSC Everett Annex, Bldg. 2000, Room 109
Thursday, Oct. 10	Blended Retirement Services (BRS)	2-3:30 p.m.	FFSC Everett Annex, Bldg. 2000, Room 105
Tuesday, Oct. 15	Family Violence Executive Leadership Training	8:00 a.m.-Noon	FFSC Everett Annex, Bldg. 2000, Room 109
Tuesday, Oct. 15	Ombudsman Assembly	5-7 p.m.	FFSC Everett Annex, Bldg. 2000, Room 107
Wednesday, Oct. 16	Pregnancy Support Group: Pediatric Dentistry	11 a.m.-12:30 p.m.	FFSC Everett Annex, Bldg. 2000, Room 109
Thursday, Oct. 17	Command EFMP POC	10-11 a.m.	Smokey Point, Bldg. 13910, Room 808
Friday, Oct. 17	Parenting Your School-Age Child	2-3:30 p.m.	FFSC Everett Annex, Bldg. 2000, Room 109
Monday, Oct. 21- Friday, Oct. 25	Command Financial Specialist (CFS) Training	Day 1-4: 8 a.m.-4 p.m. Day 5: 8 a.m. - Noon	Smokey Point, Bldg. 13910, Room 808
Tuesday, Oct. 22	Welcome Aboard PNW	2-3 p.m.	FFSC Everett Annex, Bldg. 2000, Room 105
Tuesday, Oct. 22	Transition to Parenthood: Building Your Sound Relationship House after Baby	11 a.m.-1 p.m.	FFSC Everett Annex, Bldg. 2000, Room 109
Tuesday, Oct. 22- Wednesday, Oct. 23	Mid-Career: Career Options and Navy Skills Eval Program (CONSEP)	7:30 a.m.-4 p.m.	FFSC Everett Annex, Bldg. 2000, Room 107
Friday, Oct. 25	Webinar: Welcome Aboard PNW	10-11 a.m.	Online
Monday, Oct. 28- Friday, Nov. 1	Separation Transition GPS	7:30 a.m.-4 p.m.	FFSC Everett Annex, Bldg. 2000, Room 107
Wednesday, Oct. 30	Pregnancy Support Group: TRICARE & Infant/Child CPR	11 a.m.-12:30 p.m.	FFSC Everett Annex, Bldg. 2000, Room 109
NOVEMBER			
Tuesday, Nov. 5	Interviewing to Win	10 a.m.-Noon	Smokey Point, Bldg. 13910, Room 811
Wednesday, Nov. 6	Lemons to Lemonade: Make the Best of Your Duty Station	10:30 a.m.-12:30 p.m.	FFSC Everett Annex, Bldg. 2000, Room 105
Wednesday, Nov. 6	Separation Capstone	7:30 a.m.-2 p.m.	FFSC Everett Annex, Bldg. 2000, Room 107
Tuesday, Nov. 12- Wednesday, Nov. 13	Accessing Higher Education	7:30 a.m.-4 p.m.	FFSC Everett Annex, Bldg. 2000, Room 107
Wednesday, Nov. 13	Pregnancy Support Group: Ask a Medical Provider/Contraception	11 a.m.-12:30 p.m.	FFSC Everett Annex, Bldg. 2000, Room 109
Thursday, Nov. 14	Self-Care & Stress Management	8:30-10 a.m.	FFSC Everett Annex, Bldg. 2000, Room 109
Monday, Nov. 18- Friday, Nov. 22	Executive T-GPS	7:30 a.m.-4 p.m.	Smokey Point, Bldg. 13910, Room 809
Tuesday, Nov. 19	Ombudsman Assembly	5-7 p.m.	FFSC Everett Annex, Bldg. 2000, Room 107
Thursday, Nov. 21	Thanks be to You EFMP/IA Event	3:30-5 p.m.	Smokey Point Chapel
Thursday, Nov. 21	Anger Management	2-3:30 p.m.	FFSC Everett Annex, Bldg. 2000, Room 105
Tuesday, Nov. 26	Transition to Parenthood: Budgeting After Baby	11 a.m.-1 p.m.	FFSC Everett Annex, Bldg. 2000, Room 109

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SUPPORT PROGRAMS EVENT CALENDAR OCTOBER-DECEMBER 2019

DATE	EVENT	TIME	VENUE/HOST
DECEMBER			
Tuesday, Dec. 3	Federal Job Search	10 a.m.-Noon	Smokey Point, Bldg. 13910, Room 811
Wednesday, Dec. 4	Pregnancy Support Group: USFHP/WIC	11 a.m.-12:30 p.m.	FFSC Everett Annex, Bldg. 2000, Room 109
Wednesday, Dec. 4	Retirement Capstone	7:30 a.m.-3 p.m.	FFSC Everett Annex, Bldg. 2000, Room 107
Monday, Dec. 9- Friday, Dec. 13	Separation Transition GPS	7:30 a.m.-4 p.m.	Smokey Point, Bldg. 13910, Room 809
Tuesday, Dec. 10	Ombudsman Assembly	5-7 p.m.	FFSC Everett Annex, Bldg. 2000, Room 107
Tuesday, Dec. 10	Blended Retirement Services (BRS)	10-11:30 a.m.	FFSC Everett Annex, Bldg. 2000, Room 105
Tuesday, Dec. 10- Wednesday, Dec. 11	Career Exploration and Planning Track (CEPT)	7:30 a.m.-4 p.m.	FFSC Everett Annex, Bldg. 2000, Room 107
Wednesday, Dec. 11	EFMP 101	10-11 a.m.	FFSC Everett Annex, Bldg. 2000, Room 105
Wednesday, Dec. 11	Webinar: Lemons to Lemonade, Make the Best of Your Duty Station	1-2 p.m.	Online
Thursday, Dec. 12	Self-Care & Stress Management	8:30-10 a.m.	FFSC Everett Annex, Bldg. 2000, Room 109
Friday, Dec. 13	Time Management	2-3:30 p.m.	FFSC Everett Annex, Bldg. 2000, Room 107
Tuesday, Dec. 17	Transition to Parenthood: Resilient Parents Make Resilient Families	11 a.m.-1 p.m.	FFSC Everett Annex, Bldg. 2000, Room 109
Thursday, Dec. 19	Anger Management Overview	2-3:30 p.m.	FFSC Everett Annex, Bldg. 2000, Room 105

Please note: Most FFSC events are free of charge but require advanced registration and are subject to change or cancellation without prior notice. To confirm, contact the venue or host directly or call the toll-free FFSC central registration line at 866-854-0638.



DOMESTIC VIOLENCE AWARENESS MONTH: PURPLE THURSDAYS

Show your support by wearing Purple every Thursday in October.

Tag your purple pics with
#NSEPurpleThursday

**ORGANIZED BY THE NSE FLEET
AND FAMILY SUPPORT CENTER**



DOMESTIC VIOLENCE AWARENESS MONTH: ROCK-TOBER

All-Month Long in October
Join us as we paint rocks with
positive messages around the
base. Tag your rock pics with
#Rocktober and #NavyLifePNW

**ORGANIZED BY THE NSE FLEET
AND FAMILY SUPPORT CENTER**



THANKS BE TO YOU EXCEPTIONAL FAMILY MEMBER (EFM)/IA EVENT

Thursday, Nov. 21 • 3:30-5 p.m.

Networking opportunities,
resources, crafts, and games to
current and future EFMP families.

SMOKEY POINT CHAPEL

EVENT/CLASS DESCRIPTIONS

Accessing Higher Education

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

Anger Management Overview

Identify where your anger comes from, what your triggers are, and how you can effectively manage your anger so you can achieve your goals.

Blended Retirement System (BRS)

Learn how the BRS works (contributions/funds/tax information), how it differs from other retirement investments, and the future income benefits.

Career Exploration and Planning Track (CEPT)

Explore tools used to assist 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.

Command Leadership PFM Seminar

Each command has a trained Command Financial Specialist (CFS) to coordinate the program and aid in providing financial information, training, and counseling to command members. This seminar helps CFS stay well informed to better serve their service members.

Conflict Management

Learn how to manage conflict and get the best possible results.

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.

Cross Functional Assistance Committee (CFAC)

Points of contact across our Navy services will meet to discuss eliminating issues involving relocation and transitioning

Entrepreneurship Track (B2B)

Cover the fundamental tools and strategies associated with executing plans for launching and growing a small business.

Exceptional Family Member Program (EFMP) 101

This workshop covers the enrollment process, benefits, TRICARE, and local military/civilian resources.

Exceptional Family Member Program (EFMP) Command POC

Training for Command POCs in facilitating navigation through the EFM program.

Executive Transition GPS

Provides separating and retiring service members (E8/E9, W4/W5, O4+) and their families with the skills, tools, and self-confidence necessary to successfully re-enter the civilian work force.

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 Search

Job search, account creation, resume building, applying, and interviewing techniques.

Interviewing to Win

Learn how to set the tone and one-up the competition from the moment you walk in the room.

Lemons to Lemonade: Make the Best of Your Duty Station

Learn to turn a new situation into a new adventure, no matter where you end up.

Navy Gold Star Program

Navy Gold Star services provide support to surviving family members of Sailors who died 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.

Navy Spouse 101

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

NSE Promotes Healthy Relationships Photo Booth

Show your support of healthy relationships though selfies! Take a photo at the Fleet and Family Support Photo Booth, design your own selfie station at your command or civilian office, or take a selfie around the base using the hashtags #NSEPromotesHealthy

Relationships and #NavylifePNW. Command Cup points awarded for selfies.

NSE Purple Thursdays

Every Thursday in October, wear purple to show support for Domestic Violence Awareness Month. Take selfies and post to social media using #NSEPurpleThursday and #NavylifePNW. Command Cup points awarded for selfies.

Ombudsman Assembly

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

Parenting Your School-Age Children

For parents of children ages 5-10, learn tips and tricks to being the best parent possible, talk about ways to alter your parenting style to get better results, and more.

Parenting Your Teen

For parents of pre-teens and teenagers ages 11-18. Learn about alternative communication methods, ways to connect with your teen, and more.

Pregnancy Support Group

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

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.

ROCK-Tober for Domestic Violence Awareness Month

Paint and hide rocks with positive messages during October. Find and share the ROCK-Tober DV Awareness campaign rocks on social media with the hashtags #Rocktober and #NavylifePNW. Command Cup points awarded for posts of rocks.

ROCK-Tober Wine & Paint Night

Create art for a great cause! Paint rocks with positive messages to promote healthy relationship building in recognition of Domestic Violence Awareness Month.

Sailor Assistance & Intercept for Life (SAIL)

SAIL is a voluntary program that quickly provides you support during the stressful period after a suicide-related behavior (SRB). SAIL does not replace mental health treatment. SAIL serves as a link between programs and services designed to maximize outreach, and enhances collaboration between you, your providers and command leadership regarding your recovery. SAIL is designed around a series of caring contacts within first 90 days after an SRB, the period of highest risk. These contacts occur at 3, 7, 14, 60, and 90 days.

SAPR Initial Victim Advocate Training (40 hours)

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

EVENT/CLASS DESCRIPTIONS

SAPR Point of Contact (POC) Training (8 hours)

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

SAPR Victim Advocate Refresher Training (16 hours)

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

Self-Care & Stress Management

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

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.

Stand Together for Change

Interactive Domestic Violence Awareness and Prevention General Management Trainings (GMTs) available in 30 minute

intervals. Maximum of 40 participants to each time-slot.

Survivors Overcoming Assault with Resiliency (SOAR) Support Group

SOAR is a free 10-12-week psycho-educational support group for survivors of sexual violence. It is trauma-informed, strength-based and provides a safe environment to begin the healing process. SOAR aims to enhance resilience through the teaching of skills such as coping, communication, regaining trust, strengthening intimate relationships and personal empowerment. This small, confidential group is designed for adult women and men, 18 and over.

Thanks Be to You EFMP/IA Event

Networking opportunities, resources, crafts, and games to current and future EFMP families.

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 the 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.

Welcome Aboard PNW

Provides all personnel and military families with helpful resources available in the Pacific Northwest from Life Skills programs to leisure activities, all of which contribute to quality of life.



Eat | Play | Explore

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855-628-9997 (24/7)

www.navywoundedwarrior.com



HOUSING SERVICES

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

Housing 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
Front Desk is open 24/7 and a Front Desk Associate is available to assist.

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 to you at no cost!

Homes.mil, your FREE online resource

Check out HOMES.mil, the only DoD-sponsored rental listing website used by Military Housing Offices around the world. Service members and their families can view property listing details, contact Property Managers by email, compare multiple listings and map rental properties without logging in. Property managers and landlords can also use this service to list their rentals. For more

information, contact your installation HSC.

Online Barracks Maintenance Requests

Available 24/7, residents can submit non-emergency maintenance requests through the online maintenance request program at www.navalifeponw.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.

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@navylifeponw.com

NAVSTA Everett Housing Service Center

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

NAS Whidbey Island Housing Service Center

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

800-876-7022

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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TruitionSM prices are established exclusively for undergraduate and graduate students taking classes online or at one of our adult higher education venues across the nation. Other exclusive programs are in place for students taking classes during the day on campus in Columbia, Missouri. Tuition price per credit hour is for service members currently serving in the military: active duty, guard, reserve and AGR. Columbia College provides a military grant to cover the cost of books.

Neither the Navy nor any other part of the Federal government officially endorses any company, sponsor, or their products or services.



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

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/EVERETTFFR
/WHIDBEYFFR



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Command Party booked
Sunday-Wednesday and
receive 10% off!

CATER-CONFERENCE.CNRNW@NAVY.MIL ♦ NAVYLIFEPNW.COM