



May is Gold Star Awareness Month.

**WEDNESDAY
MAY 13, 2020**



brought to you by Navy Region Northwest Fleet & Family Readiness (FFR)

VIRTUAL

CYCLE TO REMEMBER



*Paying tribute
to the fallen
and honoring
the families
left behind.*



***Now through May 31,
set out on a bike ride
in honor of fallen service members.***



brought to you by Navy Region Northwest Fleet & Family Readiness (FFR)



***Prepare for Cycle to Remember
with these cycling tips!***



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Photo by: Tres James

***Do a Bike Safety Check
Wear a helmet
Review WA bike laws of the road***



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PLAY. OR WATCH.
Worldwide Online Tournaments

Starts May 15

navymwr.org/esports [twitch.tv/NavyMWR](https://www.twitch.tv/NavyMWR)

**Navy MWR
ESPORTS is here!**

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**Sign up now to compete in the first
Navy MWR ESPORTS Tournament.**

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**Featuring Madden NFL 20
this Friday, May 15 at 3 p.m.**

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***Join us for today's
featured CNIC Webinar ...***



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Teens and Money



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