



## Resources

**NBK AQUATICS MISSES YOU** – If you miss hearing the lifeguards blowing their whistles, you're in luck. Take a look at this whistle toss video and message the NBK Aquatics staff have for you. See it on our [YouTube channel](#).

**WHAT'S COOKING?** – No sports, no problem! You can still get your game day snacking on with another tasty appetizer recipe from Matt Garvin from NBK-Bremerton Recreation. Try his slow cooker chicken taquitos.

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| <ol style="list-style-type: none"> <li>1. Place whole chicken breasts in slow cooker and sprinkle with taco seasoning.</li> <li>2. Add cream cheese cubes and water (hot sauce if desired).</li> <li>3. Cover and cook for 6-8 hours on Low, or 4-6 hours on High.</li> <li>4. When cook time is complete, unplug slow cooker and use two forks to shred chicken.</li> <li>5. Add shredded cheese and stir to evenly coat chicken.</li> <li>6. Spoon shredded chicken mixture into center of tortillas.</li> <li>7. Roll tortillas tightly and place on lined baking sheet.</li> <li>8. Spray generously with cooking spray.</li> <li>9. Bake at 400 F for 8-12 minutes or until tortillas are crisp.</li> <li>10. Serve by themselves or with your favorite fixings.</li> </ol> | <p><b>Ingredients:</b></p> <ul style="list-style-type: none"> <li>2 large chicken breasts</li> <li>1 packet taco seasoning</li> <li>7 oz cream cheese, cubed</li> <li>Hot sauce, to taste (optional)</li> <li>¾-cup of water</li> <li>1-1/2 cups shredded cheese (you double the cheese, too!)</li> <li>Flour tortillas</li> </ul> |
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## Resources (continued)

**FAMILY FUN** – Find a wealth of articles and activities, including this great flower drawing tutorial, on the My Modern Met website. With everything from art to science and architecture, there is seemingly endless creative content to explore. View the flower drawing tutorial from the [My Modern Met](#) website.

**MAY DAY** – May 1 is looked upon as the return of spring. While more prominently recognized in Europe, there are many ways to join the celebration and Martha Stewart offers some great ideas. You can view her ideas on the [Martha Stewart.com](#).

### **FLEET AND FAMILY SUPPORT RECOMMENDED PODCAST**

Are you or a friend preparing to transition into civilian life? The *Transition from Military to Civilian* podcast contains some quick information to help you prepare for life after the Navy. Visit our website at [navylifepnw.com/podcasts](http://navylifepnw.com/podcasts).



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