



WINTER 2021

# EXPERIENCE

NAVY LIFE MAGAZINE · EVERETT

*New Year,  
New You*



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# EXPERIENCE NAVY LIFE

JANUARY-MARCH 2021

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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 [navylifepnw.com](http://navylifepnw.com), contact the facility directly. A digital version of this magazine is available at: [everett.navylifepnw.com/magazine](http://everett.navylifepnw.com/magazine).

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*Become the best version of yourself with free life skills classes from Fleet & Family Support Centers.*



13

*Find out what's cooking at Navy Getaways Pacific Beach.*

**Sponsorship & Advertising Opportunities**  
with Navy Region Northwest FFR & MWR

Your support *enhances* MWR programs and events while *providing* your business or organization with a *unique opportunity* to tout your company, product and/or services *directly* to the military market.

*Sponsorship and advertising with MWR is a rare WIN-WIN opportunity.*

**CONTACT US TODAY!**  
360-535-9092  
[Sponsorship.cnrnw.pf@navy.mil](mailto:Sponsorship.cnrnw.pf@navy.mil)

## MESSAGE FROM THE FFR DIRECTOR



Here's to a new year and a new you! I hope that everyone had a safe and wonderful holiday season. As we turn the page on a new year, there is much to anticipate in the winter months ahead. Join me as we explore the many enriching and fulfilling possibilities that Fleet & Family Readiness (FFR) has to offer.

If one of your New Year's resolutions is to make time to enjoy what the Pacific Northwest has to offer, FFR is the place to start. MWR Community Recreation can provide you with lots of opportunities to get out and experience mountains, beaches, city adventures and cozy cabins in the woods.

The Fleet & Family Support Center (FFSC) offers Sailors and families many vital resources, in a variety of delivery modes. A live webinar workshop, attended in the comfort of your own home, might just be the ticket to gaining the knowledge and skills to help you beat the winter blahs.

Have you visited one of our unique Navy Getaways' locations? How about a winter weekend in the beautiful Cascade foothills at Jim Creek? A close-by getaway, in a cozy cabin? Or maybe a trip to Pacific Beach that has the whole family cheering about the beauty of the Pacific Ocean!

The options are endless ... so, explore what FFR has to offer! A lot is going on at Naval Station Everett. Make sure you check out all of the offerings in Experience Navy Life this month. On behalf of all the employees of FFR, I want to thank our wonderful customers for the opportunity to serve you during a very challenging 2020.

We all look forward to 2021 and the chance to continue to provide positive experiences to the Sailors and families of Naval Station Everett and all our commands.



**Jennifer Foster**  
CNRNW N9 | FFR Director  
Naval Station Everett



*PO3 Dillon Bishop with the USS Sampson won a pair of Seattle CityPASSes from MWR during our R&R Challenge event.*



*LIBERTY Sailors took a trip to Navy Getaways Jim Creek for a day of fishing, cleaning and eating their catch.*



A U.S. Navy custom is to cut a cake in celebration of the birth of our Navy. By tradition, the cake is cut by the oldest and the youngest Sailors. Here at Naval Station Everett, the oldest Sailor is LCDR (CHAP) Aman Grant and our youngest Sailor is MA3 Olivia Hand.



**LIKE, SHARE AND WIN**

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



“What a great morning to pay tribute to POW/MIA service members. My 11-year-old learned for the first time who these special people are. All the way from King George, Virginia... but we ran along the Rappahannock River in Fredericksburg, VA.”

– Nadine Galazka

**5 SIMPLE STEPS TO REGISTERING WITH MYFFR**

**1 VISIT**

[www.navylifepnw.com/myFFR](http://www.navylifepnw.com/myFFR)

**2 LOG IN**

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

**3 BROWSE**

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

**4 PURCHASE**

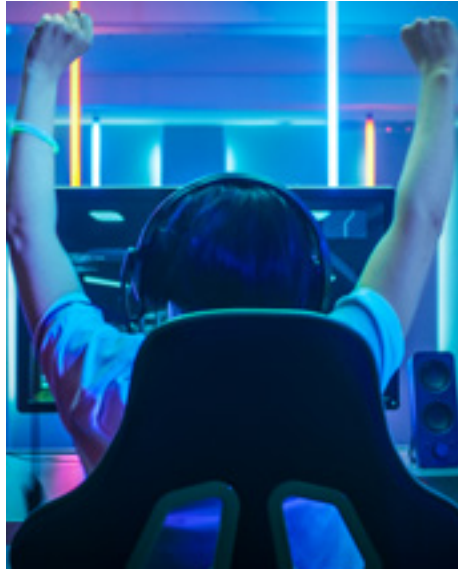
Add the Class, Trip or Activity in the shopping cart and pay using your credit or debit card.

**5 ENJOY!**

Rest easy knowing your reservation is complete!



# FOOD, FUN & RECREATION



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

## Dining



### All American Restaurant

2000 W Marine View Dr.  
Bldg. 2025  
Everett, WA 98207  
425-304-3943

Open seven days a week, the All American serves hearty, wholesome meals for breakfast, lunch and dinner daily, along with brunch and supper on weekends and holidays, all at an exceptional value. Open to anyone with base access including

retirees, guests and contractors. See our monthly lunch menu at [navylifepnw.com](http://navylifepnw.com).

Essential Station Messing (ESM) diners eat FREE.

### NAVSTA Everett Catering & Conference Centers

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

Let us handle your private party, wedding reception, corporate meeting, grad party or official military function from start to finish. We offer menu selections, rooms and entertainment

packages to suit most any budget. Available venues include NAVSTA Everett's Grand Vista Ballroom, an elegant setting that can accommodate up to 250 guests. Catering options include box lunches, plated meals and buffet stations.

## Community Recreation Facilities

### 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

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

425-304-3580

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

The Marina, near Fletcher Way, offers year-round moorage. Slip sizes available for the following



Health Protection Notice: FFR activities and services may require advanced registration and are subject to change or cancellation without prior notice. Contact the facility directly for confirmation or visit [navylifepnw.com](http://navylifepnw.com) for current hours of operation and updates.

boat lengths: 28', 32', 39', 52' and 72'.

Mini Storage is conveniently located a short walk from the piers. There are 56 mini-storage units available 24/7 to all DoD-eligible patrons, with units available in 5' x 5' or 5' x 10' sizes.

**Vehicle Storage  
Smokey Point  
Support Complex**

425-304-3449  
Located at the North Marysville Support Complex at Smokey Point, we offer 24/7 secure access storage for vehicles from 10' to 50', within a locked, fenced and paved lot.



**Gallery Golf Course**

3065 N Cowpens Rd.  
Oak Harbor, WA 98278  
360-257-2178

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
- Pro shop

- Lessons and clinics
- Online tee times for expedited check-in

**LIBERTY Lounge**

**Vibes LIBERTY Lounge**

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

Open to junior service members (E1-E6) who seek high-energy recreation and entertainment in an alcohol- and tobacco-free environment. Eligible users may escort

up to two guests over the age of 18. 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, table tennis, pool, foosball, air hockey and FREE tabletop arcade
- Computers with video-conference capabilities
- High-top tables with power outlets
- FREE WiFi

- Sound booth and a variety of musical instruments
- Fax, copy and scanning services
- LIBERTY-eligible customers also have access to Faultline Flicks, a 25-seat mini-theater that offers a wide selection of movies to choose from. Visit [navylifepnw.com](http://navylifepnw.com) for a current list of titles.

**JANUARY-MARCH 2021**

\*Essential Messing Station (ESM)

EVENT/DESCRIPTION	DATE, TIME	HOST/VENUE
<p><b>Black History Month Luncheon</b></p> <p>Luncheon includes Southern fried catfish, BBQ pork spare ribs, sweet potato casserole, collard greens with smoked bacon cuts, corn-on-the cob and spicy cornbread stuffing. Soup, salad, dessert and a beverage included. Made-to-order grill line also open. Takeout only. Standard rates apply, FREE for ESM*.</p>	Wednesday, Feb. 24, 11 a.m.-1 p.m.	All American Restaurant
<p><b>Catch The Big Game - Early Dinner Service</b></p> <p>Tailgate Special: house-made beef chili served in a sourdough bread bowl or smothered over crispy tots, topped with cheddar cheese, sour cream and green onions, or Buffalo hot wings with tots and your dressing on the side. Soup, salad, dessert and beverage included. Made-to-order grill line also open. Takeout only. Standard rates apply, FREE for ESM*.</p>	Sunday, Feb. 7, 2 p.m.-9 p.m.	All American Restaurant
<p><b>Chinese New Year Luncheon - Year of the Ox</b></p> <p>Peking duck, pineapple fried rice, steamed vegetables and fried gyoza (potstickers) with plum sauce. Soup, salad, dessert and beverage included. Made-to-order grill line also open. Takeout only. Standard rates apply, FREE for ESM*.</p>	Thursday, Feb. 11, 11 a.m.-1 p.m.	All American Restaurant
<p><b>Community Rec Talk</b></p> <p>Our knowledgeable, quirky and adventurous outdoor guides will discuss upcoming events and tips for enjoying the PNW outdoors. Win prizes and hear from a surprise guest. FREE event.</p>	Wednesday, Jan. 13, 6 p.m.	Community Recreation Facebook: @EverettFFR
	Wednesday, Feb. 10, 6 p.m.	
	Wednesday, March 10, 6 p.m.	
<p><b>Dr. Martin Luther King Jr. Luncheon</b></p> <p>Meal will include smothered steak, baked mac 'n' cheese, spicy fried okra and cornbread. Soup, salad, dessert and beverage included. Made-to-order grill line also open. Takeout only. Standard rates apply, FREE for ESM*.</p>	Thursday, Jan. 14, 11 a.m.-1 p.m.	All American Restaurant

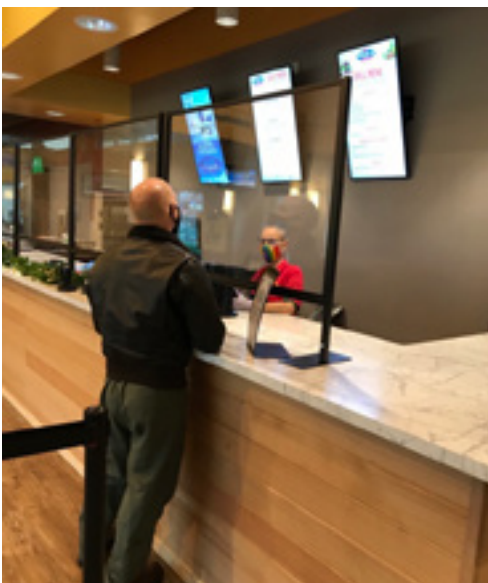
# FOOD, FUN & RECREATION

JANUARY-MARCH 2021

\*Essential Messing Station (ESM)

EVENT/DESCRIPTION	DATE, TIME	HOST/VENUE
<b>Mongolian Grill Plate</b> Choose from jasmine rice or yakisoba noodles then select from a choice of beef, chicken or tofu tossed in hoisin, teriyaki or Korean barbeque sauce. Our cooks will prepare your plate for you in no time at all. Soup, salad, dessert and beverage included. Takeout only. Standard rates apply, FREE for ESM*.	Thursday, Jan. 7, 11 a.m.-1 p.m.	All American Restaurant
	Thursday, Feb. 18, 11 a.m.-1 p.m.	
	Thursday, March 11, 11 a.m.-1 p.m.	
<b>National Nutrition Month Lunch Specials</b> All American will serve "daily special" entrees and side dishes designed for healthy living, centered around the concept of lowered calories and less sodium. Salad, dessert and beverage included. Healthy Made-to-order grill line also open. Takeout only.	Friday, March 22, 11 a.m.-1 p.m.	All American Restaurant
<b>New Year's Day Brunch</b> Steak and poached eggs served with golden hash browns, country gravy and fresh biscuits. Brunch includes soup, salad, dessert and beverage. Made-to-order grill line also open. Takeout only. Standard rates apply, FREE for ESM*.	Friday, Jan. 1, 10 a.m.-1 p.m.	All American Restaurant
<b>Snowshoeing Basics*</b> Whether you're new to the sport or looking for a refresher on the safety of snowshoeing in avalanche territory, this class is right for you! FREE event.	Wednesday, Jan. 6, 6-7:30 p.m.	Community Recreation
	Thursday, Feb. 25, 6-7:30 p.m.	
<b>St. Patrick's Day Luncheon</b> The luncheon will have homemade lamb shepherd's pie, steamed red potatoes seasoned with cabbage and corn O'Brien. Soup, salad, dessert and beverage included. Made-to-order grill line also open. Takeout only.	Wednesday, March 17, 11 a.m.-1 p.m.	All American Restaurant
<b>Valentine's Day Brunch</b> Brunch includes sausage, Quiche Lorraine, O'Brien breakfast potatoes, nut and chocolate spread French toast roll with strawberries. Soup, salad, dessert and a beverage included. Made-to-order grill line also open. Takeout only. Standard rates apply, FREE for ESM*.	Sunday, Feb. 14, 10 a.m.-1 p.m.	All American Restaurant

\* Please contact the Community Recreation Office at 425-304-3575 for any status change



## WE'RE OPEN!

The All American Restaurant has reopened in Bldg. 2025 with improvements to serve you better. Come by and see what's new.



NAVAL STATION EVERETT  
SPORTS, FITNESS & AQUATICS

# ALTITUDE CHALLENGE

*Reach new heights in your fitness!*

*Summit 13 of Washington's most popular peaks  
without leaving the Fitness Center!*

## SEISMOS FITNESS CENTER

STARTING  
MONDAY,  
JAN. 4

REGISTER AT  
GEAR ISSUE

**FREE!**

Active Duty only.

- Track your PowerMill Climber workouts and gain altitude with each climbing challenge.
- First 12 climbers to complete the challenge will earn a hydration pack.



Navy health precautions and physical distancing in effect, please bring a face covering with you.



[navylifepnw.com](http://navylifepnw.com)



For more information, call:

**425-304-3336**

YOUR VACATION

*Navy*  
**Getaways**

CLOSE TO HOME

We are open!  
Say yes to a getaway and  
book your stay today.



Pacific Beach, WA  
[pacbeach.navylifepnw.com](http://pacbeach.navylifepnw.com)  
360-276-4414



Oak Harbor, WA  
[cliffside.navylifepnw.com](http://cliffside.navylifepnw.com)  
360-257-2649



Arlington, WA  
[jimcreek.navylifepnw.com](http://jimcreek.navylifepnw.com)  
425-304-5315



# Jim Creek's Winter Promotion

**We're Open! Book Your Next Getaway TODAY**  
**425-304-5315**

**Friday, Jan. 1-Wednesday, Mar. 31**

Winter Promotion will automatically be applied to your reservation if you meet the requirements.

Standard Cabins, RV Sites & Tent Sites: Buy one night and get the second night free! One free night per reservation.

Deluxe Cabins, Mallards, Dens: Buy two nights and get the third night free.

On all Federal Holidays, buy three nights, get the fourth night free.

One free night per reservation.



*Step out and enjoy the beautiful places that surround you here in the Pacific Northwest. Jim Creek's Blue Mountain trail is one of the best kept secrets close to home. It features waterfalls, breathtaking views and old growth.*



*Frosty winter mornings at Jim Creek are a sight to behold thanks to team members like Adrian in the maintenance department who take pride in keeping the grounds beautiful and making sure that everything runs smoothly.*



*Cabin 9 looks different because it is one of the original cabins built in the early 1990's when Naval Station Everett first developed Jim Creek into a recreational area for active duty service members, retirees, reservists and DoD civilians.*

## LODGING & LEISURE



Navy Gateway Inns and Suites (NGIS) and Navy Getaways welcomes you with a wide range of comfortable and affordable accommodations across the Pacific Northwest.



### Cliffside RV Park & Campground

Located on Ault Field.  
360-257-2649

*Nestled along the shoreline of Whidbey Island, Navy Getaways Cliffside offers an awe-inspiring location, the ambiance of shoreline living, ever-changing marine environment and unparalleled sunsets. We have tent sites, yurts, RV Campers for rent or bring your own.*



### Jim Creek Recreation Area & Campground

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

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



### Pacific Beach Hotel, Cottages, RV Park & Campground

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

*Located on the Pacific coast, 15 miles north of Ocean Shores, Pacific Beach features reasonably priced hotel accommodations as well as fully furnished 3-, 4- and 5-bedroom cottages lining the ocean bluff, providing guests with panoramic ocean vistas. On-site amenities include Pacific Beach Café & Gift Shop, Raindrop Lanes Bowling Center, a lounge and more.*



### Navy Gateway Inns & Suites

*Navy Gateway Inns & Suites combines all the comforts of a hotel, while specializing in official business accommodations.*

*Amenities include:*

- FREE Internet access
- Refrigerator
- Housekeeping
- Fitness rooms
- FREE premium cable TV
- Compliment 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

### Bremerton

120 S Dewey St.  
Bldg. 865  
Bremerton, WA 98314

### Whidbey Island

1175 W Midway St.  
Bldg. 973  
Oak Harbor, WA 98278



Health Protection Notice: FFR activities and services may require advanced registration and are subject to change or cancellation without prior notice. Contact the facility directly for confirmation or visit [navylifepnw.com](http://navylifepnw.com) for current hours of operation and updates.

# UPCOMING PROGRAMS & EVENTS

JANUARY-MARCH 2021

EVENT	DATE, TIME	HOST/VENUE	DESCRIPTION
<b>Jim Creek's Winter Promotion</b>	Friday, Jan. 1-Wednesday, March 31	Navy Getaways Jim Creek	Earn one free night on select accommodations. On all Federal Holidays: Buy three nights, get the fourth night free.
<b>Holiday Sale- MLK Jr. Day</b>	Monday, Jan. 18 All Day	Navy Getaways Pacific Beach	Stay three or more consecutive nights that include the holiday and receive a discount!
<b>Touchdown Party at the Beach</b>	Sunday, Feb. 7	Navy Getaways Pacific Beach	Party begins 1 hour before kickoff. Enjoy Food and drink specials, party games and prizes.
<b>Sweetheart Weekend at the Beach</b>	Friday, Feb. 12-Saturday, Feb. 13	Navy Getaways Pacific Beach	\$59.95 Package includes surf and turf dinner for two with dessert and champagne, goody bag and coupon book. \$10 off lodging for both Friday and Saturday night.
<b>Holiday Sale- Presidents Day</b>	Monday, Feb. 15	Navy Getaways Pacific Beach	Stay three or more consecutive nights that include the holiday and receive a discount!
<b>Chocolate on the Beach Festival</b>	Thursday, Feb. 25-Sunday, Feb. 28	Navy Getaways Pacific Beach	Indulge in all things chocolate as we join in celebration of this annual community-wide event.
<b>Glass Float Frenzy at the Beach</b>	Saturday, March 13 8 a.m.	Navy Getaways Pacific Beach	Join us for this fun, family tradition. Find out why everyone loves this scavenger hunt.
<b>Paint and Sip at the Beach</b>	Saturday, March 20 3-6 p.m.	Navy Getaways Pacific Beach	Relax with a glass of wine as you follow a guided wine glass painting instruction. Call for price.

## HOSPITALITY SPOTLIGHT: CHEF TONY MCGRAW

by Tania Ostrander

**N**avy Getaways Pacific Beach is thrilled to introduce exciting new items prepared especially for you by Chef Tony McGraw. During a recent visit, we were treated to the most amazing bacon-wrapped filet mignon I've ever tasted as he shared his plans for making Pacific Beach THE destination for foodies on the Washington Coast.

Tony loves taking a classic cheeseburger and building on it to become something totally new. "The sky is the limit!" he says with excitement. He surprises and delights his guests every chance he gets with good food and good times. Show up for breakfast and you just might find yourself on the eating end of a dozen-egg omelet challenge!

While born in California, Chef Tony was raised in Lake Quinault, only an hour away from Pacific Beach. He started his career by accident when a job with the forest service didn't work out due to a scheduling conflict. "I ended up as a dishwasher, a job I hated and swore I'd never do again!" he recalls with a deep chuckle.

However after high school, Tony got a job as a prep cook and that's when he got the spark. Through observation and experimentation he began to expand his talent and even ended up owning his own restaurant!

Tony is happy to have returned to his Pacific Beach roots and looks forward to treating you and your family to great food served with exquisite views and fabulous hospitality.



*Chef Tony McGraw (above) loves to surprise and delight guests with mouth-watering specials like his Porterhouse pork chop served over chorizo-and-apple hash and topped with chipotle demi-glace and the "brookie" — a chocolate chip cookie baked inside brownie batter.*

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**REACH YOUR  
FITNESS  
GOALS  
WITH  
BETTER  
EATING  
HABITS**

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# TAKE A NEW VIEW ON WHAT YOU EAT, HOW MUCH YOU EAT AND WHY YOU EAT.

by Amanda D. Johnson CPT, LMT, CES

**T**urn the page to 2021 with a New View. A new view on the priorities you would like to reach, maintain or even surpass! To do that we must look at the most important element all: Nutrition. What you eat is a direct reflection of how you feel, sleep, perform and recover from your workouts. There are six categories of nutrition: carbohydrates, fat, protein, vitamins, minerals and water. Each one plays a vital role. Learning about ideal carbs, good fats and where to get specific protein sources can be a game-changer. Drinking water and staying properly hydrated will help keep your body healthy and functioning at its highest capacity.

A registered dietitian can help you get your estimated caloric intake and macronutrient profile balanced, as well as develop a meal plan with foods both recommended and foods you like. Replacing just a few of your food choices can save you calories, increase your overall health and propel your fitness goals forward.

#### **How much should you eat?**

Start with finding out what your recommended daily caloric intake and macronutrient balance per day should be. The Navy Operational Fitness and Fueling Systems (NOFFS) provides a simple way to recognize portion sizes using your hand as a reference when measuring may not be an option.

Your fist is an easy way to measure approximately one serving of grains. The palm of your hand or about the size of a deck of cards is an ideal serving size of lean protein. For fats, use the tip of your thumb from the last crease to the end.

Remember that macronutrients are there to help fuel us, re-build us and give us ample energy.

Changing the quantity can be tough, so to help make the transition easier and have better chances at creating a long-lasting habit, start with the meal you make the worst choice with and prep it with recommended portion sizes.

Once that becomes part of your routine, prep another meal and some snacks. Knowing how much you're supposed to be eating and prepping out eliminates the guesswork and keeps you on track.

#### **So, why do we eat?**

We eat for energy, hunger, health benefits, allergies, emotions, convenience and more. One of the most potentially damaging reasons we eat is because of our emotions. Happy or sad, to celebrate, bored, tired or alone, these are a few emotional triggers that can sabotage our goals.

#### **What can you do to help prevent emotional eating?**

Knowing that eating doesn't make the problem go away is a good start. Going for a short walk or calling a friend can help distract you until the urge to eat passes. Being active can provide natural endorphins to ease

hunger. If you're stuck in a negative thought, try writing it down and replacing it with a positive one right away.

Keep your house full of healthy foods for those times of true hunger or a moment of weakness. More importantly, talk to a professional about your emotions. Talking with a professional in these areas can help you navigate through them and give you tools to overcome emotional eating in the future.

Remember to always consult with a health-care practitioner before you make significant changes to your diet and exercise routine, and use your Navy resources for assistance.

#### **Additional Resources:**

[www.navyfitness.org/missionnutrition](http://www.navyfitness.org/missionnutrition)  
<https://www.choosemyplate.gov/>  
[www.move.va.gov](http://www.move.va.gov)  
[www.navyfitness.org/nutrition/noffs-fueling-series/the-big-three](http://www.navyfitness.org/nutrition/noffs-fueling-series/the-big-three)

## THE BIG THREE

Carbohydrates  
Proteins  
Fats



#### CARBS

1 Serving Size = The Size of Your Fist



#### PROTEIN

1 Serving Size = Palm of Your Hand



#### FATS

1 Serving Size = The Tip of Your Thumb

Learn more at  
<https://www.navyfitness.org/nutrition/noffs-fueling-series/the-big-three>

# 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  
425-304-3922

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.

## Tsunami Pool

The Commons  
2000 W Marine View Dr.  
Bldg. 1950  
Everett, WA 98207  
425-304-3388

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 ft. to 13 ft. in depth.

To attain full access to the Aquatics Centers, all youths 17 and under must

successfully pass the Navy Youth Swim Test.

## Naval Station Everett Intramural Sports

The Commons  
2000 W Marine View Dr.  
Bldg. 1950  
Everett, WA 98207  
425-304-3935

Participate in regularly scheduled leagues including volleyball, flag football, golf, basketball, softball and more. In addition, there are opportunities

to participate in tournaments and regional competitions throughout the year.

## All-Navy Sports

This program allows Sailors who possess the athletic skills to compete above the intramural level, in team or individual sports, a chance to represent the Navy at higher-level athletic competitions. All-Navy teams participate in the Department of Defense Sports program and compete in the Armed Forces Championships against teams from the Marine Corps, Army and Air Force.

## Admiral's Cup

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

## Captain's Cup

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



Health Protection Notice: FFR activities and services may require advanced registration and are subject to change or cancellation without prior notice. Contact the facility directly for confirmation or visit [navylifepnw.com](http://navylifepnw.com) for current hours of operation and updates.



# UPCOMING PROGRAMS & EVENTS

JANUARY-MARCH 2021

 = Captain's Cup

EVENT	DATE, TIME	HOST/VENUE	DESCRIPTION
<b>Adult, Child and Baby First Aid/ CPR/AED Training Online Course</b>	Friday, Jan. 1-Sunday, Jan. 31, TBD	<a href="http://navylifepnw.com">navylifepnw.com</a>	This self-paced, online course helps participants recognize and respond appropriately to cardiac, breathing and first-aid emergencies. The course will teach the knowledge and skills needed to give immediate care to an injured or ill person, and to decide whether advanced medical care is needed. myFFR #642003. \$35 per person, ages 11+.
<b>Adult Swim Lessons</b>	On Demand, By Appointment	Tsunami Pool	Fee waived for Active Duty, reservists and recruits who are working towards work-related swim tests. Open to all eligible users 18 years and older. \$50 for four sessions.
<b>Altitude Challenge</b>	Monday, Jan. 4- Wednesday, March 31	Seismos Fitness Center	Summit 13 of Washington's highest peaks without leaving base! Track your Powermill workouts, gaining altitude with each challenge. Participants will track their progress and distance on a banner with an image of the 13 mountains. Sign up at the Seismos Fitness Center Gear Issue desk. Active Duty only.
<b>Basic Water Rescue</b>	Friday, March 12 4-8 p.m.	Tsunami Pool	This course provides individuals with the knowledge and skills necessary to prevent, recognize and respond to many types of aquatics emergencies. This course does not meet the requirements for lifeguarding certification. myFFR #642003. \$30 per person.
<b>Babysitting Training Online Course</b>	Thursday, March 18- Friday, March 26, TBD	<a href="http://navylifepnw.com">navylifepnw.com</a>	This self-paced, online course provides individuals with the knowledge and skills necessary to care for children and infants safely and responsibly. This training will help participants develop leadership skills, keep themselves and others safe and learn about basic childcare. CPR certification is NOT included. myFFR #642003. \$440 per person, ages 11+.
<b>Beat-the-Board Open Challenge</b>	Friday, Feb. 5, All day	Tsunami Pool	Divisions are open to challengers throughout the day. Reservations required. FREE event.
<b>Family Swim Lessons</b>	Friday, Jan. 1- Wednesday, March 31, By Appointment	Tsunami Pool	Suitable for families with children ages 3-12 years old. Parents must be in the water with students. Prices vary.
<b>First Aid Online Course</b>	Friday, Jan. 1- Wednesday, March 31, TBD	<a href="http://navylifepnw.com">navylifepnw.com</a>	This self-paced, online course helps participants recognize and respond appropriately to first-aid emergencies. The course will teach the knowledge and skills needed to give immediate care to an injured or ill person, and to decide whether advanced medical care is needed. myFFR #642003. \$30 per person, ages 11+.
<b>Iron Goat Challenge</b>	Monday, March 1, All day	Seismos Fitness Center	This 1-day challenge is swimming 2.4 miles (4,225 yards), biking 112 miles and running 26.2 miles. Sign up at the Seismos Fitness Center Gear Issue desk. FREE event.
<b>Iron Goat Triathlon</b>	Monday, March 1- Wednesday, March 31, All day	Seismos Fitness Center	Participants will have 31 days to complete the total Iron-man distance. Go at your own pace and get fit in the process. Swim 2.4 miles (4,225 yards), bike 112 miles and run 26.2 miles. Sign up at the Seismos Fitness Center Gear Issue desk. FREE event.
<b>Psychological First Aid Online Course</b>	Friday, Jan. 1- Wednesday, March 31, TBD	<a href="http://navylifepnw.com">navylifepnw.com</a>	Build resilience, support yourself, and lend support to others during and following a pandemic environment with this online course. myFFR #642003. \$15 per person, ages 12+.

# SPORTS, FITNESS & AQUATICS

JANUARY-MARCH 2021

 = Captain's Cup

EVENT	DATE, TIME	HOST/VENUE	DESCRIPTION
<b>Resolution Fitness</b>	Wednesday, Jan. 6- Wednesday, March 3	Seismos Fitness Center	Join our 8-week lifestyle and weight management program; a great way to get back into shape in the new year or increase your current fitness level! T-shirts available for purchase. myFFR #643075-05 Active Duty only.
<b>Water Safety for Parents and Caregivers Online Course</b>	Friday, Jan. 1- Wednesday, March 31, TBD	<a href="http://navylifepnw.com">navylifepnw.com</a>	Learn about drowning prevention and other procedures to keep your child safe. Free, ages 16+.
<b>Wilderness and Remote First Aid</b>	Fridays, Feb. 12, 19, 26, March 5, 4-8 p.m.	Tsunami Pool	This course provides individuals a foundation of first-aid principles and skills to be able to respond and give care in areas that do not have immediate emergency medical services (EMS) response. This includes wilderness and remote environments, and natural disasters. Participants must be certified in adult CPR/AED prior to the course. myFFR #642003. \$65 per person, ages 14+.

## BENEFITS

- Competitive salaries
- Medical, dental, life insurance
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- Employee Assistance Program
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- Work/life balance
- Work with a team of people passionate for doing work that matters

## PERKS

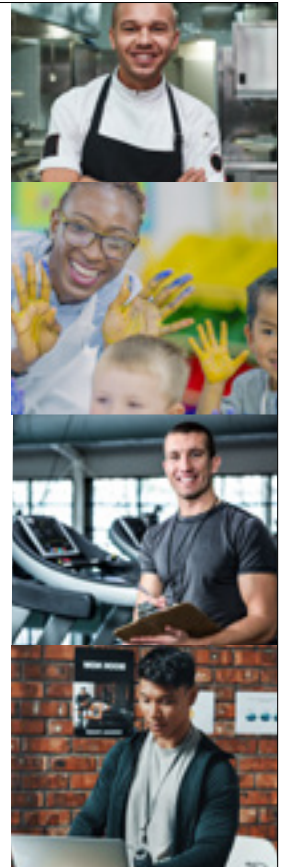
- Space-available child care
- Access to on-base recreation centers, gyms, movie theaters and more
- Discounts on travel

# WE'RE HIRING!

## JOIN OUR TEAM

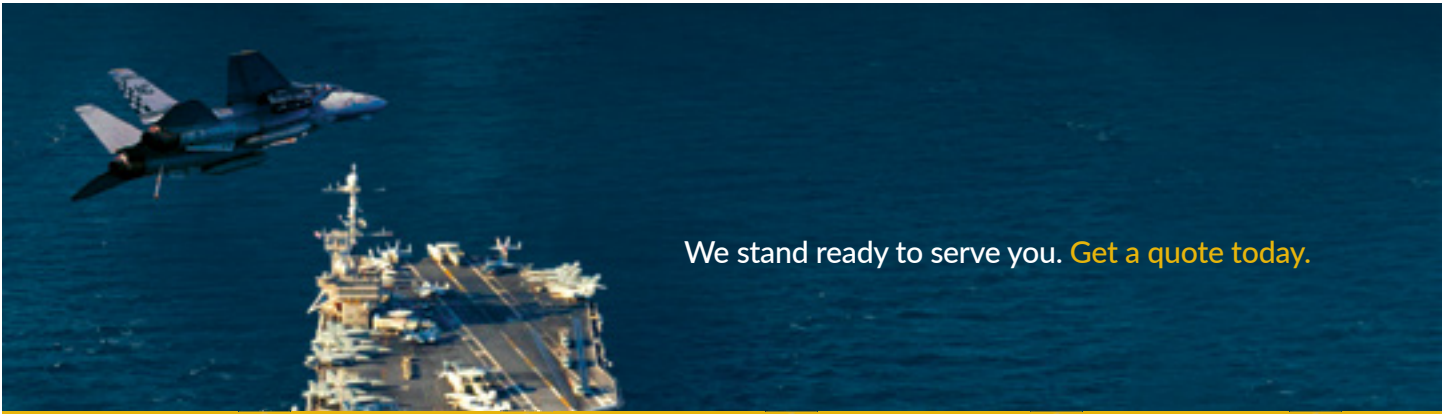
FULL-TIME, PART-TIME AND FLEX POSITIONS FOR:

- ✓ Child Care Assistants and Providers
- ✓ Cooks and Servers
- ✓ Maintenance/Laborers
- ✓ Recreation and Fitness Specialists
- ✓ Supervisors/Management
- ✓ and more!



LEARN MORE BY VISITING: [WWW.NAVYLIFEPNW.COM/JOBS](http://WWW.NAVYLIFEPNW.COM/JOBS) • [WWW.USAJOBS.COM](http://WWW.USAJOBS.COM)

## UPCOMING PROGRAMS & EVENTS



We stand ready to serve you. [Get a quote today.](#)

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## COMING SOON! MARINA REPAIRS, RENOVATIONS AND IMPROVEMENTS

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THE MARINA OFFERS  
YEAR-AROUND MOORAGE  
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SIZED VESSELS.

PLEASE CALL 425-304-3449 FOR  
PRICING AND AVAILABILITY.

# 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

## Fleet & Family Support Center Annex

2000 W Marine View Dr.  
Bldg. 2000, Rm. 133  
Everett, WA 98207  
425-304-3367



## Navy Gold Star Call Center

888-509-8759

## 24/7 SAPR Advocate

425-754-5977

## 24/7 Sexual Assault Response Coordinator (SARC)

425-754-9867

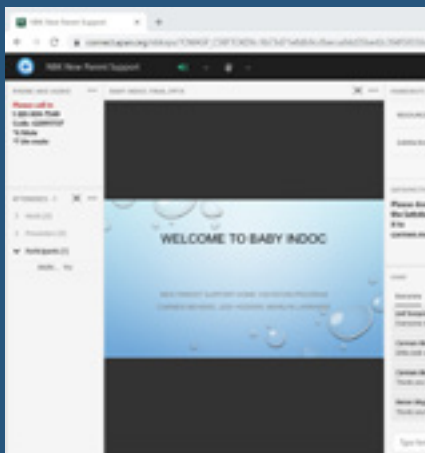


## DoD Safe Helpline

877-995-5247



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## NEW! REGISTER FOR VIRTUAL FFSC CLASSES HOSTED ON APAN

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

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

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

## UPCOMING PROGRAMS & EVENTS



### CLINICAL COUNSELING AND FAMILY ADVOCACY PROGRAMS

We offer individual, group and family counseling as well as victim intervention and related prevention, education and awareness programs. Classes and groups are scheduled based on demand. Call 1-866-854-0638 for registration and scheduling information.

EVENT NAME	DATE/TIME
<b>Domestic Violence (DV) and Sexual Assault (SA) Executive Leadership Training</b> This training gives command leadership the tools needed to keep victims safe and hold offenders accountable for their actions.	Tuesday, Feb. 9, 8:30 a.m.-noon
<b>Living Intentionally, Fully and Effectively (LIFE)</b> Connect with other people and share your journey of personal growth.	
<b>Submerged</b> This group gives military teens, ages 12-18, a safe space to talk about issues that matter most to them.	
<b>Suicide Assist &amp; Intercept for Life (SAIL)</b> This voluntary program serves as a link between you, your providers and command leadership during your recovery.	
<b>Survivors Overcoming Assault with Resiliency (SOAR)</b> This is a 10-week, psycho-educational support group that aims to assist survivors of sexual abuse and violence.	



### SEXUAL ASSAULT PREVENTION & RESPONSE (SAPR)

SAPR provides 24/7 services and support for victims of sexual assault and aims to eliminate sexual assault committed by or against military service members, their families and DoD civilians. Contact your installation SAPR office or call 1-866-854-0638 for more information about online and in-person class offerings. To register, contact the local installation SAPR office at [NSE.SAPR@navy.mil](mailto:NSE.SAPR@navy.mil).

EVENT NAME	DATE/TIME
<b>Initial Victim Advocate Training</b> Required course to become a command-designated and credentialed SAPR victim advocate.	Monday, Jan. 4- Friday, Jan.15, 7:30 a.m.-1 p.m. Monday, Feb.1-Friday, Feb.12, 7:30 a.m.-1 p.m. Monday, March 8- Friday, March 19, 7:30 a.m.-1 p.m.
<b>SAPR Policy Summit</b> Policy and program updates are provided. Open to all UVAs, POCs, and command leadership	Wednesday, Jan. 20, 10 a.m.-11 a.m.

EVENT NAME	DATE/TIME
<b>Victim Advocate Refresher Training</b> Credentialed advocates must complete 32 hours of refresher training every two years.	Thursday, Jan. 28, 2-4 p.m. Thursday, Feb. 25, 2-4 p.m. Thursday, March 25, 2-4 p.m.
<b>SAPR Command Point of Contact (POC) Training</b> This course is a requirement for all command-designated POCs.	Wednesday, Jan. 27, 7:30 a.m.-4 p.m.



### FAMILY SUPPORT SERVICES

Our Family Employment, Ombudsman Support, and the Exceptional Family Member Programs (EFMP) are here to offer the help you need, when you need it. To register for our upcoming classes, visit the APAN link (where provided) or call 1-866-854-0638. Additional formats may be available.

EVENT	DATE/TIME
<b>Baby INDOC</b> Part of the New Parent Support & Home Visitation (NPSHV) Program, Baby INDOC (named after Navy indoctrination programs) aids military parents in learning how to care for and bond with their newborns. Hosted by NB Kitsap FFSC. <a href="https://connect.apan.org/nbknpns/">https://connect.apan.org/nbknpns/</a>	Friday, Feb. 19, 1-2:30 p.m.
<b>Baby's First Foods</b> Empowers families who are starting to transition babies from liquids to solids by providing safety tips and simple, healthy recipes. Hosted by NB Kitsap FFSC. <a href="https://connect.apan.org/nbknpns/">https://connect.apan.org/nbknpns/</a>	Friday, March 19, 1-2 p.m.
<b>Daddy Boot Camp</b> Learn what it takes to be a great dad from New Parent Support & Home Visitation (NPSHV) Program experts. Hosted by NB Kitsap FFSC. <a href="https://connect.apan.org/nbknpns/">https://connect.apan.org/nbknpns/</a>	Friday, Jan. 22, 2:30-4 p.m.
<b>Deployment for Kids</b> Let's discuss the challenges that parents face as they raise kids in a deploying environment. Join us as we put together the pieces of the puzzle needed to support their resilience. Hosted by NAS Whidbey Island FFSC. <a href="https://connect.apan.org/naswideployment/">https://connect.apan.org/naswideployment/</a>	Thursday, Mar. 4, Noon-1 p.m.

 **APPOINTMENTS AVAILABLE FOR FREE COUNSELING AND INDIVIDUAL CONSULTATIONS**

# SUPPORT PROGRAMS

EVENT	DATE/TIME	EVENT	DATE/TIME
<p><b>Deployment Series: Pre-Deployment</b></p> <p>Learn about the five core elements that will contribute to a seamless deployment: documents and databases, finances, communication, relationships, and resources. Hosted by NS Everett FFSC.</p> <p><a href="https://connect.apan.org/nse-deploy">https://connect.apan.org/nse-deploy</a></p>	Tuesday, Jan. 19, 2-3:30 p.m.	<p><b>Ombudsman Basic Training (3-day workshop)</b></p> <p>This 9-module seminar covers everything you need to know: command relationships, communicating with families, confidentiality, information and referral services, basic deployment support issues, and more. This class is hosted by more than one base. Select the link that corresponds with your preferred date:</p> <p><a href="https://connect.apan.org/cnrnw-vobt/">https://connect.apan.org/cnrnw-vobt/</a>  <a href="https://connect.apan.org/nbkbombudsman/">https://connect.apan.org/nbkbombudsman/</a> *  <a href="https://connect.apan.org/naswiombudsman/">https://connect.apan.org/naswiombudsman/</a> **</p>	*Monday, Jan. 11, 5-7 p.m.
<p><b>Deployment Series: Mid-Deployment</b></p> <p>Learn skills to help you cope with this challenging time for service members and their families. Hosted by NS Everett FFSC.</p> <p><a href="https://connect.apan.org/nse-deploy">https://connect.apan.org/nse-deploy</a></p>	Wednesday, Feb. 17, 2-3:30 p.m.		**Tuesday, Jan. 26-Thursday, Jan. 28, 9 a.m.-3:30p.m
<p><b>Deployment Series: Homecoming</b></p> <p>This class covers programs and services that can help: New Parent Support, Car Buying, Counseling Services and more. Hosted by NS Everett FFSC.</p> <p><a href="https://connect.apan.org/nse-deploy">https://connect.apan.org/nse-deploy</a></p>	Tuesday, March 23, 2-3:30 p.m.		*Tuesday, Feb. 16-Thursday, Feb. 18 9 a.m.-4 p.m.
<p><b>EFMP Command POC Training</b></p> <p>Learn about the Exceptional Family Member Program (EFMP) benefits for commands, service members and families, how to enroll, TRICARE for special needs families and what local resources are available. Hosted by NB Kitsap FFSC.</p> <p><a href="https://connect.apan.org/nbkefmp/">https://connect.apan.org/nbkefmp/</a></p>	Wednesday, Jan. 27, 1-3 p.m.		Tuesday, March 16, 9 a.m.-4 p.m.
<p><b>EFMP 101</b></p> <p>Overview and introduction to the Exceptional Family Member Program. This workshop covers the EFMP enrollment process, EFMP benefits for service members and families, TRICARE for special needs families and what local resources are available. Hosted by NB Kitsap FFSC.</p> <p><a href="https://connect.apan.org/nbkefmp/">https://connect.apan.org/nbkefmp/</a></p>	Wednesday, Feb. 3, 1-3 p.m.	Wednesday, March 24, 9 a.m.- 3:30 p.m.	
<p><b>Moving with an EFM</b></p> <p>For a stressless PCS, find out more about benefits, relocation entitlements and school resources available for Exceptional Family Members. Hosted by NB Kitsap FFSC.</p> <p><a href="https://connect.apan.org/nbkefmp/">https://connect.apan.org/nbkefmp/</a></p>	Tuesday, Feb. 23, 5-7 p.m.	<p><b>Parenting Teens</b></p> <p>This workshop is designed to focus on how parents can assist teens during challenging times. Topics include inclusion and exclusion in family events and activities. Hosted by NAS Whidbey Island FFSC.</p> <p><a href="https://connect.apan.org/naswilifeskills/">https://connect.apan.org/naswilifeskills/</a></p>	Tuesday, Feb. 2, Noon-1 p.m.
<p><b>Family Readiness Group (FRG) Training</b></p> <p>This 2-day course will provide you with the knowledge and tools necessary to start up and operate an effective FRG that can support families before, during, and after deployment. Hosted by NB Kitsap FFSC.</p> <p><a href="https://connect.apan.org/nbk-frg/">https://connect.apan.org/nbk-frg/</a></p>	Wednesday, Jan. 20, 5-7 p.m.	<p><b>Positive Parenting (10-week course)</b></p> <p>Join experts for a comprehensive course on positive parenting. This course is for new and experienced parents. Hosted by NB Kitsap FFSC.</p> <p><a href="https://connect.apan.org/nbkchildcounselor/">https://connect.apan.org/nbkchildcounselor/</a></p>	Thursdays, Jan. 7- March 11, 9-10:30 a.m.
<p><b>New Spouse Orientation</b></p> <p>Are you newly married or new to the Navy? Come learn the basics of Navy life and how to thrive as a military spouse! Hosted by NAS Whidbey Island FFSC.</p> <p><a href="https://connect.apan.org/naswirelocation/">https://connect.apan.org/naswirelocation/</a></p>	Thursday, March 4, 9 a.m.-noon	<p><b>Pregnancy Support Group</b></p> <p>Pregnancy is an exciting and challenging time, especially as an Active Duty Sailor. Every other week a new topic will be covered and all Active Duty pregnant Sailors as well as military family members who are expecting are welcome. Hosted by NAS Whidbey Island FFSC.</p> <p><a href="https://connect.apan.org/nse-nps/">https://connect.apan.org/nse-nps/</a></p>	<p>Wednesday, Jan. 13, 11 a.m.-12:30 p.m.</p> <p>Wednesday, Jan. 27, 11 a.m.-12:30 p.m.</p> <p>Wednesday, Feb. 10, 11 a.m.-12:30 p.m.</p> <p>Wednesday, Feb. 24, 11 a.m.-12:30 p.m.</p> <p>Wednesday, March 10, 11 a.m.-12:30 p.m.</p> <p>Wednesday, March 24, 11 a.m.-12:30 p.m.</p>
	Monday, March 8 & Tuesday, March 9, 9 a.m.-3 p.m.	<p><b>Sponsorship Training</b></p> <p>Get tips and advice that will help streamline the sponsorship process: benefits of sponsorship, a checklist of sponsor duties and responsibilities, and more. This class is hosted by more than one base. Select the link that corresponds with your preferred date:</p> <p><a href="https://connect.apan.org/nbkrelocation/">https://connect.apan.org/nbkrelocation/</a>  <a href="https://connect.apan.org/naswirelocation/">https://connect.apan.org/naswirelocation/</a>*</p>	Friday, Jan. 8, 1-3 p.m.
		<p><b>Transition to Parenthood Support Group</b></p> <p>First time parenting can feel like a leap into the unknown. Come and meet other Active Duty Sailors who are in your situation and learn from experts. Every month a new topic will be discussed.</p> <p><a href="https://connect.apan.org/nse-nps/">https://connect.apan.org/nse-nps/</a></p>	<p>Thursday, Jan. 21, 2-3:30 p.m.*</p> <p>Tuesday, Jan. 19 11 a.m.-1 p.m.</p> <p>Tuesday, Feb. 16 11 a.m.-1 p.m.</p> <p>Tuesday, March 16 11 a.m.-1 p.m.</p>

# UPCOMING PROGRAMS & EVENTS



## FINANCIAL MANAGEMENT

A key contributor to fleet and family readiness is having a solid financial plan in place. We offer a variety of resources to keep you and your command up-to-date on issues that can impact your financial health. To register for our upcoming classes, visit the APAN link (where provided) or call 1-866-854-0638. Additional online, in-person and on-demand options may be available.

EVENT NAME	DATE/TIME
<p><b>Car Buying</b></p> <p>Want to buy a new set of wheels? Learn how to assess the true cost of a new vehicle and how to get the most for your money. Hosted by NAS Whidbey Island FFSC.</p> <p><a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a></p>	<p>Wednesday, Feb. 18, 5:30-6:30 p.m.</p>
<p><b>CFS/PFM Forum via Teams</b></p> <p>This quarterly CFS professional development forum is also open to interested command members. Call for registration details.</p>	<p>Thursday, Feb. 4, 5-6 p.m.</p>
<p><b>CFS Refresher via Teams</b></p> <p>This 8-hour refresher includes pre-class coursework, a review of the financial planning worksheet and the solution focused counseling model. Call for registration details.</p>	<p>Monday, March 8, 9 a.m.-2 p.m.</p>
<p><b>Command Financial Specialist (CFS)</b></p> <p>This 40-hour course is required for any service member designated as a Command Financial Specialist. Call for registration details.</p>	<p>Wednesday, March 8-Friday, March 12, 7:30 a.m.-4:30 p.m.</p>
<p><b>Credit... What's the Big Deal?</b></p> <p>Is credit really that important? Come learn how credit is used, who can access it and why it's important to use credit responsibly. Hosted by NAS Whidbey Island FFSC.</p> <p><a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a></p>	<p>Tuesday, Feb. 2, 2-4 p.m.</p>
<p><b>Debt Rehab</b></p> <p>Are credit cards, installment loans and collections calls weighing you down? Let us help you create a recovery plan that works. Hosted by NAS Whidbey Island FFSC.</p> <p><a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a></p>	<p>Wednesday, Feb. 3, 2-4 p.m.</p>
<p><b>FAFSA/Scholarships</b></p> <p>Find out what scholarships are available to you and how to apply for them. Hosted by NB Kitsap FFSC.</p> <p><a href="https://connect.apan.org/nbkferp/">https://connect.apan.org/nbkferp/</a></p>	<p>Monday, Feb. 8, 1-4 p.m.</p>
<p><b>Financial Freedom Basics</b></p> <p>Money ... We all need it, but do we know how to use it effectively? Learn about the basic money principles that lead to financial freedom. Hosted by NAS Whidbey Island FFSC.</p> <p><a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a></p>	<p>Wednesday, Jan. 6, 12:30-2:30 p.m.</p>
<p><b>Getting a Tax Refund? What's Next?</b></p> <p>Learn what to do with a tax refund and how to manage it for the future. Hosted by NAS Whidbey Island FFSC.</p> <p><a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a></p>	<p>Thursday, Jan. 21, 11 a.m.-noon</p> <p>Tuesday, Jan. 26, 2-4 p.m.</p>

EVENT NAME	DATE/TIME
<p><b>Ghost of Christmas Past</b></p> <p>Is holiday debt ruining your new year? Come explore the true cost of holiday spending and what you can do to avoid the debt trap in the future. Hosted by NAS Whidbey Island FFSC.</p> <p><a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a></p>	<p>Thursday, Jan. 7, 2-4 p.m.</p>
<p><b>Home Buying</b></p> <p>Planning to buy a home? Learn how much you can afford, how to select a loan and a realtor, and what to expect throughout the process. Hosted by NAS Whidbey Island FFSC.</p> <p><a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a></p>	<p>Tuesday, Mar. 23, 2-4 p.m.</p>
<p><b>Home Selling</b></p> <p>Explore what to do prior to putting your house on the market, what to do after it's on the market, how to respond to an offer and what happens at closing. Hosted by NAS Whidbey Island FFSC.</p> <p><a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a></p>	<p>Wednesday, Mar. 24, 2-4 p.m.</p>
<p><b>Money and the Move</b></p> <p>Whether you're moving CONUS or OCONUS, this training will help you prepare for all phases of relocation, from financial entitlements to common family concerns. Hosted by NAS Whidbey Island FFSC.</p> <p><a href="https://connect.apan.org/naswirelocation/">https://connect.apan.org/naswirelocation/</a></p>	<p>Tuesday, Feb. 16, 1-4 p.m.</p>
<p><b>Moving Out... What's the Cost?</b></p> <p>This workshop covers everything a Sailor needs to know before moving out of the barracks, including real costs and roommate pros and cons. Hosted by NAS Whidbey Island FFSC.</p> <p><a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a></p>	<p>Tuesday, Jan. 19, 2-4 p.m.</p>
<p><b>Navy retirement... Is It Enough!</b></p> <p>Explore the three stages of retirement, the five retirement steps and sources and types of income available in retirement. Hosted by NAS Whidbey Island FFSC.</p> <p><a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a></p>	<p>Tuesday, Feb. 23, 2-4 p.m.</p>
<p><b>Newly Married? Let's Talk Money</b></p> <p>Talking about money can be stressful! Learn how to master managing your finances together. Hosted by NAS Whidbey Island FFSC.</p> <p><a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a></p>	<p>Tuesday, Mar. 2, 2-4 p.m.</p>
<p><b>Now I'm the Landlord ...</b></p> <p>We'll cover what you need to know about becoming a landlord: applicable laws, hiring a property manager, finding good tenants and more. Hosted by NAS Whidbey Island FFSC.</p> <p><a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a></p>	<p>Thursday, Mar. 25, 2-4 p.m.</p>
<p><b>Saving &amp; Investing 101</b></p> <p>Learn the difference between saving and investing and the tools needed to get started. Hosted by NAS Whidbey Island FFSC.</p> <p><a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a></p>	<p>Thursday, Feb. 25, 2-4 p.m.</p>

# SUPPORT PROGRAMS

EVENT NAME	DATE/TIME
<p><b>Tackling Student Loans</b></p> <p>Is student loan debt interfering with your GPA (going places ability)? Come learn what options are available to include if you are in default. Hosted by NAS Whidbey Island FFSC.</p> <p><a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a></p>	Thursday, Feb. 4, 2-4 p.m.
<p><b>Thrift Savings Plan &amp; BRS</b></p> <p>You signed up for it in boot camp, but you have no idea how it works... Come learn about the benefits of TSP and BRS.</p> <p><a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a></p>	Wednesday, Feb. 24, 2-4 p.m.
<p><b>Million Dollar Sailor</b></p> <p>This is 2 ½ day course covers everything you need to know about millionaire money management. Learn about credit management, home buying, retirement planning and more.</p> <p>FFSC Everett Annex Bldg. 2000, Room 105</p>	Wednesday, Jan. 27- Friday, Jan. 29, 8 a.m.-4 p.m.
<p><b>Welcome Aboard</b></p> <p>Come meet new people and learn everything you need to know about your new duty station.</p> <p><a href="https://connect.apan.org/nbkrelocation/">https://connect.apan.org/nbkrelocation/</a></p>	Tuesday, March 23, 5-7 p.m.

EVENT NAME	DATE/TIME
<p><b>Communication Skills</b></p> <p>Communication is powerful and directly affects our quality of life and relationships. This workshop will help you strengthen relationships at work and at home by practicing skills that build effective, two-way communication. Hosted by NAS Whidbey Island FFSC.</p> <p><a href="https://connect.apan.org/naswilifeskills/">https://connect.apan.org/naswilifeskills/</a></p>	Thursday, March 18, 3-4 p.m.
<p><b>Conflict Resolution</b></p> <p>Learn how to create a peaceful environment by examining attitudes and behaviors when peace turns into conflict. This class is hosted by more than one base. Select the link that corresponds with your preferred date:</p> <p><a href="https://connect.apan.org/nbklifeskills/">https://connect.apan.org/nbklifeskills/</a> <a href="https://connect.apan.org/naswilifeskills/">https://connect.apan.org/naswilifeskills/</a>*</p>	*Tuesday, Feb. 9, 10-11 a.m.  Thursday, March 18, 5-7 p.m.
<p><b>Effective Communication</b></p> <p>Discover the ability to express what we think and feel without clouding our ability to listen and respect how others think and feel. Hosted by NB Kitsap FFSC.</p> <p><a href="https://connect.apan.org/nbklifeskills/">https://connect.apan.org/nbklifeskills/</a></p>	Thursday, March 11, Noon-2 p.m.
<p><b>Lemons to Lemonade</b></p> <p>Learn how a positive attitude can help make the most of your duty station. This class is hosted by more than one base. Select the link that corresponds with your preferred date:</p> <p><a href="https://connect.apan.org/nbklifeskills/">https://connect.apan.org/nbklifeskills/</a> <a href="https://connect.apan.org/naswilifeskills/">https://connect.apan.org/naswilifeskills/</a>*</p>	Monday, Jan. 11, 5-7 p.m.  *Thursday, Feb. 11, 5-7 p.m.  Wednesday, Feb. 17, 5-7 p.m.
<p><b>Personalities in the Workplace and Beyond</b></p> <p>Not everyone has the same way of seeing the world or dealing with situations. This class will cover personality types, working within your strengths and finding the common ground. Hosted by NS Everett FFSC.</p> <p><a href="https://connect.apan.org/navsta-everett-life-skills/">https://connect.apan.org/navsta-everett-life-skills/</a></p>	Tuesday, March 2, Noon-2 p.m.
<p><b>Relationship Resources</b></p> <p>Highlights elements of healthy relationships, strategies used in resolving differences, and the unique challenges faced by military couples. Hosted by NB Kitsap FFSC.</p> <p><a href="https://connect.apan.org/nbklifeskills/">https://connect.apan.org/nbklifeskills/</a></p>	Monday, Jan. 25, 9-11 a.m.
<p><b>Spouse Indoc</b></p> <p>Incorporates resources available to all Active Duty members and families, focusing on Fleet &amp; Family Support Center services available to military spouses. Hosted by NB Kitsap FFSC.</p> <p><a href="https://connect.apan.org/nbklifeskills/">https://connect.apan.org/nbklifeskills/</a></p>	Monday, Jan. 4, 5-7 p.m.  Thursday, March 11, 5-7 p.m.



## LIFE SKILLS EDUCATION

Make your life everything you imagined and start living by choice, not be chance. Join one of our many classes to find out the secrets to living a positive, empowered and fulfilled life! To register for our upcoming classes, visit the APAN link (where provided) or call 1-866-854-0638. Additional online, in-person and on-demand options may be available.

EVENT NAME	DATE/TIME
<p><b>Anger Management (Taming the Tiger Within)</b></p> <p>Discover better ways to respond to your own anger as well as that of others by examining family patterns, individual beliefs, and other issues that will challenge the common thoughts and beliefs of normal and healthy emotion. This class is hosted by more than one base. Select the link that corresponds with your preferred date:</p> <p><a href="https://connect.apan.org/naswilifeskills/">https://connect.apan.org/naswilifeskills/</a> * <a href="https://connect.apan.org/navsta-everett-life-skills/">https://connect.apan.org/navsta-everett-life-skills/</a> **</p>	*Tuesday, Jan. 12, 9-10 a.m.
	*Wednesday, Jan. 20, Noon-1 p.m.
	**Thursday, Jan. 21, 2-3:30 p.m.
	*Tuesday, Feb. 9, 9-10 a.m.
	*Wednesday, Feb. 17, Noon-1 p.m.
	**Thursday, Feb. 18, 2-3:30 p.m.
	**Monday, March 8, 2-3:30 p.m.
	*Tuesday, March 9, 9-10 a.m.
*Wednesday, March 24, Noon-1 p.m.	



# UPCOMING PROGRAMS & EVENTS

EVENT NAME	DATE/TIME
<p><b>Stress Management 101</b></p> <p>Learn how to recognize and cope with your personal stressors using easily accessible tools and resources. This class is hosted by more than one base. Select the link that corresponds with your preferred class date:</p> <p><a href="https://connect.apan.org/nbklifeskills/">https://connect.apan.org/nbklifeskills/</a>  <a href="https://connect.apan.org/naswilifeskills/">https://connect.apan.org/naswilifeskills/*</a></p>	Thursday, Jan. 7, 9-11 a.m.
	Tuesday, Jan. 26, Noon-1 p.m.
	Monday, Feb. 1, 9-11 a.m.
	Tuesday, Feb. 16, 2-3 p.m.
	*Wednesday, Feb. 24, Noon-1 p.m.
	*Thursday, March 18, 2-3 p.m.
<p><b>Stress Management (4-session class)</b></p> <p>This workshop introduces the Stress Continuum, and provides a foundation for knowledge opportunities to use skills to better manage stress. Hosted by NB Kitsap FFSC.</p> <p><a href="https://connect.apan.org/nbklifeskills/">https://connect.apan.org/nbklifeskills/</a></p>	Monday, Feb. 1, Monday, Feb. 8, Tuesday Feb. 16; Monday, Feb. 22, 9-11 a.m.
	*Wednesday, March 31, Noon-1 p.m.
<p><b>Time and Self Management</b></p> <p>Do you need more than 24 hours in a day? Effective time management skills can lower stress and increase your quality of life. This course will help you find those extra hours in your day!</p> <p><a href="https://connect.apan.org/nbklifeskills/">https://connect.apan.org/nbklifeskills/</a></p>	Tuesday, Feb. 9, 5-7 p.m.



## EMPLOYMENT/TRANSITION SUPPORT

Our Employment specialists are here to help guide you with career planning, transition assistance and support in finding a job you'll love. Classes are scheduled based on demand. Contact your Command Career Counselor or call 1-866-854-0638 for more information.

EVENT NAME
<p><b>Department of Labor Employment Workshop</b></p> <p>DOLEW covers emerging best practices in career employment, including in-depth training to learn interview skills, build effective resumes, and use emerging technology to network and search for employment.</p>
<p><b>Disabled American Veterans</b></p> <p>Information regarding Benefits Delivery at Discharge (BDD) Claims. Describes procedures and requirements to file a VA disability claim prior to separation.</p>
<p><b>Financial Planning for Transition</b></p> <p>Stay in control of your finances during your transition. This class covers helpful tools to help you calculate military-to-civilian income equivalence and the real cost-of-living for at least two geographical locations and an updated spending plan.</p>

EVENT NAME
<p><b>Final Move</b></p> <p>Don't miss out on your final move entitlements. Hosted by the Personal Property Office, this monthly training covers available resources and important differences between a typical PCS and a final move due to separation or retirement.</p>
<p><b>Transition Assistance Program (TAP) Capstone</b></p> <p>The event takes place after you have completed Pre-assessment with your Command Career Counselor, and attended the 3-day workshop, as well as one of the four Career Tracks. During Capstone, your Individual Transition Plan (ITP) and E-form 2648 (Individual Transition Plan Checklist) will be reviewed to verify that you have met your transition Career Readiness Standards.</p>
<p><b>VA Workshop</b></p> <p>This brief is designed to enable transitioning service members (TSMs) to make informed decisions regarding the use of VA benefits. The program is designed around the understanding that no two transitions are the same. Topics covered include disability benefits and compensation, memorial and burial benefits, education and economic support, housing benefits, and health-care options as well as physical and emotional health needs.</p>
<p><b>Managing Your (MY) Education Career</b></p> <p>Interested in pursuing higher education? This 2-day workshop covers tips for choosing a field of study, selecting an institution, and admission requirements. Target audience: service members attending college for the first time and those applying to graduate school programs.</p>
<p><b>Managing Your (MY) Entrepreneurship</b></p> <p>Learn about the benefits and challenges of entrepreneurship and the steps required to launch a small business successfully. After completing the Small Business Association (SBA) Entrepreneur Track, participants can take advantage of follow-on training, counseling and mentorship opportunities designed to assist with business planning, market research, access to capital and all other aspects and stages of small business ownership.</p>
<p><b>Managing Your (MY) Employment</b></p> <p>This monthly class provides service members with a comprehensive 2-day workshop that covers emerging best practices in career employment, including in-depth training to learn interview skills, build effective resumes, and use emerging technology to network and search for employment.</p>
<p><b>Managing Your (MY) Transition</b></p> <p>Make your transition from military service to the civilian sector a successful one. This monthly class covers important military and civilian resources as well as "less obvious" issues, such as personal and family transition concerns, the differences in the culture of civilian and military workplaces, transition-related stressors, and the importance of effective communication.</p>
<p><b>Managing Your (MY) Vocational/Technical Career</b></p> <p>This monthly class offers a personalized career development assessment and tailored job recommendations that align with your occupational interests and abilities. You'll also learn about labor market projections and applicable certification and licensure requirements. Contact your Command Career Counselor for registration details.</p>

# SUPPORT PROGRAMS

EVENT NAME
<p><b>Military Occupational Code (MOC) Crosswalk</b></p> <p>Class demonstrates how to translate military skills, training and experience into civilian credentialing appropriate for civilian jobs. Service members will document their military career experience and skills, translate their military occupation experience to civilian sector occupations and skills, and identify any gaps in their training or experience that need to be filled to meet their personal career goals.</p>

<p><b>Pre-Separation</b></p> <p>This is an introduction to the Transition Assistance Program (TAP) curriculum and will assist service members in identifying programs and services available to them while on active duty and after separation.</p>
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EVENT NAME	DATE/TIME
<p><b>Acing the Interview</b></p> <p>Let's talk about effective strategies that you can use to best prepare for an interview, improve interview performance, and make the most of your interview experience. Hosted by NAS Whidbey Island FFSC.</p> <p><a href="https://connect.apan.org/naswiferp/">https://connect.apan.org/naswiferp/</a></p>	Tuesday, March 16, 2-3 p.m.
<p><b>Basic Resume</b></p> <p>Define what employers want in a quick, easy and direct format. Hosted by NB Kitsap FFSC.</p> <p><a href="https://connect.apan.org/nbkferp/">https://connect.apan.org/nbkferp/</a></p>	Tuesday, Jan. 19, 1-3 p.m.
<p><b>Career Assessment and Exploration</b></p> <p>Let us help you find your ideal career with O*NET Online. You'll learn about different industries and occupations and the skills and education/training necessary to land a job. Hosted by NAS Whidbey Island FFSC.</p> <p><a href="https://connect.apan.org/naswiferp/">https://connect.apan.org/naswiferp/</a></p>	Tuesday, Feb. 2, 10-11 a.m.
	Tuesday, March 30, 5-6 p.m.
<p><b>Dressing for Interviews</b></p> <p>What you wear says a lot about you! This webinar discusses some Do's &amp; Don'ts regarding interview attire that can help you make the right first impression. Hosted by NAS Whidbey Island FFSC.</p> <p><a href="https://connect.apan.org/naswiferp/">https://connect.apan.org/naswiferp/</a></p>	Tuesday, Feb. 23, 5-6 p.m.

EVENT NAME	DATE/TIME
<p><b>Navigating the Federal Application Process</b></p> <p>This workshop will teach you the basics of applying for a federal job – from how to quickly find positions that interest you to making your application highlights key skills. This class is hosted by more than one base. Select the link that corresponds with your preferred date:</p> <p><a href="https://connect.apan.org/nse-ferp/">https://connect.apan.org/nse-ferp/</a>  <a href="https://connect.apan.org/naswiferp/">https://connect.apan.org/naswiferp/</a> *  <a href="https://connect.apan.org/nbkferp/">https://connect.apan.org/nbkferp/</a> **</p>	Wednesday, Jan. 13, 11 a.m.-noon
	*Thursday, Jan. 14, 11 a.m.-Noon
	Wednesday, Feb. 10, 11 a.m.-noon
	**Friday, Feb. 26, 1-4 p.m.
	*Tuesday, March 2, 10-11 a.m.
	Wednesday, March 10, 11 a.m.-noon
<p><b>How to Combat Burnout</b></p> <p>Become the well-balanced, happy, healthy and productive person you are meant to be. This class will teach you strategies that will help you regain control over your emotions and thoughts, leading to the lifestyle you are looking for. Hosted by NS Everett FFSC.</p> <p><a href="https://connect.apan.org/navsta-everett-life-skills/">https://connect.apan.org/navsta-everett-life-skills/</a></p>	Thursday, Jan. 14, 8-10 a.m.
	Thursday, Feb. 11, 8-10 a.m.
<p><b>Interviewing Skills</b></p> <p>This class offers valuable interviewing tips as well as an opportunity to practice frequently asked interview questions in a supportive, yet realistic environment. Hosted by NB Kitsap FFSC.</p> <p><a href="https://connect.apan.org/nbkferp/">https://connect.apan.org/nbkferp/</a></p>	Tuesday, March 16, 1-3 p.m.
<p><b>Resume Writing for a Difficult Market</b></p> <p>Effective resumes get interviews. Learn to market your skills, knowledge and accomplishments using specific formats, important "key" words and eye-catching cover letters. Hosted by NB Kitsap FFSC.</p> <p><a href="https://connect.apan.org/nse-ferp/">https://connect.apan.org/nse-ferp/</a></p>	Wednesday, Jan. 13 10-11 a.m.
	Wednesday, Feb. 10 10-11 a.m.
	Wednesday, March 10 10-11 a.m.



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[www.navywoundedwarrior.com](http://www.navywoundedwarrior.com)

## UPCOMING PROGRAMS & EVENTS

EVENT NAME	DATE/TIME
<p><b>Smooth Move</b></p> <p>Get tips for addressing the most prevalent military relocation issues. Hosted by NB Kitsap FFSC.  <a href="https://connect.apan.org/nbkrelocation/">https://connect.apan.org/nbkrelocation/</a></p>	<p>Thursday, Jan. 14, 9-11 a.m.</p>
<p><b>Sponsorship Orientation</b></p> <p>This workshop is for individuals interested in becoming a sponsor or those command representatives interested in strengthening a sponsorship program.  <a href="https://connect.apan.org/sponsorship-training/">https://connect.apan.org/sponsorship-training/</a></p>	<p>Wednesday, Feb. 10, 1-2:30 p.m.</p>
<p><b>Spouse Education and Employment Information</b></p> <p>Join us to explore some of the education and employment resources available to military spouses! Hosted by NAS Whidbey Island FFSC.  <a href="https://connect.apan.org/naswiferp/">https://connect.apan.org/naswiferp/</a>*</p>	<p>*Tuesday, Jan. 26, 5- 6 p.m.</p>
<p><b>Spouse CERT (Career, Education, Resources, Training)</b></p> <p>This class is a must for every military spouse. Learn about benefits unique to you. Hosted by NB Kitsap FFSC.  <a href="https://connect.apan.org/nbkferp/">https://connect.apan.org/nbkferp/</a></p>	<p>Tuesday, Jan. 12, 9-11 a.m.</p>
<p><b>Spouse Transition and Readiness Table-Talk (START)</b></p> <p>Is your service member retiring or separating? This class prepares spouses for "what is next." Hosted by NB Kitsap FFSC.  <a href="https://connect.apan.org/nbktransition/">https://connect.apan.org/nbktransition/</a></p>	<p>Tuesday, Feb. 9, 8:30 a.m.-4 p.m.</p>
<p><b>Writing Your Best Resume</b></p> <p>Discover ways to translate your skill sets into words that will let employers know why they should meet and ultimately hire you. Hosted by NAS Whidbey Island FFSC.  <a href="https://connect.apan.org/naswiferp/">https://connect.apan.org/naswiferp/</a></p>	<p>Tuesday, March 2, 2-3 p.m.</p>





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# 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 childcare options, we offer a wide variety of age-appropriate activities for school-age children and teens.

## Child Development Center (CDC)

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

## Everett Child Development Center (CDC)

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

## Child Development Homes (CDH)

### Everett Child Development Homes (CDH)

13912 45th Ave. NE  
Marysville, WA 98271  
425-304-3046

*Our certified Child Development Homes care for children from birth through 12 years of age.*

*Off-base homes are additionally licensed by the State of Washington.*

## School Liaison Officer (SLO)

### Everett School Liaison Officer (SLO)

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

425-304-3688

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



*Health Protection Notice: FFR activities and services may require advanced registration and are subject to change or cancellation without prior notice. Contact the facility directly for confirmation or visit [navylifepnw.com](http://navylifepnw.com) for current hours of operation and updates.*



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Naval Station Everett: 425-304-3046  
Naval Base Kitsap: 360-731-1894  
Naval Air Station Whidbey Island: 360-257-6861  
Or visit [www.navylifepnw.com/cdh-provider](http://www.navylifepnw.com/cdh-provider)



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# HOUSING SERVICES



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

## Housing Service Center

2000 W Marine View Dr.  
Bldg. 2028, Rm. 115  
Everett, WA 98207  
800-876-7022

Monday-Friday:  
7 a.m.-4:30 p.m.

### Housing Services:

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

and explanation of lease terms and lease negotiation.

- Subject matter experts who can assist you with the Service members Civil Relief Act (SCRA) or any landlord/tenant disputes that you have been unable to resolve on your own.
- Housing representatives who can document basic health or safety conditions in the home.
- Outbound services to help you with housing at your next destination.

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

## Unaccompanied Housing

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

## 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. 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](http://www.navylifepnw.com). Requests are sent to our Maintenance Tracking Program and are reviewed daily by UH Building Managers. Residents receive an email confirmation when their maintenance requests are received, assessed and completed.



Health Protection Notice: FFR activities and services may require advanced registration and are subject to change or cancellation without prior notice. Contact the facility directly for confirmation or visit [navylifepnw.com](http://navylifepnw.com) for current hours of operation and updates.

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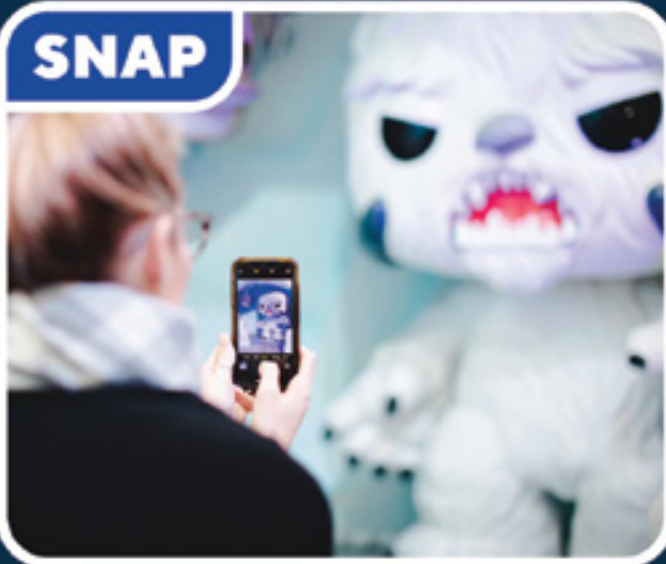


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