



FALL 2021

EXPERIENCE

NAVY LIFE MAGAZINE · EVERETT

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GRATITUDE



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EXPERIENCE NAVY LIFE

OCTOBER-DECEMBER 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 or contact the facility directly. A digital version of this magazine is available at: everett.navylifepnw.com/magazine.

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What are you grateful for? Find out how gratitude can boost your mood and more in this issue's PERSPECTIVE feature.



There are more than 1,200 military kids on a waitlist for child care in Navy Region Northwest. Learn how you can help.

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

MESSAGE FROM THE FFR DIRECTOR



Fall is upon us. Soon we'll see the wonders of the holiday season begin. As we move into the fall and winter months, take time to enjoy the changes in the seasons, try a new activity or one you haven't done in many years. I know those

busy days are often challenging, and I hope that you and your family will take a moment to consider all that Fleet & Family Readiness has to offer.

At Fleet & Family Readiness, our employees work hard every day to create opportunities for Sailors and families with at-home activities and close-to-home activities. We design our activities to give you a chance to spend time with your friends and family at family-friendly events. It's the perfect time to get outside, be active and have fun. Let us also help you strengthen your family with valuable classes and webinars (page 22) from the Fleet & Family Support Center.

Now is a wonderful time to experience the Pacific Northwest's fall and winter seasons at Navy Getaways Jim Creek and Pacific Beach with their great off-season rates (see page 14 for details). Beachcombing and winter storm watching at Pac Beach are unique experiences that I enjoy this time of year. It is an easy drive to the Washington coast for a weekend of fun.

Our Fleet & Family Readiness Team is ready and waiting for you to join us!



Jennifer Foster
CNRNW N9 | FFR Director
Naval Station Everett



Marjorie Jones-Bias, NSE School Liaison and Renee DeMaio, NSE Liberty Programmer, encouraged summer reading by donning costumes and giving out free children's books and crafts at an iRead curbside pick-up event. See page 9 for the next opportunity to pick up a free crafting kit!



FFR kicked the COVID-19 lockdown to the curb with Operation Reboot. This event offered the military a fun way to get reacquainted with base programs and services through fun outdoor activities, info booths and a barbecue!



Guests at Navy Getaways Jim Creek took advantage of the opportunity to climb the Alpine Tower before it closed for the season. Start getting in shape now so that you can take on this 50-ft structure yourself when it reopens in 2022!



LIKE, SHARE AND WIN

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



LS3 Brittany Pino (pictured left) attended Operation Reboot and won a FREE night's stay at Navy Getaways Jim Creek!

5 SIMPLE STEPS TO REGISTERING WITH MYFFR

1 VISIT

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!





In November, we honor our Military Families. See what's happening all month long at your MWR facilities.

MONTH OF THE MILITARY FAMILY

RACE THE BASE

Solve clues and complete the challenges to win the race! Visit an MWR facility for details on this FREE event.



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.

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



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 for current hours of operation and health precautions in effect.

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 Annex, 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
425-304-3680

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

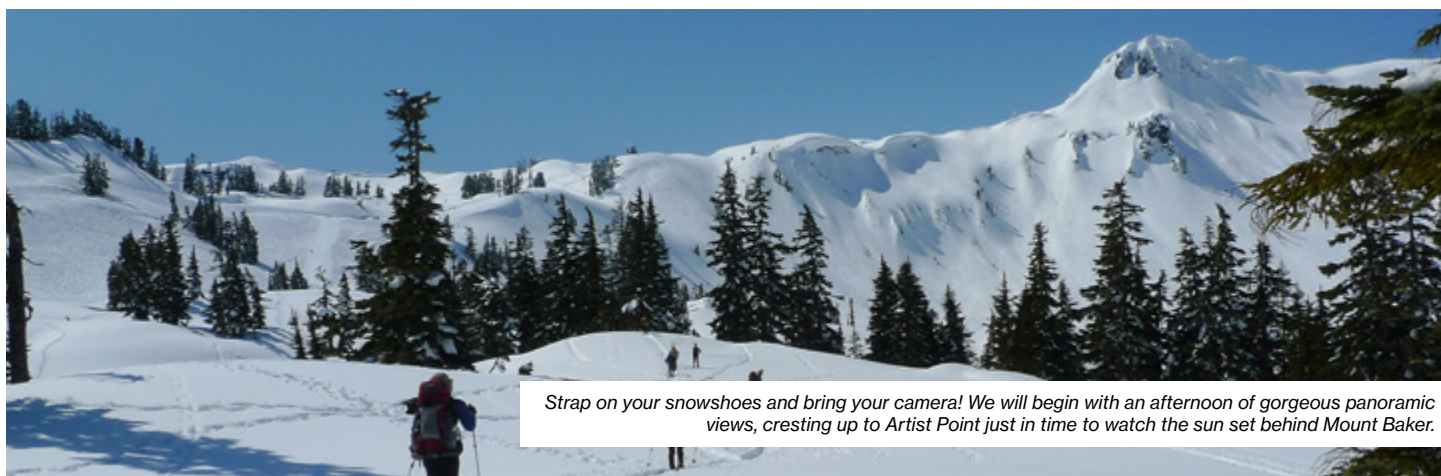
- Computers with video-conference capabilities
- High-top tables with power outlets
- FREE WiFi
- Sound booth and a variety of musical instruments
- Fax, copy and scanning services
- LIBERTY-eligible customers also have access to Faultline Flicks, a 25-seat mini-theater that offers a wide selection of movies to choose from. Visit navylifepnw.com for a current list of titles.

OCTOBER-DECEMBER 2021

*Essential Station Messing (ESM)

EVENT/DESCRIPTION	DATE/TIME	HOST, VENUE
<p>Halloween Craft Night</p> <p>Create your very own spooky decoration! All crafting supplies provided. Check out Community Recreation for examples! \$10; \$8 LIBERTY-eligible</p>	Friday, Oct. 1, 5:30-7:30 p.m.	Community Recreation
<p>Hammock Backpacking</p> <p>Join us for an overnight camping trip where everyone carries their gear into the backcountry. Set up a hammock at your campsite and gaze at the stars as you gently swing to sleep. \$70 per person</p>	Saturday, Oct. 2-Sunday, Oct. 3, 7:30 a.m.-6 p.m.	Community Recreation, Verlot, WA
<p>Mountain Biking</p> <p>Join us on a bike ride in the mountains! Beginners and experts welcome. Bikes available for rent at the Community Recreation Office. \$45 includes bike rental, \$40 for LIBERTY-eligible, \$10 without bike rental</p>	Saturday, Oct. 9, 8 a.m.-5 p.m.	Community Recreation, Leavenworth, WA
<p>Mongolian Grill</p> <p>Load your plate with your favorite choices of "Mongolian-style" fixings. Add your own mixture of sauces, then hand it over to the cooks and let them pile on the meats of your choice, and cook it all for you in no time at all. Don't forget, our specialty soup of the day, salad bar, special dessert of the day and beverage station are all included. Grill Line Menu closed. Standard Rates apply, FREE for ESM</p>	Thursday, Oct. 14, 11 a.m.-1 p.m.	All American Restaurant
	Thursday, Nov. 4, 11 a.m.-1 p.m.	
	Thursday, Dec. 2, 11 a.m.-1 p.m.	
<p>Books and Brews</p> <p>Join us for a casual, monthly meetup to discuss our monthly book and enjoy good food and brews at a local brewery. All ages welcome. Next month's book and location will be determined at this meeting. Book will be provided. \$10 per person</p>	Tuesday, Oct. 12, 7-8 p.m.	Community Recreation, Local Brewery
	Tuesday, Nov. 16, 7-8 p.m.	
	Tuesday, Dec. 7, 7-8 p.m.	

FOOD, FUN & RECREATION



Strap on your snowshoes and bring your camera! We will begin with an afternoon of gorgeous panoramic views, cresting up to Artist Point just in time to watch the sun set behind Mount Baker.

OCTOBER-DECEMBER 2021

*Essential Station Messing (ESM)

EVENT/DESCRIPTION	DATE/TIME	HOST, VENUE
<p>Navy Birthday Celebration</p> <p>Come join us for the Navy's 243rd Birthday celebration. Our Main Line "Daily Special" will put you into a "food coma" with a surprise specialty meal. Don't forget, our specialty soup of the day, salad bar, special dessert of the day and beverage station are all included. Grill Line Menu open. Be sure to visit www.navylifepnw.com for special meal updates. Standard Rates apply, FREE for ESM</p>	<p>Wednesday, Oct. 13, 11 a.m.-1 p.m.</p>	<p>All American Restaurant</p>
<p>Wine and Paint</p> <p>Join Community Recreation specialists for a fun painting opportunity! All levels of experience are welcome and beginners are encouraged. Food and beverages are available for purchase. All ages welcome. \$10 per person, \$8 LIBERTY-eligible.</p>	<p>Friday, Oct. 15, 5:30-7:30 p.m.</p>	<p>Community Recreation, All American Restaurant</p>
	<p>Friday, Nov. 19, 5:30-7:30 p.m.</p>	
	<p>Friday, Dec. 3, 5:30-7:30 p.m.</p>	
<p>Haunted Night Hike</p> <p>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. \$20; \$15 LIBERTY-eligible</p>	<p>Saturday, Oct. 16, 4-11 p.m.</p>	<p>Community Recreation, Wellington, WA</p>
<p>National Pasta Month</p> <p>Join us for a self-serve pasta buffet line. Choose your own pasta combo from several different types of seasoned pasta styles. Top it off with one, two or all three of the different pasta sauces. Then, pile on the meat with choices like Italian pork sausage, beef meatballs or grilled chicken breast sliced thin. Don't forget, our specialty soup of the day, salad bar, special dessert of the day and beverage station are all included. Grill Line Menu is open. Standard rates, FREE for ESM</p>	<p>Wednesday, Oct. 27, 11 a.m.-1 p.m.</p>	<p>All American Restaurant</p>
<p>Month of the Military Family Specials and Activities</p> <p>Celebrate Month of the Military Family with a variety of specials and activities throughout the month of November.</p>	<p>November 2021</p>	<p>MWR Facilities</p>
<p>Wine Tour</p> <p>Sample the delights of our Northwest wine country! Enjoy a worry-free ride as we take you to some of the best local wineries. \$16 includes transportation</p>	<p>Saturday, Nov. 6, 10 a.m.- 7 p.m.</p>	<p>Community Recreation, Tukwila, WA</p>
<p>Pre-Veterans Day Luncheon Remembrance</p> <p>Prime rib luncheon served with seasoned garlic mashed red potatoes skin on, steamed fresh vegetables, dinner rolls and au jus. Don't forget, you're specialty Veterans Day soup and salad bar, along with a special dessert of the day, and beverage station are all included. Grilled Line Menu is open. Standard Rates apply, FREE for ESM</p>	<p>Wednesday, Nov. 10, 11 a.m.-1 p.m.</p>	<p>All American Restaurant</p>

UPCOMING PROGRAMS & EVENTS



DIVE-IN MOVIES ARE BACK!

Community Recreation, Tsunami Pool

Friday, Dec. 17, 5-7 p.m.

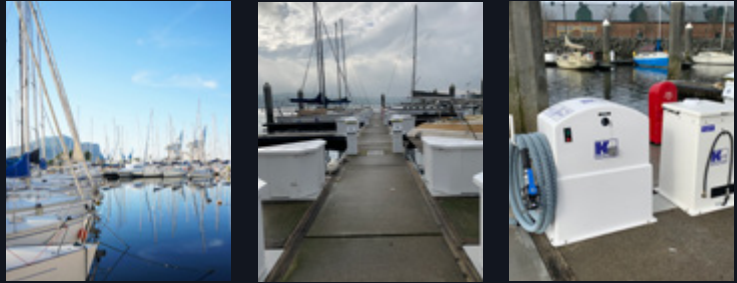
Dive in for a movie in our Tsunami Pool! Grab a float or lounge chair, or enjoy a swim while watching a family feature film.

FREE event

OCTOBER-DECEMBER 2021

*Essential Station Messing (ESM)

EVENT/DESCRIPTION	DATE/TIME	HOST, VENUE
<p>Month of the Military Family Race the Base</p> <p>Does your family have what it takes to be crowned Naval Station Everett's Top Family? Solve clues and complete the challenges to win the race!</p>	Friday, Nov. 11-Sunday, Nov. 21, Noon-2 p.m.	Community Recreation, MWR Facilities
<p>Brews and Chocolate</p> <p>Excite your taste buds with this delectable tour! Join us in Tukwila for some excellent chocolates and wonderful brews. \$25/transportation and chocolate tour fee</p>	Saturday, Nov. 13, 9:30 a.m.-3 p.m.	Community Recreation, Tukwila, WA
<p>Thanksgiving Day Celebration Dinner</p> <p>Re-think "Traditional Thanksgiving Day Meal". The All American Restaurant will serve a Thanksgiving Day surprise that is guaranteed to knock your socks off. Don't forget, our specialty soup of the day, salad bar, special dessert of the day and beverage station are all included. Grill Line Menu is closed. Be sure to visit www.navylifepnw.com for special meal updates.</p>	Thursday, Nov. 25, 2:30-5:30 p.m.	All American Restaurant
<p>Winter Holiday Crafts Curbside Pickup</p> <p>Grab your FREE winter holiday crafts while supplies last! FREE event.</p>	Tuesday, Nov. 30, 11 a.m.-1 p.m.	Community Recreation, Smokey Point NEX
	Wednesday, Dec. 1	
<p>Annual Holiday Tree Lighting</p> <p>Naval Station Everett's annual holiday tradition will feature a buffet-style breakfast, holiday activities and crafts, carolers, and a visit from Santa! Fun for the whole family! FREE event.</p>	Thursday, Dec. 2, 3:30-5:30 p.m.	The Commons
<p>Leavenworth Shopping</p> <p>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 beautiful lights. \$25/adult (18+); \$15/youth (0-17)</p>	Saturday, Dec. 4, 9 a.m.-9 p.m.	Community Recreation, Leavenworth, WA
<p>Winter Holiday Craft Night</p> <p>Design your own winter decoration. Check out Community Recreation for some examples! \$10 per person</p>	Thursday, Dec. 9, 5:30-7 p.m.	Community Recreation
<p>Breakfast with Santa</p> <p>Naval Station Everett's annual holiday tradition will feature a buffet-style breakfast, with fun filled holiday activities and crafts, for the whole family including holiday tunes sung by the carolers, plus, a visit with Santa! Reservation required. Be sure to visit www.navylifepnw.com for CDC booking information.</p>	Saturday, Dec. 11, 9-11 a.m.	Grand Vista Ballroom, The Commons



SAILORS CHOICE MARINA, RV AND MINI STORAGE

- Offering year-around moorage for various-sized vessels
- 5' x 5' and 5' x 10' mini storage units at NS Everett with 24/7 access
- RV Storage for vehicles 10' to 50' in fenced, paved lot at Navy Support Complex, Smokey Point with 24/7 access

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



Pacific Beach, WA
 pacbeach.navylifepnw.com
 360-276-4414



Oak Harbor, WA
 cliffside.navylifepnw.com
 360-257-2649



Arlington, WA
 jimcreek.navylifepnw.com
 425-304-5315



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

UPCOMING PROGRAMS & EVENTS

OCTOBER-DECEMBER 2021

*Essential Station Messing (ESM)

EVENT/DESCRIPTION	DATE/TIME	HOST, VENUE
<p>Snowshoeing Basics</p> <p>Get hands-on experience with different types of snowshoes and other necessary equipment. Learn the basic pre-trip preparations, avalanche considerations and get some tips on easy snowshoe trails in the area. FREE event</p>	Wednesday, Dec. 15, 5:30-7 p.m.	Community Recreation
<p>Dive-In Movie</p> <p>Dive in for a movie in our Tsunami Pool! Grab a float or lounge chair, or enjoy a swim while watching a family feature film. FREE event</p>	Friday, Dec. 17, 5-7 p.m.	Community Recreation, Tsunami Pool
<p>Mount Baker Sunset Snowshoe</p> <p>Strap on your snowshoes and bring your camera! We will begin with an afternoon of gorgeous panoramic views of the surrounding peaks and crest up to Artist Point just in time to watch the sun set behind Mount Baker. We will then make our way back with headlamps and starlight. The hike is a moderate 4-mile trail with 1,000-ft. elevation gain. All gear is provided. \$25 per person</p>	Saturday, Dec. 18, 11 a.m.-9 p.m.	Community Recreation, Mount Baker
<p>Christmas Eve Dinner</p> <p>Holiday Dream Surprise Supper. Join us for a meal that will get you dreaming of Christmas day. We will add a Holiday Special soup, salad bar and special dessert selection along with our beverage station, also included. Be sure to visit www.navylifepnw.com for special meal updates. The Grill Line Menu is closed. Standard rates, FREE for ESM</p>	Friday, Dec. 24, 2:30-5:30 p.m.	All American Restaurant
<p>Christmas Day Dinner</p> <p>A Christmas Day magical dinner come true. Join us for our surprise Christmas Day dinner that will have you feeling you're back at a family gathering. We will add a holiday special soup, salad bar and special dessert selection, along with our beverage station, also included. Be sure to visit www.navylifepnw.com for special meal updates. The Grill Menu Line is closed. Standard rates, FREE for ESM</p>	Saturday, Dec. 25, 2:30-5:30 p.m.	All American Restaurant



BOOKS, BREWS, CHOCOLATE AND WINE

Join us for casual meetups or enjoy a worry-free ride as we take a tour of the best local breweries and wineries.

Books and Brews

Tuesday, Oct. 12, 7-8 p.m.
 Tuesday, Nov. 16, 7-8 p.m.
 Tuesday, Dec. 7, 7-8 p.m.

Wine and Paint

Friday, Oct. 15, 5:30-7:30 p.m.
 Friday, Nov. 19, 5:30-7:30 p.m.
 Friday, Dec. 3, 5:30-7:30 p.m.

Wine Tour

Saturday, Nov. 6, 10 a.m.-7 p.m.

Brews and Chocolate

Saturday, Nov. 13, 9:30 a.m.-3 p.m.

Contact Everett Community Recreation for details.

FOOD, FUN & RECREATION



It's back! Explore Leavenworth with MWR. See page 9 or visit your local Community Recreation Center for details.



TAKE A LEAP WITH LIBERTY!

Offering Leisure, Education, Amusement and Personal Development to LIBERTY-qualified service members.

For Active Duty Service Members E1-E6



Trips & Tours Designed for You



Events & Activities

LIBERTY Lounges & Centers

Contact us:
Vibes LIBERTY Lounge
The Commons
Naval Station Everett
425-304-3680

Join our Facebook group



@LIBERTYNAVALSTATIONEVERETT
navylife.nw.com



**Annual
Holiday
Tree Lighting**

THE COMMONS, BLDG. 1950

**THURSDAY
DEC. 2
3:30-5:30 P.M.**

**OFFICIAL TREE
LIGHTING, 5 P.M.**

Celebrate together in this annual holiday tradition!

- Winter carnival activities
- Santa visit and photos
- Refreshments
- Children's entertainment
- Inflatables
- Holiday crafts

Open to all MWR-eligible patrons.

SAFETY FIRST



“My prescription copay was \$20, but now I use GoodRx every time and it’s around \$5.”

Kayla M.
Stay-at-home mom

Whether your copay is too high or your VA Healthcare doesn’t quite cover your prescription costs, we can help you save up to 80% on your medications.

Download the free GoodRx app or visit us at goodrx.com/nwnavy

The Department of Navy does not endorse any company, sponsor or their products or services. GoodRx is not insurance. GoodRx user compensated for their time. In 2020, GoodRx users received an average savings of over 70% off retail prices.



GoodRx

LODGING & LEISURE



Navy Getaways Jim Creek is a winter wonderland. See for yourself when you take advantage of our winter BOGO!



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. Rent one of our RV campers or bring your own. We also rent tent sites and yurts.



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, a bar and more.



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 for current hours of operation and health precautions in effect.

UPCOMING PROGRAMS & EVENTS



Our annual tradition at Navy Getaways Cliffside RV Park is back! Light up the night brighter than a Griswold Christmas while enjoying an evening with Santa.

OCTOBER-DECEMBER 2021

EVENT	DATE/TIME	HOST/VENUE
<p>Jim Creek Stay One Night, Get One Night FREE</p> <p>BOGO! Take advantage of this great deal! Go one step further and plan your stay around our special events. Valid for Standard Cabins, RV Sites, RV Trailers and Tent Sites. Excludes Deluxe Cabins, Dens, Group Camps and Lodge. Not valid during holiday weekends including Veterans Day, Thanksgiving, Christmas, New Year's, Martin Luther King Jr. Day and Presidents' Day. Special is valid for one site per household.</p> <p>Call for details or reservations at 425-304-5315. Standard rates apply</p>	Friday, Oct. 1-Thursday, Mar. 31, 2022	Navy Getaways Jim Creek
<p>Jim Creek's Halloween Spooktacular</p> <p>Join us for a family Halloween event like no other. Stay the weekend or just come up for the day of un-BOO-lievable events that includes our Haunted Lodge, pumpkin carving, costume contest, hay rides, music, refreshments and a whole lot more. For reservations or event details call 425-304-5315.</p>	Saturday, Oct. 9, Noon-4 p.m.	Navy Getaways Jim Creek
<p>Costumes & Carving</p> <p>Get the bugs worked out of your costume before Halloween! Show off that costume and carve your own Jack-O-Lantern for Allhallows Eve! \$5 per person</p>	Saturday, Oct. 16, 1-3 p.m.	Navy Getaways Cliffside RV Park
<p>Spooky Hayride at the Beach</p> <p>Jump in the trailer if you dare to be scared!</p>	Saturday, Oct. 16	Navy Getaways Pacific Beach
<p>Halloween Spooky Hayride with Scavenger Hunt at the Beach</p> <p>Join us for a spooky hayride and a bone-chilling scavenger hunt.</p>	Saturday, Oct. 30	Navy Getaways Pacific Beach
<p>Holiday Sale - Veterans Day</p> <p>Stay three or more night consecutive dates that include the Veterans Day holiday and get Thursday, Nov. 11 for just \$11!</p> <p>Call 360-276-4414 ext. 2 to book your stay today.</p>	Thursday, Nov. 11	Navy Getaways Pacific Beach
<p>Holiday Fun at the Beach</p> <p>Wine and paint, ultimate cocoa bar and holiday themed crafts.</p>	Saturday, Dec. 4	Navy Getaways Pacific Beach
	Saturday, Dec. 11	
<p>Pictures with Santa and RV Lighting Contest Judging</p> <p>Santa will be visiting to check out the lights on the RVs at Cliffside! Join us to help pick the winner of the most decorated RV, have a cookie and some cocoa, and get a picture with the Jolly Ole Elf!</p>	Friday, Dec. 17, 4-6 p.m.	Navy Getaways Cliffside RV Park
<p>Holiday Fun & Glass Float Frenzy at the Beach</p> <p>Wine and paint, ultimate cocoa bar, holiday-themed crafts and a holiday glass float scavenger hunt.</p>	Saturday, Dec. 18	Navy Getaways Pacific Beach



EXPRESSIONS

of

Expressions of gratitude have been linked to greater goal achievement, improved physical health, increased exercise, better sleep and even an improved ability to overcome memories of potentially traumatic events. Consider these tips and see for yourself how easy it can be to positively build health, happiness and resilience in yourself and others.

- 1. GO TO BED GRATEFUL.** Before you go to sleep, list up to five things that happened in the last 24 hours for which you're genuinely grateful. Think big (I'm grateful for seeing a good friend) and small (my favorite galley meal today – love that meatloaf!). It can be done mentally or you can write it down.
- 2. FOR A LIMITED TIME, GIVE UP SOMETHING YOU TAKE FOR GRANTED.** Even if underway or forward deployed, there's at least a small luxury you enjoy every day. Let it go for a week and notice what happens. Do you appreciate it even more? Do you feel stronger for having gone without it at will?
- 3. EXPRESS GRATITUDE TO OTHERS OFTEN.** Give three sincere compliments a day. We feel at our best when we help others to do the same. Express your appreciation for the actions of others. Be clear and specific. After a week, see what happens – are you more focused on people's positive qualities? Do those around you seem more motivated? Are you more enthused?
- 4. THINK FLEXIBLY ABOUT ADVERSITY.** Bring a challenging experience from your past to mind, or a challenge you're experiencing now, and write a list of the ways in which this thought-provoking experience has helped you to grow. This is not the same as simply "looking on the bright side" or denying that a bad event was, in fact, bad. It is about looking at stimulating experiences in their totality, flexibly from all sides, and focusing energy on the lessons learned, and the muscles strengthened. Remaining mentally tough, resilient and ready takes effort, the same way we need three healthy meals a day, and a commitment to regular exercise, psychological strength takes continuous action and reinforcement. These activities are a place to start, for you and everyone you care about.

This is a condensed version of an article originally published in Navy Medicine Live. Visit <https://www.med.navy.mil/> for more health tips.

GRATITUDE

GO A LONG WAY

by LCDR Jay A. Morrison, PH.D.

WHAT ARE YOU GRATEFUL FOR AT NS EVERETT?



Quartermaster Seaman Coeyeah Hollerman is grateful for MWR programs. The New Orleans native works at the Transient Personnel Department at Naval Station Everett and is a regular at the LIBERTY Lounge. "LIBERTY has become a home away from home for me," he says, "It gives me the chance to do 'me things'," which for Hollerman includes the ability to sit back, relax, hop on a game system and play some games with other shipmates. When asked if other Sailors could benefit the same way, Hollerman was quick to point out the lounge's amenities like access to computers, video games, pool, and a movie theatre. "I would tell the people I work with or know to c'mon over to LIBERTY and check out what's going on," Hollerman states, "It gets them out of the barracks."

Hollerman also points out that the atmosphere makes it very easy to make friends and relate to others. "At LIBERTY I can talk about normal things, not just all Navy all the time," he adds. "It gives me the chance to breathe."

— Contributed by Dan Coon

Celebrate the season by sharing your own words of appreciation for something you are grateful for on our Facebook page @EverettFFR. The Everett Fleet & Family Support Center is also hosting a great class about "Cultivating Gratitude." See page 25 for details.

SPORTS, FITNESS & AQUATICS



Finish strong ... Collect the remaining three medals in the 2021 Virtual 5K Run Series while supplies last.



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 for current hours of operation and health precautions in effect.

UPCOMING PROGRAMS & EVENTS

OCTOBER-DECEMBER 2021

 = Captain's Cup

EVENT	DATE/TIME	HOST/VENUE
<p>Virtual Day-of-the-Dead Dash 5K</p> <p>Commemorate Day of the Dead with a 5K Dash! Post a pic of your finish line with #DayoftheDead5K on our Facebook event page to earn one of five collectible medals, while supplies last. FREE event</p>	Friday, Oct. 1-Friday, Oct. 29	Virtual, Facebook: @EverettFFR
<p>Swim Mechanics</p> <p>Need sidestroke for a 2nd Class Swim test? Being sent to school that has a swim requirement? We can help! Our instructors will break down the mechanics of swimming and provide feedback on your swim techniques to help you pass military swim requirements. FREE and open to Active Duty only.</p>	By appointment	Tsunami Pool
<p>Adult Swim Lessons</p> <p>Appropriate for those with little to no swim experience or individuals looking to refine their aquatic fitness. Must be 18+. \$50 for four lessons..</p>	By appointment	Tsunami Pool
<p>Family Swim Clinic</p> <p>Suitable for families with children ages 3-12. Parents must be in the water with students. Prices vary, visit everett.navylifepnw.com for details.</p>	Friday, Oct. 1-Thursday, Dec. 30 By appointment	Tsunami Pool
<p>Solar System Swim Challenge</p> <p>Compete in this cosmic-themed, self-paced challenge. Register on myFFR #642002. FREE for eligible users.</p>	Friday, Oct. 1-Friday, Oct. 29	Tsunami Pool
<p>Babysitting Training</p> <p>Course provides individuals who are planning to babysit with the knowledge and skills necessary to give care safely and responsibly for children and infants. This training will help participants develop leadership skills; keep themselves and others safe and learn about basic child care. CPR component is a separate offering, but included in this pricing. Virtual option maybe available if directed by health precautions. Course open to all MWR-authorized patrons, ages 11+. Sign up with myFFR #642003. Call 425-304-3388 for information. \$67 per person</p>	Saturday, Oct. 2 & Saturday, Oct. 9, 10 a.m.-4 p.m.	The Commons
<p>Adult, Child and Baby First Aid/CPR/AED Training</p> <p>The American Red Cross First Aid/CPR/AED program helps participants recognize and respond appropriately to cardiac, breathing and first-aid emergencies. Subject to cancellation due adverse health conditions. 425-304-3388 for information. Open to MWR-authorized patrons +11. Register via myFFR #642003. \$80 per person</p>	Saturday, Oct. 16	The Commons
<p>Virtual Turkey Trot 5K</p> <p>Commemorate Thanksgiving with a 5K! Post a pic of your finish line with #TurkeyTrot5K on our Facebook event page to earn one of five collectible medals, while supplies last. FREE event</p>	Monday, Nov. 1-Tuesday, Nov. 30	Virtual, Facebook: @EverettFFR



ALL NAVY SPORTS: 2021 ARMED FORCES SPORTS CALENDAR

For details and an updated calendar, visit:
<https://www.navyfitness.org/all-navy-sports>

The very best Navy athletes may be selected to compete as members of the All-Armed Forces Team, and participate in the Military World Games, national and international competitions. All-Navy teams compete in the Armed Forces Sports Championships against teams from the Marine Corps, Army and Air Force. The Navy Sports Program fields all-Navy teams in boxing, bowling, cross country,

wrestling, basketball, soccer, triathlon, volleyball, softball, golf, rugby and marathon. The Navy Sports Program also assists athletes who participate at the national or international level in activities that are not normally offered on a base, such as rowing, archery and shooting. To apply, see your base Fitness/Athletic Director or from the Navy Sports website. Ensure you have your command's endorsement.

SPORTS, FITNESS & AQUATICS

OCTOBER-DECEMBER 2021

 = Captain's Cup

EVENT	DATE/TIME	HOST/VENUE
<p>Adult, Child and Baby First Aid/CPR/AED Training, Blended Training</p> <p>The American Red Cross First Aid/CPR/AED program helps participants recognize and respond appropriately to cardiac, breathing and first-aid emergencies. Get certified in these important skills through a blended learning format that includes an online course and an in-person skills check with a trained instructor. The \$80 fee covers both requirements. Open to MWR-authorized patrons 11+. Register via myFFR #642003</p>	Monday-Friday, Nov. 8-19	Tsunami Pool
<p>Beat-the-Board Open Challenge</p> <p>Divisions are open to challengers throughout the day. Reservations are required. FREE for eligible users. Call 425-304-3388 for information. Register on myFFR #642001. FREE event</p>	Friday, Nov. 5, 6 a.m.-5 p.m.	Tsunami Pool
<p>Virtual Eggnog Jog 5K</p> <p>Commemorate the holidays with a 5K! Post a pic of your finish line with #EggnogJog5K on our Facebook event page to earn one of five collectible medals, while supplies last. FREE event.</p>	Friday, Dec. 1-Thursaday, Dec. 30	Virtual, Facebook: @EverettFFR
<p>Targeted Training</p> <p>MWR Fitness trainers are here to assist you with your fitness goals. Targeted Training is a 12-session program to help you get back on the road to fitness. These professionally designed workouts are instructor-led and tailored to your fitness level. Stop by or call for an appointment today. \$120 per person</p>	Wednesday, Dec. 1-Friday, Dec. 30	Seismos Fitness Center
<p>Lifeguarding Course</p> <p>Entry-level course includes 2-year certification in Lifeguarding, CPR/AED and First Aid. Pre-course consists of 300-yard continuous swim, treading event and a timed event. Pre-course test and registration must be completed by Monday, Dec. 20. Subject to cancellation due to limited enrollments. Call 425-304-3388 for more information. Register via myFFR #642003. \$150 per person</p>	Monday, Dec. 27-Friday, Dec. 30, 10 a.m.-5 p.m.	Tsunami Pool

Admiral's Cup CHAMPIONSHIP



The Navy Region Northwest installation with the most wins is the Admiral's Cup Champion!

Each team is comprised of Active Duty service members that will represent each installation in five sports.

For more information, contact your Sports Coordinator:
NBK 360-315-2132 | NASWI 360-257-4320 | NSE 425-304-3935

NAVY REGION NORTHWEST COMMUNITY RECREATION

NRNW
ESPORTS
TOURNAMENTS

CASH AND PRIZES AWARDED!

SIGN UP TO PLAY AT:
navylifepnw.com/esports



The Department of Navy does not endorse any company, sponsor or their products and services.



Photo of the series medals when all 5 runs are completed. Not actual size.



2021 VIRTUAL
RUN SERIES

Sponsored by:
GEICO | MILITARY

It's easy as 1-2-3!

1. Track your time and take a picture at your "finish line."
2. Post your picture by 11:59 p.m. PST at the end of your run on Facebook or Instagram (@KitsapFFR, @EverettFFR or @WhidbeyFFR)
3. Collect your medal at your installation Fitness Center within 10 days of the conclusion of each run!

Complete your series by running or walking each 5K. You can participate in one or all five runs. Register anytime within the 30-day period open for each run. Compete against other commands any time, anywhere!

For details, contact your installation Fitness Center.

*While supplies last.

The Department of the Navy does not endorse any company, sponsor or their products or services.

COLLECT ALL 5 MEDALS!*

- July 1-30 #Freedom Run 5K
- Sept. 1-30 #POW/MIA Honor Run 5K
- Oct. 1-29 #Day of the Dead Dash 5K
- Nov. 1-30 #Turkey Trot 5K
- Dec. 1-30 #Eggnog Jog 5K

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.cnrrw@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

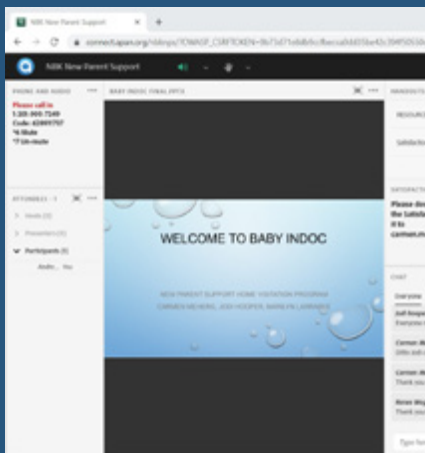


DoD Safe Helpline

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 866-854-0638 for registration and scheduling information.



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 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.

EVENT NAME	DATE/TIME
Domestic Violence (DV) and Sexual Assault (SA) Executive Leadership Training This training gives command leadership the tools needed to keep victims safe and hold offenders accountable for their actions.	Tuesday, Oct. 19, 11 a.m.-12:30 p.m.
Domestic Violence (DV) Awareness & Prevention Month Contact your local FFSC for details.	October
Month of the Military Family Visit an MWR facility for details on specials and events held in honor of military families.	November
Living Intentionally, Fully and Effectively (LIFE) Connect with other people and share your journey of personal growth.	
Submerged This group gives military-connected teens, ages 12-18, a safe space to talk about issues that matter most to them.	
Suicide Assist & Intercept for Life (SAIL) This voluntary program serves as a helpful and supportive link between you, your providers and command leadership during your recovery.	
Survivors Overcoming Assault with Resiliency (SOAR) This is a 10-week, psycho-educational program and support group designed especially for survivors of sexual abuse and violence.	

EVENT NAME	DATE/TIME
SAPR Initial Victim Advocate Training Required course to become a command-designated and credentialed SAPR victim advocate. *In-person training facilitated at NBK only. Contact NBK SAPR (NBK.SAPR@navy.mil)	Monday, Oct. 25-Friday, Nov. 5, 7:30 a.m.-1 p.m. Monday, Nov. 29-Friday, Dec. 3, 7:30 a.m.-4:30 p.m.*
SAPR Primary Unit Victim Advocate Training Formerly known as the SAPR Point of Contact (POC) Training, required course to become a command-designated SAPR Primary Unit Victim Advocate.	Friday, Nov. 5, Noon-2 p.m.
SAPR Policy Summit Open to all SAPR personnel and command leadership teams, provides policy changes and updates for a constantly changing program. To register, contact your local installation SAPR office: NBKSAPR@navy.mil NSE-SAPR@navy.mil NASWI-SAPR@navy.mil https://connect.apan.org/saprsummit/	Wednesday, Oct. 6, 10-11 a.m.
SAPR Victim Advocate Refresher Training Credentialed advocates must complete 32 hours of refresher training every 2 years.	Thursday, Oct. 28, 2-4 p.m.

BREAK THE SILENCE of DOMESTIC VIOLENCE

October is Domestic Violence Awareness and Prevention Month

The Navy observes **Domestic Violence Awareness Month (DVAM)** in October to show our community that the Navy is united in respecting and supporting victims, and defending the universal right to a safe, violence-free relationship. Join Fleet & Family Support Centers in raising awareness with the following special events:

#ROCK-tober
 Friday, Oct. 1-Sunday, Oct. 31

Families, friends, co-workers, and communities can gather together to paint and decorate rocks with positive messages, then hide and find rocks while promoting healthy families and relationships as well as bringing awareness to Domestic Violence. When you find a rock you can keep or re-hide the rock after taking a picture and sharing it online to Instagram or Facebook (@EverettFFR) with #navylifeprw and #DVAwareness.

SUPPORT PROGRAMS



FAMILY SUPPORT SERVICES

Our Family Employment, Ombudsman Support, New Parent Support Home Visitation (NPSHV) Program and the Exceptional Family Member Program (EFMP) are here to offer the help you need, when you need it. To attend our upcoming classes, visit the APAN link (where provided) or call 866-854-0638. Additional formats may be available.

EVENT	DATE/TIME
<p>Ombudsman Basic Training (OBT)</p> <p>Ombudsmen are required to attend Ombudsman Basic Training (OBT) within 6 weeks of their appointment. Learn the tools needed to liaise between Navy families and commands and to be effective information and referral providers. Contact the FFSC Ombudsman coordinator for registration information.</p>	By appointment
<p>Pregnancy Support Group</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. Held at FFSC Everett Annex, Bldg. 2000, Room 105.</p> <p>https://connect.apan.org/nse-nps/</p>	Wednesday, Oct. 13, 11 a.m.-12:30 p.m.
	Wednesday, Nov. 10, 11 a.m.-12:30 p.m.
	Wednesday, Dec. 8, 11 a.m.-12:30 p.m.
	Wednesday, Dec. 15, 11 a.m.-12:30 p.m.
<p>Sponsorship Orientation</p> <p>This workshop is for individuals looking to become a sponsor or those command representatives interested in strengthening a sponsorship program. Held at Smokey Point Annex, Room 807 and online at https://connect.apan.org/sponsorship-training/</p>	Friday, Oct. 15, 9-10 a.m.
<p>Ombudsman Assembly</p> <p>This monthly meeting focuses on the Navy Ombudsman Assembly. All assigned Ombudsmen in the Naval Station Everett area should attend. Command Triad and their spouses are also invited to attend. Ombudsman Advanced Training will be provided immediately after the Assembly Meeting. Held at FFSC Everett Annex, Bldg. 2000, Room 107.</p> <p>https://connect.apan.org/nse-omb/</p>	Tuesday, Oct. 19, 5-7 p.m.
	Tuesday, Nov. 16, 5-7 p.m.
	Tuesday, Dec. 21, 5-7 p.m.
<p>EFMP Celebration Week</p> <p>This event will be a week-long, interactive celebration of EFMP families at NSE. Call 425-304-3367 for more details.</p>	Monday, Oct. 25-Friday, Oct 29
<p>Warrior Care: Taking Stock of Trauma in the Age of COVID</p> <p>In observance of the Month of the Wounded Warrior, we will explore the causes, symptoms and impacts of trauma on our service members, as well as on their families, caregivers and society at large. Taking the ongoing COVID pandemic as our point of departure, we will also review the latest research on trauma-informed care. Featuring guest presenter, FFSC Clinical Counselor Darcy Stout. Held at the FFSC Everett Annex, Bldg. 2000, Room 105.</p>	Wednesday, Nov. 3, Noon-1:30 p.m.



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

EVENT	DATE/TIME
<p>FAP Command POC Quarterly Training</p> <p>This quarterly training is primarily for Command FAP POCs, but open to anyone who has a role in the Family Advocacy Program. Training is on current FAP issues and resources available within the Family Advocacy Program as well as associated community resources. Held at the Smokey Point Annex, Bldg. 13910, Room 835.</p>	Monday, Nov. 8
<p>Command EFMP POC Training</p> <p>Command EFMP Points of Contact (POC) must complete the Command EFMP POC Training every 2 years. Upon completion, the Command EFMP POC will receive a certificate which will fulfill the Command Readiness requirements. Held at FFSC Everett Annex, Bldg. 2000, Room 105. Registration required by Thursday, Oct. 21 by calling 425-304-3719.</p> <p>https://connect.apan.org/nse-nps/</p>	Wednesday, Oct. 13, 11 a.m.-12:30 p.m.
	Wednesday, Nov. 10, 11 a.m.-12:30 p.m.
	Wednesday, Dec. 8, 11 a.m.-12:30 p.m.
	Wednesday, Dec. 15, 11 a.m.-12:30 p.m.
<p>Transition to Parenthood Support Group</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. Held at FFSC Everett Annex, Bldg. 2000, Room 105.</p> <p>https://connect.apan.org/nse-nps/</p>	Tuesday, Nov. 16, 11 a.m.-1 p.m.
<p>Proactive Parenting for the Win</p> <p>Join us for a 6-month virtual education series to address common parenting and child mental health concerns. Each month new parenting and health topic will be discussed. Held at FFSC Everett Annex, Bldg. 2000, Room 105.</p> <p>https://connect.apan.org/nse-nps/</p>	Tuesday, Nov. 16, 2:30-3:30 p.m.

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 866-854-0638. Additional online, in-person and on-demand options may be available.

EVENT NAME	DATE/TIME
<p>Meet Your Money Mentor!</p> <p>Get acquainted with Fleet & Family's suite of services that can help you and your family chart a course for prosperity. Featuring PFM Patrice Davila. Held at FFSC Everett Annex, Bldg. 2000, Room 105.</p>	Tuesday, Oct. 26, 3:15-4:15 p.m.
<p>Command Financial Specialist (CFS)</p> <p>This 40-hour course is required for any service member designated as a Command Financial Specialist. Call for registration details. Held at FFSC Everett Annex, Bldg. 2000, Room 107.</p>	Monday, Oct. 18, 7:30 a.m.-4 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 866-854-0638. Additional online, in-person and on-demand options may be available.

EVENT NAME	DATE/TIME
<p>You Are a Lifelong Learner</p> <p>Let's clear out the myths and messaging that hinder you as a learner. In this class, we will help you gain insight into what kind of learner you are, and we'll kit you with some helpful techniques to keep yourself on track for a life of continual discovery, learning and growth. Held at FFSC Everett Annex, Bldg. 2000, Room 105.</p>	Tuesday, Oct. 5, 3:15-4:15 p.m.
<p>An Introduction to Mindfulness and Meditation</p> <p>Develop your capacity for mental focus, emotional balance, presence of mind and empathy through the practice of mindfulness. This class offers a brief introduction to this ancient discipline and points you to resources for further study. Held at FFSC Everett Annex, Bldg. 2000, Room 105.</p>	Tuesday, Oct. 12, 3:15-4:15 p.m.
<p>Stress Resilience</p> <p>Become the happy, healthy and productive person you are meant to be. This class will help you develop techniques for maintaining a healthy inner balance under challenging circumstances. Held at FFSC Everett Annex, Bldg. 2000, Room 105.</p>	Wednesday, Oct. 13, 1:30-3 p.m.
	Wednesday, Nov. 10, 1:30-3 p.m.
	Wednesday, Dec. 1, 1:30-3 p.m.
<p>Communication Skills</p> <p>Come away with tools for respectful, effective dialogue that you can use at work and at home. Held at FFSC Everett Annex, Bldg. 2000, Room 105.</p>	Wednesday, Oct. 27, 1-3 p.m.

EVENT NAME	DATE/TIME
<p>Anger Management (Taming the Tiger Within)</p> <p>Learn to respond constructively to your own anger as well as that of others through better self-understanding, and the development of healthy thought processes and practices. Held at FFSC Everett Annex, Bldg. 2000, Room 105 or https://connect.apan.org/navsta-everett-life-skills/</p>	Wednesday, Oct. 20, Noon-1:30 p.m.
	Wednesday, Nov. 17, Noon-1:30 p.m.
	Wednesday, Dec. 15, Noon-1:30 p.m.
<p>Honoring Your Roots</p> <p>Taking stock of how and where we grew up can help us better understand what makes us tick, and it can help us better relate to others across cultural difference. In this class, we will honor and wrestle with our roots by composing our own version of a "Where I Come From" poem.. Held at FFSC Everett Annex, Bldg. 2000, Room 105.</p>	Tuesday, Nov. 2, 3:15-4:15 p.m.
<p>Bad Latitude: Coping with Seasonal Affective Disorder (SAD)</p> <p>Do you feel the darker days and longer nights creeping up on you? Seasonal Affective Disorder (SAD) can really knock the wind out of your sails. Learn how to recognize the symptoms of SAD in yourself and others, and come away with some useful practices for fending off the winter blues. Held at FFSC Everett Annex, Bldg. 2000, Room 105.</p>	Tuesday, Nov. 9, 3:15-4:15 p.m.
<p>Cultivating Gratitude</p> <p>Gratitude journaling need not involve glitter pens or unicorns. In fact, the grumpier you are, the better. Gratitude journaling leverages your brain's knack for pattern recognition and retrains your focus on the light rather than the tunnel. Composition book provided.. Help save a life. Held at FFSC Everett Annex, Bldg. 2000, Room 105.</p>	Wednesday, Nov. 10, 11:30 a.m.-12:30 p.m.
<p>Cultivating a Positive Mental Attitude</p> <p>Positive Mental Attitude, or PMA, is a brilliantly useful mindset that anyone can discover and develop with practice. Learn to employ elements of cognitive reframing, growth mindset and SMART goal-setting to reprogram your approach to life's challenges and unlock your tremendous potential to become your best self.. Help save a life. Held at FFSC Everett Annex, Bldg. 2000, Room 105.</p>	Tuesday, Nov. 30, 3:15-4:15 p.m.
<p>Be An Instant-Pot Hero!</p> <p>The holidays are coming up. We'll throw together a couple of rib-sticking recipes that'll turn you into a holiday hero -- all without breaking the bank. Held at FFSC Everett Annex, Bldg. 2000, Room 105.</p>	Tuesday, Dec. 7, 3-4:30 p.m.
<p>Be of Good Cheer</p> <p>Join us as we take a break from class and enjoy some holiday refreshments, sing-alongs and camaraderie. Held at FFSC Everett Annex, Bldg. 2000, Room 105.</p>	Tuesday, Dec. 21, Noon-4 p.m.

SUPPORT PROGRAMS



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 at 425-304-3724 or call 866-854-0638 for more information.

EVENT NAME

(TAP) Pre-Separation

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.

(TAP) Managing Your (MY) Transition

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. Registration required.

(TAP) Military Occupational Code (MOC) Crosswalk

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. Registration required.

(TAP) Financial Planning for Transition

Stay in control of your finances during your transition. This class covers 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. Registration required.

(TAP) VA Workshop

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.

(TAP) Department of Labor Employment Fundamentals of Career Transition (DOLEFCT)

This class lays the foundation of the transition from military to civilian life. This workshop provides an introduction to the essential tools and resources needed to evaluate career options, information for civilian employment and fundamentals of the employment process.

(TAP) Managing Your (MY) Education (2-day)

Interested in pursuing higher education? This 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.

(TAP) Managing Your (MY) Entrepreneurship (2-day)

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.

EVENT NAME

(TAP) Employment Workshop (2-day)

This monthly class provides service members with a comprehensive 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.

(TAP) Department Of Labor Career and Credential Exploration (2-day)

This class offers a unique opportunity for participants to complete a personalized career-development assessment and will present them with tailored job recommendations that align with their occupational interests and abilities. Participants are guided through a variety of career considerations including labor market projections, education, apprenticeships, certifications and licensure requirements.

(TAP) Disabled American Veterans

Information regarding Benefits Delivery at Discharge (BDD) claims. Describes procedures and requirements to file a VA disability claim prior to separation.

CONSEP Mid-Career

CONSEP gives you the opportunity to gather and understand information as you analyze your options to continue your service in the Navy or pursue a civilian career.

Department of Labor Vocational Career Track

This workshop offers the opportunity to identify skills, increase awareness of training and credentialing programs and develop an action plan to achieve your career goals.

Transition Assistance Program (TAP) Capstone Event

The event takes place after you have completed the 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.

EVENT NAME

DATE/TIME

Resume Writing for a Difficult Market

Effective resumes get interviews. Learn to market your skills, knowledge and accomplishments using specific formats, important "key" words and eye-catching cover letters. Held at Smokey Point Annex, Bldg. 13910, Room 808 and <https://connect.apan.org/nse-ferp/>

Wednesday, Oct. 13,
10-11 a.m.

Wednesday, Nov. 10,
10-11 a.m.

Wednesday, Dec. 8,
10-11 a.m.

Fed Job Search

This workshop will cover finding and understanding a federal job announcement, tips on preparing a Federal Resume and explain how to research positions that interest you. Held at Smokey Point Annex, Bldg. 13910, Room 807 and <https://connect.apan.org/nse-ferp/>

Wednesday, Oct. 13,
11 a.m.-noon

Wednesday, Nov. 10,
11 a.m.-noon

Wednesday, Dec. 8,
11 a.m.-noon

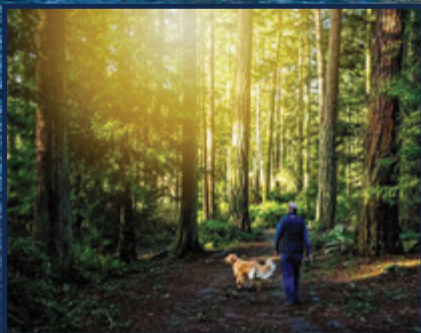
Smooth Move Workshop

Why run all over base gathering information when you can attend one workshop and have all your questions answered. Topics include travel, personnel property, TRICARE and housing. Held at Smokey Point Annex, Bldg. 13910, Room 807 and <https://connect.apan.org/nse-relo/>

Friday, Oct. 15,
10 a.m.-noon

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32630 SR 20, Oak Harbor, WA 98277



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CHILD & YOUTH PROGRAMS



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 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 child care.

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.

Child and Youth Education Services School Liaison

Everett School Liaison

2000 W Marine View Dr.
The Commons
Bldg. 1950

Everett, WA 98207
425-304-3688

School Liaisons are 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 for current hours of operation and health precautions in effect.



There are more than 1,200 military kids on a waitlist for child care in Navy Region Northwest. Here's what you can do to help ...

OPPORTUNITIES FOR JOB SEEKERS

Stable early learning environments encourage creativity and skills development in young children, and strong school-age programs help kids build confidence and excel in their formative years. Navy Region Northwest kids need you to help them learn and grow! Become a part of our Child & Youth Program teams and see just how much your guidance can propel military youth. The Navy is urgently hiring:

- *Program Assistants: Provides appropriate developmental care and instruction for infants to children up to 12 years of age by attending to their physical, social, emotional, and intellectual needs.*
- *Program Leads: Provides appropriate specialized developmental care and instruction for children and youth, as well as guidance, assistance, and mentoring for Program Assistants.*
- *Operations Clerks: Serves as clerical and administrative support, providing records management and reporting, liaising with families and programs, and collecting and monitoring fees and supplies.*

BENEFITS:

- Starts at \$15.69 per hour and up (depending on experience)
- Career growth and development opportunities, including ongoing training and tuition reimbursement
- Work with a team of professionals who are passionate about their work
- Premier benefits package starting on your first day of employment (full-time employees only)

OPPORTUNITIES FOR ENTREPRENEURS

Have you ever dreamed of making a living from the comfort of your own home? Now you can go from dream to reality in just a few short weeks with the Navy Child Development Homes (CDH) program. As a qualified applicant, you'll receive all of the training and support you need to operate a successful child-care business with little to no start-up costs or upfront expenses. Best of all, the skills you learn are in high demand and will transfer easily to another city or state if you ever have to move.

We're looking for dedicated and flexible child-care providers to care for infants to children up to 12 years of age. This opportunity may be right for you if you are at least 18 years old, have a high school diploma or equivalent, own or lease your home, love working with kids and have a strong desire to succeed at running your own small business.

BENEFITS

- Independence and flexibility that comes from being your own boss
- Hassle-free payments
- Turnkey start-up kit that includes learning curriculum, daily schedule, templates and more
- Marketing and advertising done for you
- Access to educational toys, furnishings and supplies from our Lending Library
- USDA reimbursements to supplement your food budget
- Discounts on liability insurance
- Dedicated success coach
- Plus: FREE training and opportunities to earn your Child Development Associate credential and NAFCC accreditation that will boost your skills and earning potential even further.

Find out more about any of these opportunities by visiting navylifepnw.com/kids

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
425-304-3402
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
425-304-3118

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. 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.



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Silverdale, WA 98315



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NAVYLIFEPNW.COM/KIDS



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- Work from home opportunities
- No military affiliation required