



FLEET & FAMILY READINESS (FFR)

summer/fall

MWR RECREATION & FITNESS • CHILD & YOUTH PROGRAMS • FLEET & FAMILY SUPPORT

2023



# navylifepnw

THE OFFICIAL RESOURCE GUIDE FOR EVERYTHING  
NAVAL STATION EVERETT AND NAVY REGION NORTHWEST



## WHAT'S INSIDE

*FFR: The Key to Unlocking Your Passion*

*Filling Your Life With Fun: Adventures with MWR Community Recreation*

*The Passion Behind the P.L.A.N.*

*Work Perks: 10 Great Reasons to Work for FFR*

*Relax, Recharge, Refocus at Navy Getaways Pacific Beach*



2023

# GREAT NAVY CAMPOUT

Discover Your Adventure

SPONSORED BY

# T Mobile

Visit [navylifepnw.com/campout](http://navylifepnw.com/campout) for details or call participating sites below to reserve your campsite!



NAVAL BASE KITSAP  
**COMMUNITY RECREATION CENTER**



**June 23-25**  
360-257-2432

**Aug. 18-20**  
360-276-4414  
ext. 2

**Aug. 19-20**  
BA: 360-396-2449  
BR: 360-476-3178

**Sept. 15-16**  
425-304-3575



No Navy endorsement implied.





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### Trust your family's health care to the US Family Health Plan.



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**Katie Prestesater**  
 CNRNW N9 | FFR Director  
 Naval Station Everett

**H**ello from the Fleet and Family Readiness Team at Naval Station Everett. We are proud to serve Sailors and their families as well as our DoD partners at the Navy's newest and most modern homeport in the world. Our services include recreation, fitness, housing, childcare, and resiliency-building programs and classes.

Throughout this seasons' magazine you will find opportunities to find your passion. Our professionals want you to discover what you can do to enjoy the boundless opportunities in the Pacific Northwest. Whether you rent a bike and find your favorite local trail, discover a new hobby or continue your education through our life enrichment classes, we have something for you.

Also in this issue, you will see highlights of Pacific Beach, one of

the region's three Navy Getaways destinations. This summer and fall, escape to the Pacific coast and stay in one of our many cabins, RV parking areas or lodging accommodations. You can stroll the beach, drive to Olympic National Park or enjoy the many local restaurants and entertainment venues.

If you are looking for a career, consider joining our team! We offer flexible, part-time and full-time positions in a variety of career fields. All of our jobs offer training, careers advancement opportunities and access to the base services described in this resource guide. Our full-time jobs include benefits such as health insurance, paid holidays, paid time off and more.

We look forward to serving you and your family!

JULY-DECEMBER 2023  
**FEATURES**  
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**SOMETHING FOR EVERYONE**

*MWR Community Recreation is here to fill your life with fun! From community events to outdoor recreational activities and exploration, we bring the best of the Pacific Northwest to the forefront for you.*

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**UNLOCK YOUR PASSION**

*Finding your passion can be a challenging undertaking if you are unsure how to begin. FFR programs are your key to unlocking your potential for a better you.*

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**A NEW SUPPORT PLAN**

*Service members and families who have experienced a pregnancy loss lacked in-depth support for such a devastating crisis. Luckily, an FFSC counselor has a P.L.A.N.*

**WELCOME FROM THE FFR DIRECTOR**



# navylifepnw

Official Resource Guide for everything Navy Region Northwest Fleet & Family Readiness (FFR)

Unless otherwise noted, the FFR programs described herein are intended for authorized patrons only. We make every effort to ensure that the information is accurate at the time of publication; however, all activities, events and hours of operation are subject to change.

FFR activities and services may require advanced registration and are subject to change or cancellation without prior notice. Contact the facility directly or visit [navylifepnw.com](http://navylifepnw.com) for current hours of operation and health precautions in effect. For the most up-to-date information, please visit our website at [navylifepnw.com](http://navylifepnw.com). A digital version of this guide is available at: [Everett.navylifepnw.com/magazine](http://Everett.navylifepnw.com/magazine).



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

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## WHAT'S INSIDE

# 06

### MWR

MWR is proud to offer you dining, entertainment and recreation options conveniently located on base, as well as three DoD lodging facilities in Navy Region Northwest. MWR fitness centers offer state-of-the-art equipment, expert instruction and team sports and activities for every age, interest and fitness level.

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### CHILD & YOUTH

Child & Youth Programs (CYP) provide high-quality child care and support services close to home.

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### FFSC

FFSC is here to meet the needs of Sailors and Navy families at home and at sea with helpful programs and resources.

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### HOUSING

Your Housing Services Center team knows the area and will help you make the most of your housing benefits.

**To use this guide, find a QR code and scan the QR code for quick access to:**

- Activity/event registration
- Event details and maps
- Support resources
- On-base restaurant apps
- Our social media pages
- and more!

navylifepnw.com



Give it a try! Scan the QR code on your phone to visit our website





# FOOD, FUN & RECREATION

MWR is proud to offer you dining, entertainment and recreation options conveniently located on base. Visit [Everett.navalife.nw.com/events](http://Everett.navalife.nw.com/events) or scan this code to find out about our upcoming specials and promotions. Open to anyone with base access including retirees, guests and contractors unless otherwise noted.



## ALL AMERICAN RESTAURANT

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

Open seven days a week, the All American serves hearty, wholesome meals for breakfast, lunch and dinner. Open to anyone with base access, including retirees, guests and contractors. See our monthly lunch menu at [navylife.nw.com](http://navylife.nw.com). Call or scan this code to learn more.



## TREMORS NEIGHBORHOOD SPORTS BAR

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

NAVSTA Everett's own watering hole, is a place to unwind after work, watch sporting events or get together with friends. Open to patrons 18 years of age and older. tremors features large screen TV's, food and plenty of seating. Call or scan this code to learn more.



## COMMUNITY RECREATION FACILITIES

Tickets & Tours: 425-304-3167  
Equipment Rental: 425-304-3449  
The Commons, 2000 W. Marine View Dr., Bldg. 1950

Great memories start with MWR! The Community Recreation Office 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 offers a great selection of outdoor adventure equipment for rent. From name-brand camping and outdoor gear to mountain bikes and kayaks, MWR has the goods to get you going!



## PIERSIDE GRILLE & PLAZA

425-304-3696  
Located adjacent to Pier Alpha on the main wharf

Pierside Grille & Plaza is a great place to eat, watch a movie, surf the Internet, play video games and get your laundry done! Menu offerings include burgers, sandwiches, wraps, combo meals and pizza. Call or scan this code to learn more.



## EVERETT CATERING & CONFERENCE CENTERS

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

Let us handle your private party, wedding reception, corporate meeting, grad night or official military function from start to finish. We offer menu selections, room configurations and entertainment packages to suit most any group size and budget. Catering options include box lunches, plated meals and buffet stations. Call or scan this code to learn more.





## SAILOR'S CHOICE MARINA & MINI STORAGE

425-304-3449

Intersection of Spruance Blvd. & Thatcher St.

The Marina, near Fletcher Way, offers year-round moorage. Services include power and water supplied to slips, pump-out station and 24/7 security. Slip sizes are available for the following 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. Call or scan this code to learn more.

## 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. Call or scan this code to learn more.



## GALLERY GOLF COURSE

360-257-2178

3065 N. Cowpens Rd., Oak Harbor, WA 98278

A challenging 18-hole course layout with tree lined fairways, rolling hills and stunning views of the Strait of Juan de Fuca and Vancouver Island. Call today to schedule your tee time reservation.





**MWR LIBERTY PROGRAM**

The LIBERTY Program offers low cost or free activities and entertainment to junior service members (E1-E6 single or geobachelor). Eligible users may escort up to two guests 18+. LIBERTY is here to get you out of the barracks and out to enjoy the great Pacific Northwest. Transportation is included in the cost of all of our trips.

Our facilities feature the latest video gaming stations with large screen TVs and comfortable seating, FREE Wi-Fi and CAC-enabled workstations, movie theater, Copy/scan/fax services. LIBERTY offers regular weekly programming such as prize giveaways, tournaments and competitions, volunteer opportunities, birthday celebrations, e-sports and more!

Want to know more about LIBERTY? Join our Facebook group page.

**VIBES LIBERTY LOUNGE**

The Commons, 2000 W. Marine View Dr., Bldg. 1950, Everett, 425-304-3680



*trips*  
*events*  
*exclusives*

**GREAT MEMORIES  
START *with* MWR!**

CHECK WITH YOUR MWR  
COMMUNITY RECREATION CENTER FOR SAVINGS ON:  
**ATTRACTIONS & ENTERTAINMENT**  
**SPORTING EVENTS**  
**LEISURE TRAVEL**



**#MakeMemoriesWithMWR**





# TRIPS & TOURS

YOU RIDE, WE DRIVE



Sit back, relax, and let the community recreation team drive you to the best of Washington's sights and events.




SCAN for DETAILS

# GET THE CLAN!

## BACK TOGETHER

*Play the latest in games and consoles or join the Navy Region Northwest eSports team at your local LIBERTY Center*

Join our Discord  servers or visit [navylifepnw.com/esports](https://navylifepnw.com/esports) for upcoming Region- and Navy-wide tournaments



**N.R.N.W.**  
**ESPORTS**  
MEET | PLAY | COMPETE





Contributed by navylifepnw Staff

filling your life with *fun*



# Adventures with MWR Community Recreation

*The Pacific Northwest is a region of stunning natural beauty, diverse landscapes, and endless opportunities for adventure. Everyone can find something fulfilling in this corner of the country, whether it's a relaxing getaway you're looking for, or a thrilling challenge. But how can you make the most of your time and experience the best the Pacific Northwest has to offer? MWR Community Recreation Centers are here to answer the call.*





Morale, Welfare, and Recreation provides countless activities and amenities for service members and families, Retirees, DoD civilians and qualified Veterans. One of the main components of MWR is Community Recreation, which engages patrons by providing recreational programs and services like community events, leisure skills development and discount tickets to attractions and vacation bookings. Patrons can also find outdoor recreation activities featuring recreation equipment rentals, parks and picnic areas and information and referral to a variety of recreational offerings in the local areas.

Community Recreation can help you get outside, explore the Pacific Northwest, and go on your new adventure in many ways. Stop by your local Community Recreation Office and see how we can help fill your life with fun.

Y



### COMMUNITY EVENTS

Socialize and celebrate with your family, friends or meet new people through Community Recreation organized events and activities. You can join festivals, concerts, movie nights, game nights, holiday parties, or many other types of events or activities. You can also volunteer for a cause near to heart or participate in a contest or challenge to expand your personal horizons. Head into your local Community Recreation Office for a calendar of events or visit us online at [Everett.navylifepnw.com/Events](http://Everett.navylifepnw.com/Events) to check out the events schedule. Looking to stay updated on events and activities? Follow us on Facebook or Instagram pages (@Everettffr) for upcoming events and activities.

### DISCOUNT TICKETS AND VACATIONS

Community Recreation can help you find tickets to theme parks, museums, zoos, aquariums, or shows. We offer discount tickets to attractions and vacation bookings that allow you to save money and explore new places. Book vacations to Hawaii, Alaska, Canada or Mexico to name a few.

### LEISURE SKILLS DEVELOPMENT

Community Recreation offers programs to introduce you to new hobbies and interests. You can take classes or workshops on painting, photography, cooking, gardening or crafting, amongst many others. You can also join clubs or groups to connect with others who share your passions.

### OUTDOOR RECREATION

Outdoor Recreation programs allow you to enjoy nature's beauty and reverence. You can join guided trips or tours to some of the Pacific Northwest's most majestic places, from national parks like Mount Rainier, Mt. Baker and Olympic National Park, to scenic destinations like the Pacific Coast. Join us on whitewater rafting trips if thrill-seeking is more your style, or bike and hike at local and state parks for your perfect adrenaline rush.

### RECREATION EQUIPMENT RENTALS

You don't have to commit to purchasing recreation equipment just to try something new. Rent what you need for your next adventure at a fraction of the cost through Community Recreation. We have what you need to go mountain biking, paddle boarding, camping, fishing, golf clubs to hit the links and much more. Check with your local recreation office to see if they rent party, grilling and picnic gear instead of investing in equipment you might not need long term. Stop by your local Community Recreation Office for a list of equipment and gear you can rent.

### PARKS, PICNIC AREAS, AND NAVY GETAWAYS

Come for the day or stay the week. We have three Navy Getaways locations for people who enjoy the beach or the mountains. Head out to the coast and stay at Pacific Beach to walk and play by the sea. You can venture north to Whidbey Island and spend the weekend glamping in a yurt at Cliffside



RV Park, or head to Jim Creek Recreation Area and stay in a rustic cabin in the mountains for a week of hiking and fishing in a mountain lake. How about relaxing and enjoying the outdoors by staying close to home and visiting a local or on-base park or picnic area? You can visit playgrounds, hiking trails, and beaches and use pavilions or barbecues. You can also reserve spaces for your command functions or family gatherings. Each installation has something for you. Come by our Community Recreation Office and let us help ensure your getaway, no matter how big or small, is filled with fun.

discover some hidden gems along the way, many charming towns, quirky attractions, and local cuisine. Not sure where to go? We're here to help!

MWR Community Recreation has much to offer for anyone who wants to get outside, explore the Pacific Northwest, and go on a new adventure. You can activate your passions and fill your life with fun through recreation, so don't wait any longer; visit your nearest MWR Community Recreation Center today and find out what they have for you!



### GO ON A ROAD TRIP:

One of the best ways to explore the Pacific Northwest is by hitting the road and driving through its scenic routes. Take a road trip to see some of the most iconic sights of the region, such as Paradise at Mount Rainier National Park and Hurricane Ridge at Olympic National Park. Embark on a trip to Leavenworth, an alpine town nestled in the Cascade Mountains, Roselyn, an old mining town in the Cascades, or Westport, a fishing town on the Pacific Coast. You'll also





# WE ARE OPEN!

The All American is serving meals in Bldg. 2025, nestled next the Unaccompanied Housing Barracks, just a short walk from the Commons (Bldg. 1950) and the PSD Office (Bldg. 2000).

Dine-in and take out service available.

Pizza is now available on the Grill Menu. You will have the choice of a personal or full size pizza.



## MARINA

85 slips of varying lengths. Amenities include a sheltered harbor, access-controlled gate, pump-out station, utilities, potable water and individual dock box per slip. Guest moorage is available with advance reservation.



## VEHICLE/RV STORAGE

The vehicle storage at Smokey Point features over 200 spaces with automated gate access, conveniently located close to the NEX, Commissary, and NEX AutoPort.



## MINI STORAGE

56 mini storage units, located on Spruance Boulevard, just a short walk from the Marina. Accessible to renters 24-7.



NAVAL STATION EVERETT  
**SAILOR'S CHOICE**  
MARINA, VEHICLE & MINI STORAGE

**RESERVE TODAY!**  
425-304-3449



# Where to?

American Forces Travel is the official leisure travel website for Morale, Welfare and Recreation (MWR).

## 4 Simple Steps

### GET STARTED:

- Visit [www.americanforcetravel.com](http://www.americanforcetravel.com)
- Click “Get Started”
- Verify Eligibility
- Start Traveling



**American Forces Travel**<sup>SM</sup>

supported by **priceline**<sup>®</sup>

For more details, contact your Tickets and Travel Office or visit

**[www.americanforcetravel.com](http://www.americanforcetravel.com)**

\*For Eligible Patrons



# Veteran Expanded Facility Access

Navy Exchange, Commissary and MWR activities.

Veterans with Veteran Health Identification Cards (VHIC) have expanded access to commissaries, military exchanges and MWR retail privileges on U.S. military installations.



Eligible veterans must have a VHIC that states service-connected disability, a Purple Heart recipient or former prisoner of war. Also eligible are individuals approved and designated as the primary family caregivers of eligible veterans under the Veterans Affairs Program of Comprehensive Assistance for Family Caregivers.

Visit [www.va.gov](http://www.va.gov) on how to qualify for a Veterans Health Identification Card or visit:

**MWR Facilities & Locations:** [www.navylifepnw.com](http://www.navylifepnw.com)

**Commissary:** [www.mycommissaries.com](http://www.mycommissaries.com)

**Navy Exchange:** [www.mynavyexchange.com](http://www.mynavyexchange.com)



[navylifepnw.com](http://navylifepnw.com)  
f y o

SCAN TO  
DOWNLOAD  
THE FACT SHEET





# Relax Recharge Refocus

Contributed by navylifepnw Staff

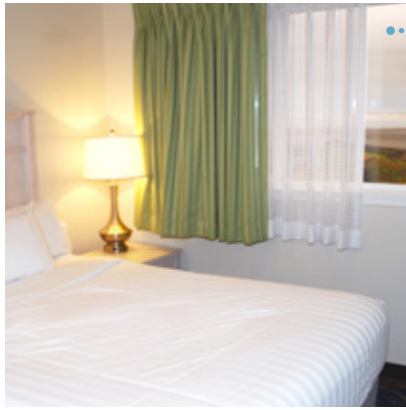
**I**f the last three years has taught society anything, it's that people should focus on the things that matter most. And nothing seems clearer than taking time to unwind and relax to focus on oneself. Navy Getaways Pacific Beach lies approximately 2-1/2 hours southwest of Seattle and offers the perfect escape from the daily hustle.

Medical professionals promote time away from everyday life stressors to rejuvenate mental health and reduce health risks. Spending time reinvigorating the mind in a Navy Getaways Pacific Beach cottage is an affordable way to trade in the buzz of your laptop for the hiss of surf receding from the sand.

Forget the stress of packing for your trip as cottages include everything you need for your retreat. Fully furnished and ready for your stay, find your passion exploring the endless beauty of your surroundings or simply unplug and enjoy the time to recharge and refocus.

Pacific Beach has the perfect place to kick back, whether your escape includes just the family or nine of your closest friends. Can't stand the idea of a getaway without your furry friend? Some cottages have pet-friendly options! Check out accommodation options at [pacbeach.navylifepnw.com](http://pacbeach.navylifepnw.com).







## RECREATIONAL LODGING

MWR proudly operates three DoD lodging facilities in Navy Region Northwest. Visit [www.dodlodging.net](http://www.dodlodging.net) or scan this code to explore these and hundreds of other DoD-owned properties around the world. Open to anyone with base access including retirees, guests and contractors unless otherwise noted.



### CLIFFSIDE RV PARK & CAMPGROUND

Front Desk: 360-257-2649  
Located on Ault Field at the end of Intruder Street.  
Watch for the directional signs on base

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. Enjoy the seasons with us in your very own RV camper or relax in our RV campers, yurts, and tent sites with exciting programming all year long.



### JIM CREEK RECREATION AREA & CAMPGROUND

Front Desk: 425-304-5315/5361  
21027 Jim Creek Rd., Arlington, WA

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).

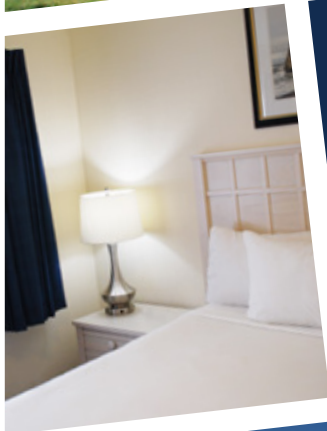


### PACIFIC BEACH HOTEL, COTTAGES, RV PARK & CAMPGROUND

Front Desk: 360-276-4414  
108 First St. N, Pacific Beach, WA

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.






**Navy Getaways Pacific Beach • 360-276-4414 ext. 2**  
Cottages • Hotel • RV Sites • Tent Campsites



# Cliffside

RV PARK • CAMPING • YURTS

**Navy Getaways Cliffside RV Park • 360-257-2649**  
RV Sites • Tent Campsites • Furnished Yurts • RV Trailers




**Navy Getaways Jim Creek • 425-304-5315**  
Cabins • Lodge • RV Sites • Tent Campsites • Trailers



*Navy Getaways* • COME STAY, PLAY AND RELAX.



# SPORTS, FITNESS & AQUATICS

MWR fitness centers offer state-of-the-art equipment, expert instruction and team sports and activities for every age, interest and fitness level Visit [Everett.navylifepnw.com/events](http://Everett.navylifepnw.com/events) or scan this code to find out about our upcoming specials and promotions. Open to anyone with base access including retirees, guests and contractors unless otherwise noted.



The Seismos Fitness Center has a full-size basketball court, two racquetball courts, weight rooms, a multi-purpose group fitness classroom, PRT training room and NOFFS Zone.

We have an aquatics facility that offers lap/fitness swims and water safety training. The Tsunami Pool employs a saltwater purification system that is less harsh than pools that use chemicals. The pool also features eight, 25-yard lanes, with depths ranging from 4 to 13 ft.

Whatever sport you are looking to participate in, chances are our Intramural Sports has a league or tournament to fit your interests. We have regularly scheduled intramural sports leagues throughout the year, such as volleyball, flag football, golf, basketball and softball. In addition, there are opportunities to participate in tournaments and regional competitions throughout the year.



## SEISMOS FITNESS CENTER

425-304-3922  
The Commons, 2000 W. Marine View Dr., Bldg. 1950

## TSUNAMI POOL

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

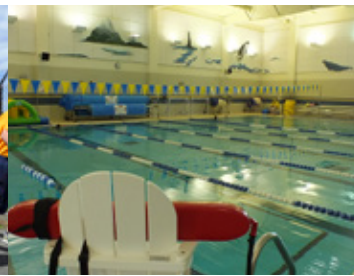
## INTRAMURAL SPORTS

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

**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

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

**All-Navy Sports** - For 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 such as the Armed Forces Championship.



## ALL NAVY SPORTS: 2023 SPORTS CALENDAR

For details and an updated calendar, visit: [www.navyfitness.org/all-navy-sports](http://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 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.

# 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're looking for.

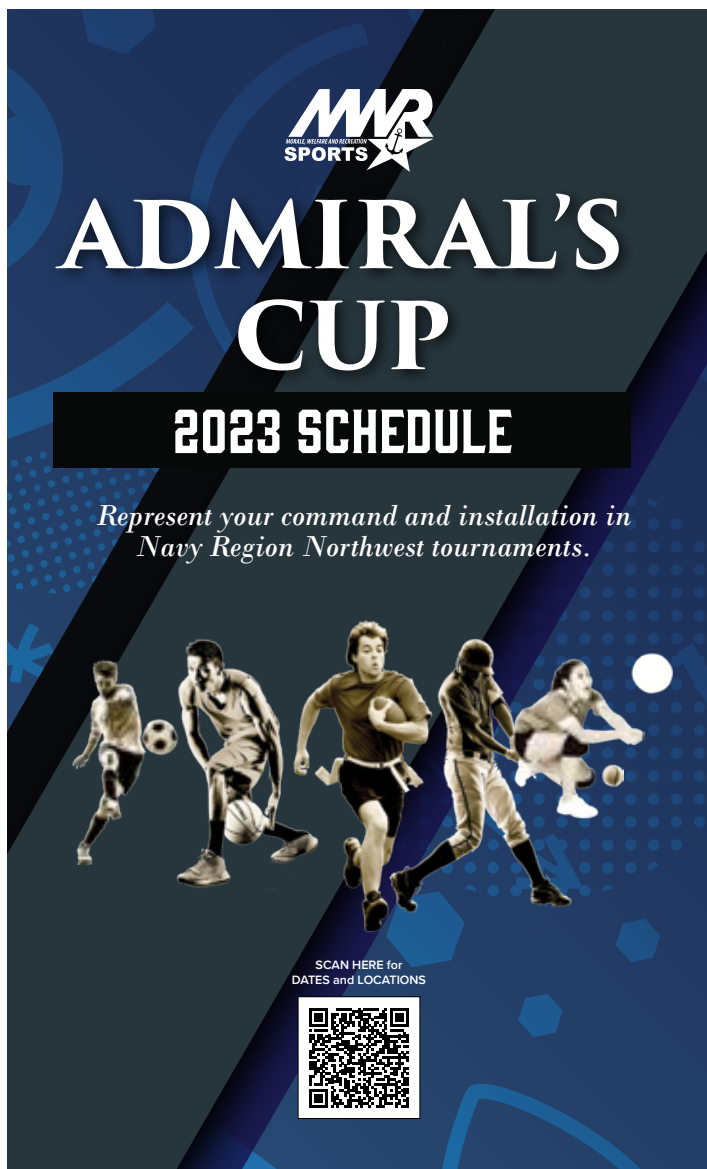
**4 PURCHASE**

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!






**MWR**  
MORALE, WELFARE AND RECREATION  
SPORTS


# ADMIRAL'S CUP

## 2023 SCHEDULE

*Represent your command and installation in Navy Region Northwest tournaments.*




SCAN HERE for DATES and LOCATIONS



**FFSC now offers Virtual Support Services.**

Support is just a click away.

Getting help is a sign of strength.  
Contact your local FFSC for more information.  
[www.ffsp.navy.mil](http://www.ffsp.navy.mil)



The Fleet & Family Support Center

**CNIC**  
FLEET \* FIGHTER \* FAMILY



## NAVY CYP PROFESSIONALS

# THANK YOU FOR THE LIVES YOU TOUCH.

## WE APPRECIATE YOU SO MUCH!



**NAVY CYP**

**CNIC**  
FLEET \* FIGHTER \* FAMILY




**MWR**  
MORALE, WELFARE AND RECREATION  
FITNESS

# FITNESS INCENTIVE PROGRAM

## EARN PRIZES FOR WORKING OUT!

30 min. of activity = 5 points (max. 10 points daily). Sign up and turn in your log sheets at the Seismos Fitness Center Front Desk.

- 200 points = MWR drink bottle
- 500 points = MWR workout towel
- 1000 points = MWR Duffel bag
- 2000 points = Bluetooth mini speaker

See Front Desk for details.

# Sexual Assault Prevention & Response (SAPR)

# RESPECT. PROTECT. EMPOWER.



## Gold Star Mother's and Family's Day

September 24, 2023

*Sacrifice – Remembrance – Strength*

[www.NavyGoldStar.com](http://www.NavyGoldStar.com)  
[fb.com/NavyGoldStar](https://fb.com/NavyGoldStar) • 1-888-509-8759



## Navy Child and Youth Programs (CYP) is Hiring

### Employee Discounts

- ▶ 50% Off Child Care for Your First Child, 20% Multi-child Discount
- ▶ \$17.39-\$21.52/Hour with up to \$2,250 in First-year Incentives



Make a Difference. Build a Career.

Apply online. [www.NavyCYP.org/careers](http://www.NavyCYP.org/careers)





# 2023 EVENTS CALENDAR

## FAMILY FUN

**LUNCH & LAUNCH  
FOOD TRUCKS**  
JUNE–AUGUST (SATURDAYS)

**PACIFIC ICE  
COMMUNITY ICE RINK**  
NOVEMBER 17–JANUARY 8, 2024

## MUSIC & MOVIES

**ROCK THE BOAT  
FEAT. CLINT BLACK**  
JULY 15

**MUSIC AT THE MARINA**  
JULY 13–AUGUST 31 (THURSDAYS)

**SAIL-IN CINEMA  
OUTDOOR MOVIE SERIES**  
JULY 21–AUGUST 25 (FRIDAYS)

**PUGET SOUNDS STEEL DRUMS**  
AUGUST 4–25 (FRIDAYS)

## FISHING DERBIES

**DAWG DERBY**  
JULY 15

**SALMON FOR SOLDIERS**  
AUGUST 19

**EVERETT COHO DERBY**  
SEPTEMBER 23–24

## BEACHES & BOATING

**FREE VESSEL SAFETY CHECKS**  
YEAR ROUND

**KAYAK SHARE RENTALS**  
YEAR ROUND

**FREEDOM BOAT CLUB**  
YEAR ROUND

**2023 JETTY ISLAND  
LIGHT WIND OLYMPICS**  
JUNE 17/18 OR JULY 1/2 (WEATHER DEPENDENT)

**JETTY ISLAND DAYS**  
JULY 5–SEPTEMBER 3

**TALL SHIP ADVENTURES**  
AUGUST (TBD)



## WATERFRONT FESTIVALS

**EVERETT UNCORKED**  
AUGUST 18–19

**WHEELS ON THE  
WATERFRONT CAR SHOW**  
AUGUST 26

**MUKILTEO LIGHTHOUSE  
FESTIVAL**  
SEPTEMBER 8–10

**HOLIDAY ON THE BAY**  
DECEMBER 2

## HARBOR TOURS

**“THROWBACK THURSDAY”  
HISTORIC EVERETT  
WATERFRONT HARBOR TOURS**  
JULY 6, 20 & AUGUST 3, 17, 31

**PORT OF EVERETT  
WORKING WATERFRONT  
HARBOR TOURS**  
JULY 12, 26 & AUGUST 9, 23

## WALKS & RUNS

**OUT OF THE  
DARKNESS WALK**  
SEPTEMBER 30

**WALK TO END ALZHEIMER'S**  
OCTOBER 7



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FOR ADDITIONAL EVENT  
DETAILS, SCAN THE  
QR CODE OR VISIT  
[PORTOFEVERETT.COM/EVENTS](https://portofeverett.com/events)



(UPDATED: APRIL 2023)





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WATCH A GAME AND ENJOY FOOD SPECIALS.  
CHECK OUT OUR UPCOMING EVENTS.

**SUNDAY** 11 A.M.-9 P.M.

**MONDAY** 4-9 P.M.

**TUESDAY | WEDNESDAY** CLOSED

**THURSDAY** 4-9 P.M.

**FRIDAY** 4 P.M.-12 A.M. (MIDNIGHT)

**SATURDAY** 11 A.M.-9 P.M.

SCAN FOR DETAILS



For more information call 425-304-3906  
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MEMBER OR MANAGER.

# FLEET & FAMILY READINESS: YOUR *Key* TO *Unlock*

Contributed by navylifepnw Staff

*Finding your passion can be a challenging undertaking if you are unsure how to begin. Fleet and Family Readiness can provide a range of resources and programs to help you identify new hobbies and introduce you to undiscovered potential interests.*

*Here are some tips on unlocking your passion with FFR:*

## **ATTEND CLASSES, ACTIVITIES AND EVENTS**

Fleet & Family Readiness is comprised of Fleet & Family Support Center and Morale, Welfare and Recreation. These two programs offer a myriad of classes, activities, and events focused on personal and professional development, career exploration, health and fitness, and hobby and interest groups. Attending these events can help you discover new interests and meet like-minded individuals who can support and encourage you.

## **TRY SOMETHING NEW**

One of the best ways to discover your passions is to try new things. MWR offers an array of recreational programs – such as sports teams and fitness classes – as well as classes and creative activities including art and music. The Community Recreation office can offer you opportunities to seek outdoor adventures, trips and travel. Trying new things can help you discover what you enjoy and at which activities you might excel.

## **TAKE ADVANTAGE OF CAREER COUNSELING SERVICES**

Fleet & Family Support Centers help you identify your skills, strengths and interests, as well as explore career paths that align with your passions. These services help you focus on a plan to achieve your career goals and provide guidance on educational and training opportunities.

## **CONNECT WITH OTHERS**

Networking with others who share your interests can help you gain insight into your passions and provide support and encouragement in pursuit of a better you. FFR offers a wealth of social events and interest groups where you can connect with like-minded individuals.

## **REFLECT ON YOUR EXPERIENCES**

Take time to reflect on your past experiences and think about the activities and tasks that brought you the most joy and satisfaction. This reflection can help you identify patterns and themes that can guide you in discovering your passions. If you are not finding events and activities that speak to your passions, tell us, we are often interested in building new programs that meet all needs.

## **SEEK GUIDANCE AND SUPPORT**

Fleet & Family Support Center offers an extensive selection of support services, such as counseling, EFMP Case Liaisons, New Parent Support, clinical and financial counseling, which can help you overcome any barriers that may be preventing you from pursuing your passions. Seeking guidance and support can help you stay motivated and focused on your goals.

# Unlocking YOUR Passion

## *Finding passion through sports and exploration ...*

Brittney Beitel is the NS Everett Fitness Manager. She found her experience as a former D1 college soccer player provided her with valuable lessons she incorporates into everyday life.

“ To me, finding your passion is being able to recognize how you enjoy spending your time. Listen to yourself and what makes you happy. Passions will arise from that. ”



## *Finding passion through adversity ...*

CABH3 Joshua Schuster splits his time between being a Sailor and his passion for firefighting as a part-time firefighter with the town of Arlington, Wash. He says helping people and providing comfort and peace to someone experiencing hardship unlocks his passion.

“ Go through it, don't stop and keep pushing to what you want to do ”



## *Finding passion through personal growth ...*

PO2 Ledgen Jeune found his passion in creating and performing music for people. He gained confidence in something that began as a hobby but now brings him joy through the reaction of others.

“ You have to carve out your own time for it. If you're in the Navy or not, you have to keep pursuing it. You have to make sure you have something that can support you as a person. ”





CHILD & YOUTH PROGRAMS

## CHILD & YOUTH PROGRAMS

*The mission of Child & Youth Programs (CYP) is to make sure you can do yours by providing high-quality child care and support services close to home. Visit [Everett.navylifepnw.com/child-youth](http://Everett.navylifepnw.com/child-youth) or scan this code to learn more about our programs and services.*



### CHILD DEVELOPMENT CENTERS (CDC)

Our Child Development Centers (CDC) are open to children ages 6 weeks to 5 years, for full-time or hourly care. Our classrooms provide fun, inclusive, and engaging environments as we strive to meet each child's social, emotional, and intellectual needs.

#### EVERETT CHILD DEVELOPMENT CENTER

425-304-3778, 2000 W. Marine View Dr., Bldg. 1980, Everett,

### CHILD DEVELOPMENT HOMES (CDH)

When you need professional care with the comfort of home, our Child Development Homes (CDH) are here to help. CDH Providers are self-employed individuals, certified by the state of Washington, operating a child-care business in their own home, and often have previous early childhood education experience. They're here to promote overall social, emotional, cognitive and physical growth – all while building school readiness skills.

#### EVERETT CHILD DEVELOPMENT HOMES

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

### SCHOOL LIAISON

When it's time to relocate, we're here to help the transition to go smoothly as possible for your children. Our School Liaisons help families with children in pre-kindergarten through 12th grade. They assist with everything from a school transfer and homeschool support, to meeting graduation requirements. For our elementary, preteen and teen community, the Youth Sponsorship Program adds in element of social support. We strive to contact youth before they move, so when they arrive, we can immediately connect them with peers who are already participating in the installation, school or community programs. Call for an appointment.

#### NAVAL STATION EVERETT SCHOOL LIAISON

425-304-3688, The Commons, 2000 W. Marine View Dr., Bldg. 1950



# NAVY SCHOOL LIAISONS

Connecting Military Families, Commands and K-12 Schools

## Did you know?

School transition and deployment support is a Navy readiness and retention issue. The Navy benefits from having Sailors who are able to focus on their duties, whether ashore or deployed.

- Navy families move their children an average of every 2.9 years.
- Children of military personnel attend up to nine different schools by graduation.
- Military families are reluctant to disrupt high school youth in their senior year.
- Deployments can impact educational outcomes of children.
- Many families decide to “separate geographically” to keep children in their current school.

## Families, Contact your School Liaison for help with:

- Inbound/outbound school transfers
- Youth sponsorship
- Local schools and boundaries
- Finding the right school
- Understanding special education
- Meeting graduation requirements
- Finding military and local support services
- Home schooling support
- Preparing for college and scholarship information

## Navy School Liaisons Provide SEVEN CORE SERVICES to Assist Families:

- 1 School Transition Services (PCS Cycle):** School Liaisons assist families with school transfers and help “level the playing field” for military children and youth.
- 2 Deployment Support:** School Liaisons connect educators with the military deployment support system to inform them about the cycles of deployment and the tools available to assist educators in working with military children.
- 3 Command, School & Community Communications:** School Liaisons serve as subject-matter experts for installation commanders on K-12 issues, helping to connect command, school and community resources.
- 4 Home-School Linkage and Support:** School Liaisons assist military families by gathering and sharing information on home-schooling issues, policies and legislation from local school districts, and help leverage military Child and Youth Program resources to support these families.
- 5 Partnerships in Education (PIE):** PIE creates a volunteer network of resourcesto support installation and community members who have a vested interest in the success of all youth.
- 6 Post-Secondary Preparations:** School Liaisons leverage installation and school resources to provide graduating military students with access to post-secondary information and opportunities.
- 7 Special Needs System Navigation:** School Liaisons provide information about installation and community programs and services, make referrals to the Exceptional Family Member Program (EFMP), and offer assistance in navigating the administrative systems within local education agencies.

## Online Resources:

- Navy Before and After School Care [www.militarychildcare.com](http://www.militarychildcare.com)
- Home School <https://washhomeschool.org/>
- Military One Source-Transition Information [www.militaryonesource.com](http://www.militaryonesource.com)
- Military Kids Connect <https://militarykidsconnect.health.mil/>
- Department of Defense Education Activity [www.dodea.edu](http://www.dodea.edu)
- Free online homework help [www.tutor.com/military](http://www.tutor.com/military)
- Special Education [www.wapave.org](http://www.wapave.org)
- Navy Exceptional Family Member Program (EFMP) <https://community.apan.org/wg/exceptional-family-member-program/>

## Stay on Target with your School Liaisons



School Liaisons assist with K-12 related needs regardless of a family’s proximity to a military installation. Contact the Navy School Liaison closest to you:

### NAVY REGION NORTHWEST

360-396-4860 [nrmw.sl@us.navy.mil](mailto:nrmw.sl@us.navy.mil)  
Serving Central Kitsap School District

### NAVAL BASE KITSAP

360-340-2824 [nbk.sl@us.navy.mil](mailto:nbk.sl@us.navy.mil)

### NAVAL STATION EVERETT

425-304-3688 [nse.sl@us.navy.mil](mailto:nse.sl@us.navy.mil)

### NAS WHIDBEY ISLAND

360-257-6863 [naswi.sl@us.navy.mil](mailto:naswi.sl@us.navy.mil)

### WORLDWIDE SCHOOL LIAISON DIRECTORIES

<https://installations.militaryonesource.mil/search?program-service=12/view-by=ALL>



Visit [navylifepnw.com](http://navylifepnw.com) for the latest School Liaison information. Select the installation, under Child & Youth drop down tab.

## NAVY CYP WE'RE HIRING!



# MAKE A DIFFERENCE. BUILD A CAREER.

Sign-on & Retention Bonuses • 50% discount for 1<sup>st</sup> child • Flexible Schedules  
Apply Today! [www.navylifepnw.com/jobs](http://www.navylifepnw.com/jobs)

Learn about military child care programs and quality care. Choosing child care may be one of the most important decisions you'll make as a parent, and it can be hard to know where to start. Learn more about military child care program options and helpful resources below.



## NAVY CHILD CARE PROGRAMS

### Start Here: [MilitaryChildCare.com](https://militarychildcare.com)

MilitaryChildCare.com is a DOD website that helps families find and request military-operated child care anywhere in the world. Search for full- and part-time care, including before- and after-school care, as well as summer and holiday camps. Get started by creating an account at [MilitaryChildCare.com](https://militarychildcare.com) and submit a request for care.



### Child Development Centers, Family Child Care and School Age Care. You have options.

Child development centers, or CDCs, are located on installations and generally offer care for infants through preschool age children. Family child care providers or Child Development Homes (CDH) are certified professionals who provide child care for infants through school-age children in their homes, located either on or off an installation. School-age care, or SAC, programs provide care to children in kindergarten through sixth grade.



### Hourly child care? You've got it.

Through Military OneSource, parents now have free access to a national database to search for hourly, flexible and on-demand child care. You can even interview caregivers through the service. It's easy to access and is a virtual solution that allows you to choose, hire and pay providers on your terms.



### Child Care In Your Home Fee Assistance Program

Fee assistance for families who have determined that full-time, in-home child care is the best solution to meet their needs. *The Child Care in Your Home pilot program has a limited number of child care spaces and is only available in select locations. For assistance, call Military OneSource consultants, available 24/7/365, at 800-342-9647 or schedule a live chat.*

## Military Child Care in Your Neighborhood

### Fee Assistance for Community-Based Child Care

Serving U.S. Navy Families

As a military parent, you want access to affordable, quality child care. You may be eligible to receive fee assistance through Military Child Care in Your Neighborhood (MCCYN). The Department of Defense offers fee assistance to reduce the out-of-pocket expense of child care in the community.

*Paying full price for community-based child care? Your caregiver may be eligible to join the DoD program.*



# MCCYN



Expanding Affordable Child Care



**MILITARY**  
CHILDCARE  .com

Scan here to get started

**NEW**

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*Explore, read and learn.*

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- Tutoring Services
- Newspapers and Magazines
- Children's Corner

DoD MWR  
LIBRARIES





## NAVY HOUSING

Your Housing Services Center team knows the area and will help you make the most of your housing benefits. Visit [Everett.navylifepnw.com/housing/](http://Everett.navylifepnw.com/housing/) or scan the QR code to learn more about this free service.



### HOUSING SERVICE CENTER

425-304-3402  
2020 W. Marine View Dr., Bldg. 2028, Rm. 115, Everett, WA

We offer free maps and faxes, pre-screened inbound and outbound community housing listings, personalized counseling to find what will work best for your situation, including any exceptional family member needs you may have, and free review and a plain English explanation of your lease terms. We can also help you negotiate favorable leasing terms. You can also access listings 24/7 via [HOMES.mil](http://HOMES.mil), the only DoD-sponsored rental listing website used by Military Housing Offices worldwide. Use it to view pre-screened properties, compare listings and contact property managers directly.

### HUNT MILITARY COMMUNITY

360-565-0400  
[constitutionparkfamilyhousing.com/](http://constitutionparkfamilyhousing.com/)

### UNACCOMPANIED HOUSING

#### CHECK-IN: UNACCOMPANIED HOUSING OFFICE

425-304-3111  
2000 W. Marine View Dr., Bldg. 2029  
Front Desk is open 24/7 and a Front Desk Associate is available to assist.  
After-hours Emergency Maintenance: 425-304-3111

#### ONLINE BARRACKS MAINTENANCE REQUESTS

Available 24/7, residents can submit non-emergency maintenance requests using the building-specific QR code located on the inside of your barracks room main door and on flyers located throughout your barracks buildings' common areas.



# LEARN TIPS & TRICKS

## FOLLOW US ON SOCIAL MEDIA



NAS Whidbey Island: @WhidbeyFFR  
Naval Base Kitsap: @KitsapFFR  
Naval Station Everett: @EverettFFR





## RESIDENT RECOGNITION PROGRAM:

# RESIDENT *of the* MONTH/QUARTER

## Be Recognized for your Exemplary Contributions!

The Resident of the Month receives a LOA from the Base CO.

The Resident of the Quarter earns a designated parking spot for three (3) months.

The Resident must win Resident of the Month before qualifying for Resident of the Quarter.

See the Front Desk for details.

The resident must demonstrate the following qualities:

1. Room is kept in exceptionally clean and organized manner.
2. Consistently receives outstanding ratings during scheduled and non-scheduled inspection.
3. Actively participates in UH/MWR/Recycling program.
4. No violation in any UH Policies (Guest, Cooking, Alcohol, etc.)
5. Displays pro-active attitude, respect for others and proven organizational and mission support.
6. Contributions have made the nominee a more valuable resident of UH.

## Transferring PCSing? Looking for local rentals?



or contact your local  
Housing Services Office



# HOUSING SERVICE CENTER

Let us  
help  
you!

**Check in with us first before searching for community housing. We have local rental property listings!**

**Visit any Housing Service Center (HSC) for:**

- Lease services, including lease review and explanation of terms
- Referral counseling to assess your housing needs
- PPV Family Housing Application
- Landlord/Tenant Resolution Services
- Navy Advocate for you and your family when housing maintenance, health or safety issues arise
- Outbound Services
- Fair Housing Issues



*“I didn’t realize that this moment would become the blueprint of what I would call my passion project, the Pregnancy Loss Awareness Network (P.L.A.N.) at FFSC.”*

In December 2021, Jodi was selected for the Navy’s Emerging Leaders Program (ELP) and had the opportunity to promote a necessary change within the workplace and/or Command. “I didn’t realize that this moment would become the blueprint of what I would call my passion project, the Pregnancy Loss Awareness Network (P.L.A.N.) at FFSC,” Jodi says.

### ***What is P.L.A.N.?***

### ***What is its mission?***

P.L.A.N. is currently a Naval Base Kitsap pilot program designed to create easy access to customized trauma and informed care support services within the Command for service members and immediate family members who have experienced pregnancy loss. It also establishes a complete process for the U.S. Navy to address a pregnancy loss at commands as a primary prevention goal. P.L.A.N. defines a pregnancy loss as an infant death via involuntary or voluntary loss of pregnancy – a miscarriage at less than 20 weeks; stillborn at 20 weeks or more; or, neonatal loss (loss of life for newborn through first 28 days).

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# The *Passion* behind the P.L.A.N.

Contributed by navylifepnw Staff



*The Navy Region Northwest Fleet and Family Support Center has enhanced how it supports our service members and families who have experienced a pregnancy loss crisis. Jodi Hooper is the founder and coordinator of the groundbreaking program and represents just one of the many faces at FFSC who are passionate about their work and inspiring transformation through the nascent program.*

Pregnancy loss is, unfortunately, a shared experience many Service Members battle silently. P.L.A.N. is here to help. The Network consists of a group of providers in Command delivering easy access to the following informed-care services:

- A customized care service plan of multiple individualized services and advocate support within the FFSC framework
- Confidential counseling services via FFSC clinical counselors
- Religious Services for spiritual support
- MWR Fitness Center for physical aid with health, nutrition, and other self-care needs
- Command and leadership for military policies or leave support
- Naval Hospital Bremerton or Primary Care Provider for immediate or ongoing physical needs

The P.L.A.N. mission is to “help shatter the silence of pregnancy loss, which educates, empowers, and enhances service members to remain mission ready and focused.” The FFSC is the hub to connect service members and families with support needs. For example, a Care Advocate is assigned to families to link those in need to available resources within the Network.

## *What sparked your passion for creating P.L.A.N. while raising awareness for pregnancy loss, and how do you hope to make a difference in the lives of military families?*

In 2017, while stationed with my family in Monterey – my husband was studying at Naval Postgraduate School – we were expecting our third child. I was pregnant at the same time as a group of close friends who were fellow military spouses.

Unfortunately, one of these friends was a service member who experienced the loss of her pregnancy in her third trimester. Due to this devastating and traumatic experience, she naturally sought counseling. However, there was no pregnancy loss system in place that could be identified within Command to offer additional support and services.

Experience this alongside a close friend opened my eyes to this tragedy’s prevalence. Soon after, I began to notice a trend among service members, spouses and even fellow staff members who encountered similar journeys and who suffered in silence for many years.

Since its inception in October 2022, P.L.A.N. has received ongoing information and referrals related to pregnancy loss. The program is currently underway at Naval Base Kitsap, and is in its early stages at NAS Whidbey Island and Naval Station Everett. To learn more about P.L.A.N. and how FFSC can help you or anyone who experiences a loss, visit [navylife.com/pregnancy-loss](https://navylife.com/pregnancy-loss).

# Support Programs

Fleet & Family Support Center



## FLEET & FAMILY SUPPORT CENTER - SMOKEY POINT

866-854-0638  
425-304-3367  
13910 45th Ave. NE, Ste. 857  
Marysville, WA 98271

## FLEET & FAMILY SUPPORT CENTER ANNEX

425-304-3735  
2000 W. Marine View Dr.  
Bldg. 2000, Rm. 133  
Everett, WA 98207

## 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

# FLEET & FAMILY SUPPORT

FFSC is here to meet the needs of Navy families at home and at sea with helpful programs and resources. Visit [Everett.navylifepnw.com/fleet-family/fleet-family-support-center/](http://Everett.navylifepnw.com/fleet-family/fleet-family-support-center/) or scan this QR code to learn more about current offerings.



## NEW SPOUSE

So, you married a Sailor? Congratulations, and welcome aboard!

The Navy has its own language, traditions and customs. Everything can seem so different! How are you supposed to understand? Fleet and Family Support Centers (FFSC) are an invaluable resource for your new Navy adventure. You can attend a workshop and meet other new Navy spouses, gather informational materials, get help with finding a job or a volunteer opportunity or learn about educational opportunities.

FFSC is able to help connect you to your duty station Ombudsman. The Ombudsman communicates on behalf of the command to give timely information, through social media posts, care-line/info-lines, telephone trees, and e-mails.

You are setting forth on an exciting journey as a member of the Navy Family. We hope to connect you to fellow service-member families, and help you learn together, grow together, and succeed together. Visit your FFSC or scan the QR code to learn more.



## EMOTIONAL SUPPORT SERVICES

We all experience ups and downs in life. At some point, just about everyone needs help coping with stress caused by life's many challenges. Stress can be caused by work, family hardships, marital conflicts, parent/child issues, money concerns, frequent moves, health and environmental factors and other difficulties. Talking about our problems with family or friends can be helpful, but often this just isn't enough. Sometimes it helps to talk to an experienced counselor.

Fleet and Family Support Centers (FFSC) offer confidential (the command is not notified) counseling by professional, licensed clinicians. FFSC clinical counselors hold a master's or doctorate-level degree in counseling, social work or psychology. Their professional services are free of charge to active-duty personnel and family members.

If you are troubled and need someone to talk to, just ask FFSC for an appointment. You do not need a referral from your command or healthcare provider. Visit your FFSC or scan the QR code to learn more.



## PARENTHOOD

Becoming a new parent is a time for excitement and joy as well as confusion and anxiety. So many questions come up and even worse, there are usually a million different answers! If you are feeling anxious, this is common and you are NOT alone.

New Parent Support Staff are part of Fleet & Family Support Centers can support you with in-home visits after the baby is born to help smooth the transition to new parenthood. New Parent Staff can also help with parenting toddlers and preschool children up to age four.

To better prepare for the changes in the family dynamic, FFSC offers comprehensive parenting programs and early child development education classes to help foster healthy parenting practices so you can thrive as a healthy family.

Visit your FFSC or scan the QR code to learn more about classes such as Positive Parenting, Daddy Boot Camp, Baby Talk and pregnancy support groups.



## SERVICE MEMBER DEPLOYMENT

Deployments are a way of life for military service members and their families. Whether single or married, there are effective ways of meeting the unique challenges of a Navy lifestyle. Fleet & Family Support Centers (FFSC) work closely with commands, Ombudsmen, Family Readiness Groups, individuals, and families to provide resources and assistance during all phases of the deployment cycle.

Pre-deployment information is presented around five core elements that sailors and their families should review and update as they prepare for deployment: documents, finances, communication, relationships, and resources. Mid-deployment help for families include stress-reduction classes, mind and body mental fitness classes and countless other resources. Homecoming can also shed light on problems in a relationship, and FFSC understand those hurdles too and can provide support and resources to assist.

Any point of a deployment can be uniquely difficult, and FFSC is here to help you get through it. Visit your FFSC or scan the QR code to learn more.



## EMPLOYMENT & ADULT EDUCATION

Fleet and Family Support Centers (FFSC) can help you pursue the career of your dreams! We understand the frustrations that are common to military families such as frequent moves. We can help you focus on a career that can follow you from base to base.

If you already have a career, FFSC has a wide variety of resources including information related to how professional licenses can transfer from one state to another.

Life Skills education can help you recognize your unique abilities and take control of your life. We are now living in the "Choose Who You Are" era and nothing is more important than personal empowerment. Our core classes, Stress Management, Anger Management, Communication Skills and Conflict Resolution provide tools helpful in living a positive, empowered and fulfilled life. Mind-Body Mental Fitness (or MBMF) is a stress-resiliency program designed to help Sailors, their families, and their commands better understand how to cope with the stressors that are presented through the Navy lifestyle by learning to manage the four Domains of Resilience.

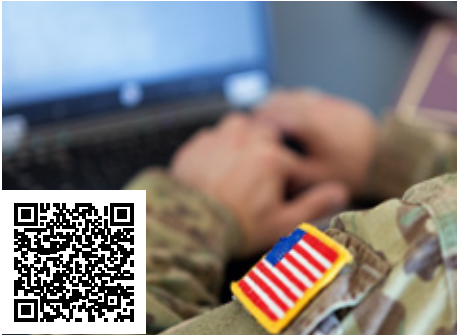
We offer FREE support with resume writing, interview techniques, job search strategies, workshops for teen employment, Myers Briggs Type Indicator to assist your future career search, WA state employment, Military Spouse Employment Program (MSEP), and Spouse Education and Career Opportunities (SECO), including scholarship resources. Visit your FFSC or scan the QR code to learn more.



## DOWNLOAD THE MYNAVYFAMILY APP, DESIGNED FOR NAVY SPOUSES AND SAILORS' FAMILIES

Combining authoritative information and resources from about two dozen websites, and covering a wide variety of topics, MyNavyFamily puts everything you need to know in a single, convenient application.

Go to [www.applocker.navy.mil](http://www.applocker.navy.mil) to download this app and many other helpful Navy apps for free.



### TRANSITION & RETIREMENT

The Transition Assistance Program (TAP) is designed to make the move to civilian life smooth and successful. Fleet and Family Support Centers (FFSC) ensure service members and their families are well prepared for civilian life with extensive tools, education and support needed for a successful transition into the civilian community.

Regardless of how long you have served, FFSC understands the difficulties ahead, and how to help you find a new role in your community. The time you have spent in the military has extraordinary value in the civilian workforce, and there are resources to help you climb your next career ladder. Navy leadership is committed to effective transition assistance for all Sailors separating from the Navy. Note: Active duty must sign up through their Command Career Counselors.

Retirement planning might not be as easy as you think. Wherever your transition takes you, FFSC can help. Visit your FFSC or scan the QR code to learn more.



### FINANCIAL PLANNING

Poor financial health can lead to diminished operational readiness, loss of security clearance, decreased choice of duty locations, administrative discharge, anxiety, stress and other negative effects. Compare this to the positive effects of good financial health that comes from knowing how to managing your personal finances: Freedom from anxiety. Freedom from stress. Freedom to do your best at your job in the Navy and advance on time.

Fleet and Family Support Center (FFSC) has Association for Financial Counseling & Planning Education (AFCPE) accredited financial counselors on staff to assist you! Our highly qualified Personal Financial Managers (PFMs) provide courses and individual consultations for personal financial management, as well as provide General Military Trainings (GMTs) and Command Financial Specialist (CFS) Training.

Once your budget is managed, learn about your TSP and retirement goals for next-level financial planning! Visit your FFSC or scan the QR code to learn more.



### MOVING & RELOCATION

Everyone in the military moves at one point or another. Preparation for such a big change is essential to the well-being of every military household. Whether you are settling in or departing, Fleet and Family Support Centers (FFSC) can help ease your transition to a new base.

If you are new to the area, FFSC should be your first stop. Grab a hospitality kit, brochures, maps, and phone directories for the local area. We have a career center with Internet access and classes to help you find the right career for your family. We understand the housing, schools, and resources you need to settle into your new home.

For those leaving the area, we offer Smooth Move classes and relocation workshops can help plan for success. We have counselors for individuals or families who have trouble transitioning. Our career center can help you transfer your license to a new state or the tools to look for a new job when you get there.

Visit your FFSC or scan the QR code to learn more.



### EXCEPTIONAL FAMILY MEMBER SUPPORT

The Exceptional Family Member Program (EFMP) ensures service members will be assigned to a location where the special needs of the family will be met. EFMP is a mandatory program for spouses, children, and dependent family members, who require special medical, psychological, or educational services.

The Exceptional Family Member will then be assigned a category according to diagnosis, availability of care, and intensity of care. Category 1 is the least complex, while 5 is the most complex; Category 6 is for temporary placement in the EFM program, for example, high-risk pregnancy or a premature infant.

The category assigned to a family member will impact what duty stations a family can accompany their service member, however, enrollment in EFMP does not affect one's career, as promotion boards are unaware of EFM status.

Fleet and Family Support Center can help with the needs of the whole family and the challenges families might face. Visit your FFSC or scan the QR code to learn more.

# NAVY WOUNDED WARRIOR



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

**Through proactive leadership, NWW provides individually-tailored assistance designed to optimize the success of the wounded warriors' recovery, rehabilitation and reintegration activities.**



1-855-628-9997 (24/7)

[navywoundedwarrior.fct@navy.mil](mailto:navywoundedwarrior.fct@navy.mil)

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





*Urgent realities.*



*There is hope*



*Easier access.*



**988** provides easier access to the 24/7, free and confidential Lifeline network and related crisis resources, which are distinct from 911 (where the focus is on dispatching Emergency Medical Services, fire and police as needed).

The Lifeline accepts calls, texts/chat from anyone who needs support – a direct connection to compassionate, accessible care for anyone experiencing mental health related distress.

# FERP

## FAMILY EMPLOYMENT READINESS PROGRAM

Are you wondering if virtual employment is right for you? Ask your FERP professional for virtual employment tips.

Contact your local Fleet and Family Support Center for more information or download the MyNavy Family app.  
[www.ffsp.navy.mil](http://www.ffsp.navy.mil)





FLEET & FAMILY READINESS  
**WORK that MATTERS.**



**FULL-TIME, PART-TIME AND FLEX  
POSITIONS IN CHILD CARE, SOCIAL  
SERVICES, HOSPITALITY, FOOD SERVICE,  
RECREATION, FITNESS AND MORE**

# WE'RE HIRING!

**WE'RE SEEKING TALENT LIKE YOU  
TO JOIN OUR WORLD-CLASS TEAM**

## **BENEFITS & PERKS**

### **▶ COMPETITIVE WAGES & BENEFITS**

- Benefits begin DAY ONE (Regular Full- and Part-Time). Recruitment or retention bonuses available!\*
- Access to base FFR services such as recreation centers, gyms, movie theaters, Navy Exchange and AmericanForcesTravel.com

### **▶ GLOBAL CAREER OPPORTUNITIES**

- Free training and worldwide transfer opportunities to Navy bases around the world
- Start or advance your career by following US Navy FFR on LinkedIn

### **▶ MAKE A POSITIVE IMPACT ON THE MILITARY COMMUNITY**



**APPLY TODAY!**  
[WWW.NAVYLIFEPNW.COM/JOBS](http://WWW.NAVYLIFEPNW.COM/JOBS)



\*Terms & Conditions apply. Contact NAF HR for details



## 10 Great Reasons to Work for FFR

Contributed by navylifepnw Staff

**Get in on the Navy Life as a federal government employee! Fleet & Family Readiness (FFR) jobs offer competitive pay, medical insurance, retirement savings, and tons of other perks.**

**As an FFR Employee ...**

**1. Competitive Pay.** Federal Civil Service positions on base aim to be equivalent to similar positions in the local community. Full-time and regular part-time employees are also eligible for a retirement plan, 401(k), annual leave, sick leave, military leave, administrative leave, parental leave, court leave, overtime pay, holiday pay, Sunday premium pay and shift differential.

**2. Affordable outdoor rentals and trips to explore the Pacific Northwest.** MWR Outdoor Recreation Centers are your one-stop shop for outdoor activities — from helping plan a trip to renting snowshoes, kayaks, tents, and bikes. They also have backyard party items like horseshoes, barbecues and ice chests. Visit with friendly staff and get info on where to go and what to do. They'll make sure you are properly outfitted with gear to make your adventure complete

**3. Free gym membership.** The state-of-the-art fitness centers on each base give you access to cardio equipment, free weights, TRX, spin bikes, outstanding group fitness classes and much more! Fitness equipment orientations, fitness

assessments and facility tours are also available to ensure you know what to do to achieve your desired fitness goals

**4. Extra savings toward retirement.** FFR offers a 401K plan (an additional retirement savings account). For every dollar you put in the plan, they will match it, up to 3% of your salary. That's a pretty good deal: You can automatically double your money

**5. Military Discounts apply to you.** Most companies that give military discounts also give discounts to DoD employees. You are eligible for services that cater to military personnel, such as American Forces Travel, GovX and [shop.id.me](http://shop.id.me). Several hotels will also allow you to get the military rate, even if not traveling on military orders. On base you can shop tax free and fill up your gas tank for less at the Navy Exchange (NEX). Always be prepared to show your ID

**6. Career planning and training available; never feel stuck.** FFR offers on-going training and professional development. Once a part of the federal work force, you can also take classes at a Fleet & Family Support Center to improve your skills or rebuild your resume

**7. TSA PreCheck® for free.** Federal civilian employees are able opt-in to TSA PreCheck®. Save your DoD ID number as your known traveler number when booking a ticket and travel through the airport with ease.

**8. Keep your kids having fun.** As a federal civilian employee, your base access allows your kids to play! Some bases have bowling, fishing ponds, playgrounds, STEM kits, crafts, libraries, the Child & Youth Programs have Youth & Teen Centers available, and movie theaters have family films. Most on-base activities for the family applies to you too!

**9. Getaways all over world.** DoD lodging offers hotels, cabins, cottages and more, anywhere a U.S. military base is located. A cottage in Pacific Beach or hotel in Italy, the reasonable rates make traveling a breeze. Check availability at <https://www.dodlodging.net>

**10. 10 paid holidays!** Depending on your job, you'll either get paid to enjoy the day off or earn extra holiday pay if you are scheduled to work on one of the 10 Federally recognized holidays. Regular full-time and regular part-time workers also start earning sick leave and vacation leave each pay cycle. Regular full-time employees start to earn 13 vacation days per year. The longer you stay in federal service, the more vacation days you earn.



# NAVY CHILD AND YOUTH PROGRAMS (CYP) MAKE A DIFFERENCE. BUILD A CAREER.



FOLLOW THESE SIMPLE STEPS TO SEARCH [NAVYCYP.ORG/CAREERS](https://navycyp.org/careers) FOR NAVY CHILD AND YOUTH PROGRAMS CAREER OPPORTUNITIES.

## 1 Open [NavyCYP.org/careers](https://navycyp.org/careers)

Use your web browser to open the [NavyCYP.org/careers](https://navycyp.org/careers) website. A listing of all the available CYP jobs is displayed on the webpage.

## 2 Enter “Keyword”

To view openings for a specific type of CYP job, type the job title/key word into the “Keyword” box. To view all CYP job openings, leave the box empty and scroll through the job listings.

## 3 Enter “Location”

To view all Navy CYP job openings worldwide, leave the “Location” box empty.

To view positions at a specific location, type a city, state, zip code or country in the “Location” box, and then click the “Search” button.

## 4 View Positions

The webpage displays nine job positions per page. Click on the position title for more information.

## 5 Review Job Details

Information about the position is listed on the page. Scroll down to review the job Location, Summary, Duties and Responsibilities, Qualifications Required, Benefits, and How to Apply information.

## 6 Required Documents

Ensure that all documents supporting your job application are current (e.g., CDA credentials, transcripts, forms).

## 7 Apply

Click on the USAJOBS hyperlink for the job announcement, which is above the Job Summary section. Then click on the blue “Apply” button on the right side of the USAJOBS webpage. Follow the steps to either create a USA Jobs account or log in to your existing account.



## FACILITY DIRECTORY

### A

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All American Restaurant:  
425-304-3943

Alpine Tower:  
425-304-5367

### C

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Catering- Naval Base Kitsap:  
360-396-5466

Catering - NAVSTA Everett (Grand  
Vista Ballroom):425-304-3906

Catering - Whidbey Island:  
360-257-2892

Commissary (Smokey Point):  
425-304-3379

Cyber Cafe:  
425-304-3579

### D

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Deployed Forces Support:  
425-304-3149

### E

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NSE Child Development Center:  
425-304-3778

NSE Child Development Homes:  
425-304-3046

NSE Community Recreation Office:  
425-304-3167

### F

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Family Housing/Housing Service  
Center: 425-304-3402

Faultline Flicks:  
425-304-3680

Fleet & Family Support Center:  
866-854-0638

(Seismos) Fitness Center:  
425-304-3336

### G

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Gallery Golf Course:  
360-257-2178

### M

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(Sailor's Choice) Marina, Mini & RV  
Storage: 425-304-3449

### N

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NAVSTA Everett Intramural Sports:  
425-304-3935

Navy Exchange - Smokey Point:  
425-304-4940

Navy Exchange Fleet Store:  
425-304-4447

Navy Getaways Cliffside RV Park:  
360-257-2649

Navy Getaways Jim Creek:  
425-304-5315

Navy Getaways Pacific Beach:  
360-276-4414

Navy Gold Star Program:  
866-854-0638

Navy Lodge - Bangor:  
360-779-9100

Navy Lodge - Whidbey Island:  
360-675-0633

Navy Wounded Warrior:  
360-315-2645

### O

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Outdoor Equipment Rentals:  
425-304-3449

### P

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Pierside Grille:  
425-304-3696

### R

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Resource Center:  
425-304-3579

### S

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NSE School Liaison:  
425-304-3688

Subway:  
425-304-4440

### T

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The Commons:  
425-304-3909

Tremors Neighborhood Sports Bar:  
425-304-3906

NSE Trips & Tours:  
425-304-3449

Tsunami Pool:  
425-304-3388

### U

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Unaccompanied Housing (UH):  
425-304-3111

### V

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Vibes LIBERTY Lounge:  
425-304-3680

### Y

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NSE Youth & Teen Program:  
425-304-3778



# IMPORTANT PHONE NUMBERS

*As a member of the Navy community, you are never alone. There are programs to support you in a variety of situations, including victim assistance, emergencies en route and service-specific relief societies.*

## FOR EMERGENCIES 911

### EMERGENCY ASSISTANCE

**FFSC Support Center  
Smokey Point**  
425-304-3367

**NAVSTA Everett Annex**  
425-304-3735

Information and Referral is available at the  
**Fleet & Family Support Center**

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**Suicide & Crisis Lifeline** 988

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**Base Information Line**  
425-304-3000

**Base Hotline**  
425-304-5665

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**Crisis Hotline** 800-584-3578 or 425-258-4357

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**Fire Department** 360-257-2532  
**Fire Prevention/Inspection** 360-257-6110

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**NAVSTA Everett Quarterdeck** 425-304-3366

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**Poison Control Center** 800-222-1222

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**TRICARE Appointment Line** 800-404-4506

**Health Clinic** 425-304-4060

**Health Net Federal Services** 844-866-9378

**TRICARE Nurse Advice Line** 800-874-2273

**Active Duty Dental Program** 866-984-2337

**Retirees' Dental Program** 888-838-8737

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**Base Security** 425-304-3211/3121

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**Self-Help** 877-273-8255

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Scan this code for more  
information about the  
resources listed here.



**ADDITIONAL BASE RESOURCES**

**Air Terminal/Space-A Flights (McChord)**  
253-982-7268

**Air Mobility Command**  
JBLM-McChord/SEATAC 253-982-7259/0555

**Ombudsman Coordinator** 425-304-3724

**Base Access/DBIDS** 425-304-3260  
**DEERS/ID Card Office (Ault Field)**  
360-257-1390/6770

**DEERS/ID Card Office (SeaP.L.A.N.e Base)**  
360-257-6070

**Chaplain** 425-304-3342

**Commissary** 425-304-3379

<b>Funeral Services</b> 360-315-3456	<b>Honor Guard</b> 360-315-3273/3275
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**Legal Services (RLSO)** 425-304-4551

**Navy Lodge** 800-NAVY-INN or 360-653-6390

**Navy Exchange** 425-304-4940

**Personal Property** 425-304-4015

**Personnel Support Detachment** 425-304-4256

**Public Affairs** 425-304-3202

<b>Public Works</b> 360-257-3348	<b>Recycling</b> 360-257-5481
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**ADDITIONAL RESOURCES**

**Fraud, Waste & Mismanagement** 800-522-3451

**Navy Family Accountability and Assessment System (NFAAS)**  
1-877-414-5358 or navyfamily.navy.mil

**Madigan Army Hospital** 253-968-1110/1145

**Military OneSource**  
800-342-9647 or www.militaryonesource.com

**Ready Navy** (202) 433-9348/DSN 288-9348 or email readynavy@navy.mil, www.ready.navy.mil/

**Veterans Affairs** 800-827-1000

**NON-DOD RESOURCES**

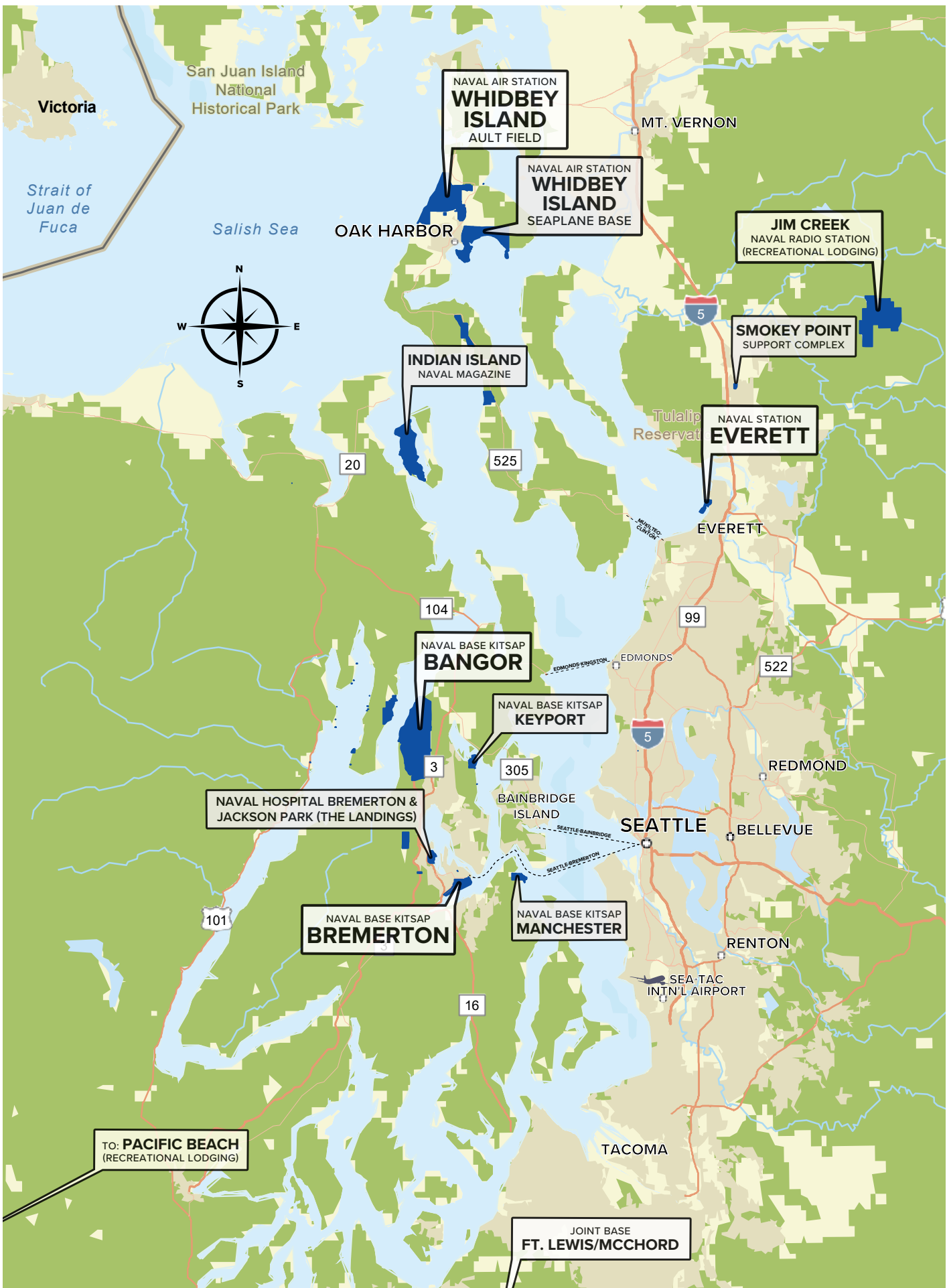
**American Red Cross** 1-877-272-7337

**DSHS/Food Stamps** 877-501-2233

**Immigration & Naturalization Service-Military Helpline** 877-247-4645

**Victims Services Specialist** 360-479-6188

**Washington State Dept. of Health**  
**Emergency Contacts** 1-877-539-4344 (24/7) or 1-206-418-5500 (24/7) or www.doh.wa.gov/Emergencies

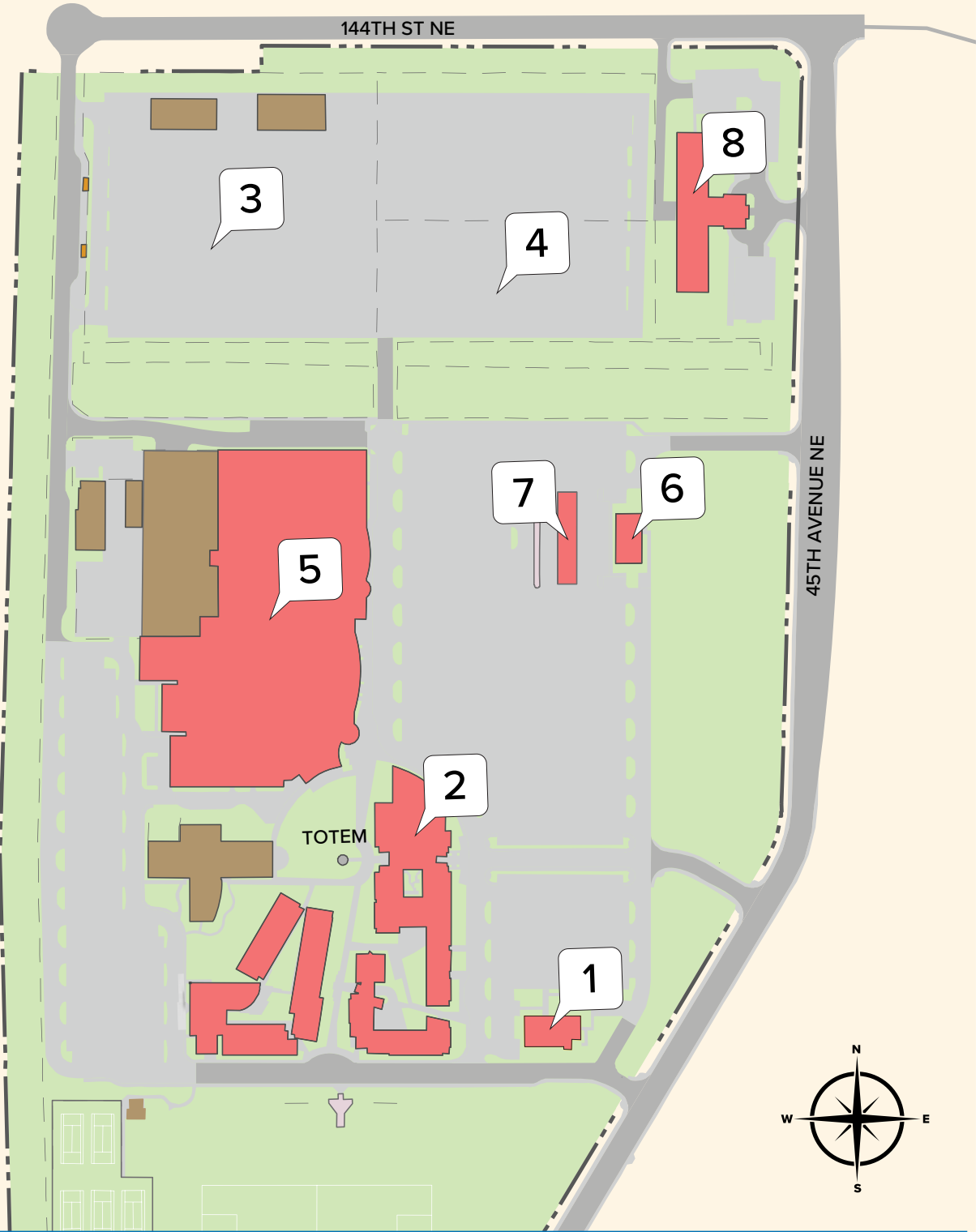


# DIRECTORY

- 1** Visitor Control Center (VCC)
- 2** The Commons  
Includes: Seismos Fitness & Aquatics Center, Vibes LIBERTY Center & Faultline Flicks, Community Recreation Office, Grand Vista Ballroom
- 3** NSE Administration (PSD, JAG, FFSP)
- 4** Naval Branch Clinic, Everett
- 5** All American Restaurant & Galley
- 6** Child Development Center (CDC)
- 7** Navy Exchange (NEX) Fleet Store
- 8** NEX Gas Station
- 9** Navy Federal Credit Union
- Pierside Plaza  
Includes: LIBERTY Center, laundry facility and Pierside Grille





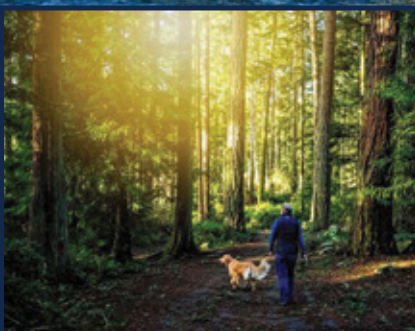


## DIRECTORY

- |   |  |                          |
|---|--|--------------------------|
| <b>1</b> Child & Youth, Family Fitness Facility   | <b>3</b> Vehicle Storage                 | <b>7</b> NEX Gas Station |
| <b>2</b> Fleet & Family Support Center<br>Includes: Library, Columbia College,<br>Classrooms, Thrift Shop and Navy<br>Federal Credit Union (NFCU) | <b>4</b> RV Parking                      | <b>8</b> Navy Lodge      |
|   | <b>5</b> Commissary, Navy Exchange (NEX) |                          |
|   | <b>6</b> NEX Mini Mart                   |                          |

# *Outmazing Island Escape*

*on beautiful Whidbey and Camano Islands*



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**OakHarborChamber.com**  
32630 SR 20, Oak Harbor, WA 98277



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[twitch.tv/NavyMWR](https://twitch.tv/NavyMWR)



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



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for everything Navy Region Northwest



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exclusive offers,  
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prizes and more!

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