



EXPERIENCE NAVY LIFE
N A V A L S T A T I O N

EVERETT

YOUR GUIDE TO ON-BASE RESOURCES AND ACTIVITIES

OCTOBER-DECEMBER 2020

SELF-CARE TIPS

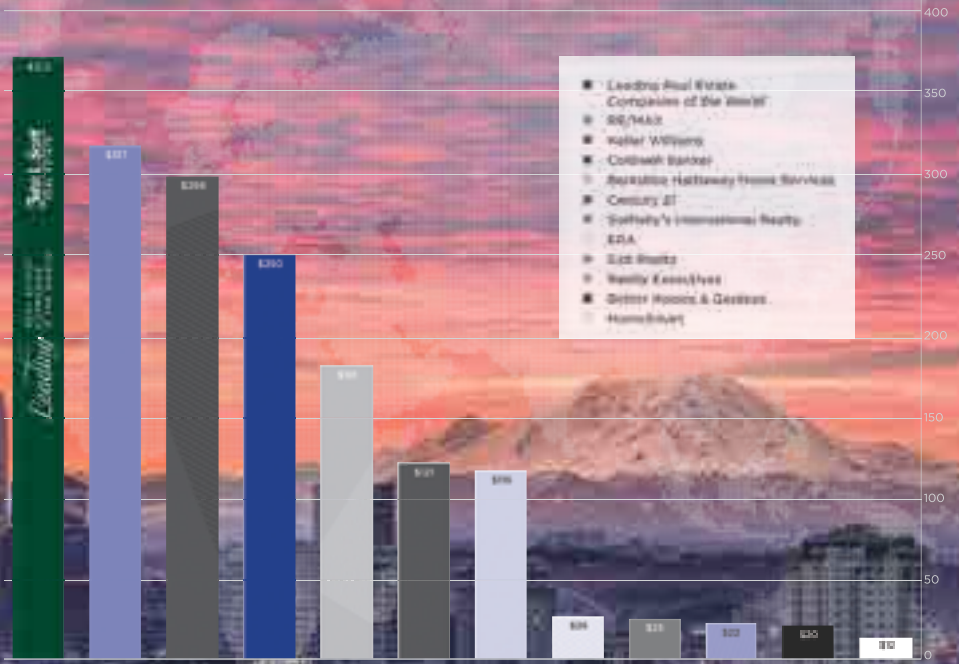
NAVY GETAWAYS SPECIALS

CELEBRATING MILITARY FAMILIES

NEW HOLIDAY TRADITIONS



Reaching virtually
100%
of buyers in our
local market
AND FROM ALL AROUND
THE WORLD



It Rains in the Pacific Northwest.

That does not stop us from loving it—the climate has created the landscape and shaped the culture. When it rains, it can be kind of a bummer, but when it doesn't its amazing. We could bounce around our favorite cities—Seattle, Vancouver, Portland or stay out of them completely and just play on the trails and in the mountains.

You have a taste of what the Pacific Northwest has to offer the world beyond a great cup of coffee and—the region gives us much more than edible delights. If you are considering making the Pacific Northwest your home or selling your home we have the solutions.

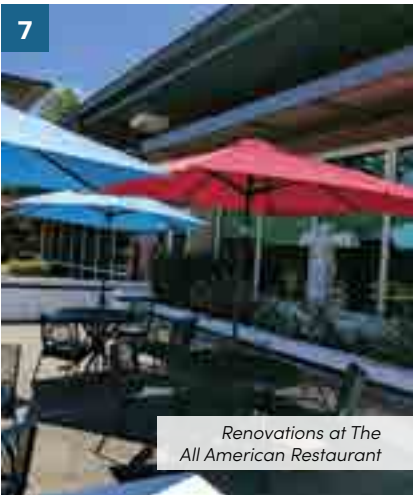
Contact me to find out more:



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NAVAL STATION
EVERETT



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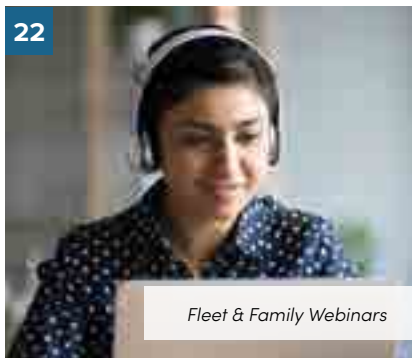
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Experience Navy Life is your go-to guide to the world of services available to authorized DoD personnel through the U.S. Navy Region Northwest Fleet & Family Readiness (FFR) program. We make every effort to ensure that the information herein is accurate 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, contact the facility directly or sign up for the Navy Life Currents e-newsletter at navylifepnw.com/subscribe. A digital version of this magazine is available at: everett.navylifepnw.com/magazine.

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A MESSAGE FROM THE FFR DIRECTOR



Can you believe that we are finally approaching the end of 2020? This year has brought us COVID-19 and other new challenges, and soon we will be in the chaos of the holiday season. 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. The main thing this year has taught us is to take nothing for granted and to cherish the moments we have with family and friends.

At Fleet & Family Readiness (FFR), our employees work hard every day to create opportunities for Sailors and families with at-home activities and close-to-home activities. Our activities are designed to give you a chance to spend time with your friends and family with live and virtual events, and to get you 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. Be sure to read about "Caring for Yourself (and Your Loved Ones) This Holiday Season" by the FFSC Counseling Team.

Now is a wonderful time to experience the Pacific Northwest's fall and winter seasons at Navy Getaways Cliffside, Jim Creek, and Pacific Beach with their great off-season rates (see page 14 for details).

As we close out 2020 and look forward to the next year, Fleet & Family Readiness will continue to focus on helping families build resiliency and connection to the Navy.



JENNIFER FOSTER
CNRNW N9 | FFR Director
Naval Station Everett

FOLLOW US 
@EVERETTFFR!
Special thanks to our **EVERETT**
fans who participated in
our recent **MWR** events.



Thank you Isaac O' Duckett for participating in the Regional Trick Shot Challenge.



Players representing Intermediate Maintenance Facility were among those who participated in the first qualifying round of NSE's Doubles Cornhole Tournament.



MWR team member Rachel Lee prepared DIY craft bags for curbside pickup.

Caring for Yourself (And Your Loved Ones) This Holiday Season



Everyone knows the holidays can be stressful! For many of us, the holidays symbolize a time for gathering with family and friends, tradition, cultivating time to give to those less fortunate and most of all, focusing on the things for which we are grateful. However, for some, the holidays represent stress and chaos.

What Makes this Holiday Season Different?

Celebrating the holidays during these unprecedented times adds a completely new layer of stress and uncertainty to the equation. During hard times, the people closest to us become our primary source for nurturing and positivity. The pandemic has certainly made cultivating togetherness even more challenging. There are the concerns about traveling (especially air travel) and potentially exposing family members (some in high-risk categories) to the virus. You may have increasing worries about affording food, rent, and gifts for your children and other family members if you have been financially impacted by the pandemic.

Why Self-Care, Why Now?

We have all heard the saying, “You can’t pour from an empty cup. Take care of yourself first.” For some, practicing self-care seems selfish and unnatural. Many of us have so many responsibilities in life that we forget to take care of our personal needs or when we do put our needs first, we tend to feel guilty. This is especially true for mothers, caregivers, single parents and helping professionals. Self-care is not an indulgence; it is a form of self-love, self-respect, and an ethical obligation. An added bonus of self-care is that when you take time to invest in yourself, you gain more energy to take care of others. Caring for others promotes a sense of connection and belonging, which leads to more feelings of happiness and fulfillment in life and ultimately helps decrease our stress levels.

Self-Care Strategies that Work!

Here are some ways you can practice good self-care to ward off the stress that comes with the holiday season:

- Practice relaxing and calming exercises as a family. A simple deep breathing exercise can help to settle the mind and body.
- Homemade gifts are the best gifts! You and your family can use art supplies from home to make holiday-themed cards, crafts, and artwork.
- Create or start a new family tradition. Experiment with a new recipe, decorations, or rituals that include family members near and far.
- Host private holiday parties using social media outlets so that everyone can participate.
- Practice gratitude. Gratitude can help protect your brain from stress and depression. Just considering the question “What am I grateful for?” increases dopamine and serotonin, even without having an answer.
- Talk to a trusted person who can provide support about your worries and concerns. If you prefer to speak to a professional, counselors are available at the Fleet and Family Support Centers. Call the Centralized Scheduling line at 866-854-0638 to schedule an appointment.
- The last thing we want to leave you with is to stop, drop, and roll. It’s not just for fire but also for stress. Stop reacting to minor problems, and you only know what is or what isn’t a minor problem.

This article was contributed by the FFSC Counseling Team at Naval Station Everett consisting of Kima Tozay (Chief of Clinical Services); Master Level Clinical Counselors Duly Stout, LCSW; Jennifer Andrews, LMFT, Carla Koegen, LCSW, and Amber Noone, LPC; Victim Advocate, Holi Dahl; New Parent Support Home Visitor, Benilda Dauz and administrative staff Laurie Breed. Clinical Counseling is available at all installations in Navy Region Northwest, providing direct support to Sailors and their families with counseling services, victim safety planning and consultation, parenting education and visitation, as well as liaison with command leadership. Call 866-854-0638 for more information.



FOOD, FUN & RECREATION

We're proud to offer you and your family a wide variety of dining, entertainment and recreation options conveniently located on base. Visit an MWR facility today to learn more about upcoming events, volunteer opportunities and daily specials and discounts.



Events, classes and trips may require advanced registration and are subject to change or cancellation without prior notice. For confirmation, contact the venue or host directly, or visit navylifepnw.com for current hours of operation and updates.

DINING



All American Restaurant

2000 W Marine View Dr.
Bldg. 2025
Everett, WA 98207
425-304-3943
Essential Station Messing (ESM) diners eat FREE.
Open seven days a week, the All American serves hearty, wholesome meals for breakfast, lunch and dinner during the week, along with brunch and supper on weekends and holidays, at an exceptional value. Open to anyone with base access including retirees, guests and contractors. See our monthly lunch menu at navylifepnw.com, Everett Naval Base, Food and Beverage PDF download.



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. We have catering options, box lunches, plated meals and buffet stations.

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



The Grand Vista Ballroom is still open for command events, call for details.

COMMUNITY RECREATION

Auto Hobby Shop

13904 45th Ave. NE
Marysville, WA 98271
425-304-4926

If you're a do-it-yourself mechanic in need of a garage, come check us out. We've got everything you need to keep your ride running smoothly.

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

sleeping bags, tents and kayaks to mountain bikes, stoves, campers and trailers, MWR has the goods to get you going!

Pierside Plaza

425-304-3580
Located adjacent to Pier Alpha on the main wharf, Pierside Plaza is a great place to do laundry, watch a movie, surf the Internet or play video games.

Sailor's Choice Marina & Mini Storage

Intersection of Spruance Blvd. & Thatcher St.
Everett, WA 98207
425-304-3449
The Marina, near Fletcher Way, offers year-around moorage. Slip sizes 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.

Vehicle Storage

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



Gallery Golf Course

3065 N Cowpens Rd.
Oak Harbor, WA 98278
360-257-2178
The Navy's one-and-only golf course in Region Northwest features tree-lined fairways, rolling hills and stunning views of the Strait of Juan de Fuca and Vancouver Island. Just 1.5 hours from Everett.
• Open to the public.
• Challenging 18-hole course tournaments
• Grass driving range
• Pro shop
• Lessons and clinics
• Online tee times for expedited check-in

LIBERTY LOUNGES

Vibes LIBERTY Lounge

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

Vibes offers LIBERTY-eligible, 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.



Our temporary location



COMING SOON! The All-New All-American

While our facility will be closed this fall for renovations, we will continue offering meal services at our temporary location at **The Commons, Bldg. 1950**. We look forward to serving you at the new and improved All-American just in time for the holidays!

Open Monday-Friday: 6-8 a.m., 11 a.m.-1 p.m. and 4-8 p.m.
Weekends/Holidays: 10 a.m.-1 p.m. and 4-8 p.m.

Meals are FREE for Essential Station Messing (ESM).



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



navylifepnw.com
f y i

For more information, call 425-304-3175.



LARCH MADNESS

Saturday, Oct. 10 • 6 a.m.-8 p.m.
\$25 per person, \$20 LIBERTY-eligible
Experience the beauty of the Pacific Northwest as the Larch trees become a brilliant yellow!

HOSTED BY
COMMUNITY RECREATION



HAUNTED NIGHT HIKE

Saturday, Oct. 17 • 4-11 p.m.
\$20 per person, \$15 LIBERTY-eligible
Safely explore the old railroad tunnels as the sun sets.

HOSTED BY
COMMUNITY RECREATION



COMMUNITY REC ON FACEBOOK LIVE

Wednesdays, Oct. 7, Nov. 4 &
Dec. 2 • Noon
Join us for giveaways and tips for enjoying the great outdoors.

FACEBOOK @EVERETTFFR

FOOD, FUN & RECREATION EVENT CALENDAR OCTOBER-DECEMBER 2020

■ = Activity ■ = Class/Leisure Skills ■ = Special Event
■ = Trips & Tours ■ = For Kids

DATE	EVENT	TIME	COST	VENUE/HOST	ALTERNATIVE DELIVERY*
OCTOBER					
Friday, Oct. 2	■ Wine and Paint	5:30-7:30 p.m.	\$10 per person, \$8 LIBERTY-eligible	All American Restaurant Community Recreation	Call for details
Tuesday, Oct. 6	■ Books and Brews	7-8 p.m.	\$10 per person	Local Brewery Community Recreation	Call for details
Wednesday, Oct. 7	■ Community Rec on Facebook Live	Noon	FREE	Facebook @EverettFFR Community Recreation	No change
Thursday, Oct. 8	■ Beer and Build	5:30-7 p.m.	\$50 per person, \$45 LIBERTY-eligible	Grand Vista Ballroom Community Recreation	Call for details
Saturday, Oct. 10	■ Larch Madness	6 a.m.-8 p.m.	\$25 per person, \$20 LIBERTY-eligible	Leavenworth, WA Community Recreation	Call for details
Saturday, Oct. 10	■ Icicle Gorge	6 a.m.-8 p.m.	\$25 per person, \$20 LIBERTY-eligible	Leavenworth, WA Community Recreation	Call for details
Tuesday, Oct. 13	■ Hiking in the Pacific Northwest	5:30-7 p.m.	FREE	Community Recreation	Call for details
Friday, Oct. 16	■ Craft Night	5:30-7:30 p.m.	\$20 per person, \$15 LIBERTY-eligible	Community Recreation	Call for details
Saturday, Oct. 17	■ Haunted Night Hike	4-11 p.m.	\$20 per person, \$15 LIBERTY-eligible	Wellington, WA Community Recreation	Call for details
Saturday, Oct. 24	■ Lava Tubes Hike	7 a.m.-8 p.m.	\$35 per person, \$30 LIBERTY-eligible	Mount St. Helens Community Recreation	Call for details
Friday, Oct. 30	■ Jim Creek's Haunted House	TBD	FREE	The Commons, Tremors Bar	
NOVEMBER					
Wednesday, Nov. 4	■ Community Rec on Facebook Live	Noon	FREE	Facebook @EverettFFR Community Recreation	No change
Friday, Nov. 6	■ Wine and Paint	5:30-7:30 p.m.	\$10 per person, \$8 LIBERTY-eligible	Community Recreation	Call for details
Saturday, Nov. 7	■ Brews and Chocolate	9:30 a.m.-3 p.m.	\$25 per person for transportation and chocolate tour fee	Tukwila, WA Community Recreation	Call for details
Tuesday, Nov. 17	■ Books and Brews	7-8 p.m.	\$10 per person	Local Brewery Community Recreation	Call for details
Thursday, Nov. 19	■ Beer and Build	5:30-7 p.m.	\$50 per person, \$45 LIBERTY-eligible	Grand Vista Ballroom Community Recreation	Call for details
Tuesday, Nov. 24	■ Snowshoeing Basics	5:30-7 p.m.	FREE	Community Recreation	Call for details
DECEMBER					
Tuesday, Dec. 1	■ Holiday Crafts Curbside Pickup	9 a.m.-5 p.m.	FREE	The Commons Community Recreation	Call for details
Wednesday, Dec. 2	■ Holiday Crafts Curbside Pickup	10 a.m.-2 p.m.	FREE	Navy Exchange Smokey Point Community Recreation	Call for details
Wednesday, Dec. 2	■ Community Rec on Facebook Live	Noon	FREE	Facebook @EverettFFR Community Recreation	No change
Thursday, Dec. 3	■ Virtual Holiday Tree Lighting	5 p.m.	FREE	Facebook @EverettFFR	No change
Saturday, Dec. 5	■ Leavenworth Tree Lighting	9 a.m.-9 p.m.	\$25 adult 18+, \$15 youth 0-17	Leavenworth, WA Community Recreation	Call for details
Tuesday, Dec. 8	■ Books and Brews	7-8 p.m.	\$10 per person	Local Brewery Community Recreation	Call for details
Wednesday, Dec. 9	■ Ice Skating in Bellevue	6-10 p.m.	\$5 per person for transportation, \$12 skate rental at the door	Bellevue, WA Community Recreation	Call for details
Friday, Dec. 11	■ Wine and Paint	5:30-7:30 p.m.	\$10 per person, \$8 LIBERTY-eligible	Community Recreation	Call for details



**FOOD, FUN & RECREATION EVENT CALENDAR
OCTOBER-DECEMBER 2020**

■ = Activity ■ = Class/Leisure Skills ■ = Special Event
■ = Trips & Tours ■ = For Kids

DATE	EVENT	TIME	COST	VENUE/HOST	ALTERNATIVE DELIVERY*
DECEMBER CONTINUED					
Saturday, Dec. 12	■ Leavenworth Tree Lighting	9 a.m.-9 p.m.	\$25 adult 18+, \$15 youth 0-17	Leavenworth, WA Community Recreation	Call for details
Tuesday, Dec. 15	■ Cross-Country Skiing Basics	5:30-7 p.m.	FREE	Community Recreation	Call for details
Thursday, Dec. 17	■ Beer and Build	5:30-7 p.m.	\$50 per person, \$45 LIBERTY-eligible	Grand Vista Ballroom Community Recreation	Call for details
Tuesday, Dec. 22	■ Holiday Wreath Making	5:30-7 p.m.	\$10 per person	Community Recreation	Call for details

EVENT/CLASS DESCRIPTIONS

ACTIVITY

Books and Brews

Join us for a casual, monthly meetup to discuss our book-of-the-month, and enjoy good food and brews at a local brewery. All ages are welcome. The next month's book and location will be determined at this meeting. Book will be provided.

CLASSES

Beer and Build

Come and see what we are making this month! Expert instruction, tools and equipment provided. Beverages are also available for purchase.

Brews and Chocolate

Excite your taste buds with this delectable tour! Join us for some excellent chocolates and wonderful brews in a tasting and tour of the Seattle Chocolate Company in Tukwila, WA.

Cross-Country Skiing Basics

Learn the basics of pre-trip preparation, avalanche considerations and get some tips on easy cross-country ski trails in the area.

Facebook Live

Join our knowledgeable, quirky and adventurous outdoor guides every second Wednesday of the month. We will discuss local outdoor recreation activities and

events, plus there will be exciting giveaways and surprise guests.

Hiking in the Pacific Northwest

Welcome to the Pacific Northwest! Learn the ins and outs of exploring this beautiful wilderness from our experts.

Snowshoeing Basics

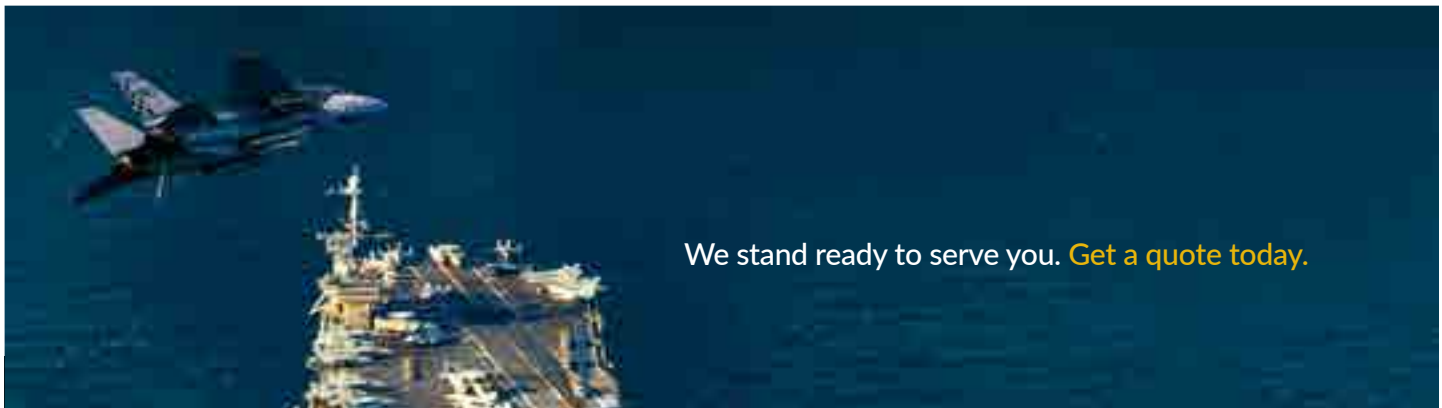
Get hands-on experience with different types of snowshoes and other necessary equipment. Learn the basics of

pre-trip preparation, avalanche considerations and get some tips on easy snowshoe trails in the area.

Wine and Paint

Stimulate your taste buds and creativity with a guided paint lesson and a glass of wine! No experience necessary. All supplies provided. Food, wine and other beverages available for purchase. All ages welcome.

Descriptions continue on page 10.



We stand ready to serve you. **Get a quote today.**

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**In the event of health-related base closure or service limitations.*

EVENT/CLASS DESCRIPTIONS CONTINUED

FOR KIDS

Craft Night

Turn a flower pot into a magical world when you create your very own Fairy Garden! All supplies included.

Holiday Crafts Curbside Pickup

Let's get into the holiday spirit. It's first come, first served while supplies last. One kit per child.

Holiday Wreath Making

Decorate and design your unique wreath from scratch! All supplies provided.

SKILL DEVELOPMENT

We offer three different levels of skill development classes. Ask your Outdoor Recreation Specialist which one is right for you.

Level I = EASY:

Equivalent to being able to walk 3 miles on a treadmill at 2.5 mph. Slight inclines.

Level II = AVERAGE:

Equivalent to being able to walk for an hour at

3 mph. Varying inclines.

Level III = STRENUOUS:

Equivalent to being able to maintain a brisk pace on a stair stepper for up to 45 minutes. Extreme inclines.

Locations and times subject to change without prior notice depending on weather conditions.

Haunted Night Hike

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. Level II

Larch Madness

Explore the beauty of the Pacific Northwest as the Larch trees are becoming a brilliant yellow! This hike will challenge you as you are rewarded with stunning views. Level III

Lava Tubes Hike

Descend below the surface to explore the

Lava Tubes of Mount St. Helens. The trail is 1.5-miles long and gains 500 ft. of elevation. The trail features large rooms and tight squeezes. The ground is very uneven so wear sturdy hiking boots and bring your sense of adventure! Level II

SPECIAL EVENTS

Holiday Tree Lighting

Join us on Facebook as Santa helps us with Naval Station Everett's Holiday Tree Lighting.

Jim Creek's Haunted House

In partnership with the Fall Festival, join the Jim Creek staff for their 4th Annual Haunted House in The Commons at Naval Station Everett! Just like years in the past, we will have three scare levels to choose from. Groups will be limited to immediate family members only.

EARN YOUR BACHELOR'S DEGREE

with Western Washington University on the Peninsulas.

Learn more about special tuition rates for active duty personnel, veteran tuition waivers and credit for military training.

www.western.edu/peninsulas

Neither the Navy nor any other part of the Federal government officially endorses any company, sponsor, or their products or services.

Active Minds Changing Lives • AA/EO



WINE AND PAINT NIGHTS

Fridays, Oct. 2 & Dec. 11
5:30-7:30 p.m. • \$10 per person,
\$8 LIBERTY-eligible

Stimulate your taste buds and creativity with a guided paint lesson and a glass of wine.

ALL AMERICAN RESTAURANT



FREE HOLIDAY CRAFTS CURBSIDE PICKUP

Tuesday, Dec. 1 • 9 a.m.-5 p.m.
The Commons
Wednesday, Dec. 3 • 10 a.m.-2 p.m.
Navy Exchange Smokey Point Drive up and easily pick up a kit for creative holiday enjoyment!

HOSTED BY
COMMUNITY RECREATION



VIRTUAL HOLIDAY TREE LIGHTING CEREMONY

Thursday, Dec. 3 • 5 p.m.
Take part in this annual holiday tradition from the comfort of your streaming device.

@EVERETTFRR

NAVY REGION NORTHWEST

BENEFITS

- Competitive salaries
- Medical, dental, life insurance
- Spouse and family member life insurance
- Long-term disability insurance
- Retirement and 401(k) savings plan
- Paid vacation/sick days (leave)
- Employee Assistance Program
- Career growth and development opportunities, including ongoing training and tuition reimbursement
- Work/life balance
- Work with a team of people passionate for doing work that matters

PERKS

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

WE'RE HIRING!

JOIN OUR TEAM

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

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



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LODGING & LEISURE

Whether you're looking to stay for business or pleasure, we have a lodging option for you! Centrally located on each base, our Navy Getaways and Navy Gateway Inns & Suites offer you a "home away from home" while traveling.



Events may require advanced registration and are subject to change or cancellation without prior notice. For confirmation, contact the venue or host directly, or visit navylifepnw.com for current hours of operation and updates. Eligibility subject to change. Currently open to Active Duty, Reservists, Retirees, NAF and DoD civilians and sponsored guests.



RV Park & Campground

Cliffside Park located on Ault Field. Watch for the directional signs on base. Oak Harbor, WA 98278 360-257-2649

Nestled along the shoreline of Whidbey Island, Navy Getaways Cliffside overlooks the Strait of Juan de Fuca, Vancouver Island, the San Juan Islands and the Olympic Peninsula. With its awe-inspiring location, Cliffside offers the ambiance of shoreline living, an open window on an ever-changing marine environment and unparalleled sunsets. Cliffside now has four Mallard RV rentals available.



Recreation Area & Campground

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

Jim Creek Recreation Area is located just outside of Arlington, WA, about 90 minutes north of Seattle. 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).



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, the facility 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 Pac Beach Market & Café, Raindrop Lanes Bowling Center, Lounge and more.



NAVY GATEWAY INNS & SUITES

Amenities include:

- FREE Internet access
- Refrigerator
- Housekeeping
- Fitness rooms
- FREE premium cable TV
- Coffee
- Guest laundry
- Business center
- Microwave

Navy Gateway Inns & Suites (NGIS) also offers pet-friendly accommodations. Call for details.

NGIS combines all the comforts of a hotel, while specializing in official business accommodations.

For reservations, call 1-877-NAVY-BED (628-9233).

Bangor

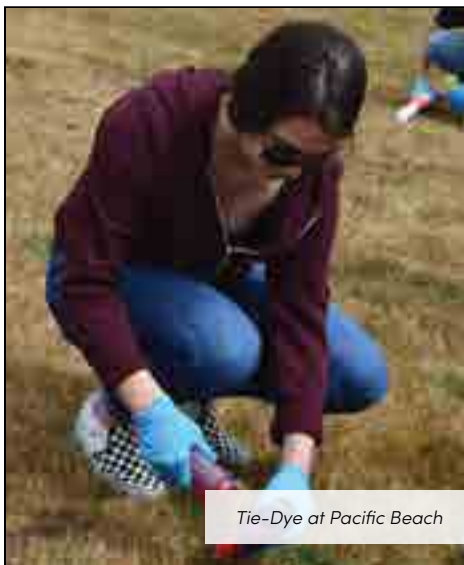
2750 Sargo Circle Silverdale, WA 98315

Bremerton

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

Whidbey Island

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



Tie-Dye at Pacific Beach



Spend the Holidays at Cliffside



Wizards World at Jim Creek



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LODGING & LEISURE EVENT CALENDAR OCTOBER-DECEMBER 2020

DATE	EVENT	TIME	PRICE	VENUE/HOST	ALTERNATIVE DELIVERY*
OCTOBER					
Saturday, Oct. 24	Tie-Dye at the Beach	Noon	\$10 adult tees, \$7 kid tees, \$2 for towel	Navy Getaways Pacific Beach	Call for details
Saturday, Oct. 31	Glass Float Frenzy at the Beach	8 a.m.	FREE	Navy Getaways Pacific Beach	Call for details
NOVEMBER					
Sunday, Nov. 1- Wednesday, March 31	BOGO Special (Exclusions apply)	All day	Buy one night, get one night FREE	Navy Getaways Jim Creek	Call for details
All Month Long	Month of the Military Family Weekend Specials	All day	Buy one night, get one night FREE	Navy Getaways Cliffside	Call for details
Friday, Nov. 6- Saturday, Nov. 7	November Getaway Package	All day	TBD	Navy Getaways Pacific Beach	Call for details
Wednesday, Nov. 11	Veterans Day Sale	All day	Stay two or more consecutive nights including the holiday and receive a discount	Navy Getaways Pacific Beach	Call for details
Saturday, Nov. 14	Wizarding World of Jim Creek	Noon-4 p.m.	FREE	Navy Getaways Jim Creek	Call for details
DECEMBER					
Tuesday, Dec. 1- Friday, Dec. 18	Light Your RV Contest	All day	FREE	Navy Getaways Cliffside	Call for details
Saturdays, Dec. 5, 12 & 19	Holiday Festivities	TBD	FREE	Navy Getaways Pacific Beach	Call for details
Friday, Dec. 18	Coloring Contest	All day	FREE	Navy Getaways Cliffside	Call for details
Friday, Dec. 18	Pictures with Santa	TBD	FREE	Navy Getaways Cliffside	Call for details
Saturday, Dec. 19	Glass Float Frenzy	8 a.m.	FREE	Navy Getaways Pacific Beach	Call for details
Thursday, Dec. 31- Friday, Jan. 1, 2021	New Year's Party and Specials	TBD	FREE	Navy Getaways Pacific Beach	Call for details

HOLIDAY BOGOS AND SPECIALS

PACIFIC BEACH

Cliffside
RV PARK • CAMPING • YACHTS

November Weekend Specials
Month of the Military Family
Buy one night, get one night FREE

November Getaway Package
Friday, Nov. 6-Saturday, Nov. 7
Call for details.

Veterans Day Sale
Wednesday, Nov. 11
Stay two or more consecutive nights including the holiday and receive a discount

JIM CREEK
Navy Community Recreation Area

Off-Season Special
Sunday, Nov. 1-Wednesday, March 31
Buy one night, get one night FREE
Exclusions apply.



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Call **866-486-0707** Visit **USFHPclinics.org**



*Military Retirees and eligible family members under age 65.

†2019 Consumer Assessment of Healthcare Providers and Systems (CAHPS)

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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.



Events and classes may require advanced registration and are subject to change or cancellation without prior notice. For confirmation, contact the venue or host directly, or visit navylifepnw.com for current hours of operation and updates.

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

Admiral's Cup allows Sailors who possess the athletic skills to compete on an All-Navy Installation team. They have the chance to represent their installation in

Navy Region Northwest (NRNW) tournaments.

Captain's Cup

Represent your command in a variety of different team sports and activities, while earning points toward the cup.

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.



HEALTH AND SAFETY COURSES

Learn the knowledge and skills needed to give immediate care to an injured or ill person and to decide whether advanced medical care is needed.

NAVYLIFEPNW.COM



ZUMBA MONSTER MASH

Wednesday, Oct. 14 • FREE
Join us for a Spooktacular good time. Prizes will be awarded for creative costumes and best monster moves.

THE COMMONS



HOT CHOCOLATE 5K

Wednesday, Dec. 9
11:30 a.m.-12:30 p.m. • FREE
Wear your ugly sweaters, holiday onesies and Santa hats, and dress up for this fun holiday run.

MULTI-PURPOSE FIELD

SPORTS, FITNESS & AQUATICS EVENT CALENDAR
OCTOBER-DECEMBER 2020

= Admiral's Cup

= Captain's Cup

= For Kids

DATE	EVENT	TIME	PRICE	VENUE/HOST	ALTERNATIVE DELIVERY*
ONGOING					
On demand	Adult Swim Lessons	By appointment	\$50 for four sessions	Tsunami Pool	Call for details
TBD	Water Safety for Parents and Caregivers Online Course	TBD	FREE, ages 16+	navylifepnw.com	No change
TBD	Psychological First Aid Online Course	TBD	\$15 per person, ages 12+	navylifepnw.com	No change
TBD	First Aid Training Online Course	TBD	\$30 per person, ages 11+	navylifepnw.com	No change
TBD	Adult, Child and Baby First Aid/CPR/AED Training Online Course	TBD	\$35 per person, ages 11+	navylifepnw.com	No change
OCTOBER					
Thursday, Oct. 1- Wednesday, Nov. 25	Fall Feast Fitness Challenge: Swim Your Sides	On demand	FREE	Tsunami Pool	Call for details
Thursday, Oct. 1- Thursday, Dec. 31	Family Swim Lessons	By appointment	Prices vary	Tsunami Pool	Event will be cancelled
Wednesday, Oct. 14	Zumba Monster Mash	TBD	FREE	The Commons	Event will be cancelled
NOVEMBER					
Friday, Nov. 6	Beat-the-Board Open Challenge	All day	FREE	Tsunami Pool	Event will be cancelled
Sunday, Nov. 1- Wednesday, Nov. 25	Fall Feast Fitness Challenge: Burn the Bird	All day	FREE	Seismos Fitness Center	Call for details
DECEMBER					
Wednesday, Dec. 9	Hot Chocolate 5K	11:30 a.m.-12:30 p.m.	FREE	Multi-purpose Field	Call for details
Friday, Dec. 11- Monday, Dec. 21	Babysitting Training Online Course	On demand	\$40 per person, ages 11+	Online call for details	No change

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The Commons
425-304-3580



*In the event of health-related base closure or service limitations.

EVENT/CLASS DESCRIPTIONS

SPORTS & FITNESS

Zumba Monster Mash

Join us for a Spooktacular good time and to celebrate Halloween. Prizes awarded for creative costumes and best monster moves. Goodie bags for participants.

Hot Chocolate 5K

Wear your ugly sweaters, holiday onesies and Santa hats, and dress up for this fun holiday run. All participants will receive a holiday gift bag, and of course, hot chocolate at the end.

Fall Feast Fitness Challenge: Burn the Bird

Sign up at the Front Desk and track your miles. Complete the Tsunami Pool swim events, bike 56 miles and run 13 miles. Top finishers will win Turkey Day prizes!

AQUATICS

Adult, Child and Baby First Aid/CPR/AED Training Online Course

This program helps participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. The course will teach the knowledge and skills needed to give immediate care to an injured or ill person and decide whether advanced medical attention is needed. This is a self-paced, online course. Virtual office hours with instructors are available. Please check navylifepnw.com for dates and times the course is offered.

Adult Swim Lessons

Fee waived for Active Duty, reservists or recruits who are working towards work-related

swim tests. Open to all eligible users 18 years and older.

Babysitting Training Online Course

The 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 to develop leadership skills, keep themselves and others safe, and learn about basic child care. CPR certifications are NOT included. This is a self-paced, online course. Virtual office hours with instructors will be available.

Beat-the-Board Open Challenge

Both divisions are open to challengers throughout the day. Reservations required.

Fall Feast Fitness Challenge: Swim Your Sides

Complete your turkey dinner by swimming a variety of distances corresponding to your fall favorite side dishes.

Family Swim Lessons

Suitable for families with children ages 3-12 years old. Parents must be in the water with students. Please check navylifepnw.com for dates and times of the classes.

First Aid Training Online Course

This program helps participants recognize and respond appropriately to first aid emergencies. The course will teach the knowledge and skills needed to give immediate care to an injured or ill person and to decide whether advanced medical care is needed. This is

a self-paced, online course. Virtual office hours with instructors are available. Please check navylifepnw.com for dates and times the course is offered.

Psychological First Aid Online Course

This course is designed to help individuals build resilience, support themselves and lend support to others during and following a pandemic environment. Please check navylifepnw.com for dates and times.

Water Safety for Parents and Caregivers Online Course

Learn about drowning prevention and other procedures to keep your child safe.



INTRAMURAL SPORTS

LEAGUES AND TOURNAMENTS TO FIT YOUR INTERESTS!

Experts and amateurs enjoy regularly scheduled leagues throughout the year, including volleyball, flag football, golf, basketball, softball, and more.

REGIONAL TEAMS: Play for Team Navy as our region takes on Soldiers and Airmen from Joint Base Lewis-McChord each year in Flag Football, Ice Hockey, and more.

ADMIRAL'S CUP: Lead your Base to victory by competing against the other Naval bases in our region.

CAPTAIN'S CUP: Represent your Command in a variety of different team sports and activities, while earning points toward the Cup.

TOURNAMENTS: Various tournaments are scheduled throughout the year, including Racquetball, Dodgeball, and Basketball.



For more information:
425-304-3935

www.navylifepnw.com



MyNavy Family App

We are here for you & your family!

New resources are available on the MNF app covering a wide variety of topics including: **Family Emergencies and Pandemic Resources.**



Visit applocker.navy.mil to learn more about Pandemic Resources.



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 recreational and educational programs for school-age children and teens.



Events may require advanced registration and are subject to change or cancellation without prior notice. For confirmation, contact the venue or host directly, or visit navylifepnw.com for current hours of operation and updates.

CHILD CARE

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.

Everett Child Development Homes (CDH)

13912 45th Ave. NE
Marysville, WA 98271
425-304-3046
Certified Navy professional care in comfortable home environments. Caregivers are certified to care

for children from birth through 12 years of age. CDH often offers more flexible hours than center-based care. Homes are additionally licensed by the State of Washington.

Everett School Liaison Officer (SLO)

2000 W Marine View Dr.
The Commons, Bldg. 1950
Everett, WA 98207
425-304-3688

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

CHILD & YOUTH PROGRAMS EVENT CALENDAR OCTOBER-DECEMBER 2020

DATE	EVENT	TIME	PRICE	VENUE/HOST	ALTERNATIVE DELIVERY*
OCTOBER-DECEMBER					
Friday, Oct. 30	CYP Fall Harvest Festival	6-7:30 p.m.	FREE	Naval Station Everett Gym Child & Youth Programs	Call for details
Sunday, Dec. 12	Breakfast with Santa	9-11 a.m.	TBD	Grand Vista Ballroom Child & Youth Programs	Call for details



CYP FALL HARVEST FESTIVAL

Friday, Oct. 30
6-7:30 p.m. • FREE
We will have old-fashioned game booths, a cake walk, kids' crafts, face painting, a bouncy house and more. Prizes for every game!

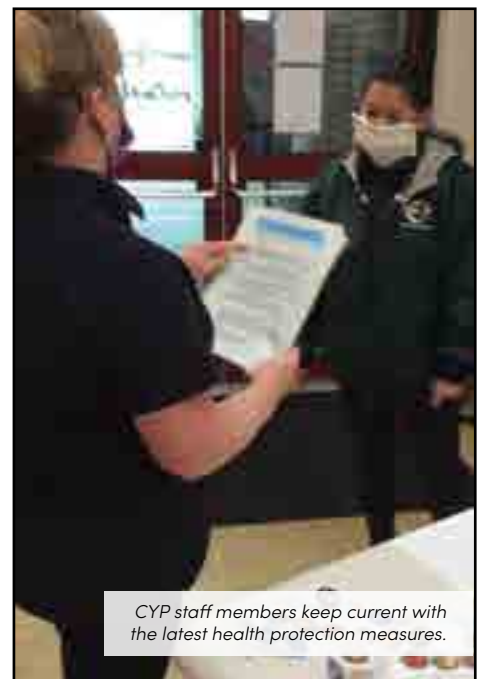
NAVAL STATION EVERETT GYM



BREAKFAST WITH SANTA

Saturday, Dec. 12
9-11 a.m. • Call for price
Come enjoy a hearty breakfast, holiday crafts and a visit with Santa!
Call 425-304-3778 for reservations.

GRAND VISTA BALLROOM



CYP staff members keep current with the latest health protection measures.



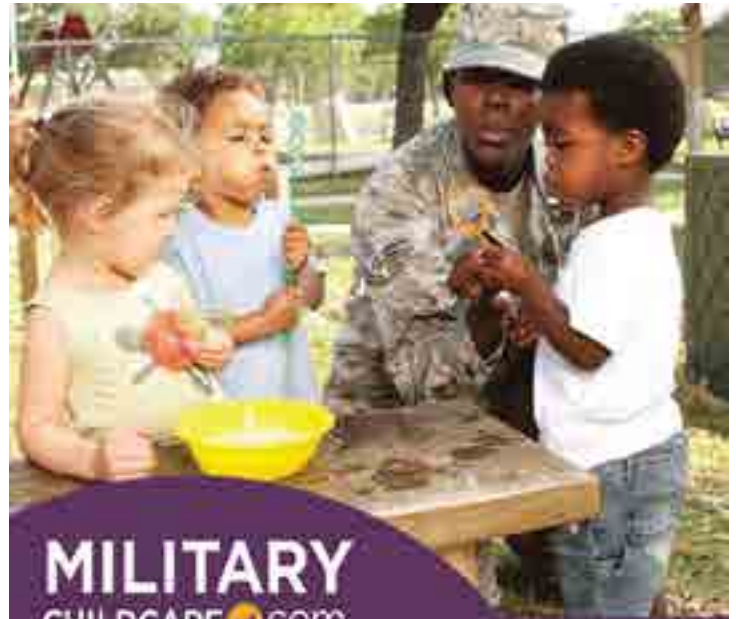
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- Educational Enhancement Program



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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.



Events and classes may require advanced registration and are subject to change or cancellation without prior notice. For confirmation, contact the venue or host directly, or visit navylifepnw.com for current hours of operation and updates.

Centralized Scheduling

866-854-0638
ffsp.cnrnw@navy.mil

Fleet & Family Support Center-Smokey Point

13910 45th Ave. NE
Ste. 857
Marysville, WA 98271

Fleet & Family Support Center Annex

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

Navy Gold Star Call Center

888-509-8759

24/7 SAPR Advocate

425-754-5977

DoD Safe Helpline

877-995-5247

24/7 Sexual Assault Response Coordinator (SARC)

425-754-9867

SUPPORT PROGRAMS EVENT CALENDAR OCTOBER-DECEMBER 2020

DATE	EVENT	TIME	VENUE/HOST	ALTERNATIVE DELIVERY*
ONGOING				
On demand	Podcasts	On demand	Download from navylifepnw.com/podcasts	No change
On demand	Webinars	On demand	Online at navylifepnw.com	No change
By appointment	Suicide Assistance & Intercept for Life (SAIL)	By appointment	FFSC Everett Annex, Bldg. 2000	No change
OCTOBER				
Thursday, Oct. 1- Friday, Oct. 2	SBA Entrepreneurship Track	7:30 a.m.-4 p.m.	TBD	Call for details
Friday, Oct. 2	Understanding Anger and Stress: Fighting Fair and Communicating	11 a.m.-12:30 p.m.	FFSC Everett Annex, Bldg. 2000, Room 107	https://connect.apan.org/navsta-everett-life-skills/
Monday, Oct. 5	Managing Separation	2-3 p.m.	FFSC Everett Annex, Bldg. 2000, Room 105	Call for details
Tuesday, Oct. 6	TSP Saving and Investing for a Million Dollar Retirement	10 a.m.-noon	FFSC Everett Annex, Bldg. 2000, Room 105	Call for details
Tuesday, Oct. 6	Expressing Yourself Outside of Social Media	1-3 p.m.	FFSC Everett Annex, Bldg. 2000, Room 105	https://connect.apan.org/navsta-everett-life-skills/
Wednesday, Oct. 7	Retirement Capstone (R-CAP)	7:30 a.m.-3 p.m.	TBD	Call for details
Thursday, Oct. 8	How to Combat Burnout	8:30-10 a.m.	FFSC Everett Annex, Bldg. 2000, Room 109	https://connect.apan.org/navsta-everett-life-skills/
Friday, Oct. 9	Understanding Anger and Stress: Norms and Anger Identification	11 a.m.-noon	FFSC Everett Annex, Bldg. 2000, Room 105	https://connect.apan.org/navsta-everett-life-skills/
Tuesday, Oct. 13	Cross Functional Assistance Committee (CFAC)	10-11:30 a.m.	TBD	Call for details
Wednesday, Oct. 14	Resume Writing for Difficult Job Market	10-11 a.m.	TBD	Call for details
Wednesday, Oct. 14	Federal Job Search	11 a.m.-noon	TBD	Call for details
Wednesday, Oct. 14	Overseas Transfer Workshop	2-3:30 p.m.	FFSC Everett Annex, Bldg. 2000, Room 105	https://connect.apan.org/nserelo/
Wednesday, Oct. 14	Pregnancy Support Group: Ask a Medical Provider/Contraception	11 a.m.-12:30 p.m.	FFSC Everett Annex, Bldg. 2000, Room 109	https://connect.apan.org/nse-nps/



SUPPORT PROGRAMS EVENT CALENDAR OCTOBER-DECEMBER 2020

DATE	EVENT	TIME	VENUE/HOST	ALTERNATIVE DELIVERY*
OCTOBER CONTINUED				
Friday, Oct. 16	Relationship Maintenance: Teaming Up Through Deployment and Other Tough Times	3-4:30 p.m.	FFSC Everett Annex, Bldg. 2000, Room 105	https://connect.apan.org/navsta-everett-life-skills/
Monday, Oct. 19- Friday, Oct. 23	Command Financial Specialist Training (40 hours)	7:30 a.m.-4 p.m.	FFSC Everett Annex, Bldg. 2000, Room 105	Call for details
Monday, Oct. 19- Friday, Oct. 30	SAPR Initial Victim Advocate Training (40 hours)	7:30 a.m.-4 p.m.	TBD	Call for details
Tuesday, Oct. 20	Transition to Parenthood: Stress Management and Self-care Techniques for Parents	11 a.m.-1 p.m.	FFSC Everett Annex, Bldg. 2000, Room 109	https://connect.apan.org/nse-nps/
Tuesday, Oct. 20	Ombudsman Assembly	5-7 p.m.	FFSC Everett Annex, Bldg. 2000, Room 107	https://connect.apan.org/nseomb/
Wednesday, Oct. 21- Thursday, Oct. 22	Mid-Career CONSEP	7:30 a.m.-4 p.m.	TBD	Call for details
Monday, Oct. 26- Friday, Oct. 30	Separation TAP	7:30 a.m.-4 p.m.	TBD	Call for details
Wednesday, Oct. 28	Pregnancy Support Group: Understanding Your Newborn	11 a.m.-12:30 p.m.	FFSC Everett Annex, Bldg. 2000, Room 109	https://connect.apan.org/nse-nps/
Wednesday, Oct. 28	Personality Types in the Workplace and Beyond	2-3 p.m.	FFSC Everett Annex, Bldg. 2000, Room 105	https://connect.apan.org/navsta-everett-life-skills/
Tuesday, Oct. 29- Wednesday, Oct. 30	DoD Education Track	7:30 a.m.-4 p.m.	TBD	Call for details
NOVEMBER				
Wednesday, Nov. 4	Separation Capstone (S-CAP)	7:30 a.m.-2 p.m.	TBD	Call for details
Wednesday, Nov. 4	SAPR POC Training	7:30 a.m.-4 p.m.	FFSC Everett Annex, Bldg. 2000, Room 105	Call 425-304-3367 for details
Monday, Nov. 9	C.A.S.A. (Communication, Anger, Stress and Assertiveness)	Noon-4 p.m.	FFSC Everett Annex, Bldg. 2000, Room 105	https://connect.apan.org/navsta-everett-life-skills/
Tuesday, Nov. 10	Holiday Spending	10:30 a.m.-noon	FFSC Everett Annex, Bldg. 2000, Room 105	Call for details
Thursday, Nov. 12	How to Combat Burnout	8:30-10 a.m.	FFSC Everett Annex, Bldg. 2000, Room 109	https://connect.apan.org/navsta-everett-life-skills/
Friday, Nov. 13	FAP Command POC Quarterly Training	10:30-11:30 a.m.	TBD	Call for details



PREGNANCY SUPPORT GROUP

Wednesday, Oct. 14, Oct. 28, Nov. 18, Dec. 2 & Dec. 16
11 a.m.-12:30 p.m.

Learn from experts how to best care for yourself and your child.

ANNEX BLDG. 2000, ROOM 109



HOLIDAY SPENDING

Tuesday, Nov. 10 • 10:20 a.m.-noon
Find out how to save cash and invest in family tradition and memories.

ANNEX BLDG. 2000, ROOM 105



HOW TO COMBAT BURNOUT

Thursdays, Oct. 8, Nov. 12 & Dec. 10
8:30-10 a.m.

Learn to make changes that will help you regain control over your emotions and thoughts.

ANNEX BLDG. 2000, ROOM 109



*In the event of health-related base closure or service limitations.

SUPPORT PROGRAMS EVENT CALENDAR OCTOBER-DECEMBER 2020

DATE	EVENT	TIME	VENUE/HOST	ALTERNATIVE DELIVERY*
NOVEMBER CONTINUED				
Saturday, Nov. 14- Sunday, Nov. 15	Ombudsman Basic Training	9 a.m.-7 p.m.	FFSC Everett Annex, Bldg. 2000, Room 107	https://connect.apan.org/aug-2020-obt/
Monday, Nov. 16- Friday, Nov. 20	Executive TAP	7:30 a.m.-4 p.m.	TBD	Call for details
Tuesday, Nov. 17	Transition to Parenthood: Building Your Sound Relationship House After Baby	11 a.m.-1 p.m.	FFSC Everett Annex, Bldg. 2000, Room 109	https://connect.apan.org/nse-nps/
Tuesday, Nov. 17	Ombudsman Assembly	5-7 p.m.	FFSC Everett Annex, Bldg. 2000, Room 107	https://connect.apan.org/nseomb/
Wednesday, Nov. 18- Thursday, Nov. 19	10 Million Dollar Sailor	7:30 a.m.-4 p.m.	FFSC Everett Annex, Bldg. 2000, Room 105	Call for details
Wednesday, Nov. 18	Resume Writing for Difficult Job Market	10-11 a.m.	TBD	Call for details
Wednesday, Nov. 18	Federal Job Search	11 a.m.-noon	TBD	Call for details
Wednesday, Nov. 18	Smooth Move Workshop	11 a.m.-noon.	FFSC Everett Annex, Bldg. 2000, Room 105	https://connect.apan.org/nserelo/
Wednesday, Nov. 18	Pregnancy Support Group: Pediatric Dentistry	11 a.m.-12:30 p.m.	FFSC Everett Annex, Bldg. 2000, Room 109	https://connect.apan.org/nse-nps/
Thursday, Nov. 19- Friday, Nov. 20	Vocational Track	7:30 a.m.-4 p.m.	TBD	Call for details
Thursday, Nov. 19	Relationship Maintenance: Communicating and Fighting Fair	2 p.m.-3:30 p.m.	FFSC Everett Annex, Bldg. 2000, Room 105	https://connect.apan.org/navsta-everett-life-skills/
Tuesday, Nov. 24	Deployment Series: Homecoming	10-11:30 a.m.	FFSC Everett Annex, Bldg. 2000, Room 105	https://connect.apan.org/nse-deploy/
DECEMBER				
Wednesday, Dec. 2	Retiree Capstone (R-CAP)	7:30 a.m.-3 p.m.	FFSC Everett Annex, Bldg. 2000, Room 107	Call for details
Wednesday, Dec. 2	Pregnancy Support Group: Car Seat Basics	11 a.m.-12:30 p.m.	FFSC Everett Annex, Bldg. 2000, Room 109	https://connect.apan.org/nse-nps/
Monday, Dec. 7- Friday, Dec. 11	Separation TAP	7:30 a.m.-4 p.m.	TBD	Call for details
Tuesday, Dec. 8- Wednesday, Dec. 9	10 Million Dollar Sailor	7:30 a.m.-4 p.m.	FFSC Everett Annex, Bldg. 2000, Room 105	Call for details
Wednesday, Dec. 9	Resume Writing for Difficult Job Market	10-11 a.m.	TBD	Call for details
Wednesday, Dec. 9	Federal Job Search	11 a.m.-noon	TBD	Call for details Call for details
Thursday, Dec. 10- Friday, Dec. 11	DoD Education Track	7:30 a.m.-4 p.m.	TBD	Call for details
Thursday, Dec. 10	How to Combat Burnout	8:30-10 a.m.	FFSC Everett Annex, Bldg. 2000, Room 109	https://connect.apan.org/navsta-everett-life-skills/
Friday, Dec. 11	Time and Stress Management	2-3:30 p.m.	FFSC Everett Annex, Bldg. 2000, Room 107	https://connect.apan.org/navsta-everett-life-skills/
Monday, Dec. 14	Retirement Planning	10 a.m.-noon	FFSC Everett Annex, Bldg. 2000, Room 105	Call for details
Tuesday, Dec. 15	Family Violence Executive Leadership Training	8 a.m.-noon	TBD	Call for details
Tuesday, Dec. 15	Transition to Parenthood: Resilient Parents Make Resilient Families	11 a.m.-1 p.m.	FFSC Everett Annex, Bldg. 2000, Room 105	https://connect.apan.org/nse-nps/
Tuesday, Dec. 15	Ombudsman Assembly	5-7 p.m.	FFSC Everett Annex, Bldg. 2000, Room 107	https://connect.apan.org/nseomb/
Wednesday, Dec. 16	Pregnancy Support Group: End of the Year Celebration	11 a.m.-12:30 p.m.	FFSC Everett Annex, Bldg. 2000, Room 109	https://connect.apan.org/nse-nps/
Thursday, Dec. 17	Taming the Tiger Within	2-3:30 p.m.	FFSC Everett Annex, Bldg. 2000, Room 105	https://connect.apan.org/navsta-everett-life-skills/



Season's Greetings



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EVENT/CLASS DESCRIPTIONS

10 Million Dollar Sailor

Spouses welcome! A 2-day Million Dollar Sailor class on Military Pay, Millionaire Money Management, Consumer Awareness, Insurance: Protecting Wealth, Credit Management, Car Buying, Home Buying, Banking and Financial Services, Wealth Building: Saving and Investing, Retirement Planning and A Million Dollars' Worth of Resources.

C.A.S.A.

(Communication, Anger, Stress and Assertiveness)

Does your life seem out of control? How do you deal with anger and stress issues? Would you like to improve your personal communication skills? This workshop is designed to help you build skills in these important areas of your life.

Command Financial Specialist Training

For Service members E-6 or above designated by their commands to hold the collateral position of Command Financial Specialist and meets the requirements of OPNAVINST 1740.5A (series).

Cross Functional Assistance Committee (CFAC)

The CFAC coordinates services for relocating and transitioning personnel in order to eliminate associated problems. All Command Financial Specialists, Command Sponsor Coordinators, Command Career Counselors, Command Ombudsmen and interested personnel are strongly encouraged to attend. This committee supports the requirements of SECNAVINST 1754.6A, OPNAVINST 1740.3C, 1900.2C, 1750.1G and NAVSTAEVERETTINST 1754.2D. All Command

Master Chiefs are invited to attend. Please call 425-304-3724 to register.

Deployment Series: Homecoming

Homecoming can be a challenging time for service members and their families. Homecoming is more than the event with the excitement, preparation and happiness of homecoming day—it's also a process of reintegrating back into the family and homeport. Changes occur during a lengthy deployment within the service member, family members and the community. While it is true that most often "absence makes the heart grow fonder," homecoming can also emphasize problems in a relationship, so resource information for assistance is a key component of homecoming programs. Fleet & Family Support offers many programs that are ideal for homecoming situations: New Parent Support, Car Buying, Counseling Services and more.

DoD Education Track

Assists service members in identifying the higher education requirements that support their personal goals. This 2-day workshop is divided into the following topics: learning the basics, choosing a field of study, selecting an institution, gaining admission and finding higher education. This workshop is beneficial for both service members attending college for the first time and those applying to graduate school programs.

Executive Transition Assistance Program (TAP)

Executive Transition GPS provides separating and retiring service members, E8 and E9s, W4 and W5s, O4s and above transferring to the Fleet Reserve or retiring, and their families with the skills, tools and self-confidence necessary to re-enter into the civilian workforce successfully. A brief overview of SES positions in federal government such as managerial, supervisory, and policy positions at the most senior level. To register, contact your Command Career Counselor. Spouses are encouraged to attend.

Expressing Yourself Outside of Social Media

Friends and family are not limited to what you see on a screen. Neither should your ability to speak openly and honestly. Having a full conversation with those around you is a vital skill no matter what format you use. Join us for an in-depth discussion on ways to bring your amazing conversational skills away from online and into the real world where it can do you the most good. Topics covered: self-expression, reading the comments and roadblocks.

Family Violence Executive Leadership Training

This 1-day introductory course emphasizes the command's crucial role in all aspects of the Family Advocacy Program (FAP). Topics include an overview of FAP, prevention, intervention, legal issues, reporting and the crucial role the command plays in all aspects of the program. Who should attend:

command leadership personnel, CRC members and key responders.

Family Advocacy Program (FAP) Command POC Quarterly Training

This quarterly training is primarily for Command FAP POCs, but it's open to anyone who has a role in the Family Advocacy Program. Training is on current FAP issues and available resources within the Family Advocacy Program, as well as associated community resources.

Federal Job Search

Applying for a federal job is far different than applying for a non-government position. Our experts will help you through every step of the application process including account creation, resume building, job search, special hiring authorities, applying, application status and interviewing in the federal system. Creating a USAJobs account prior to attending the class or an individual consultation will maximize the training opportunity for participants.

Holiday Spending

Spouses welcome! Great holidays are not built around expensive gifts and extravagance, the best includes family and tradition. Find out how to save cash and invest in family traditions and memories.

How to Combat Burnout

Overwhelmed by stress? You do not have to be. You can acquire the ability to make changes that will help you regain control over your emotions and thoughts, leading to the lifestyle you are looking for. Stress management starts by identifying steps and coping strategies to become a

well-balanced, happy, healthy and productive person. Join our class to learn new ways to help manage your stress and not get lost in the confusion of life.

Managing Separation

This workshop is designed to assist non-deployed partners in understanding and dealing more effectively with separations due to deployment. The presentation provides a supportive environment for participants to discuss their emotions, normalize their reactions and identify coping strategies. This workshop may be offered to Family Readiness Groups shortly after a command leaves on deployment.

Mid-Career CONSEP

The Career Options and Navy Skills Evaluation Program (CONSEP) is a class designed to help you make informed decisions about your career path, whether you decide to stay Navy or move into the civilian sector. CONSEP will help you identify your skills and talents, and develop long-term professional goals. Attend CONSEP and let experienced professionals help you navigate your decision-making process.

Moving with EFMP

The goal of this workshop is to provide military service members and their families with information and available resources to assist them in relocating with an exceptional family member.

Ombudsman Assembly

This monthly meeting focuses on the Navy Ombudsmen Assembly. All assigned ombudsman in the Naval Station Everett area should attend. Command Triad and their spouses are also invited to attend.



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ill and injured Sailors and
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855-628-9997 (24/7)

www.navywoundedwarrior.com

Ombudsman Advanced Training will be provided immediately after the Assembly Meeting.

Ombudsman Basic Training (OBT)

This is a required course for all designated Navy Family Ombudsmen. It is also recommended for all Command Support Team members (spouses of COs, XO's and CMCs). Prospective ombudsmen must get command endorsement to attend. Learn the tools needed to liaise between Navy families and commands, and to be effective information and referral providers.

Overseas Transfer Workshop

Explore cultural adaptation process issues and other items involved in preparing for relocating to an overseas location. The workshop includes information about household goods shipments, pay, allowances, spouse employment, schools and pets. Sign up at the Personal Property Office, go online at myffr.navyaims.com/ to register.

Personality Types in the Workplace and Beyond

Not everyone sees the world or deals with situations the same way. Differences can cause colleagues, friends or even family to clash. Learn how your personality affects the way you deal with life. Discover ways to work together for the best possible outcomes. Topics covered: personality assessments, understand each personality type, working with your strengths and finding the common ground.

Pregnancy Support Group: Ask a Medical Provider/Contraception

Pregnancy is an exciting and challenging time, especially as an Active Duty Sailor. Meet with others going through what you are and discuss important issues. You will also learn from experts how to best care for yourself and your child. Every other week a new topic will be covered and all Active Duty pregnant Sailors and their family members are welcome.

Pregnancy Support Group: Car Seat Basics

Meet with others going through what you are and discuss important issues. You will also learn from experts how to best care for yourself and your child. Every other week a new topic will be covered and all Active Duty pregnant Sailors and their family members are welcome.

Pregnancy Support Group: End of the Year Celebration

Meet with others going through what you are and discuss important issues. You will also learn from experts how to best care for yourself and your child. Every other week a new topic will be covered and all Active Duty pregnant Sailors and their family members are welcome.

Pregnancy Support Group: Pediatric Dentistry

Meet with others going through what you are and discuss important issues. You will also learn from experts on how to best care for yourself and your child. Every other week a new topic will be covered and all

Active Duty pregnant Sailors and their family members are welcome.

Pregnancy Support Group: Understanding Your Newborn

Meet with others going through what you are and discuss important issues. You will also learn from experts on how to best care for yourself and your child. Every other week a new topic will be covered and all Active Duty pregnant Sailors and their family members are welcome.

Relationship Maintenance: Communicating and Fighting Fair

Find ways to fight with the issues and not with a person, communicate effectively and become the type of listener you want to be.

Relationship Maintenance: Teaming up through Deployment and other Tough Times

Deployment is a stressful time for everyone involved. Learn ways to stay close and work as a team during times separated, when the

expected or unexpected occurs, and how to tackle tough issues together.

Resume Writing for Difficult Job Market

Effective resumes get interviews. Learn to market your skills, knowledge and accomplishments using specific formats, selective "key" words and eye-catching cover letters.

Retirement Capstone (R-CAP)

Capstone, a mandatory part of T-GPS for all retiring or separating service members, is the final part of Transition GPS and happens no later than 90 days before the expected date of separation. The event takes place after having completed Pre-separation Counseling and attended the 5-day workshop, as well as any of the three Career Tracks. During Capstone, an Individual Transition Plan (ITP) and E-form 2648 (Individual Transition Plan Checklist) will be reviewed to verify that Career Readiness Standards have been met and a viable transition plan is in place.

Descriptions continue on page 28.

EVENT/CLASS DESCRIPTIONS CONTINUED

Retirement Planning

Military, spouses and federal employees are welcome! Retiring from the military or from the workforce and have a plan that meets your needs? Learn how to build a plan for a comfortable and enjoyable retirement.

Suicide Assistance & Intercept for Life (SAIL)

A voluntary program that quickly provides you support during the stressful period after a suicide related behavior (SRB). SAIL does not replace mental health treatment. SAIL serves as a link between programs and services designed to maximize outreach, and enhances collaboration between you, your providers and command leadership regarding your recovery. SAIL is designed around a series of caring contacts within the first 90 days after an SRB, the period of highest risk.

SAPR Initial Victim Advocate Training

Naval Station Everett is looking for courageous and empathetic individuals to train as sources of support and information for victims of sexual assault. Every command is required to have, at a minimum, two trained victim advocates.

SAPR Point of Contact Training (POC)

Every command has to have, at a minimum, one trained point of contact (POC) for victims of sexual assault. This POC cannot serve jointly as a point of contact and unit victim advocate.

SBA Entrepreneurship Track

Educates service members pursuing self-employment in the private or nonprofit sectors. Participants receive information

on the benefits and challenges of entrepreneurship and the steps required to successfully launch a small business. After completing the 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.

Separation Capstone (S-CAP)

A mandatory part of TAP for all separating or retiring service members. It's the final part of TAP that happens no later than 90 days before the expected separation date. The event takes place after completing a pre-assessment with a Command Career Counselor, attending the 3-day workshop and one of the four Career Tracks. During Capstone, Individual Transition Plan (ITP) and E-form 2648 (Individual Transition Plan Checklist) will be reviewed to verify that Career Readiness Standards have been met and there is a viable transition plan.

Separation TAP (S-TAP)

Ensures Sailors are prepared to transition from military to civilian life. This workshop, is for separating Service members, provides a job search overview, addresses job-hunting skills and includes resume preparation. The program also includes information on transition services and veteran's benefits. Spouses are welcome and strongly encouraged to attend. Service members within 12 months of separation must contact their Command Career

Counselor to complete the pre-assessment via the online eForm 2648, then register for a TAP class and selected Career Tracks.

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.

Taming the Tiger Within

Anger is a normal healthy emotion. Anger is both an emotional and physiological event. Sometimes it can get out of control, leading to impulsive actions and poor decisions. Discover your beliefs about anger. Learn ways to respond to your own anger as well as that of others. Recognize, assess and challenge common thoughts and beliefs about anger.

Time and Stress Management

Effective time management skills can lower stress and increase your quality of life. This course will help you find those extra hours in your day!

Transition to Parenthood: Building Your Sound Relationship House after Baby

First time parenting is unique, challenging and a leap into the unknown. But, you're not alone. Come and meet others that are in your situation and have conversations with those in the know in the field of first-time parenting. Every month a new topic will be discussed.

Transition to Parenthood: Resilient Parents Make Resilient Families

First time parenting is unique, challenging and a leap into the unknown. But, you're not alone. Come and meet others that are in your situation and have conversations with those in the know in the field of first-time parenting. Every month a new topic will be discussed.

Transition to Parenthood: Stress Management and Self-care

First time parenting is unique, challenging and a leap into the unknown. But, you're not alone. Come and meet others that are in your situation and have conversations with those in the know in the field of first-time parenting. Every month a new topic will be discussed.

TSP Saving and Investing for a Million Dollar Retirement

Military, spouses and federal employees are welcome! It's easier than you think to manage what you have and to manage your TSP with a simple formula to have a million dollar retirement.

Understanding Anger and Stress: Fighting Fair and Communicating

Find ways to fight with the issues and not with a person, to communicate effectively and become the type of listener you want to be.

Understanding Anger and Stress: Norms and Anger Identification

Stress and anger are healthy and necessary emotions when used correctly, but how can you tell if they are getting out of hand? Learn to identify the signs.

Victim Advocate Refresher Training

All unit SAPR VA must attend 32 hours of D-SAACP-approved refresher training. All refresher training is D-SAACP-approved and includes the required two hours of victim advocacy ethics.

Vocational Track (Formerly Career Exploration and Planning Track)

This class offers a unique opportunity for participants to complete a personalized career development assessment of occupational interest and ability. This industry-standard assessment presents participants with a variety of tailored job recommendations (some of which are classified as high-demand or high-growth occupations) that align with their interests and aptitudes. Participants are also guided through a variety of career considerations, including labor market projections, education, apprenticeships, certifications and licensure requirements.

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HOUSING SERVICES

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

Housing Service Center

2000 W Marine View Dr.
Bldg. 2028, Rm. 115
Everett, WA 98207
800-876-7022
Monday-Friday:
7 a.m.-4:30 p.m.

Unaccompanied Housing

Check in: 2000 W Marine View Dr, Bldg. 2029
Everett, WA 98207
425-304-3111
Front Desk is open 24/7 and a Front Desk Associate is available to assist.

After-hours Emergency Maintenance

425-304-3111

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!

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 without logging in. 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 navylifepnw.com.

It's fast and easy. 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.

HOUSING SERVICE CENTER

Let us help you!

Visit any Housing Service Center (HSC) for:

- Lease Services
- Referral Counseling
- Family Housing Application
- Landlord/Tenant Resolution Services
- Navy Advocate for you and your family when housing maintenance, health or safety issues arise
- Outbound Services
- and more!

All military personnel are required to check in with the Housing Service Center (HSC). This should be accomplished prior to making any arrangements for community housing.

The office maintains a complete computerized listing covering almost all the rental properties in your local area.



Naval Base Kitsap Housing Service Center
Bangor Plaza
2720 Ohio Street
Silverdale, WA 98315
360-396-4399

NAVSTA Everett Housing Service Center
2000 W. Marine View Drive
Bldg. 2028
Everett, WA 98207
425-304-3402

NAS Whidbey Island Housing Service Center
3675 W. Lexington St.
Bldg. 2556
Oak Harbor, WA 98278
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DEC. 3

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KITSAP 5:30 P.M.
WHIDBEY 6 P.M.

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