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:

Jon Selin
Real Estate Specialist

phone 206 650 4566
email jons@johnlscott.com
web jons.johnlscott.com
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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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 crafts 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.
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 orITT) is your go-to source for information and discounts on travel and select attractions. Community Recreation also hosts a variety of local trips and tours, and a great selection of outdoor adventure equipment for rent. From name-brand sleeping bags, tents and kayaks to mountain bikes, stoves, campers and trailers, MWR has the goods to get you going!

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

Sailor’s Choice Marina & Mini Storage
Intersection of Spruance Blvd. & Thatcher St.
Everett, WA 98207
425-304-3449
The Marina, near Fletcher Way, offers year-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
Smoky Point Support Complex
425-304-3449
Located at the North Marysville Support Complex at Smoky Point, we offer 24/7 secure access storage for vehicles from 10’ to 50’, within a locked, fenced and paved lot.

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.

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

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

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.
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.

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

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

*In the event of health-related base closure or service limitations.
FOOD, FUN & RECREATION EVENT CALENDAR
OCTOBER-DECEMBER 2020

DECEMBER CONTINUED

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

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.
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 5 miles 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.

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

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
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HOSTED BY
COMMUNITY RECREATION
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!

LEARN MORE BY VISITING: WWW.NAVYLIFEPNW.COM/JOBS • WWW.USAJOBS.COM
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.

**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.

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

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**Tye-Dye at Pacific Beach**

**Spend the Holidays at Cliffside**

**Wizarding World at Jim Creek**

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**Cliffside 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.

**Jim Creek 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.
Lodging & LeisuRe

EXPERIENCE NAVY LIFE EVERETT · OCTOBER-DECEMBER 2020 13

Meet Your Mission
Save Travel Dollars

TRAVELING ON TDY? STAY WITH US!

With over 24,000 guest room locations worldwide, we are where you need to be. Call (877) NAVY-BED or visit NGIS.DoDLodging.net to reserve TODAY!

NGIS is professionally managed and staffed, has all the amenities and features of a commercial hotel, and is conveniently located near duty or training sites and base amenities. NGIS creates welcoming, comfortable, 5-star guest services for those we serve.
**LODGING & LEISURE EVENT CALENDAR OCTOBER-DECEMBER 2020**

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

*In the event of health-related base closure or service limitations.*
FOR ACTIVE-DUTY FAMILIES & MILITARY RETIREES*

The US Family Health Plan at PacMed: A great TRICARE Prime® option.

An official, DoD-sponsored TRICARE Prime plan with an all-civilian network.

If you're an active-duty family or military retiree, choose TRICARE Prime with the US Family Health Plan at PacMed, your all-civilian network. Choose and build a relationship with a primary care doctor. Get access to an extensive network of specialists. And enjoy exclusive health and wellness benefits available only through the Plan.

Nearly nine out of ten members say they’re “highly satisfied” with the Plan.† Learn why — request a free information package or attend an in-person briefing.

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) TRICARE is a registered trademark of the Department of Defense, Defense Health Agency. All rights reserved.
The Department of Navy does not endorse any company, sponsor or their products or services.
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 (NRRNW) 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.

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.

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

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

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

**ATENTION!**
**CALLING ALL JUNIOR SERVICE MEMBERS**
FREE, DISCOUNTED, FUN, AFFORDABLE ACTIVITIES
to get you out and enjoying the GREAT PACIFIC NORTHWEST.

**LIBERTY** provides high-energy recreation programs, entertainment experiences and development of personal leisure skills exclusively for our Navy Junior Sailors and Marines. Most LIBERTY Centers include FREE use of computers, Internet and wireless Internet, state-of-the-art video game systems, movies and TV rooms, book collections and special events and trips!

**CHECK US OUT AT:**
Vibes LIBERTY Lounge,
The Commons
425-304-3580

**= Admiral’s Cup**  **= Captain’s Cup**  **= For Kids**

**SPORTS, FITNESS & AQUATICS**
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

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
This 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.

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.

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.
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.

**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

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.

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**

<table>
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<tr>
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</tr>
<tr>
<td>Friday, Oct. 30</td>
<td>CYP Fall Harvest Festival</td>
<td>6-7:30 p.m.</td>
<td>FREE</td>
<td>Naval Station Everett Gym</td>
<td>Call for details</td>
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<td></td>
<td>Child &amp; Youth Programs</td>
<td></td>
</tr>
<tr>
<td>Sunday, Dec. 12</td>
<td>Breakfast with Santa</td>
<td>9-11 a.m.</td>
<td>TBD</td>
<td>Grand Vista Ballroom</td>
<td>Call for details</td>
</tr>
<tr>
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<td></td>
<td></td>
<td></td>
<td>Child &amp; Youth Programs</td>
<td></td>
</tr>
</tbody>
</table>

**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.

*In the event of health-related base closure or service limitations.
Child Care is in High Demand.

START YOUR CAREER
with Navy Child Development Homes

• Run your own business while developing your professional career
• Ability to stay at home with your children
• Provide support for military families by providing quality care

BENEFITS
• Military Subsidy Program
• MilitaryChildCare.com
• Low-premium Liability Insurance
• Free Lending Library - Toys and Equipment
• Free On-site Support
• Educational Enhancement Program

Learn More by Calling 425-304-3046
# SUPPORT PROGRAMS

We’re here to support you and your family during every career and life change with caring counselors, classes, relocation assistance and deployment support.

**Centralized Scheduling**  
866-854-0638  
ffsp.cnrmw@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

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](http://navylifepnw.com) for current hours of operation and updates.

## SUPPORT PROGRAMS EVENT CALENDAR OCTOBER-DECEMBER 2020

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<tr>
<td><strong>ONGOING</strong></td>
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<tr>
<td>On demand</td>
<td>Podcasts</td>
<td>On demand</td>
<td>Download from navylifepnw.com/podcasts</td>
<td>No change</td>
</tr>
<tr>
<td>On demand</td>
<td>Webinars</td>
<td>On demand</td>
<td>Online at navylifepnw.com</td>
<td>No change</td>
</tr>
<tr>
<td>By appointment</td>
<td>Suicide Assistance &amp; Intercept for Life (SAIL)</td>
<td>By appointment</td>
<td>FFSC Everett Annex, Bldg. 2000</td>
<td>No change</td>
</tr>
<tr>
<td><strong>OCTOBER</strong></td>
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<td></td>
</tr>
<tr>
<td>Thursday, Oct. 1- Friday, Oct. 2</td>
<td>SBA Entrepreneurship Track</td>
<td>7:30 a.m.-4 p.m.</td>
<td>TBD</td>
<td>Call for details</td>
</tr>
<tr>
<td>Friday, Oct. 2</td>
<td>Understanding Anger and Stress: Fighting Fair and Communicating</td>
<td>11 a.m.-12:30 p.m.</td>
<td>FFSC Everett Annex, Bldg. 2000, Room 107</td>
<td><a href="https://connect.apan.org/navsta-everett-life-skills/">https://connect.apan.org/navsta-everett-life-skills/</a></td>
</tr>
<tr>
<td>Monday, Oct. 5</td>
<td>Managing Separation</td>
<td>2-3 p.m.</td>
<td>FFSC Everett Annex, Bldg. 2000, Room 105</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Oct. 6</td>
<td>TSP Saving and Investing for a Million Dollar Retirement</td>
<td>10 a.m.-noon</td>
<td>FFSC Everett Annex, Bldg. 2000, Room 105</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Oct. 6</td>
<td>Expressing Yourself Outside of Social Media</td>
<td>1-3 p.m.</td>
<td>FFSC Everett Annex, Bldg. 2000, Room 105</td>
<td><a href="https://connect.apan.org/navsta-everett-life-skills/">https://connect.apan.org/navsta-everett-life-skills/</a></td>
</tr>
<tr>
<td>Wednesday, Oct. 7</td>
<td>Retirement Capstone (R-CAP)</td>
<td>7:30 a.m.-3 p.m.</td>
<td>TBD</td>
<td>Call for details</td>
</tr>
<tr>
<td>Thursday, Oct. 8</td>
<td>How to Combat Burnout</td>
<td>8:30-10 a.m.</td>
<td>FFSC Everett Annex, Bldg. 2000, Room 109</td>
<td><a href="https://connect.apan.org/navsta-everett-life-skills/">https://connect.apan.org/navsta-everett-life-skills/</a></td>
</tr>
<tr>
<td>Tuesday, Oct. 13</td>
<td>Cross Functional Assistance Committee (CFAC)</td>
<td>10-11:30 a.m.</td>
<td>TBD</td>
<td>Call for details</td>
</tr>
<tr>
<td>Wednesday, Oct. 14</td>
<td>Resume Writing for Difficult Job Market</td>
<td>10-11 a.m.</td>
<td>TBD</td>
<td>Call for details</td>
</tr>
<tr>
<td>Wednesday, Oct. 14</td>
<td>Federal Job Search</td>
<td>11 a.m.-noon</td>
<td>TBD</td>
<td>Call for details</td>
</tr>
<tr>
<td>Wednesday, Oct. 14</td>
<td>Overseas Transfer Workshop</td>
<td>2-3:30 p.m.</td>
<td>FFSC Everett Annex, Bldg. 2000, Room 105</td>
<td><a href="https://connect.apan.org/nserelo/">https://connect.apan.org/nserelo/</a></td>
</tr>
</tbody>
</table>

*In the event of health-related base closure or service limitations.*
## Support Programs Event Calendar October-December 2020

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
<th>Venue/Host</th>
<th>Alternative Delivery*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>October Continued</strong></td>
<td><strong>November</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Friday, Oct. 16</td>
<td>Relationship Maintenance: Teaming Up Through Deployment and Other Tough Times</td>
<td>3-4:30 p.m.</td>
<td>FFSC Everett Annex, Bldg. 2000, Room 105</td>
<td></td>
</tr>
<tr>
<td>Monday, Oct. 19-23</td>
<td>Command Financial Specialist Training (40 hours)</td>
<td>7:30 a.m.-4 p.m.</td>
<td>FFSC Everett Annex, Bldg. 2000, Room 105</td>
<td>Call for details</td>
</tr>
<tr>
<td>Monday, Oct. 19-23</td>
<td>SAPR Initial Victim Advocate Training (40 hours)</td>
<td>7:30 a.m.-4 p.m.</td>
<td>TBD</td>
<td>Call for details</td>
</tr>
<tr>
<td>Tuesday, Oct. 20</td>
<td>Transition to Parenthood: Stress Management and Self-care Techniques for Parents</td>
<td>11 a.m.-1 p.m.</td>
<td>FFSC Everett Annex, Bldg. 2000, Room 109</td>
<td>[<a href="https://connect">https://connect</a>. apan.org/nse-nps/](<a href="https://connect">https://connect</a>. apan.org/nse-nps/)</td>
</tr>
<tr>
<td>Tuesday, Oct. 20</td>
<td>Ombudsman Assembly</td>
<td>5-7 p.m.</td>
<td>FFSC Everett Annex, Bldg. 2000, Room 107</td>
<td>[<a href="https://connect">https://connect</a>. apan.org/nseomb/](<a href="https://connect">https://connect</a>. apan.org/nseomb/)</td>
</tr>
<tr>
<td>Wednesday, Oct. 21-22</td>
<td>Mid-Career CONSEP</td>
<td>7:30 a.m.-4 p.m.</td>
<td>TBD</td>
<td>Call for details</td>
</tr>
<tr>
<td>Monday, Oct. 26-30</td>
<td>Separation TAP</td>
<td>7:30 a.m.-4 p.m.</td>
<td>TBD</td>
<td>Call for details</td>
</tr>
<tr>
<td>Wednesday, Oct. 28</td>
<td>Personality Types in the Workplace and Beyond</td>
<td>2-3 p.m.</td>
<td>FFSC Everett Annex, Bldg. 2000, Room 105</td>
<td>[<a href="https://connect">https://connect</a>. apan.org/navsta-everett-life-skills/](<a href="https://connect">https://connect</a>. apan.org/navsta-everett-life-skills/)</td>
</tr>
<tr>
<td>Tuesday, Oct. 29-30</td>
<td>DoD Education Track</td>
<td>7:30 a.m.-4 p.m.</td>
<td>TBD</td>
<td>Call for details</td>
</tr>
<tr>
<td><strong>November</strong></td>
<td><strong>November</strong></td>
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<tr>
<td>Wednesday, Nov. 4</td>
<td>Separation Capstone (S-CAP)</td>
<td>7:30 a.m.-2 p.m.</td>
<td>TBD</td>
<td>Call for details</td>
</tr>
<tr>
<td>Wednesday, Nov. 4</td>
<td>SAPR POC Training</td>
<td>7:30 a.m.-4 p.m.</td>
<td>FFSC Everett Annex, Bldg. 2000, Room 105</td>
<td>Call 425-304-3367 for details</td>
</tr>
<tr>
<td>Tuesday, Nov. 10</td>
<td>Holiday Spending</td>
<td>10:30 a.m.-noon</td>
<td>FFSC Everett Annex, Bldg. 2000, Room 105</td>
<td>[<a href="https://connect">https://connect</a>. apan.org/navsta-everett-life-skills/](<a href="https://connect">https://connect</a>. apan.org/navsta-everett-life-skills/)</td>
</tr>
<tr>
<td>Thursday, Nov. 12</td>
<td>How to Combat Burnout</td>
<td>8:30-10 a.m.</td>
<td>FFSC Everett Annex, Bldg. 2000, Room 109</td>
<td>[<a href="https://connect">https://connect</a>. apan.org/navsta-everett-life-skills/](<a href="https://connect">https://connect</a>. apan.org/navsta-everett-life-skills/)</td>
</tr>
<tr>
<td>Friday, Nov. 13</td>
<td>FAP Command POC Quarterly Training</td>
<td>10:30-11:30 a.m.</td>
<td>TBD</td>
<td>Call for details</td>
</tr>
</tbody>
</table>

### 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**

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

*In the event of health-related base closure or service limitations.
Season's Greetings

We're here for you this holiday season!

www.NavyGoldStar.com
fb.com/navygoldstar • 1-888-509-8759
**EVENT/CALSS DESCRIPTIONS**

**10 Million Dollar Sailor**

**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.

**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 POC**
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 ombudsmen in the Naval Station Everett area should attend. Command Triad and their spouses are also invited to attend.
Ombudsman Advanced Training will be provided immediately after the Assembly Meeting.

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.navy aim s.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: 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 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.

SUPPORT PROGRAMS

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

855-628-9997 (24/7)
www.navywoundedwarrior.com

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.

**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.

**Webinars**
Attend live workshops from the comfort and convenience of your home computer! Register on the Webinars page at navylifepnw.com.
Fleet & Family Support

WEBINARS

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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.

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.

Let us help you!

800-876-7022
The Funko Store is fun for the whole family. Just 5 minutes from the base!
Take part in this annual holiday tradition from the comfort of your streaming device.
Follow your base Facebook page for details:
@EverettFFR, @KitsapFFR or @WhidbeyFFR.