



SPRING 2021

# EXPERIENCE

NAVY LIFE MAGAZINE · EVERETT

RUNS, CRAFTS & CAMPOUTS:

# SPRING IS HERE!

TAKE TIME TO RELAX,  
RECHARGE AND REBUILD  
FOR A STRONGER NAVY FAMILY





# PLAY. OR WATCH.

Worldwide Online Tournaments

**SIGN UP NOW**

 [navymwr.org/esports](https://navymwr.org/esports)  [twitch.tv/NavyMWR](https://twitch.tv/NavyMWR)

# EXPERIENCE NAVY LIFE

APRIL-JUNE 2021

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Experience Navy Life is your go-to guide to the world of services available to authorized DoD personnel through the U.S. Navy Region Northwest Fleet & Family Readiness (FFR) program. We make every effort to ensure that the information herein is accurate at the time of publication; however, all activities, events and hours of operation are subject to change. For the most up-to-date information, please visit our website at [navylifepnw.com](http://navylifepnw.com) or contact the facility directly. A digital version of this magazine is available at: [everett.navylifepnw.com/magazine](http://everett.navylifepnw.com/magazine).

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*April is the Month of the Military Child. Check out our expert tips to help you and your children adapt and thrive.*



*Maybe a lucky Sailor will find the pot of gold! A rainbow seen from the Marina on Naval Station Everett.*

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

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

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

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



## MESSAGE FROM THE FFR DIRECTOR



Happy Spring! Fleet and Family Readiness welcomes you to the U.S. Navy's newest and most modern Homeport in the world. You will notice pride and friendliness as you go about your daily business at Naval Station Everett. That's because we're honored to serve you!

Our mission is to support Sailors and families with world-class service in recreation, fitness, housing, childcare, and resiliency building programs and activities. I encourage you to step out and step up, to see what we have to offer, starting on page 6.

Now's a great time to explore the Great Outdoors. Stop into the Community Recreation Office in The Commons to rent your camping and backpacking gear. We have canoes, kayaks, paddleboards, mountain bikes and other sporting equipment available to rent for your next outdoor adventure. All our equipment is inspected for safety and quality for your peace of mind.

If you prefer a comfortable, stress-free vacation close to home, our Navy Getaways locations offer a wide variety of outdoor recreational opportunities, including camping, fishing, boating, hiking, and other family or team-building activities. Choose from Navy Getaways Jim Creek in the foothills of the Cascade Mountains or Navy Getaways Pacific Beach with hotel rooms and cottages featuring spectacular ocean-side views.

We're also celebrating our wonderful Navy Families. We have two fantastic drive-thru events in store for kids and kids at heart. **On April 17, we're honoring our youngest heroes with a Month of the Military Child Drive-Thru parade** from 11 a.m. to 2 p.m. in the Smokey Point Naval Logistic Complex parking lot. **Then on May 15, we'll have a Circus-themed Drive-Thru** from noon to 3 p.m. at the Smokey Point Navy Exchange parking lot. Join us for giveaways and fun without leaving your car!



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



*Welcome home USS Jackson! Make sure to check out the helpful resources available to you and your family through the Fleet and Family Support Program.*



*Welcome home USS Johnson! We look forward to serving you virtually or in-person at one of our many facilities.*





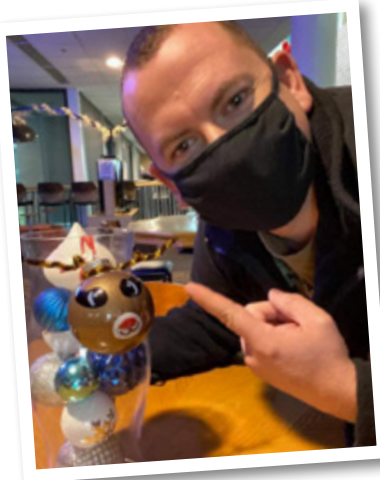
The Mongolian Grill Plate is back at the All American!

CS2 Aaron Ridout is at the grill, preparing lunch orders. You can choose rice or yakisoba noodles, beef, chicken or tofu, and a range of different sauces. Lunch is served from 11 a.m.-1 p.m.



**LIKE, SHARE AND WIN**

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



John McConnell shared photos of holiday ornaments he found as part of Community Recreation's Trek the Halls Contest. Photos of the ornaments were posted on the NSE's Facebook page with clues on where people could find them around the base.

**5 SIMPLE STEPS TO REGISTERING WITH MYFFR**

**1 VISIT**

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

**2 LOG IN**

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

**3 BROWSE**

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

**4 PURCHASE**

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

**5 ENJOY!**

Rest easy knowing your reservation is complete!



# FOOD, FUN & RECREATION



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

## Dining



### All American Restaurant

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

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

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

Essential Station Messing (ESM) diners eat FREE.

### NAVSTA Everett Catering & Conference Centers

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

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

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

## Community Recreation Facilities

### Everett Community Recreation

The Commons  
2000 W Marine View Dr. Bldg. 1950  
Everett, WA 98207  
Tickets & Tours:  
425-304-3167

Equipment Rental:  
425-304-3449

The Community Recreation Office (previously known as Information, Tickets & Tours or ITT) is your go-to source for information and discounts on travel and select attractions.

Community Recreation also hosts a variety of local trips and tours, and a great selection of outdoor adventure equipment for rent. From name-brand sleeping bags, tents and kayaks to mountain bikes, stoves, MWR has the goods to get you going!

### Pierside Plaza

425-304-3580

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

### Sailor's Choice Marina & Mini Storage

Intersection of Spruance Blvd. & Thatcher St.  
Everett, WA 98207  
425-304-3449

The Marina, near Fletcher Way, offers year-round moorage. Slip sizes available for the following boat lengths: 28', 32', 39', 52' and 72'.



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



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

**Vehicle Storage  
Smokey Point  
Support Complex**

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



**Gallery Golf Course**

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

The Navy's one-and-only golf course in Region Northwest features tree-lined fairways, rolling hills and stunning views of the Strait of Juan de Fuca and Vancouver Island. Just 1.5 hours from Everett.

- Open to the public
- Challenging 18-hole course tournaments

- Grass driving range
- Pro shop
- Lessons and clinics
- Online tee times for expedited check-in

**LIBERTY Lounge**

**Vibes LIBERTY Lounge**

The Commons  
2000 W Marine View Dr. Bldg. 1950  
Everett, WA 98207  
425-304-3680

Open to junior service members (E1-E6) who seek high-energy recreation and entertainment

in an alcohol- and tobacco-free environment. Eligible users may escort up to two guests over the age of 18.

Amenities inside the lounge and adjacent bridge include:

- PS4, Xbox One, Xbox 360 and Wii gaming stations
- Flat-screen TVs, surround sound and leather recliners
- Billiards, table tennis, pool, foosball, air hockey and FREE tabletop arcade

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

**APRIL-JUNE 2021**

\*Essential Messing Station (ESM)

EVENT/DESCRIPTION	DATE/TIME	HOST/VENUE
<p><b>Easter Sunday Brunch</b></p> <p>Brunch will include fresh pancakes, scrambled eggs with bacon or a pineapple-glazed ham carving station, asparagus, country-style breakfast potatoes, hot oven biscuits, country gravy and fresh fruit salad cups. Our Made-to-Order Grill line will also be available. Standard Rates. FREE for ESM.*</p>	Sunday, April 4 10 a.m.-1 p.m.	All American Restaurant
<p><b>Seven Days of Leave No Trace</b></p> <p>In honor of Earth Day, learn how to keep our wild places wild. We will teach you Leave No Trace principles that will help you leave less of an impact while exploring the great outdoors! FREE Event.</p>	Thursday, April 15-Thursday, April 22	Facebook: @EverettFFR
<p><b>Mongolian Grill Special</b></p> <p>Let us fill your plate with your favorite "Mongolian-Style" lunch. Assorted fresh vegetables come with your choice of beef, chicken or tofu, over jasmine rice or yakisoba noodles. Our cooks will then prepare it for you with your choice of hoisin, teriyaki or Korean barbecue sauce. Also, included with your meal is soup, side salad, dessert and a beverage. Standard Rates. FREE for ESM.*</p>	Thursday, April 8 11 a.m.-1 p.m.	All American Restaurant
	Thursday, April 29 11 a.m.-1 p.m.	
	Thursday June 3 11 a.m.-1 p.m.	
<p><b>Wine &amp; Paint</b></p> <p>Join Community Recreation specialists for a fun painting opportunity! All levels of experience are welcome and beginners are encouraged. Food and beverages are available for purchase. All ages welcome. \$10, \$8 LIBERTY-eligible.</p>	Friday, April 9 5:30-7:30 p.m.	All American Restaurant
	Friday, May 14 5:30-7:30 p.m.	
	Friday, June 11 5:30-7:30 p.m.	
<p><b>National BLT Month</b></p> <p>Time to get your BLT on! Serving giant BLTs, piled with thick-cut, hickory-peppered bacon, hot-house tomatoes, lettuce and mayonnaise. Our daily special and Made-to-Go Grill line will be available. Standard rates. FREE for ESM.*</p>	Wednesday, April 14 11 a.m.-1 p.m.	All American Restaurant

# FOOD, FUN & RECREATION

APRIL-JUNE 2021

\*Essential Messing Station (ESM)

EVENT/DESCRIPTION	DATE/TIME	HOST/VENUE
<p><b>Community Rec Talk</b></p> <p>Join our knowledgeable, quirky and adventurous outdoor guides every second Wednesday of the month as they discuss upcoming events, share tips for enjoying the PNW outdoors, give away prizes, feature surprise guests and answer any questions you may have. FREE Event.</p>	Wednesday, April 14 6 p.m.	Community Recreation Facebook: @EverettFFR
	Wednesday, May 12 6 p.m.	
	Wednesday, June 9 6 p.m.	
<p><b>Wildflower Hike</b></p> <p>Spring is here and the flowers are popping! Get outside and experience the beautiful artwork nature has created. \$25</p>	Saturday, April 17 8 a.m.-6 p.m.	Community Recreation, Mount Rainier
<p><b>Books &amp; Brews</b></p> <p>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 welcome. The next month's book and location will be determined at this meeting. Book will be provided. \$10</p>	Tuesday, April 20 7-10 p.m.	Community Recreation
	Tuesday, May 18 7-10 p.m.	
	Tuesday, June 22 7-10 p.m.	
<p><b>Hiking Basics</b></p> <p>Washington is a wonderland of amazing hikes! Let us help you become acquainted with the outdoors and stay safe while you explore. FREE Event.</p>	Thursday, April 22 5:30-7 p.m.	Community Recreation, The Commons
	Tuesday, June 8 5:30-7 p.m.	
<p><b>Mount Si Hike</b></p> <p>Are you getting back into hiking shape, preparing for summiting Mount St. Helens or Mount Adams, or just want a nice challenging hike with a rewarding view? This challenging trek is sure to help prepare you for your summer fun! \$20</p>	Saturday, April 24 8:30 a.m.-5 p.m.	Community Recreation, North Bend, WA
<p><b>Tulip Festival</b></p> <p>We will visit Rozen-Gaarde at the Skagit Valley Tulip Festival and then enjoy lunch and shopping in La Conner. Rozen-Gaarde admission is not included (\$10).</p>	Sunday, May 2 9 a.m.-3 p.m.	Community Recreation, Skagit Valley



Try our Buffalo Chicken Burger, a favorite from our Grill Menu.



## WE'RE OPEN!

The All American Restaurant has reopened in Bldg. 2025 with improvements to serve better you.

Our Grill Menu is served daily for Lunch 11 a.m.-1 p.m. and Dinner 4 p.m.-8 p.m. We also have daily specials.



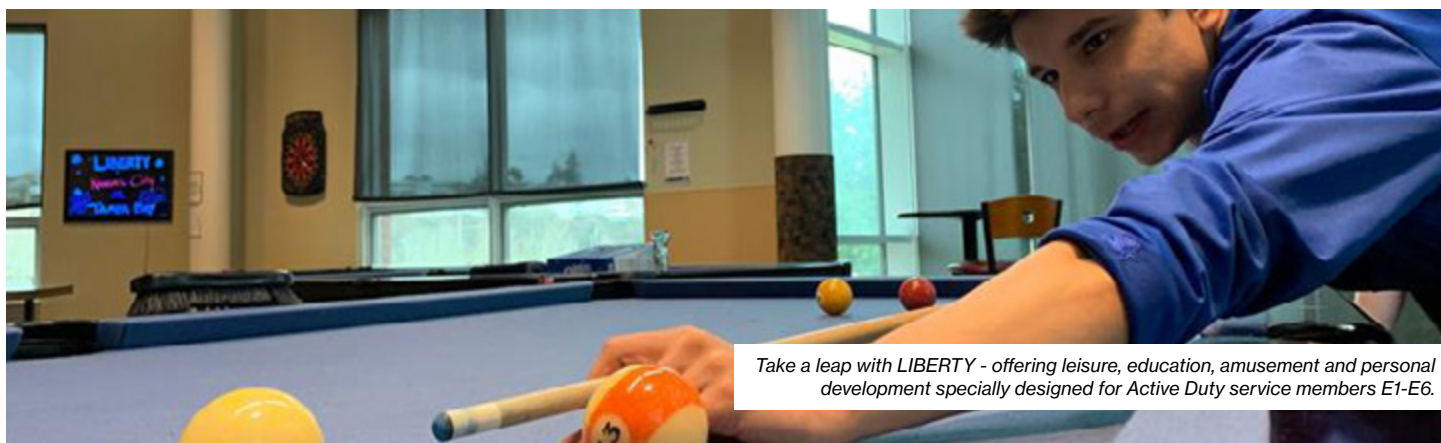
# UPCOMING PROGRAMS & EVENTS

APRIL - JUNE 2021

\*Essential Messing Station (ESM)

EVENT/DESCRIPTION	DATE/TIME	HOST/VENUE
<p><b>Mother's Day Curbside Craft Pickup</b></p> <p>Mothers work hard for us and deserve something super on their special day. Visit us outside of the NEX for a free Mother's Day craft. FREE Event.</p>	Tuesday, May 4 10 a.m.-2 p.m.	Community Recreation Office
	Wednesday, May 5 10 a.m.-2 p.m.	Smokey Point Navy Exchange
<p><b>Cinco de Mayo Luncheon</b></p> <p>Choose between chicken or beef fajitas, served with seasoned peppers and onions. The meal comes with Spanish rice, refried beans and grilled, seasoned corn on the cob. Our Made-to-Order Grill line will also be open. Standard rates apply, FREE for ESM.*</p>	Thursday, May 5 11 a.m.-1 p.m.	All American Restaurant
<p><b>Mother's Day Brunch</b></p> <p>Brunch special will include French toast, fruit parfaits, sausage links, egg and potato breakfast boats, asparagus, hot oven biscuits, and country gravy. Our Made-to-Order Grill line will be open. Special pricing may apply. FREE for ESM.*</p>	Sunday, May 9 10 a.m.-1 p.m.	All American Restaurant
<p><b>Military Appreciation Luncheon</b></p> <p>Join us for lunch and receive a FREE ice cream specialty dessert in honor of military appreciation. Standard rates apply. FREE for ESM.*</p>	Friday, May 14 11 a.m.-1 p.m.	All American Restaurant
<p><b>Asian American Pacific Islander Luncheon</b></p> <p>Lunch special will include rotisserie pig, chicken adobo, vegetable fried rice or steamed Jasmin rice, Asian steamed vegetables and sweet rolls. Our Made-to-Order Grill line will be open. Standard rates apply. FREE for ESM.*</p>	Wednesday, May 19 11 a.m.-1 p.m.	All American Restaurant
<p><b>Brews &amp; Chocolate</b></p> <p>Excite your taste buds with this delectable tour! Join us in Tukwila for some excellent chocolates and wonderful brews. \$25 / Transportation and chocolate tour fee. Register by Thursday, May 13.</p>	Saturday, May 22 9:30 a.m.-3 p.m.	Community Recreation
<p><b>Backpacking Basics</b></p> <p>Backpacking is a wonderful way to explore the wilderness! Let our experienced guides help prepare you for your wilderness excursions. FREE Event.</p>	Wednesday, May 26 5:30-7 p.m.	The Commons
<p><b>Pre-Memorial Day Weekend BBQ</b></p> <p>Lunch serving will include barbecue pork spare ribs or the slow-cooked beef brisket carving station. Also included is corn on the cob, twice-baked potato boats and sweet cornbread muffins. Our Made-to-Order Grill line will be open. Standard rates apply. FREE for ESM.*</p>	Thursday, May 27 11 a.m.-1 p.m.	All American Restaurant
<p><b>Lava Tubes Hike</b></p> <p>We will 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 uneven, so wear sturdy hiking boots and bring your sense of adventure. \$35</p>	Sunday, May 30 8 a.m.-8 p.m.	Community Recreation, Cougar, WA
	Sunday, June 13 8 a.m.-8 p.m.	
<p><b>Hammock Backpack</b></p> <p>Join us for an overnight camping trip where everyone carries their gear into the backcountry. Set up a hammock at your camp site and gaze at the stars as you gently swing to sleep. \$70</p>	Saturday, June 5- Sunday, June 6 7:30 a.m.-6 p.m.	Community Recreation, Verlot, WA
<p><b>National Turkey Lovers Day</b></p> <p>Lunch special will include an oven-roasted turkey carving station, garnished with cornbread stuffing, gibley gravy, whole green beans, cranberry sauce and all of your favorite trimmings. Our Made-to-Order Grill line will be open. Standard rates apply. FREE for ESM.*</p>	Wednesday, June 9 11 a.m.-1 p.m.	All American Restaurant
<p><b>Father's Day Curbside Craft Pickup</b></p> <p>Fathers work hard for us and deserve something super on their special day. Visit us outside of the NEX for a free Father's Day craft. FREE Event.</p>	Tuesday, June 15 10 a.m.-2 p.m.	Community Recreation Office
	Wednesday, June 16 10 a.m.-2 p.m.	Smokey Point Navy Exchange

# FOOD, FUN & RECREATION



APRIL-JUNE 2021

\*Essential Messing Station (ESM)

EVENT/DESCRIPTION	DATE/TIME	HOST/VENUE
<p><b>Pre-Father's Day Luncheon</b></p> <p>Lunch special is steak and coddled eggs, mushroom risotto, steamed mixed vegetables and hot dinner rolls. Specialty desserts available. Our Made-to-Order Grill line will be available. Standard rates apply. FREE for ESM.*</p>	<p>Thursday, June 17 11 a.m.-1 p.m.</p>	<p>All American Restaurant</p>
<p><b>National Catfish Day</b></p> <p>Lunch special will include catfish, wild rice pilaf, country-fried okra and old-fashioned hush puppies. Our Made-to-Order Grill line and lunch menu will be available. Standard rates apply. FREE for ESM.*</p>	<p>Wednesday, June 23 11 a.m.-1 p.m.</p>	<p>All American Restaurant</p>
<p><b>Diablo Lake Kayak Camping Trip</b></p> <p>We will load our kayaks and head out to our campsite for an overnight stay on the shores of Diablo Lake. We will be able to hike and kayak straight from the campsite. Meals and equipment will be provided. Open to ages 18+. \$70 Register by Monday, June 1 via myFFR #5520158E.</p>	<p>Saturday, June 26- Sunday, June 27 7:30 a.m.-6 p.m.</p>	<p>Community Recreation, Newhalem, WA</p>



## WILDFLOWER HIKE

Saturday, April 17, 8 a.m.-6 p.m.  
Community Recreation, Mount Rainier

Spring is here and the flowers are popping! Get outside and experience the beautiful artwork nature has created. \$25



*Relax lakeside while on a camping and kayaking trip at Diablo Lake. Limited spots, register early!*



YOUR VACATION  
*Navy*  
**Getaways**  
CLOSE TO HOME

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



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



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



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

## LODGING & LEISURE



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



### Cliffside RV Park & Campground

Located on Ault Field.  
360-257-2649

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



### Jim Creek Recreation Area & Campground

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

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



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

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

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



### Navy Gateway Inns & Suites

*Navy Gateway Inns & Suites 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

Amenities include:

- FREE Internet access
- Refrigerator
- Housekeeping
- Fitness rooms
- FREE premium cable TV
- Complimentary Coffee
- Guest laundry
- Business center
- Microwave
- NGIS also offers pet-friendly accommodations. Call for details.



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



# UPCOMING PROGRAMS & EVENTS

APRIL-JUNE 2021


EVENT	DATE/TIME	HOST/VENUE
<p><b>Eggstravaganza at the Beach</b></p> <p>Egg hunts, Easter crafts, Easter breakfast. Say yes to a weekend getaway and get \$10 off any two-night hotel stay. FREE Event.</p>	Saturday, April 3	Navy Getaways Pacific Beach
<p><b>Superhero Day at the Beach</b></p> <p>Fly into April as your favorite superhero! Get \$10 off any two-night hotel stay and enjoy super activities, specials and photo ops all weekend long. FREE Event.</p>	Saturday, April 10 Noon-2 p.m.	Navy Getaways Pacific Beach
<p><b>Princess Tea Party at the Beach</b></p> <p>Get \$10 off any two-night stay and enjoy FREE activities and craft projects all weekend long. FREE Event.</p>	Saturday, April 17 Noon-2 p.m.	Navy Getaways Pacific Beach
<p><b>Mother's Day Weekend Package</b></p> <p>Show Mom some love with a getaway to the beach. Get \$10 off any two-night hotel or RV stay, and enjoy activities and specials all weekend long.</p>	Friday, May 7- Sunday, May 9	Navy Getaways Pacific Beach
<p><b>Tie-Dye Saturdays at the Beach</b></p> <p>Learn to tie-dye! Includes supplies to create your own Pacific Beach souvenir. \$12 adult tees, \$10 kid tees.</p>	Saturday, May 22, Noon	Navy Getaways Pacific Beach
	Saturday, May 29, Noon	
<p><b>Father's Day Weekend Package</b></p> <p>Treat Dad to a Father's Day trip to the beach. Get \$10 off any two-night hotel or RV stay. Activities and specials all weekend long.</p>	Friday, June 18- Sunday, June 20	Navy Getaways Pacific Beach
<p><b>Great Navy Campout Weekend &amp; Kids' Carnival</b></p> <p>Kids' carnival, games, food, prizes, s'mores and archery! FREE Event.</p>	Friday, June 25- Sunday, June 27	Navy Getaways Pacific Beach
<p><b>Yoga in the Park</b></p> <p>Enjoy an hour-long yoga session with a beautiful view of the Puget Sound. Recommend you bring your own yoga mat, but there will be some available at the site. myFFR #610214. FREE Event.</p>	Saturday, June 26, 11 a.m.	Navy Getaways Cliffside RV Park



Even Sasquatch can't resist the nature trails that surround Navy Getaways Jim Creek. Come stay, play and relax at a cabin or campground.



It's back! Yoga in the Park at Navy Getaways Cliffside RV Park. Register via myFFR #610214



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MONTH OF THE MILITARY CHILD SPECIAL FEATURE

# ADAPT & THRIVE

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by Kelly Joines

**N**ow more than ever, children look to their parents for guidance and trust. While you might not have all the right answers, Fleet & Family Readiness (FFR) is here for you. FFR Programs, located all across the world, exist to support our Navy families and their well-being. Although many Navy service members and their families are familiar with fitness, sports and outdoor recreation programs, not all recognize how they can benefit from services offered by the Fleet & Family Support Program (FFSP).

“People hesitate all the time, thinking they can only use our programs for a crisis,” says Rachel Wilson, Regional Counseling and Advocacy Program Manager at Navy Region Northwest. But that’s not the case. In fact, according to Wilson, programs are designed to support all stages of personal and professional development of Navy service members and their families.

The cornerstone of successful Navy life is founded on resiliency, which is the ability to bounce back and to adapt.

Inspired by this resilience, FFSP has also adapted to meet the needs of Navy families as they weather the COVID-19 storm. Fleet & Family Support Center (FFSC) resources include a 24-hour centralized scheduling phone line, access to one-on-one support, on-demand podcasts, weekly webinars and live-stream classes that are open to all eligible patrons, no matter where they are stationed.

“We want to empower people,” says Britt Feldman, Regional Work and Family Life Coordinator at Navy Region

Northwest. She explains that on top of having children at home more, rising unemployment rates and a competitive housing market, many parents are balancing careers (or trying to secure a new one) while also filling the roles of teacher and caretaker. Add to these the unique challenges of being part of a military family and it can become overwhelming.

“For job loss and financial insecurity, I would not only mention that we have classes, but also professional staff to help give [military families] the



## WHILE YOU MIGHT NOT HAVE ALL THE RIGHT ANSWERS, FLEET & FAMILY READINESS (FFR) IS HERE FOR YOU.

tools they need for their next career or to establish financial security,” says Feldman. “We want to help them thrive and be resilient.”

FFSC specialists agree that the best place for any Navy service member or their spouse to start is with a phone call to their FFSC. The resident expert on the other end of the line will make recommendations for classes, podcasts or external resources that will help solve a problem, offer reassurance and even assist in getting solutions from experts in a particular field.

“If we know what’s going on, we can recommend specific programs such as Daddy Boot Camp or reintegration classes to help our Sailors and their families develop happier and healthier relationships,” says Wilson.

With more at-home time, predictions call for another baby boom. Wilson also heads the New Parent Support Program, which offers care to parents from pregnancy through their child’s third birthday. Wilson says she’s a big believer in utilizing the centralized scheduling line to talk with an expert. In the case of new parents, she explains that “it’s like having your own person — a nurse or social worker — who’s special to you, who prepares individualized assistance to whatever you might be experiencing.”

Wilson encourages all parents to prioritize their individual self-care. One parent may need the reassurance of a listening ear, but can’t reach their spouse because of deployment. Flip that coin, she explains, and the other spouse is likely feeling disconnected, missing nightly story times and major milestones.

FFSC services are not only created to make Navy life a little easier, but

also to add fun and fulfillment. Many Navy families aren’t aware that FFSC also offers opportunities for personal and professional development. Karen Boeve, Family Readiness Program Director for Navy Region Northwest, emphasizes that personal advancement isn’t selfish, but rather necessary for the advancement of our children and society.

“Better people become better parents,” says Boeve, adding that she encourages parents to utilize FFSC resources to become aware and empowered — for themselves, their families and their futures.

Additional FFR amenities such as the Child and Youth Program are also a valuable resource for Navy families.

“Due to stay-at-home orders, the demand for child care and child care providers has increased

exponentially,” says Vickie Ramsey, Child and Youth Program Analyst.

“Our main goal is to support those people who need to work and need child care,” she says. For parents who need temporary child care as a result of the pandemic, she recommends reaching out to [militarychildcare.com](http://militarychildcare.com) to find local, certified care providers who have passed an extensive background check.

Now that vaccines are rolling out, more school districts are planning to transition back to in-classroom learning. Child and Education Services continue to keep the commands informed of school changes, which impact the workforce for both active duty and civilians.

“It’s a huge benefit to make a connection with the installation School Liaison since we monitor all surrounding school districts and hundreds of individual schools, to stay apprised of the latest COVID closures and re-opening plans,” says Kelly Scheese, Regional School Liaison for Navy Region Northwest.

Re-integration for children in schools will have its own set of challenges. Some children have moved or graduated in the last year, explains Scheese. “New families are always arriving, and we can quickly inform them of their local school status,” she says. “If they are PCSing out, we will connect them with the School Liaison at the new installation.”

As we look out for the futures of our Navy service members and their families, we know that there are brighter times ahead. With resiliency and support from services offered through your FFR family, we’ve got you covered and will navigate this next chapter together.

### NEED HELP? START HERE

Call the FFSC Centralized Scheduling line at 1-866-854-0638 for help 24/7.

If you are new to the area or want the 411 for your child’s school district or particular school, contact your School Liaison office: 360-340-2824 (NBK), 425-304-3688 (NSE), 360-257-6863

For on-demand resources, whenever and wherever, go to [NavyLifePNW.com/podcasts](http://NavyLifePNW.com/podcasts) or [NavyLifePNW.com/webinars](http://NavyLifePNW.com/webinars).

**Need help teaching kids the new way of doing math?**

Check out Military Child Education Coalition at [militarychild.org](http://militarychild.org) and [Tutor.com](http://Tutor.com) for educational resources K-12 and college, plus they also offer proofreading for your child’s essays!

**Are you a parent temporarily in need of child care during COVID?**

Learn more about enrollment at [militarychildcare.com](http://militarychildcare.com)

## SPORTS, FITNESS & AQUATICS



Photo Courtesy MC3 Colin Sens



Our state-of-the-art fitness centers offer individual and group instruction from certified professionals and a wide variety of equipment, classes and team activities for every age, interest and fitness level.

### Seismos Fitness Center

The Commons  
2000 W Marine View Dr.  
Bldg. 1950  
Everett, WA 98207  
425-304-3922

Located in the northwest wing of The Commons, this 7,000-square-foot gymnasium features a full-size basketball court with bleacher seating for command tournament games or larger group fitness classes. With two racquetball courts, a multi-purpose group fitness classroom, PRT training room, NOFFS Zone, and dry saunas in both men's and women's

changing rooms, this world-class facility has everything you need to stay in shape.

### Tsunami Pool

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

Employing a salt-water purification system, the Tsunami Pool is less harsh than other local swimming pools. The pool also features eight, 25-yard lanes and ranges from 4 ft. to 13 ft. in depth.

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

successfully pass the Navy Youth Swim Test.

### Naval Station Everett Intramural Sports

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

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

to participate in tournaments and regional competitions throughout the year.

### All-Navy Sports

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

### Admiral's Cup

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

### Captain's Cup

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




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



# UPCOMING PROGRAMS & EVENTS

APRIL - JUNE 2021

 = Captain's Cup

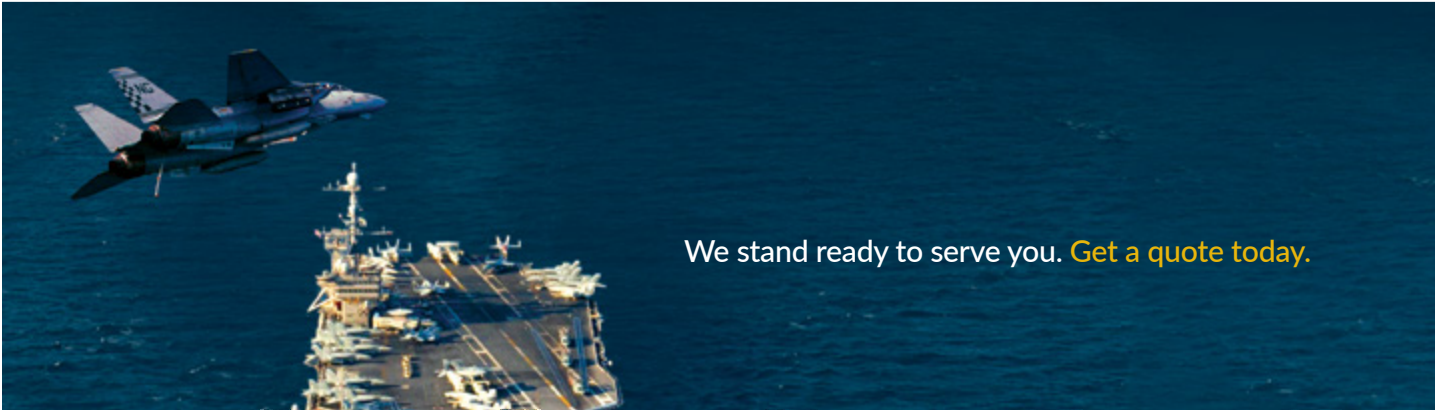
EVENT	DATE/TIME	HOST/VENUE
<p><b>Adult Swim Lessons</b></p> <p>Fee waived for Active Duty, Reservists and Recruits who are working towards work-related swim tests. Must be 18+. \$50 for four sessions.</p>	On demand, by appointment	Tsunami Pool
<p><b>Family Swim Lessons</b></p> <p>Suitable for families with children ages 3-12. Parents must be in the water with students. Prices vary, visit <a href="http://everett.navylifepnw.com">everett.navylifepnw.com</a> for details.</p>	Thursday, April 1- Wednesday, June 30 by appointment	Tsunami Pool
<p><b>Water Safety for Parents and Caregivers</b></p> <p>Learn about drowning prevention and other procedures to keep your children safe. Open to ages 16+. FREE Event.</p>	Thursday, April 1- Wednesday, June 30	<a href="http://Navylifepnw.com">Navylifepnw.com</a>
<p><b>Babysitting Training</b></p> <p>This self-paced, online course provides individuals who are planning to babysit with the knowledge and skills necessary to give care safely and responsibly for children and infants. This training will help participants develop leadership skills, keep themselves and others safe, and learn about basic child care. CPR certification is not included. Open to ages 11+. Sign up via myFFR #642003. \$40</p>	Thursday, April 1- Friday, April 30	<a href="http://Navylifepnw.com">Navylifepnw.com</a>
<p><b>First Aid Training</b></p> <p>This self-paced, online course helps participants recognize and respond appropriately to first aid emergencies. The courses in this program 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. Open to ages 11+. Sign up via myFFR #642003. \$30 per person.</p>	Thursday, April 1- Wednesday, June 30	<a href="http://Navylifepnw.com">Navylifepnw.com</a>
<p><b>Adult, Child and Baby First Aid/CPR/AED Training Online Course</b></p> <p>This self-paced, online course helps participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. The course will teach the knowledge and skills needed to give immediate care to an injured or ill person and to decide whether advanced medical care is needed. Check with your employer if using to satisfy workplace requirements. Open to ages 11+. Sign up via myFFR #642003. \$35 per person.</p>	Thursday, April 1- Wednesday, June 30	<a href="http://Navylifepnw.com">Navylifepnw.com</a>
<p><b>Beat-the-Board Open Challenge</b></p> <p>Divisions are open to challengers throughout the day. Reservations required. FREE for eligible patrons.</p>	Friday, April 2, All Day	Tsunami Pool
<p><b>Swim Wars Command Swim-A-Thon</b></p> <p>Gather your top Starfighter swimmers for a continuous swim challenge. Captain's Cup points earned for total distance swim. Reservations required. Sign up via myFFR #642002. FREE Event.</p>	Tuesday, May 4- Wednesday, May 5	Tsunami Pool
<p> <b>MWR Football Combine</b></p> <p>Train like the pros, then compete to see who has the top fitness abilities! Visit the Fitness Center for event workouts. Sign up via myFFR #642214-01 (Men's category) or #642214-02 (Women's category). Captain's Cup-eligible. FREE Event.</p>	Wednesday, May 12 11 a.m.-1 p.m. and 3-6 p.m.	Seismos Fitness Facility
<p><b>International Water Safety Day</b></p> <p>Join our aquatics specialists as they provide water safety and drowning prevention information at the Tsunami Pool (The Commons) in preparation for warmer months. FREE Event.</p>	Friday, May 14 11 a.m.-12:30 p.m.	Tsunami Pool
<p><b>Virtual Health &amp; Recreation Fair</b></p> <p>Learn more about the products and services that are offered at Naval Station Everett to help you make health, fitness and recreational choices for you and your family. FREE Event.</p>	Monday, May 24- Friday, May 28	<a href="http://Navylifepnw.com">Navylifepnw.com</a>

# SPORTS, FITNESS & AQUATICS

APRIL-JUNE 2021

 = Captain's Cup

EVENT	DATE/TIME	HOST/VENUE
<p><b>Psychological First Aid</b></p> <p>Build resilience, support yourself, and lend support to others during and following a pandemic environment with this online course. Open to ages 12+. Sign up via myFFR #642003. \$15 per person</p>	Thursday, April 1- Wednesday, June 30	<a href="http://Navylifepnw.com">Navylifepnw.com</a>
<p><b>Swim Confidential: Operation Patriot</b></p> <p>Join us for swim mini challenges, based on aquatics elements from all branches of U.S. military history. Sign up via myFFR #642002. FREE Event.</p>	Monday, June 7- Wednesday, July 7 All Day	Tsunami Pool
<p><b>Basic Water Rescue</b></p> <p>Provides individuals with the knowledge and skills necessary to prevent, recognize and respond to many types of water emergencies. This course does not meet the requirements for lifeguarding certification. Sign up via myFFR #642003. \$30</p>	Friday, June 11, 4-8 p.m.	Tsunami Pool
<p><b>Adult, Child and Baby First Aid/CPR/AED Training, Blended Course</b></p> <p>This blended (online and in-person) 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 to decide whether advanced medical care is needed. The course is completed online and with an in-person skills check, with an instructor, with social-distancing precautions. Both sections will need to be completed for certification. Sign up via myFFR #642001. \$45</p>	Monday, June 21- Wednesday, June 30	Tsunami Pool
<p><b>Spring Command Challenge</b></p> <p>Is your command the best of the best? The Spring Command Challenge is an opportunity for your team to compete in events that will require not just strength and ability, but brains and teamwork. Bragging rights and prizes will be provided to the winning team. FREE Event. Register by Wednesday, June 16.</p>	Wednesday, June 30 11 a.m.-2 p.m.	Athletic Fields



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

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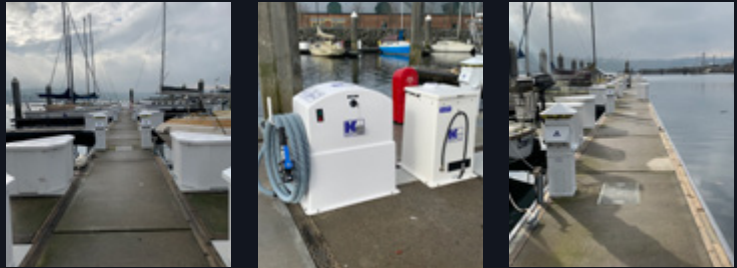
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NAVAL STATION EVERETT  
SEISMOS FITNESS CENTER

# IRONGOAT 1-DAY CHALLENGE



**THURSDAY,  
APRIL 1**

Open to Active Duty only.

### FREE EVENT

- 112-mile bike ride
- 2.4-mile (4,225-yard) swim
- 26.2-mile run

Sign up at Seismos Fitness Center  
Gear Issue desk.



NAVAL STATION EVERETT  
SEISMOS FITNESS CENTER

# IRONGOAT TRIATHLON



**APRIL 1-30  
FREE EVENT**

Sign up and log your miles at the Seismos Fitness Center  
Gear Issue desk. Open to Active Duty only.

**Go at your own pace and get fit in the process.**

Complete the total Ironman distance in this annual 30-day challenge:

- 2.4-mile (4,225-yard) swim • 112-mile bike ride • 26.2-mile run

# SPORTS, FITNESS & AQUATICS



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For Active Duty Service Members E1-E6



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The Commons  
Naval Station Everett  
425-304-3680

Join our Facebook group  
  
@LIBERTYNAVALSTATIONEVERETT  
[navylifepnw.com](http://navylifepnw.com)



### Train like the pros then compete to see who has the top fitness abilities!

Prizes awarded, in both men's and women's categories. This event is Captain's Cup eligible. Compete in the following events:

- 40 yd. Dash
- Bench Press
- Broad Jump
- High Jump
- Throwing Accuracy Test
- 3-Cone Drill
- Shuttle Run

Registration is EASY with myFFR:  
Men's Combine: myFFR #642214-01  
Women's Combine: myFFR #642214-02



## PRINCESSES & PIRATES STRONG

Monday, April 5-Friday, April 9  
Seismos Fitness Center, Child & Youth Centers

As part of our Month of the Military Child celebration, pick up your Princess or Pirate activity bag via curbside pick-up to start the week-long adventure and a chance to earn prizes!

1. Help your child choose a healthy fitness/nutrition activity.
2. Post a picture of your activity on our Facebook page with [#PrincessandPiratesStrong](https://www.facebook.com/PrincessandPiratesStrong).
3. Receive a Certificate of Success!

In honor of Earth Day, children can also earn an additional prize by completing an Earth Day activity and posting it as well.

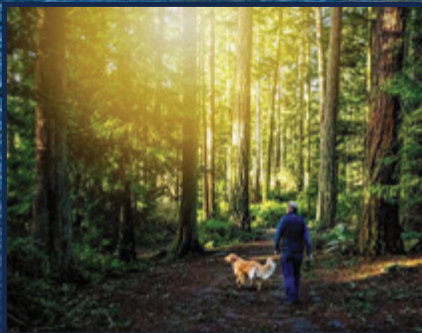


@EverettFFR



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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.

## Centralized Scheduling

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

## Fleet & Family Support Center-Smokey Point

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

## Fleet & Family Support Center Annex

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



## Navy Gold Star Call Center

888-509-8759

## 24/7 SAPR Advocate

425-754-5977

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

425-754-9867

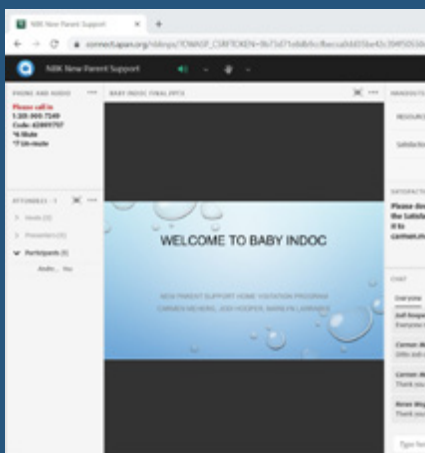


## DoD Safe Helpline

877-995-5247



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



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

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

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

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



# UPCOMING PROGRAMS & EVENTS



## CLINICAL COUNSELING AND FAMILY ADVOCACY PROGRAMS

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



## SEXUAL ASSAULT PREVENTION & RESPONSE (SAPR)

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

EVENT NAME	DATE/TIME
<b>Domestic Violence (DV) and Sexual Assault (SA) Executive Leadership Training</b> This training gives command leadership the tools needed to keep victims safe and hold offenders accountable for their actions. Held at FFSC Everett Annex Bldg. 2000, Room 109.	Tuesday, June 15 8:30 a.m.-noon

### April is Child Abuse Awareness Month and Month of the Military Child

**Military Spouse Appreciation Day**  
 Military Spouses are the backbone of their families. They support their service member, deployments and the mission. Saturday, May 1 is set aside to give thanks for everything military spouses do.

**May is Navy Gold Star Awareness Month**  
 The Navy Gold Star Program is the Navy's official program for providing long-term support to surviving families of Sailors who pass while on Active Duty. One of the greatest challenges faced by Survivors is the feeling of isolation after their loss. The Navy Gold Star Program strives to reassure Survivors that they are not forgotten - that they will always be part of the Navy Family.

**Living Intentionally, Fully and Effectively (LIFE)**  
 Connect with other people and share your journey of personal growth.

**Submerged**  
 This group gives military teens, ages 12-18, a safe space to talk about issues that matter most to them.

**Suicide Assist & Intercept for Life (SAIL)**  
 This voluntary program serves as a link between you, your providers and command leadership during your recovery.

**Survivors Overcoming Assault with Resiliency (SOAR)**  
 This is a 10-week, psycho-educational support group that aims to assist survivors of sexual abuse and violence.

EVENT NAME	DATE/TIME
<b>SAPR Initial Victim Advocate Training</b> Required course to become a command-designated and credentialed SAPR victim advocate.	Monday, May 10-Friday, May 21, 7:30 a.m.-1 p.m. Monday, June 21-Friday, July 2, 7:30 a.m.-1 p.m.
<b>SAPR Policy Summit and Advocate Appreciation Event</b> Because April is Sexual Assault Awareness and Prevention Month (SAAPM), this month's 2-hour program is delivered in two parts: (1) "The SAPR Policy Summit", open to all SAPR personnel and command leadership teams, provides policy changes and updates for a constantly changing program, and (2) "SAPR Advocate Appreciation" provides a well-deserved opportunity for Installation SAPR teams and commands to recognize and celebrate their command SAPR teams and individuals' amazing work and endless hours dedicated to support sailors impacted by sexual assault. To register, contact your local installation SAPR office by Tuesday, April 6.	Wednesday, April 7, 10 a.m.-noon
<b>SAPR Primary Unit Victim Advocate Training</b> Required course to become a command-designated SAPR Primary Unit Victim Advocate. To register, contact the local installation SAPR office by Wednesday, May 19.	Wednesday, May 26 7:30 a.m.-4 p.m.
<b>SAPR Victim Advocate Refresher Training</b> Credentialed advocates must complete 32 hours of refresher training every two years.	Thursday, May 27, 2-4 p.m. Thursday, June 24, 2-4 p.m.



## NOW OFFERING VIRTUAL SERVICES AND ONE-ON-ONE PHONE APPOINTMENTS

Visit [navylifepnw.com/webinars](http://navylifepnw.com/webinars) or call 866-854-0638



**Thursday, April 1-Friday, April 23**  
 Chalk It Up is a sidewalk (chalkboard, snow, quarterdeck display) art competition held during the month of April to raise awareness of sexual assault. Teams can be created from any command and be a combination of Active Duty and civilian. All art must be SAPR related. Winner(s) announced Friday, April 30.  
 Submit your team's photo entry by emailing [NSE.SAPR@navy.mil](mailto:NSE.SAPR@navy.mil).

# SUPPORT PROGRAMS



## VIRTUAL SAPR COLOR RUN

Join us for a virtual color walk/run in recognition of Sexual Assault Awareness and Prevention Month (SAAPM). Pick your route and post a video and/or photos of yourself, family and friends completing a 5K during the month of April on our Facebook page @EverettFFR. Open to all eligible patrons. For more information contact [NASWIMWRFitness.cnrnw@navy.mil](mailto:NASWIMWRFitness.cnrnw@navy.mil). FREE Event. Register via myFFR #610213.



## GOLD STAR MEMORIAL RUN

Saturday, May 1-Sunday, May 30

Help us honor our Gold Star families and run/walk in memory of their fallen hero. Register and pick up goody bag at front desk, which will have a bib and medal to run with (while supplies last). Take a pic and post @EverettFFR. Register via myFFR #610228.



## FAMILY SUPPORT SERVICES

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

EVENT	DATE/TIME
<b>Virtual Ombudsman Basic Training</b> This 9-module seminar covers everything you need to know: command relationships, communicating with families, confidentiality, information and referral services, basic deployment support issues, and more. Held at FFSC Everett Annex Bldg. 2000, Room 105 <a href="https://connect.apan.org/cnrnw-vobt/">https://connect.apan.org/cnrnw-vobt/</a>	Tuesday, April 13-Thursday, April 15 9 a.m.-3:30 p.m.

EVENT	DATE/TIME
<b>Ombudsman Assembly</b> This monthly meeting focuses on the Navy Ombudsman Assembly. All assigned Ombudsmen in the Naval Station Everett area should attend. Command Triad and their spouses are also invited to attend. Ombudsman Advanced Training will be provided immediately after the Assembly Meeting. Held at FFSC Everett Annex Bldg. 2000, Room 107. <a href="https://connect.apan.org/nse-omb/">https://connect.apan.org/nse-omb/</a>	Tuesday, April 20 5-7 p.m.
	Tuesday, May 18 5-7 p.m.
	Tuesday, June 15 5-7 p.m.
<b>Ombudsman Basic Training (3-day workshop)</b> This 9-module seminar covers everything you need to know: command relationships, communicating with families, confidentiality, information and referral services, basic deployment support issues, and more. Held at FFSC Everett Annex Bldg. 2000, Room 105. <a href="https://connect.apan.org/cnrnw-vobt/">https://connect.apan.org/cnrnw-vobt/</a>	Tuesday, June 22-Thursday, June 24 9 a.m.-3:30 p.m.
<b>Overseas Transfer Workshop</b> 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. Held at FFSC Everett Annex Bldg. 2000, Room 107. <a href="https://connect.apan.org/nse-relo/">https://connect.apan.org/nse-relo/</a>	Wednesday, May 26 9-11 a.m.
<b>Parenting Teens</b> The holiday season is behind us and spring break is looming on the horizon. This workshop is designed to focus on how parents can assist teens during challenging times. Topics include inclusion and exclusion in family events and activities. Hosted by NAS Whidbey Island FFSC.* <a href="https://connect.apan.org/naswilifeskills/">https://connect.apan.org/naswilifeskills/</a>	*Tuesday, May 4 9-10 a.m.
<b>Pregnancy Support Group</b> Pregnancy is an exciting and challenging time, especially as an Active Duty Sailor. Every other week a new topic will be covered and all Active Duty pregnant Sailors as well as military family members who are expecting are welcome. Hosted by NAS Whidbey Island FFSC. Held at FFSC Everett Annex Bldg. 2000, Room 105. <a href="https://connect.apan.org/nse-nps/">https://connect.apan.org/nse-nps/</a>	Wednesday, April 7 11 a.m.-12:30 p.m.
	Wednesday, April 21 11 a.m.-12:30 p.m.
	Wednesday, May 5 11 a.m.-12:30 p.m.
	Wednesday, May 19 11 a.m.-12:30 p.m.
	Wednesday, June 9 11 a.m.-12:30 p.m.
	Wednesday, June 23 11 a.m.-12:30 p.m.
<b>Transition to Parenthood Support Group</b> First-time parenting can feel like a leap into the unknown. Come and meet other Active Duty Sailors who are in your situation and learn from experts. Every month a new topic will be discussed. Held at FFSC Everett Annex Bldg. 2000, Room 105. <a href="https://connect.apan.org/nse-nps/">https://connect.apan.org/nse-nps/</a>	Tuesday, April 20 11 a.m.-1 p.m.
Tuesday, May 18 11 a.m.-1 p.m.	
Tuesday, June 15 11 a.m.-1 p.m.	



# UPCOMING PROGRAMS & EVENTS



## FINANCIAL MANAGEMENT

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



## LIFE SKILLS EDUCATION

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

EVENT NAME	DATE/TIME
<p><b>CFS Refresher</b></p> <p>This 8-hour refresher includes pre-class coursework, a review of the financial planning worksheet and the solution focused counseling model. Call for registration details. Held at FFSC Everett Annex Bldg. 2000, Room 107.</p>	<p>Wednesday, April 14 7:30 a.m.-4 p.m.</p>
<p><b>Million Dollar Sailor/Spouse</b></p> <p>This two-day training is designed to assist Sailors and their families to successfully navigate through the transitions of Navy life and the financial challenges that accompany them. Hosted by NB Kitsap FFSC.*</p> <p><a href="https://connect.apan.org/nbkpfm/">https://connect.apan.org/nbkpfm/</a></p>	<p>*Thursday, April 29- Friday, April 30 8 a.m.-3 p.m.</p>
<p><b>Make Your Dream a Reality: Retirement Planning Made Easy</b></p> <p>The average American will spend 20 years in retirement, yet fewer than half of Americans know how much they need to save. Learn to estimate your retirement needs, understand military retirement plans and evaluate retirement account options. Hosted by NB Kitsap FFSC.*</p> <p><a href="https://connect.apan.org/nbkpfm/">https://connect.apan.org/nbkpfm/</a></p>	<p>*Friday, May 21 10 a.m.-noon</p>
<p><b>Command Financial Specialist (CFS)</b></p> <p>This 40-hour course is required for any service member designated as a Command Financial Specialist. Call for registration details. Held at Smokey Point, Bldg. 13910, Room 812.</p>	<p>Monday, June 7- Friday, June 11 7:30 a.m.-4 p.m.</p>
<p><b>Now I'm the Landlord ...</b></p> <p>We'll cover what you need to know about becoming a landlord: applicable laws, hiring a property manager, finding good tenants and more. Hosted by NAS Whidbey Island FFSC.*</p> <p><a href="https://connect.apan.org/naswipfm/">https://connect.apan.org/naswipfm/</a></p>	<p>*Thursday, June 10 2-4 p.m.</p>
<p><b>Newly Wed Financial Communication Seminar</b></p> <p>This course will help you and your spouse or potential spouse learn effective communication and collaboration in achieving financial fitness and reaching financial goals. Hosted by NB Kitsap FFSC.*</p> <p><a href="https://connect.apan.org/nbkpfm/">https://connect.apan.org/nbkpfm/</a></p>	<p>*Friday, June 11 10 a.m.-noon</p>

EVENT NAME	DATE/TIME
<p><b>Adulting Like a Pro</b></p> <p>Get a 1-day refresher for most of your skills. The class topics are: expressing yourself outside of social media, how to combat burnout, Taming the Tiger Within, Personality Types in the Workplace and Beyond, Time Management, Advanced Budgeting, Blended Retirement, and Car Buying. Register by Saturday, June 5 (no walk-ins). Held at FFSC Everett Annex Bldg. 2000, Room 107</p> <p><a href="https://connect.apan.org/navsta-everett-life-skills/">https://connect.apan.org/navsta-everett-life-skills/</a></p>	<p>Tuesday, June 15 8 a.m.-4 p.m.</p>
<p><b>Anger Management (Taming the Tiger Within)</b></p> <p>Discover better ways to respond to your own anger as well as that of others by examining family patterns, individual beliefs, and other issues that will challenge the common thoughts and beliefs of normal and healthy emotion. Held at FFSC Everett Annex Bldg. 2000, Room 107.</p> <p><a href="https://connect.apan.org/navsta-everett-life-skills/">https://connect.apan.org/navsta-everett-life-skills/</a></p>	<p>Thursday, April 15 2-3:30 p.m.</p> <p>Thursday, May 20 2-3:30 p.m.</p> <p>Thursday, June 17 2-3:30 p.m.</p>
<p><b>How to Combat Burnout</b></p> <p>Become the well-balanced, happy, healthy and productive person you are meant to be. This class will teach you strategies that will help you regain control over your emotions and thoughts, leading to the lifestyle you are looking for. Held at FFSC Everett Annex Bldg. 2000, Room 109.</p> <p><a href="https://connect.apan.org/navsta-everett-life-skills/">https://connect.apan.org/navsta-everett-life-skills/</a></p>	<p>Thursday, April 8 8:30-10 a.m.</p> <p>Thursday, May 13 8:30-10 a.m.</p> <p>Thursday, June 10 8:30-10 a.m.</p>
<p><b>Personalities in the Workplace and Beyond</b></p> <p>Not everyone has the same way of seeing the world or dealing with situations. This class will cover personality types, working within your strengths and finding the common ground. Held at FFSC Everett Annex Bldg. 2000, Room 105.</p> <p><a href="https://connect.apan.org/navsta-everett-life-skills/">https://connect.apan.org/navsta-everett-life-skills/</a></p>	<p>Tuesday, June 8 Noon-2 p.m.</p>
<p><b>Time and Stress Management</b></p> <p>Do you need more than 24 hours in a day? Effective time management skills can lower stress and increase your quality of life. This course will help you find those extra hours in your day! Held at FFSC Everett Annex Bldg. 2000, Room 107.</p> <p><a href="https://connect.apan.org/navsta-everett-life-skills/">https://connect.apan.org/navsta-everett-life-skills/</a></p>	<p>Friday, June 11 2-3:30 p.m.</p>

# SUPPORT PROGRAMS



## EMPLOYMENT/TRANSITION SUPPORT

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

### EVENT NAME

#### (TAP) Pre-Separation

This is an introduction to the Transition Assistance Program (TAP) curriculum and will assist service members in identifying programs and services available to them while on active duty and after separation.

#### (TAP) Managing Your (MY) Transition

Make your transition from military service to the civilian sector a successful one. This monthly class covers important military and civilian resources as well as "less obvious" issues, such as personal and family transition concerns, the differences in the culture of civilian and military workplaces, transition-related stressors, and the importance of effective communication. Registration required.

#### (TAP) Military Occupational Code (MOC) Crosswalk

Class demonstrates how to translate military skills, training and experience into civilian credentialing appropriate for civilian jobs. Service members will document their military career experience and skills, translate their military occupation experience to civilian sector occupations and skills, and identify any gaps in their training or experience that need to be filled to meet their personal career goals. Registration required.

#### (TAP) Financial Planning for Transition

Stay in control of your finances during your transition. This class covers tools to help you calculate military-to-civilian income equivalence and the real cost-of-living for at least two geographical locations and an updated spending plan. Registration required.

#### (TAP) VA Workshop

This brief is designed to enable transitioning service members (TSMs) to make informed decisions regarding the use of VA benefits. The program is designed around the understanding that no two transitions are the same. Topics covered include disability benefits and compensation, memorial and burial benefits, education and economic support, housing benefits, and health-care options as well as physical and emotional health needs.

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

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

### EVENT NAME

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

Interested in pursuing higher education? This 2-day workshop covers tips for choosing a field of study, selecting an institution and admission requirements. Target audience: service members attending college for the first time and those applying to graduate school programs.

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

Learn about the benefits and challenges of entrepreneurship and the steps required to launch a small business successfully. After completing the Small Business Association (SBA) Entrepreneur Track, participants can take advantage of follow-on training, counseling and mentorship opportunities designed to assist with business planning, market research, access to capital and all other aspects and stages of small business ownership.

#### (TAP) Employment Workshop (2-day)

This monthly class provides service members with a comprehensive 2-day workshop that covers emerging best practices in career employment, including in-depth training to learn interview skills, build effective resumes, and use emerging technology to network and search for employment.

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

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

#### (TAP) Disabled American Veterans

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

#### CONSEP Mid-Career

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

#### Department of Labor Vocational Career Track

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



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



855-628-9997 (24/7)

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



## UPCOMING PROGRAMS & EVENTS

EVENT NAME
<p><b>Transition Assistance Program (TAP) Capstone Event</b></p> <p>The event takes place after you have completed Pre-assessment with your Command Career Counselor, and attended the 3-day workshop, as well as one of the four Career Tracks. During Capstone, your Individual Transition Plan (ITP) and E-form 2648 (Individual Transition Plan Checklist) will be reviewed to verify that you have met your transition Career Readiness Standards.</p>

EVENT NAME	DATE/TIME
<p><b>Career Assessment and Exploration</b></p> <p>Let us help you find your ideal career with O*NET Online. You'll learn about different industries and occupations, and the skills and education/training necessary to land a job. Hosted by NAS Whidbey Island FFSC.*</p> <p><a href="https://connect.apan.org/naswiferp/">https://connect.apan.org/naswiferp/</a></p>	*Thursday, May 6 10-11 a.m.
	*Tuesday, June 15 10-11 a.m.
<p><b>Eeny, Meany, Miney, Mo: Choosing Your Career Path</b></p> <p>If you're looking for that first job or just want to try something new, this interactive workshop will give you the tools you need to make your choice. This workshop includes a virtual field trip, participant activities, and resources for modern resumes to get you started on the job hunt. Held at Smokey Point, Bldg. 13910, Room 807</p> <p><a href="https://connect.apan.org/nse-wfl-workshops">https://connect.apan.org/nse-wfl-workshops</a></p>	Tuesday, April 27 3 p.m.
	Tuesday, May 18 10 a.m.
	Tuesday, June 15 3 p.m.

EVENT NAME	DATE/TIME
<p><b>Dressing for Interviews</b></p> <p>What you wear says a lot about you! This webinar discusses some Do's &amp; Don'ts regarding interview attire that can help you make the right first impression. Hosted by NAS Whidbey Island FFSC.*</p> <p><a href="https://connect.apan.org/naswiferp/">https://connect.apan.org/naswiferp/</a></p>	*Tuesday, May 25 5-6 p.m.
<p><b>Navigating the Federal Application Process</b></p> <p>This workshop will teach you the basics of applying for a federal job – from how to quickly find positions that interest you to making your application highlights key skills. Held at Smokey Point, Bldg. 13910, Room 807</p> <p><a href="https://connect.apan.org/nse-ferp/">https://connect.apan.org/nse-ferp/</a></p>	Wednesday, April 14 11 a.m.-noon
	Wednesday, May 12 11 a.m.-noon
	Wednesday, June 9 11 a.m.-noon
<p><b>Resume Writing for a Difficult Market</b></p> <p>Effective resumes get interviews. Learn to market your skills, knowledge and accomplishments using specific formats, important "key" words and eye-catching cover letters. Held at Smokey Point, Bldg. 13910, Room 808</p> <p><a href="https://connect.apan.org/nse-ferp/">https://connect.apan.org/nse-ferp/</a></p>	Wednesday, April 14 10-11 a.m.
	Wednesday, May 12 10-11 a.m.
	Wednesday, June 9 10-11 a.m.
<p><b>Smooth Move</b></p> <p>Get tips for addressing the most prevalent military relocation issues. Held at FFSC Everett Annex Bldg. 2000, Room 107</p> <p><a href="https://connect.apan.org/nse-relo/">https://connect.apan.org/nse-relo/</a></p>	Wednesday, May 5 10 a.m.-Noon



# May is Gold Star Awareness Month

Join us this month in paying tribute to the fallen and honoring the families left behind.

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# CHILD & YOUTH PROGRAMS



We're committed to supporting military and DoD civilian families by recognizing the uniqueness of each family's lifestyle and needs. In addition to on-base child care options, we offer a wide variety of age-appropriate activities for school-age children and teens.

## Child Development Center (CDC)

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

## Everett Child Development Center (CDC)

2000 W Marine View Dr. Bldg. 1980  
Everett, WA 98207  
425-304-3778  
Child Development Centers offer center-based care for children 6 weeks to 5 years of age. Care at our centers is primarily geared toward those needing full-time childcare.

## Child Development Homes (CDH)

### Everett Child Development Homes (CDH)

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

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

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

## Child and Youth Education Services School Liaison

### Everett School Liaison

2000 W Marine View Dr.

The Commons Bldg. 1950  
Everett, WA 98207  
425-304-3688

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



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





## TRICARE Prime® benefits. All-civilian network.

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# HOUSING SERVICES



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

## Housing Service Center

2000 W Marine View Dr.  
Bldg. 2028, Rm. 115  
Everett, WA 98207  
425-304-3402

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

### Housing Services:

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

and explanation of lease terms and lease negotiation.

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

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

## Unaccompanied Housing

2000 W Marine View Dr,  
Bldg. 2029  
Everett, WA 98207  
425-304-3118

Front Desk is open 24/7 and a Front Desk Associate is available to assist. After-hours Emergency Maintenance 425-304-3111

## Homes.mil, your FREE online resource

Check out HOMES.mil, the only DoD-sponsored rental listing website used by Military Housing Offices around the world. Service members and their families can view property listing details, contact Property Managers by email, compare multiple listings and map rental properties. Property managers and landlords can also use this service to list their rentals. For more information, contact your installation HSC.

## Online Barracks Maintenance Requests

Available 24/7, residents can submit non-emergency maintenance requests through the online maintenance request program at [www.navylifepnw.com](http://www.navylifepnw.com). Requests are sent to our Maintenance Tracking Program and are reviewed daily by UH Building Managers. Residents receive an email confirmation when their maintenance requests are received, assessed and completed.



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

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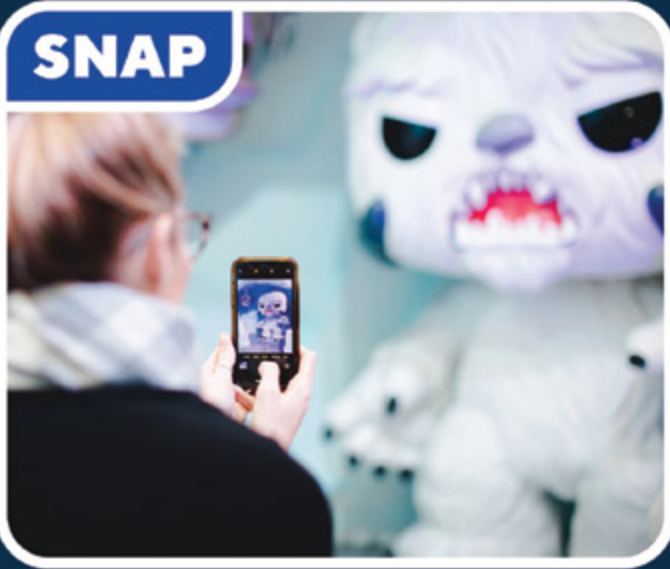


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*WE SERVE, TOO!*

# *April is* **Month** of the **Military** **Child**



*#purpleup4militarykids*