



SUMMER 2021

# EXPERIENCE

NAVY LIFE MAGAZINE · EVERETT

*KICKIN' IT*  
**OUTSIDE**

YOUR GUIDE TO SUMMER



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# EXPERIENCE NAVY LIFE

JULY-SEPTEMBER 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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14

July is National Parks and Recreation Month. Get outside with MWR Outdoor Recreation.



19

Earn this set of collectible medals as part of our 2021 Virtual Run Series, sponsored by GEICO Military.

A photograph of a family of four smiling. A man in a blue military uniform is standing in the center, holding hands with a young girl in a purple shirt. A woman in a purple shirt is standing to the right, holding hands with a young boy in a purple shirt. They are all smiling and looking at each other.

**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)

## AROUND OUR COMMUNITY

### MESSAGE FROM THE FFR DIRECTOR



Summer is here in the Great Northwest and we're all looking forward to some fun in the sun. We continue to re-open more and more of our programs and services.

Trips, outdoor recreation outings, and exciting new classes are coming back through Community Recreation and LIBERTY programs. The All American Restaurant now offers new menu items and outdoor seating. And our Child & Youth Program is participating in iRead, which encourages kids to keep reading all summer long.

See our event listings starting on page 6 for details on these and many more safe and fun special events such as our Party in the Parking Lot Summer Picnic, Great Navy Campout, and Sports and Fitness activities.

Our Family Readiness staff is here for you all summer long as well. They offer in-person classes, virtual training and many special activities that will strengthen you and your family. See page 22 for details.

And don't forget our Navy Getaways locations at Jim Creek and Pacific Beach. They are open to serve you with a wide variety of outdoor recreational opportunities, including camping, fishing, boating, hiking, and other family-friendly and team-building activities. Jim Creek is the Navy's best spot for experiencing the forests of the Pacific Northwest, located east of Arlington, in the foothills of the Cascade Mountains. How about a weekday getaway with the kids at Pacific Beach? I'm sure you've missed putting your toes into the sand and watching a Pac Beach sunset as much as I have! See page 15 for upcoming events including the next Glass Float Frenzy that's sure to become a family favorite.

Whether your interests lead you toward book clubs or camping, FFR has it all! We look forward to being a part of your summer adventures.



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



*Capt. Mike Davis, Commanding Officer at Naval Station Everett (right), helped FFR team members raise awareness for National Child Abuse Prevention Month.*



*The Month of the Military Family Drive-Thru event attracted a line of cars. Volunteers connected each participant with a goody bag filled with FFSC resources.*



Glass Float Frenzy participants show off their finds. This family-friendly event is very popular with guests at Navy Getaways Pacific Beach.



# LIKE, SHARE AND WIN

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



MM1 Benjamin Brent with the USS Chosin was Naval Station Everett's College Basketball Bracket Challenge winner!

Here he is with his prize package that included a duffel bag filled with Red Bull and a \$50 gift certificate from WAVE Broadband.

## 5 SIMPLE STEPS TO REGISTERING WITH MYFFR

**1 VISIT**

[www.navalifepnw.com/myFFR](http://www.navalifepnw.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 health precautions in effect.

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

**Vehicle Storage  
Smokey Point  
Support Complex**

425-304-3449  
Located at the North Marysville Support Complex at Smokey Point, 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.

**JULY-SEPTEMBER 2021**

\*Essential Station Messing (ESM)

EVENT/DESCRIPTION	DATE/TIME	HOST, VENUE
<p><b>Independence Day Pre-Weekend Lunch</b></p> <p>Enjoy a mini rack of barbecue beef short ribs served with corn on the cob; country-style potato salad; thick, honey baked beans and Hawaiian Dinner Rolls. Lunch includes a specialty soup and salad, dessert and beverage. Our Grill Line will be open. Standard Rates, FREE for ESM</p>	Thursday, July 1, 11 a.m.-1 p.m.	All American Restaurant
<p><b>Wine and 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, July 9, 5:30-7:30 p.m.	Community Recreation
	Friday, Aug. 6, 5:30-7:30 p.m.	
	Friday, Sept. 24, 5:30-7:30 p.m.	
<p><b>Bowman Bay Paddle Trip</b></p> <p>Explore this calm, protected bay on paddleboards while watching for baby harbor seals and other wildlife! All equipment rentals provided. \$20; \$17 LIBERTY-eligible.</p>	Saturday, July 10, 8 a.m.-5 p.m.	Community Recreation, Deception Pass
	Sunday, Aug. 8, 8 a.m.-5 p.m.	
<p><b>Community Recreation 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 Pacific Northwest outdoors, give away prizes, feature surprise guests and answer any questions you may have. FREE event.</p>	Wednesday, July 14, 6 p.m.	Community Recreation, Facebook: @EverettFFR
	Wednesday, Aug. 11, 6 p.m.	
	Wednesday, Sept. 8, 6 p.m.	

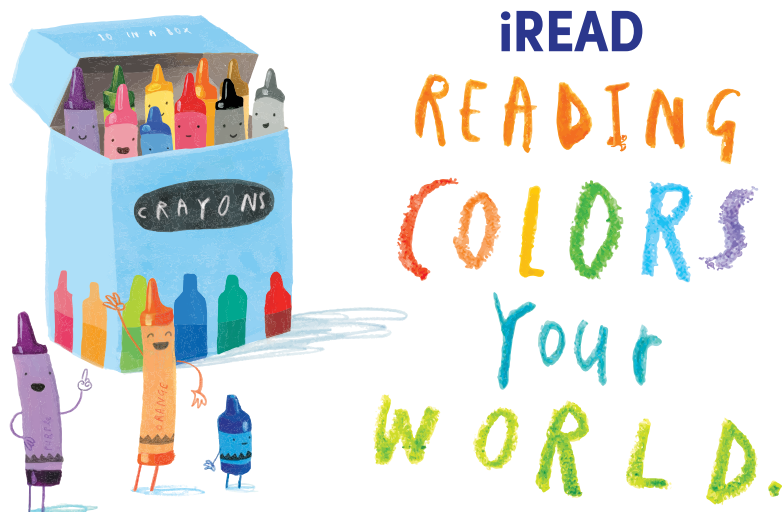
# FOOD, FUN & RECREATION

JULY-SEPTEMBER 2021

\*Essential Station Messing (ESM)

EVENT/DESCRIPTION	DATE/TIME	HOST, VENUE
<p><b>Mongolian Grill</b></p> <p>Let us fill your lunch plate with your favorite "Mongolian-Style" fixings. Our cooks will then prepare it for you with your choice of sauces &amp; meats and served to you in no time. Also, included with your meal is soup, side salad, dessert and a beverage. Standard Rates, FREE for ESM</p>	Thursday, July 15, 11 a.m.-1 p.m.	All American Restaurant
	Thursday, Aug. 12, 11 a.m.-1 p.m.	
	Thursday, Sept. 16, 11 a.m.-1 p.m.	
<p><b>Float the Wenatchee</b></p> <p>Float leisurely down the Wenatchee River while taking in the sunny weather, beautiful mountain scenery, and gentle waters. End in downtown Leavenworth with time to spare for lunch, shopping, or a brewery visit. \$40; \$36 LIBERTY-eligible</p>	Saturday, July 17, 8 a.m.-6 p.m.	Community Recreation, Leavenworth
	Saturday, Aug. 28, 8 a.m.-6 p.m.	
<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>	Tuesday, July 20, 5:30-7 p.m.	Community Recreation
<p><b>National Hot Dog Month</b></p> <p>Celebrate with one our large hot dogs that are grilled to perfection and served with your choice of topping; from grilled bell peppers and caramelized onions, pickled sauerkraut, sweet pickle relish, cream cheese, sliced banana and jalapeño peppers and more. Lunch includes specialty soup &amp; salad, dessert and beverage. Our Grill Line will be open. Standard Rates, FREE for ESM</p>	Wednesday, July 21, 11 a.m.-1 p.m.	All American Restaurant
<p><b>Backpacking Series: Backpacking on the Beach</b></p> <p>Join us for a 3-day camping trip and hikes with picturesque views of the wild and rugged Olympic Peninsula Coast. This overnight backpacking adventure is great for beginners or the more experienced looking for amazing beach and ocean views. The 3-day trip includes travel time to-and-from the coast. \$60; \$55 LIBERTY-eligible . Level II</p>	Friday, July 23-Sunday, July 25, 7 a.m.-8 p.m.	Community Recreation, Olympic National Park
<p><b>Outdoor Rock Climbing</b></p> <p>Get your outdoor adventure on! Take in the beautiful sights as you challenge yourself both mentally and physically. Our experienced climber will give you the skills and knowledge to begin your outdoor climbing experience! \$20; \$17 LIBERTY-eligible</p>	Saturday, July 31, 7:30 a.m.-4:30 p.m.	Community Recreation
	Sunday, Aug. 29, 7:30 a.m.-4:30 p.m.	

## NAVAL STATION EVERETT COMMUNITY RECREATION



### MWR Library Summer Reading Program

June 1-August 31

Sign up and register at <https://navalstationeverett.beanstack.org>

For more information, call: 425-304-3149





## UPCOMING PROGRAMS & EVENTS



### BACKPACKING BASICS & BACKPACKING TRIPS

Backpacking on the Beach: Friday, July 23-Sunday, July 25

Backpacking Series: Goat Lake: Saturday, Aug. 14-Sunday, Aug. 15

Backpacking Series: High Divide-7 Lakes Basin Loop: Friday, Sept. 17-Sunday, Sept. 19

Backpacking is a wonderful way to explore the wilderness! Let our experienced guides help prepare you for your wilderness excursions. Then join Community Recreation for overnight adventures and explore the great Pacific Northwest.

\$60; \$55 LIBERTY-eligible

**JULY-SEPTEMBER 2021**

\*Essential Station Messing (ESM)

EVENT/DESCRIPTION	DATE/TIME	HOST, VENUE
<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; \$32 LIBERTY-eligible</p>	<p>Saturday, Aug. 7, 7 a.m.-8 p.m.</p>	<p>Community Recreation, Mount St. Helens</p>
<p><b>Party in the Parking Lot</b></p> <p>Join MWR at the summer picnic for live music, food and a variety of activities. Armed Forces Kids' Fun Run registration starts at 3 p.m. and race is at 3:30 p.m. on the track. FREE event.</p>	<p>Thursday, Aug. 12, 4-7 p.m.</p>	<p>Community Recreation</p>
<p><b>Backpacking Series: Goat Lake</b></p> <p>What better way to hike and explore the Pacific Northwest's extraordinary scenery than to leap into nature on a overnight backpacking trip. Spend the night camping below the stars and take in the fantastic views of our Olympic Mountains and its alpine lakes. \$60; \$55 LIBERTY-eligible. Level III</p>	<p>Saturday, Aug. 14-Sunday, Aug. 15, 7 a.m.-8 p.m.</p>	<p>Community Recreation</p>
<p><b>Brazilian Barbecue Celebration</b></p> <p>Your choice of spicy rotisserie chicken or seasoned beef tenderloin or grilled seasoned spicy pork sausages. Included are sides like seasoned black beans, Brazilian rice dishes, hot dinner rolls and more. Lunch includes specialty soup &amp; salad, dessert and beverage. Our Grill Line will be open. Standard Rates, FREE for ESM</p>	<p>Wednesday, Aug. 18, 11 a.m.-1 p.m.</p>	<p>All American Restaurant</p>
<p><b>Great Navy Campout</b></p> <p>Get introduced to the outdoors in the serene setting of Jim Creek or check out our virtual, self-guided campout. Learn how to pitch a tent, make your own campfire food, and engage in some friendly competition. Campsite, tent, sleeping pad, and sleeping pad are all provided upon request while supplies last! FREE event.</p>	<p>Friday, Aug. 21-Sunday, Aug. 22</p>	<p>Community Recreation, Navy Getaways Jim Creek</p>
<p><b>Leave No Trace</b></p> <p>Learn the seven Leave No Trace principles to help protect our wilderness areas for generations to come. FREE event.</p>	<p>Tuesday, Aug. 31, 5:30-7:30 p.m.</p>	<p>Community Recreation</p>
<p><b>Labor Day End of Summer Celebration</b></p> <p>Join us for your choice of twin beef kabobs, twice baked-baked potatoes w/ toppings, oven roasted seasoned vegetables, fresh sliced watermelon, dinner rolls and more. Lunch includes specialty soup &amp; salad, dessert and beverage. Our Grill Line will be open. Standard Rates, FREE for ESM</p>	<p>Wednesday, Sept. 1, 11 a.m.-1 p.m.</p>	<p>All American Restaurant</p>



# WE ARE OPEN!

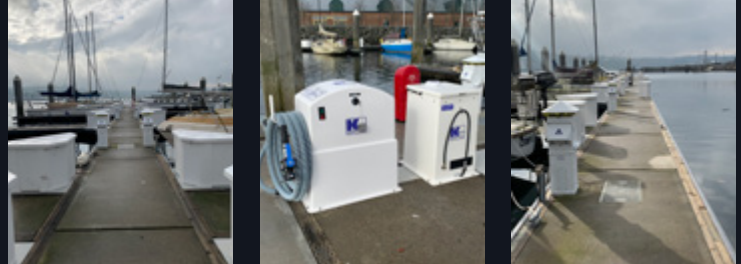
The All American Restaurant has reopened in Bldg. 2025 with improvements to serve you better.

Our Grill Menu is served daily for Lunch 11 a.m.-1 p.m. and Dinner 4:30 p.m.-7:30 p.m.

We also have daily specials!



*Pizza is back and more popular than ever at Everett's All American!*



## SAILORS CHOICE MARINA

Improvements include new safety lighting, power supply hookups, storage boxes, new pump out station, and more!

**OFFERING YEAR-AROUND MOORAGE FOR VARIOUS-SIZED VESSELS.**

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

EVENT/DESCRIPTION	DATE/TIME	HOST, VENUE
<p><b>National Breakfast Day</b></p> <p>Celebrate lunch with breakfast! You can chose from an entire selection of pastries, muffins, cinnamon rolls and more. You can have fresh pancakes, French toast and Belgian waffles. Try our selection of scrambled eggs topped w/ melted cheddar cheese and hash brown patties, seasoned home style breakfast potatoes. Plus bacon, pork sausage links or patties and don't forget your biscuits and country gravy. Your meal includes a specialty soup &amp; salad, dessert and beverage. Our Grill Line will be open. Standard Rates, FREE for ESM</p>	<p>Wednesday, Sept. 15, 11 a.m.-1 p.m.</p>	<p>All American Restaurant</p>
<p><b>Backpacking Series: High Divide-7 Lakes Basin Loop</b></p> <p>Finish your summer off with a rewarding 3-day hiking adventure into the heart of the Olympic Mountains. Obtain unparalleled views of Mount Olympus, hike past stunning waterfalls, and bask in the beauty of several Alpine lakes. \$60; \$55 LIBERTY-eligible. Level III</p>	<p>Friday, Sept. 17-Sunday, Sept. 19, 7 a.m.-10 p.m.</p>	<p>Community Recreation, Olympic National Park</p>
<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>	<p>Wednesday, Sept. 22, 5:30-7 p.m.</p>	<p>Community Recreation</p>
<p><b>National Hispanic Heritage Day</b></p> <p>Enjoy the taste and flavor of your choice of seasoned chicken or beef taco salads loaded, Spanish rice, refried and black seasoned beans, top it off with sour cream, salsa, Pico de Gio and guacamole. Meal includes a specialty soup &amp; salad, dessert and beverage. Our Grill Line will be open. Standard Rates, FREE for ESM</p>	<p>Wednesday, Sept. 22, 11 a.m.-1 p.m.</p>	<p>All American Restaurant</p>
<p><b>Game-some Geocache</b></p> <p>Join us for a fun adventure with a geocaching treasure hunt. You will engage your observation skills while experiencing some amazing sights here in the Pacific Northwest! \$20; \$17 LIBERTY-eligible</p>	<p>Saturday, Sept. 25, 7:30 a.m.-5 p.m.</p>	<p>Community Recreation</p>



NS Everett celebrated Armed Forces Day with an MWR Drive-Thru Circus. Families received goody bags as they drove through a secured area featuring a menagerie of trained dinosaurs, clowns, acrobats, mermaids, snake charmers, and more!



Wine & Paint Nights are back at NS Everett. All skill levels are welcomed at this popular event. Supplies, expert instruction and a delightful beverage are included. See the event listings and visit the Community Recreation Center in The Commons for more information.

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

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

Kayla M.  
Stay-at-home mom

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

Download the free GoodRx app or visit us at [goodrx.com/nwnavy](https://goodrx.com/nwnavy)

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



**GoodRx**

## LODGING & LEISURE



Navy 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

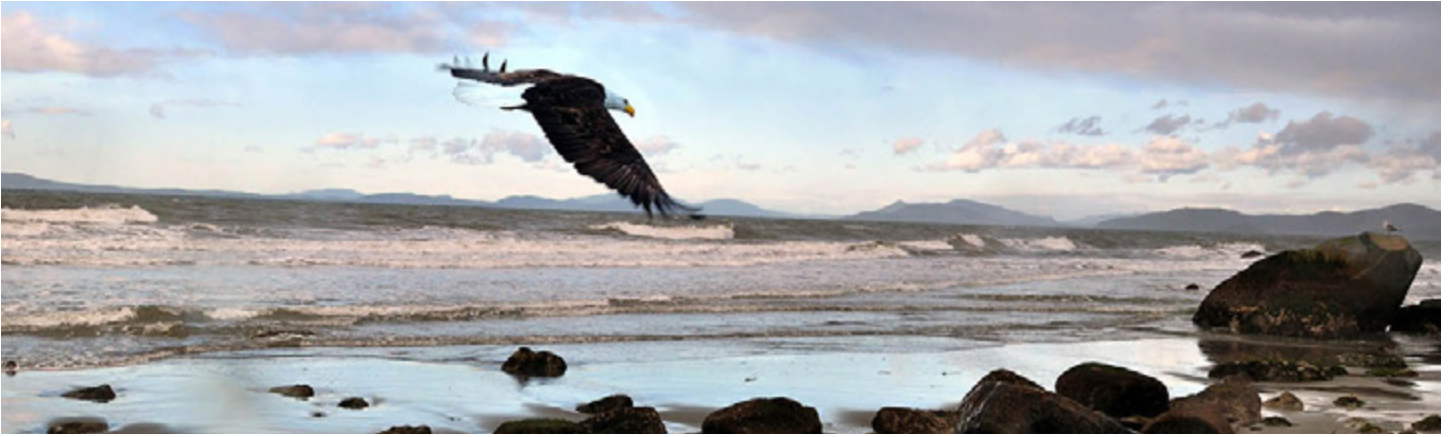
Amenities include:

- 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 health precautions in effect.*

# UPCOMING PROGRAMS & EVENTS



## JULY-SEPTEMBER 2021

EVENT	DATE/TIME	HOST/VENUE
<b>Tie-Dye Saturdays at the Beach</b> Learn to tie-dye! Includes supplies to create your own Pacific Beach souvenir. \$12 adult tees, \$10 kid tees.	Saturday, July 3, Noon	Saturday, Aug. 14, Noon
	Saturday, July 10, Noon	Saturday, Aug. 28, Noon
	Saturday, July 17, Noon	Saturday, Sept. 4, Noon
<b>Sips@Sunset</b> Share some local wines, ciders or beers and meet their creators. Register by Wednesday, July 14. \$20 per person.	Saturday, July 17, 7 p.m.	Navy Getaways Cliffside RV Park
<b>Great Navy Campout and Luau at the Beach</b> Join us for FREE tent camping and Luau-themed activities all weekend! We'll show an outdoor movie, make s'mores, and top it all off with carnival rides and yard games! Luau barbecue plate just \$15.95 per person. Book your stay today!	Friday, Aug. 6-7, Noon	Navy Getaways Pacific Beach
<b>Great Navy Campout at Jim Creek</b> Get introduced to the outdoors in the serene setting of Jim Creek or check out our virtual, self-guided campout. Learn how to pitch a tent, make your own campfire food and engage in some friendly competition. Gear available at no charge, while supplies last! FREE event.	Saturday, Aug. 21- Sunday, Aug. 22	Community Recreation, Navy Getaways Jim Creek
<b>Great Navy Campout at Cliffside RV Park</b> Join us for two fun-filled nights during our annual Campout at Cliffside! There will be plenty to do—everything from campfire building and crafts, to guided nature hikes and family campout games! Supplies are included in this FREE event. Register by Monday, Aug. 23.	Saturday, Aug. 27- Sunday, Aug. 29	Community Recreation, Navy Getaways Cliffside RV Park
<b>Sudz@Sunset</b> Share some local wines, ciders or beers and meet their creators. Register by Wednesday, Aug. 4. \$20 per person.	Saturday, Aug. 7, 7 p.m.	Navy Getaways Cliffside RV Park
<b>Paint &amp; Sip Evening</b> Paint a familiar Cliffside scene to take a lasting memory home. Register by July 8 (myFFR #430001-01) and Aug. 19 (myFFR #430001-02).	Sunday, July 11, 7 p.m.	Navy Getaways Cliffside RV Park
	Sunday, Aug. 22, 7 p.m.	
<b>Pet Nature Walk</b> Take the pets and family out for a walk along the Seaview Trail and learn about the plants and animals unique to the area. Register by Monday, Aug. 23.	Saturday, Aug. 28, 9:30 a.m.	Navy Getaways Cliffside RV Park
<b>Red Cup Night</b> Share some local wines, ciders or beers and meet their creators. Register by Wednesday, Aug. 25. \$20 per person	Saturday, Sept. 4, 7 p.m.	Navy Getaways Cliffside RV Park



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# LET'S TAKE IT OUTSIDE

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*Get outdoors with  
MWR's Community  
Recreation  
Program and  
see what the  
Great Northwest  
has to offer!*



by Kelly Joines and Dan Coon

**T**he Great Northwest has a reputation for being cold, dreary and rain-soaked, which is perfectly fine with the locals who'd prefer to keep the area's stunning beauty all to themselves. The truth, however, is quite the opposite. Thanks to higher latitude and longer days, Great Northwest summers are filled with seemingly endless sunshine. Those in the know spend their weekends soaking up the scenery, wading through fields of purple, yellow and red wildflowers or hiking up the deep greens and ambers of the forest floor to a bird's-eye view of the Puget Sound, where the blue gradient water becomes one with the horizon.

There's no better time than now to discover the many hidden gems this area has to offer. Your installation MWR program stands ready to reveal some of Washington's best kept secrets through guided tours and expert advice. Check out these top tips!

### VISIT A NATIONAL PARK OR STATE PARK FOR FREE

Washington State is home to Olympic National Park, the iconic Mount Rainier National Park, and the North Cascades National Park, to name a few. The National Parks Service "America the Beautiful" pass allows nature lovers access to these and 2,000 other federal recreational areas for entire year for just \$80. Active Duty Service Members, Veterans and Gold Star Families can get this fee waived entirely simply by requesting a special military pass. For details, visit [www.nps.gov](http://www.nps.gov).

Washington State is also home to more than seven million acres of managed recreation lands including campgrounds, parks, wildlife areas, trails, natural areas, wilderness areas and water access points.

You can access any Washington State Park, Department of Natural Resources site and Department of Fish and Wildlife trailhead by purchasing an annual Discover Pass for just \$30. For details, visit [www.discoverpass.wa.gov](http://www.discoverpass.wa.gov).

For extra savings, consider planning your trip around the National Park Service

Birthday on Aug. 25 and National Public Lands Day on Sept. 25. All entry fees are waived on these days.

### TAKE ADVANTAGE OF NAVY GETAWAYS

Washington is home to three Navy Getaways locations, each with its own unique flair and pristine surroundings. These Navy-operated facilities are designed to make leisure travel and outdoor adventure more accessible to military families by offering clean and comfortable accommodations at affordable rates. See page 14 for details on this amazing benefit available to eligible personnel.

### DISCOVER LOCAL DEALS AND DELIGHTS

No matter what your skill level is, Cara FitzGerald, Naval Station Everett Community Recreation programmer, will help you find the perfect fit. Here are her top picks for the summer:

#### 1. *Jim Creek Recreation Area in Arlington*

They have easy hiking trails for kids to more challenging trails that go through some of the last of the Old-Growth Forests in the Cascade Mountains.

#### 2. *Goat Lake in Darrington*

Don't let the 10-mile round trip discourage you. The going is fairly easy, and it's a great place to bring the kids.

#### 3. *Kayak Point Park in Stanwood, situated on the shore of Puget Sound*

There's something for everyone. It has a yurt village, boat launch, a

rocky Pacific Northwest beach, or trails with cliffside viewpoints and beautiful evergreen forests. It's a perfect place to spend a day or camp for a weekend!

#### 4. *Centennial Trail*

This 30-mile paved recreational trail for walking and biking starts in Arlington and ends in Snohomish. It also used to be part of the former Burlington-Northern railroad line!

To learn more, feel free to contact Cara FitzGerald and her teammates at the Outdoor Recreation Center located inside The Commons.

### DON'T KNOW WHERE TO START?

Contact your ship's Fun Boss or your installation MWR Community Recreation Center for planned group trips, equipment rentals or for ideas and advice for exploring on your own. For instance, at the time of publication, visitors to National Parks are still expected to wear a cloth face covering outdoors when social distancing (6 feet) cannot be maintained. Visitors are also advised to consider the "10 essentials," before embarking on an outdoor adventure.

## OUTDOOR ADVENTURE CHECKLIST MAKE SURE YOU HAVE THE 10 ESSENTIALS!

1. **NAVIGATION** – Map, compass and GPS system
2. **SUN PROTECTION** – Sunglasses, sunscreen and hat
3. **INSULATION** – Jacket, hat, gloves, rain shell and thermal underwear
4. **ILLUMINATION** – Flashlight, lanterns and headlamp
5. **FIRST-AID SUPPLIES** – First Aid Kit
6. **FIRE** – Matches, lighter and fire starters
7. **REPAIR KIT AND TOOLS** – Duct tape, knife, screwdriver and scissors
8. **NUTRITION**-Food
9. **HYDRATION** – Water and water treatment supplies
10. **EMERGENCY SHELTER** – Tent, space blanket, tarp, and bivvy

Source: [www.nps.gov](http://www.nps.gov)

## SPORTS, FITNESS & AQUATICS



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 health precautions in effect.

# UPCOMING PROGRAMS & EVENTS

JULY-SEPTEMBER 2021

 = Captain's Cup

EVENT	DATE/TIME	HOST/VENUE
<p><b>Navy Region Northwest Virtual Freedom Run 5K</b></p> <p>Commemorate Independence Day with a 5K! Post a pic of your finish line with #FreedomRun5K on our Facebook event page to earn one of five collectible medals, while supplies last. FREE event.</p>	July 1-31	Virtual, Facebook: @EverettFFR
<p><b>Navy Region Northwest Virtual POW/MIA Honor Run 5K</b></p> <p>Run or walk in honor of prisoners of war and those who are still missing in action. Post a pic of your finish line with #POWMIAHonorRun5K on our Facebook event page to earn the one of five collectible medals, while supplies last. FREE event.</p>	Sept. 1-30	Virtual, Facebook: @EverettFFR
<p><b>Swim Mechanics</b></p> <p>Need sidestroke for a 2nd Class Swim test? Being sent to school that has a swim requirement? We can help! Our instructors will break down the mechanics of swimming and provide feedback on your swim techniques to help you pass military swim requirements. Free and Open to Active Duty only.</p>	By appointment	Tsunami Pool
<p><b>Adult Swim Lessons</b></p> <p>Appropriate for those with little to no swim experience or individuals looking to refine their aquatic fitness. Must be 18+ \$50 for four lessons..</p>	By appointment	Tsunami Pool
<p><b>Family Swim Clinic</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, July 1-Thursday, Sept. 30 By appointment	Tsunami Pool

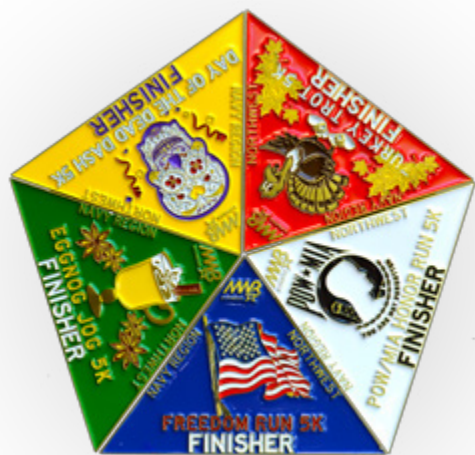


Photo of the series medals when all 5 runs are completed. Not actual size.



## 2021 VIRTUAL RUN SERIES

Sponsored by:  
**GEICO** | MILITARY

### It's easy as 1-2-3!

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

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

For details, contact your installation Fitness Center.

\*While supplies last.

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

### COLLECT ALL 5 MEDALS!\*

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

# SPORTS, FITNESS & AQUATICS

JULY-SEPTEMBER 2021

 = Captain's Cup

EVENT	DATE/TIME	HOST/VENUE
<p><b>Water Safety for Caregivers</b></p> <p>Online presentation learning about drowning prevention and other strategies to keep safe in, on and around the water. Open to ages 16+. FREE event.</p>	Thursday, July 1- Thursday, Sept. 30 By appointment	Navylifepnw.com
<p><b>MWR 2021 Olympics: Swim Clinics</b></p> <p>Clinics focus on competitive swimming technique and strategies for upcoming MWR 2021 Olympics swim races. Times vary. Advance registration required. FREE event.</p>	Monday, July 12-Wednesday, Aug. 4	Tsunami Pool
<p><b>MWR 2021 Olympics</b></p> <p>Get into the Olympic spirit and compete for your command or for yourself. Men and women will compete in team and individual events ranging from track and field, swimming, basketball, softball, volleyball, weightlifting and more. Register and sign up for your event at the Seismos Fitness Center Gear Issue Desk. FREE event.</p>	Friday, July 23-Sunday, Aug. 8	Seismos Fitness Center
<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 aquatics emergencies. This course does not provide participants with the skills and knowledge required for lifeguarding certification. \$30 per person. Register via myFFR #642003</p>	Friday, Aug. 27, 4-8 p.m.	Tsunami Pool
<p><b>Adult, Child and Baby First Aid/CBR/AED Training</b></p> <p>The American Red Cross First Aid/CPR/AED program helps participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. Get certified in these important skills through a blended learning format that includes and online course and an in-person skills check with a trained instructor. The \$45 fee covers both requirements. Open to MWR authorized patrons 11+. Register via myFFR #642003</p>	Tuesday, Sept. 7-Friday, Sept. 17	Tsunami Pool
	Monday, Sept. 20-Wednesday, Sept. 29	



Sailors at NS Everett were tested on their strength and ability to run, jump, punt, pass, kick, and bench press during MWR's Football Combine.



Join our swim clinics to improve your competitive swimming techniques and strategies you will need to compete for gold at the MWR 2021 Olympics swim races.

## UPCOMING PROGRAMS & EVENTS



# SWIM MECHANICS

By Appointment at Tsunami Pool

***Need sidestroke for a 2nd Class Swim test? Being sent to school that has a swim requirement?***

**We can help!**

Our instructors will break down the mechanics of swimming and provide feedback on your swim techniques to help you pass military swim requirements.

Free and Open to Active Duty only.



## TAKE A LEAP WITH LIBERTY!

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

For Active Duty Service Members E1-E6



Trips & Tours Designed for You



Events & Activities



LIBERTY Lounges & Centers

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

Join our Facebook group



@LIBERTYNAVALSTATIONEVERETT

navylifepnw.com

NAVAL STATION EVERETT  
SEISMOS FITNESS CENTER

# MWR 2021 OLYMPICS

Get into the Olympic spirit and let the games begin!



**JULY 23-  
AUG. 8**

Open to Active Duty only.

Compete in events ranging from track and field, swimming, basketball, softball, volleyball, weightlifting, badminton and more!

Medals for 1st, 2nd and 3rd place

Sign up at the Gear Issue Desk.



For more information, call:

**425-304-3336**

# 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



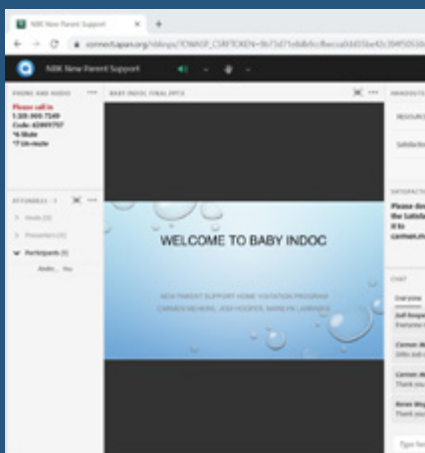
*Health Protection Notice: FFR activities and services may require advanced registration and are subject to change or cancellation without prior notice. Contact the facility directly for confirmation or visit [navylifepnw.com](http://navylifepnw.com) for current hours of operation and health precautions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

## 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
<p><b>Domestic Violence (DV) and Sexual Assault (SA) Executive Leadership Training</b></p> <p>This training gives command leadership the tools needed to keep victims safe and hold offenders accountable for their actions.</p>	Tuesday, Sept. 21, 8 a.m.-noon
<p><b>Bells Across America</b></p> <p>This annual event is held across the nation in remembrance of Sailors who died while serving on Active Duty. Join us as we honor our heroes and show our support of Gold Star Families.</p>	Wednesday, Sept. 22, 9-11 a.m.
<p><b>Living Intentionally, Fully and Effectively (LIFE)</b></p> <p>Connect with other people and share your journey of personal growth.</p>	
<p><b>Submerged</b></p> <p>This group gives military teens, ages 12-18, a safe space to talk about issues that matter most to them.</p>	
<p><b>Suicide Assist &amp; Intercept for Life (SAIL)</b></p> <p>This voluntary program serves as a link between you, your providers and command leadership during your recovery.</p>	
<p><b>Survivors Overcoming Assault with Resiliency (SOAR)</b></p> <p>This is a 10-week, psycho-educational support group that aims to assist survivors of sexual abuse and violence.</p>	

EVENT NAME	DATE/TIME
<p><b>SAPR Initial Victim Advocate Training</b></p> <p>Required course to become a command-designated and credentialed SAPR victim advocate.</p>	Monday, June 21-Friday, July 2, 7:30 a.m.-1 p.m.
<p><b>SAPR Primary Unit Victim Advocate Training</b></p> <p>Formerly known as the SAPR Point of Contact (POC) Training, required course to become a command-designated SAPR Primary Unit Victim Advocate.</p>	Friday, July 2, Noon-2 p.m.
<p><b>SAPR Policy Summit and Advocate Appreciation Event</b></p> <p>Open to all SAPR personnel and command leadership teams, provides policy changes and updates for a constantly changing program. To register, contact your local installation SAPR office:  <a href="mailto:NBKSAPR@navy.mil">NBKSAPR@navy.mil</a>  <a href="mailto:NSE-SAPR@navy.mil">NSE-SAPR@navy.mil</a>  <a href="mailto:NASWI-SAPR@navy.mil">NASWI-SAPR@navy.mil</a></p>	Wednesday, July 7, 10-11 a.m.
<p><b>SAPR Victim Advocate Refresher Training</b></p> <p>Credentialed advocates must complete 32 hours of refresher training every 2 years.</p>	Thursday, July 22, 2-4 p.m.
	Thursday, Aug. 26, 2-4 p.m.
	Thursday, Sept. 23, 2-4 p.m.



# SUPPORT PROGRAMS



## FAMILY SUPPORT SERVICES

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

**NAVY  
WOUNDED WARRIOR**

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

EVENT	DATE/TIME
<p><b>Pregnancy Support Group</b></p> <p>Pregnancy is an exciting and challenging time, especially as an Active Duty Sailor. Every other week a new topic will be covered and all Active Duty pregnant Sailors as well as military family members who are expecting are welcome. Hosted by NAS Whidbey Island FFSC. Held at FFSC Everett Annex Bldg. 2000, Room 105.</p> <p><a href="https://connect.apan.org/nse-nps/">https://connect.apan.org/nse-nps/</a></p>	Wednesday, July 7, 11 a.m.-12:30 p.m.
	Wednesday, July 21, 11 a.m.-12:30 p.m.
	Wednesday, Aug. 4, 11 a.m.-12:30 p.m.
	Wednesday, Aug. 18, 11 a.m.-12:30 p.m.
	Wednesday, Sept. 1, 11 a.m.-12:30 p.m.
	Wednesday, Sept. 15, 11 a.m.-12:30 p.m.
Wednesday, Sept. 29, 11 a.m.-12:30 p.m.	
<p><b>Ombudsman Assembly</b></p> <p>This monthly meeting focuses on the Navy Ombudsman Assembly. All assigned Ombudsmen in the Naval Station Everett area should attend. Command Triad and their spouses are also invited to attend. Ombudsman Advanced Training will be provided immediately after the Assembly Meeting. Held at FFSC Everett Annex Bldg. 2000, Room 107.</p> <p><a href="https://connect.apan.org/nse-omb/">https://connect.apan.org/nse-omb/</a></p>	Tuesday, July 20, 5-7 p.m.
	Tuesday, Aug. 17, 5-7 p.m.
<p><b>Transition to Parenthood Support Group</b></p> <p>First-time parenting can feel like a leap into the unknown. Come and meet other Active Duty Sailors who are in your situation and learn from experts. Every month a new topic will be discussed. Held at FFSC Everett Annex Bldg. 2000, Room 105.</p> <p><a href="https://connect.apan.org/nse-nps/">https://connect.apan.org/nse-nps/</a></p>	Tuesday, July 20, 11 a.m.-1 p.m.
	Tuesday, Aug. 17, 11 a.m.-1 p.m.
	Tuesday, Sept. 21, 11 a.m.-1 p.m.
<p><b>Proactive Parenting for the Win</b></p> <p>Join us for a 6-month virtual education series to address common parenting and child mental health concerns. Each month new parenting and health topic is discussed. Held at FFSC Everett Annex Bldg. 2000, Room 105.</p> <p><a href="https://connect.apan.org/nse-nps/">https://connect.apan.org/nse-nps/</a></p>	Tuesday, July 20, 2:30-3:30 p.m.
	Tuesday, Aug. 17, 2:30-3:30 p.m.
	Tuesday, Sept. 21, 2:30-3:30 p.m.

EVENT	DATE/TIME
<p><b>Moving with EFMP</b></p> <p>The PCS process is hard for everyone. PCSing as an EFMP family is especially hard. This class will assist EFMP families prepare to move CONUS and OCONUS. We will discuss the EFM program, relocation, financial entitlements, creating a plan of action, EFMP family concerns and resources that are available. Held at Smokey Point, Bldg. 13910, Room 808</p> <p><a href="https://connect.apan.org/nse-moving-with-efmp/">https://connect.apan.org/nse-moving-with-efmp/</a></p>	Friday, Aug. 20, 1-2 p.m.
<p><b>Command EFMP POC Training</b></p> <p>Command EFMP Points of Contact (POC) must complete the Command EFMP POC Training every 2 years. Upon completion, the Command EFM POC will receive a certificate with will fulfil the Command Readiness requirements. Held at FFSC Everett Annex Bldg. 2000, Room 107.</p> <p><a href="https://connect.apan.org/nse-efmp-poc/">https://connect.apan.org/nse-efmp-poc/</a></p>	Wednesday, Sept. 22, 9:30-11 a.m.
<p><b>Ombudsman Appreciation Dinner</b></p> <p>Navy Family Ombudsmen will be celebrating years of dedicated service to families through a special dinner and recognition ceremony.</p>	Thursday, Sept. 23, 5:30-8 p.m.



# UPCOMING PROGRAMS & EVENTS



## FINANCIAL MANAGEMENT

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

EVENT NAME	DATE/TIME
<p><b>Consumer Awareness</b></p> <p>This class teaches you how to avoid purchasing pitfalls, exercise your consumer rights, methods for resolving consumer complaints, accessing consumer advocacy resources and approaches to healthy finances. Held at FFSC Everett Annex Bldg. 2000, Room 105.</p>	Tuesday, Aug. 24, 10 a.m.-noon
<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. Held at FFSC Everett Annex Bldg. 2000, Room 105. <a href="https://connect.apan.org/nbkpfm/">https://connect.apan.org/nbkpfm/</a></p>	Wednesday, Sept. 1-Thursday, Sept. 2, 7:30 a.m.-4 p.m.
<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 FFSC Everett Annex Bldg. 2000, Room 107.</p>	Monday, Sept. 13-Friday, Sept. 17, 7:30 a.m.-4 p.m.



## 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>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. <a href="https://connect.apan.org/navsta-everett-life-skills/">https://connect.apan.org/navsta-everett-life-skills/</a></p>	All trainings are by request. Please call our front desk at 425-304-3367 for more information or to schedule one of these trainings.
<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 105. <a href="https://connect.apan.org/navsta-everett-life-skills/">https://connect.apan.org/navsta-everett-life-skills/</a></p>	All trainings are by request. Please call our front desk at 425-304-3367 for more information or to schedule one of these trainings.

## EVENT NAME

## DATE/TIME

<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. <a href="https://connect.apan.org/navsta-everett-life-skills/">https://connect.apan.org/navsta-everett-life-skills/</a></p>	All trainings are by request. Please call our front desk at 425-304-3367 for more information or to schedule one of these trainings.
<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. <a href="https://connect.apan.org/navsta-everett-life-skills/">https://connect.apan.org/navsta-everett-life-skills/</a></p>	All trainings are by request. Please call our front desk at 425-304-3367 for more information or to schedule one of these trainings.
<p><b>Suicide Prevention</b></p> <p>Learn how to recognize the warning signs of suicide, what resources are available, and how to teach others about suicide prevention. Help save a life. Held at FFSC Everett Annex Bldg. 2000, Room 105. <a href="https://connect.apan.org/navsta-everett-life-skills/">https://connect.apan.org/navsta-everett-life-skills/</a></p>	All trainings are by request. Please call our front desk at 425-304-3367 for more information or to schedule one of these trainings.



## 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

<p><b>(TAP) Pre-Separation</b></p> <p>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.</p>
<p><b>(TAP) Managing Your (MY) Transition</b></p> <p>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.</p>
<p><b>(TAP) Military Occupational Code (MOC) Crosswalk</b></p> <p>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.</p>

# SUPPORT PROGRAMS

## EVENT NAME

### (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.

### (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.

## EVENT NAME

### Department of Labor Vocational Career Track

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

### Transition Assistance Program (TAP) Capstone Event

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

## EVENT NAME

## DATE/TIME

### Survivor's Benefit Plan

Webinar provides information regarding the Survivor Benefit Plan (SBP) including description of benefits and requirements.

<https://nmaa.adobeconnect.com/survivorbenefits/>

Rotating Schedule;  
Call for details  
425-304-3367

### TRICARE

<https://nmaa.adobeconnect.com/survivorbenefits/>

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### Resume Writing for a Difficult Market

Effective resumes get interviews. Learn to market your skills, knowledge and accomplishments using specific formats, important "key" words and eye-catching cover letters. Held at Smokey Point, Bldg. 13910, Room 808

<https://connect.apan.org/nse-ferp/>

All trainings are by request. Please call our front desk at 425-304-3367 for more information or to schedule one of these trainings.

### Navigating the Federal Application Process

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

<https://connect.apan.org/nse-ferp/>

All trainings are by request. Please call our front desk at 425-304-3367 for more information or to schedule one of these trainings.

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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

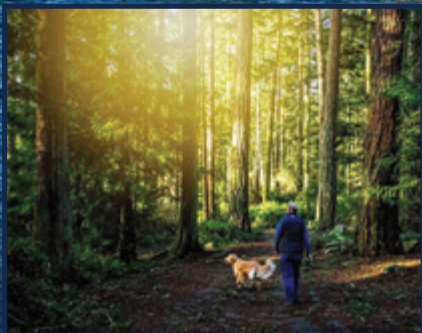
Everett, WA 98207  
425-304-3688  
School Liaisons are the primary point of contact between the military installation, local schools and school districts, transitioning families and the community at large.



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

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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 health precautions in effect.

UPCOMING PROGRAMS & EVENTS



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YOUR NAVY ADVOCATE FOR HOUSING

HUNT

MGMT: 360-394-7297

MAINT: 866-616-3267

northwestmilitaryhousing.com

CONTACT YOUR NAVY HOUSING SERVICE CENTER OR CHAIN OF COMMAND

425-304-3402

Everett\_Housing@navy.mil

NAVAL REGION NORTHWEST HOUSING: CNRW\_Housing@navy.mil



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