



FALL 2021

EXPERIENCE

NAVY LIFE MAGAZINE · KITSAP

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EXPERIENCE NAVY LIFE

OCTOBER-DECEMBER 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 or contact the facility directly. A digital version of this magazine is available at: Kitsap.navylifepnw.com/magazine.

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What are you grateful for? Find out how gratitude can boost your mood and more in this issue's PERSPECTIVE feature.



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There are more than 1,200 military kids on a waitlist for child care in Navy Region Northwest. Learn how you can help.



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

MESSAGE FROM THE FFR DIRECTOR



As fall arrives it brings with it a season to give thanks through festivities, holidays and community traditions. We at Fleet & Family Readiness look forward to the opportunity to offer activities that celebrate these traditions, instilling holiday spirit and increasing

morale. It's also a time to give thanks to our support staff, who work tirelessly for our Sailors and families, supporting our overall mission.

Great things are happening during the holiday season with our Navy Getaway destinations. Now is a fabulous time to book your stay at Jim Creek, Cliffside or Pacific Beach and take advantage of the off-season rates and specials (page 15).

Complete one or all of our 5K walks/runs with our Virtual Run Series. Collect commemorative medals for each event with run themes that include our Day-of-the-Dead Dash, Turkey Trot, and Eggnog Jog.

Celebrate the season with special holiday meals to go, including Halloween and Thanksgiving, available via the Dine on the Go PNW online ordering and mobile app. Let your MWR team do the cooking and spend the extra time with family.

Family, gifts and a busy event schedule during the holiday season can compound our normal stresses. Our Fleet & Family Support Center has custom classes for you to ease your worries, such as Conflict Resolution, Tips & Tricks for Smart Holiday Spending, and Handling Holiday Stress (pages 25-26).

Our Fleet & Family Readiness teams are ready and waiting to serve you! Wishing you a safe and joyful holiday season from the entire team!



Paul Rosarius
CNRNW N9 | FFR Director
Naval Base Kitsap



Check out these strong guys who pulled a 7,000-pound Humvee using only their lifting skills and body weight! This is just one of the many fun challenges regularly hosted by the MWR Sports and Fitness team.



More than 850 authorized MWR customers picked up a complimentary "America the Beautiful" Pass at an MWR and U.S. Forest Service pop-up tent. The annual pass, which normally retails for \$80, allows the bearer unlimited entry to all of our national parks.



AAOA Rivera (above) is among the USS Theodore Roosevelt Sailors now homeported in our community. If you're also new to NB Kitsap, make sure to sign up for our "Welcome Aboard" class. See page 24 for details.



LIKE, SHARE AND WIN

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



"The Job Fair was very informative and everyone was very nice."

— FFR Job Fair attendees Ulyssia and her nephew DeSean, who recently moved to Kitsap from Norfolk, VA.

Find out what opportunities FFR has for you at navylifepnw.com/jobs

5 SIMPLE STEPS TO REGISTERING WITH MYFFR

1 VISIT

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



It's back! Explore Leavenworth with MWR. Visit your local Community Recreation Center for details.



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

Dining & Entertainment



All American Restaurant

120 S Dewey St.
Bldg. 866
Bremerton, WA 98314
360-476-9085

Monday-Friday:
breakfast, lunch and
dinner. Saturday
and Sunday: brunch
and supper.

Open to all DoD
personnel.

Essential Station
Messing (ESM)
diners eat FREE.



Dine on the Go PNW

For faster service,
pre-order your
lunchtime favorites
using the Dine on
the Go PNW app
or website: www.DineOnTheGoPNW.com

Available at Inside
Out Café and
Island Express at
NBK-Bangor, and
Juan's Cantina at
NBK-Bremerton.



Inside Out Café

Inside Bangor Plaza
2720 Ohio St.
Silverdale, WA 98315
360-396-2523

Your home
for traditional
American fare with
a global twist.



Island Express

Bangor Plaza
2720 Ohio St.
Silverdale, WA 98315
360-396-2523

Order a quick,
convenient Hawaiian
plate lunch at our
self-serve kiosk.



Juan's Cantina

Pier Delta
120 S Dewey St.
Bldg. 1027
Bremerton, WA 98314

Casual Mexican eats,
featuring burritos,
tacos, ensaladas and
tortas to go. Outdoor
seating available.



PSNS Employee Food Services

PSNS & IMF Employee
Food Services:

360-627-2096
For current menu,
hours and locations,
visit the command
Sharepoint page:
homepage/Information/
Personnel/Employee
Services Menus

- Canteens: B435, B850A, B1124, B813
- Mobile Food Truck (M4 & M5)
- Mom's Espresso Bus
- Espresso Stands (448 & 896)

NAVSEA badge
for access to the
CIA is required.

All locations have
pre-packaged
sandwiches,
muffins, hot and
cold drinks and

snacks. Additionally,
salads, breakfast
and lunch entrees
are available daily.

Naval Base Kitsap Conference & Catering Center

Bangor Plaza
2720 Ohio St.
Silverdale, WA 98315
360-396-5456

Providing conference,
meeting and event
space for any
occasion. Complete
with catering
options that suit
your business or
entertainment needs.



Trident Inn Galley

Tunny St.
Bldg. 2101
Silverdale, WA 98315
360-396-6058

Open seven
days a week.
NEY-accredited,
5-Star Galley.



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 for current hours of operation and health precautions in effect.

Conveniently located in the central customer service complex. Open to Authorized Personnel only.

Theaters



Bangor Cinema Plus Theater

2501 Ohio St.
Silverdale, WA 98315
Movie Line: 360-396-2515

- A GREAT DEAL at just \$5 for adults, \$3.50 for kids
- Fully digital and 3-D showings
- FREE advance screenings
- Plush rocker seats
- All your favorite snacks at our snack bar
- Adult beverage service available
- FREE Exceptional Family Member monthly showing

Bremerton Movie Lounge

Inside Bremerton Recreation Center
Stop in, and select from hundreds of FREE on-demand movies.

Community Recreation Facilities

Bangor Self-Service Car Wash

Located next to the NEX Auto Port. Now accepting credit

cards and electronic payments.

Bremerton Self-Service Car Wash

Located across from Bremerton Fitness Complex.
NOTE: Coin-operated.

Recreation Centers

Naval Base Kitsap boasts two, one-stop shops designed to meet all of your leisure needs! From exciting trips and tours, to discounted tickets for select northwest sporting events, attractions, entertainment opportunities, and outdoor gear rental; your local recreation center has it all.

Bangor Recreation Center

Bangor Plaza
Ohio St.
Bldg. 2720
Silverdale, WA 98315
360-396-2449

- Barbecue grills
- Bike rental
- Canopy, table and chairs rental
- Outdoor recreation gear rental
- Printing services
- Stand-up paddleboard and sit-on-top kayak rental and more!

Bremerton Recreation and Bowling Center

120 S Dewey St.
Bldg. 502
Bremerton, WA 98314
360-476-3178

- Bike rental
- Printing services
- Outdoor recreation gear rental
- Resource Library
- Video gaming, CAC Laptops,

Pool tables,
FREE WiFi, ITT

Bremerton Fleet Recreation Center

Pier Delta
120 S Dewey St.
Bldg. 1027
Bremerton, WA 98314

Amenities include:

- FREE WiFi
- Espresso Bar featuring hot and cold beverages, breakfast and lunch items
- Liberty Lounge

Recreational Vehicle Storage

360-396-2449

Need vehicle storage? We can help with a fenced, lighted, paved lot and 24/7 gated access.

Mini Storage

360-396-2449

Need storage for all your stuff? We can help with a fenced, lighted and 24/7 access storage facility.



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 three hours from Bremerton.

- Open to the public
- Challenging 18-hole course tournaments
- Grass driving range

- Pro Shop
- Lessons and clinics
- Online tee times for expedited check-in

Outdoor Parks and Recreation Areas

Camp McKean

360-396-2449

Located five miles west of Naval Base Kitsap-Bremerton, along the Kitsap Lake shoreline. The park is primarily for summer day use in support of Navy commands and authorized Fleet & Family Readiness patrons. Paddlecraft and pavilion rentals available.

Elwood Point

360-396-2449

Hours: Dawn till dusk
Located within The Landings (formerly Jackson Park Navy Family Housing) on Bremerton's scenic Ostrich Bay. Use of Elwood Point is FREE. Reservations are for use of the covered picnic pavilion only. The picnic pavilion has a large charcoal barbecue pit, picnic tables and is located near the children's playground and ball fields.

Trident Lakes Recreation Area

360-396-2449

Hours: Dawn till dusk
Located just inside the Trigger Avenue Gate at Naval Base Kitsap-Bangor. Recreational area featuring:

- Softball field

- Two large, covered cooking areas with large barbecue grills
- Small picnic areas with grills available on a first-come, first-served basis
- Playground
- Fishing available! Permit required, Visit the Bangor Recreation Center for details.
- Hiking/running trails
- Pets welcome (leash laws are strictly enforced)

Bangor Skate Park

Located behind Bangor Fitness Center

LIBERTY Lounges

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.

Bangor Liberty Center

Bangor Plaza
2720 Ohio St.
Silverdale, WA 98315
360-396-2151

Bremerton Fleet Recreation Center

Pier Delta
120 S Dewey St.
Bldg. 1027
Bremerton, WA 98314

FOOD, FUN & RECREATION



In November, we honor our Military Families. See what's happening all month long at your MWR facilities.

MONTH OF THE MILITARY FAMILY

RACE

THE BASE

Solve clues and complete the challenges to win the race!
Visit an MWR facility for details on this FREE event.

OCTOBER-DECEMBER 2021

EVENT	DATE/TIME	HOST/VENUE
<p>Special Holiday Meals Seasoned with Love</p> <p>Celebrate the season with special holiday meals to go, including Halloween and Thanksgiving, available via the Dine on the Go PNW online ordering and mobile app.</p>	On-Going	Pick up at NBK Bangor Plaza's Inside Out Cafe/Island Express www.DineOnTheGoPNW.com
<p>Story Stroll</p> <p>Take a stroll around the lake and read the story for some great outdoor family entertainment!</p>	Friday, Oct. 1, All Month	Community Recreation, Trident Lakes
	Monday, Nov. 1, All Month	
	Wednesday, Dec. 1, All Month	
<p>Guess the Weight of a Pumpkin</p> <p>Stop by either Recreation Centers and guess the weight of the pumpkin on the counter. Closest guess without going over wins a prize!</p>	Friday, Oct. 1, All Month	Bangor and Bremerton Recreation Center
<p>Geocache Adventure</p> <p>Stop in at Bremerton or Bangor Recreation Centers to pick up clues about how to find the geocaches at Trident Lakes and Elwood Point recreation areas.</p>	Friday, Oct. 1, All Month	Trident Lakes and Elwood Point in Jackson Park
	Monday, Nov. 1, All Month	
	Wednesday, Dec. 1, All Month	
<p>How to Survive a Zombie Apocalypse</p> <p>Learn how to prepare for a zombie apocalypse with this fun take on natural disaster preparedness.</p>	Wednesday, Oct. 6, 5:30-7 p.m. Registration required by Monday, Oct. 4	Bangor Recreation Center
<p>Crafternoon</p> <p>Make time for a Crafternoon of creative enjoyment! We'll be handing out an assortment of free craft kits for kid-friendly fun. One kit per child, while supplies last.</p>	Thursday, Oct. 14, 3:30-5:30 p.m.	Bangor Recreation Center and The School-Age Care Center at Jackson Park
	Thursday, Nov. 4, 3:30-5:30 p.m.	
	Thursday, Nov. 11, 3:30-5:30 p.m.	
<p>Pumpkin Painting</p> <p>Stop by the Recreation Centers to join us as we paint pumpkins for Halloween. All supplies provided.</p>	Thursday, Oct. 21, 6-8 p.m.	Bremerton Recreation Center and Bangor Recreation Center

UPCOMING PROGRAMS & EVENTS

OCTOBER-DECEMBER 2021

EVENT	DATE/TIME	HOST/VENUE
<p>Small-engine Clinic (Storing Small Engines)</p> <p>Time to put away your lawnmower and other yard-care tools. Learn to store your small engines for the winter season. Our in-house mechanic will walk you through how to winterize your small engines properly.</p>	Wednesday, Oct. 27, 5-7 p.m.	Bangor Recreation Center
<p>TRIP: Palouse to Cascade Trail Bike Ride</p> <p>Enjoy this iconic bike ride through a 2.3 mile-long Snoqualmie Pass tunnel, followed by a gradual 17-mile descent to Rattlesnake Lake in North Bend. MWR will provide a shuttle, bikes and headlamps and a guide to help you find your way down the pass on an old railway line converted to a bike trail.</p>	Saturday, Oct. 30, 8 a.m.-6 p.m. Registration required by Wednesday, Oct. 27	Community Recreation, Iron Horse Train Tunnel Ride
<p>Candy for Costumes</p> <p>Stop by your Base Recreation Centers on Halloween in costume and Trick or Treat our front desk to receive candy.</p>	Sunday, Oct. 31, 11 a.m.-6 p.m.	Bangor and Bremerton Recreation Center
<p>Book Bingo</p> <p>Stop by the Bangor or Bremerton Recreation Centers to pick up one of our library challenge bingo cards. Participants must fill in all the spaces by the end of the month to win a prize. Bingo cards are available for youth, teens and adults.</p>	Monday, Nov. 1, All Month	Bangor and Bremerton Recreation Center
<p>Month of the Military Family Specials and Activities</p> <p>Celebrate Month of the Military Family with a variety of specials and activities throughout the month of November.</p>	Monday, Nov. 1, All Month	MWR Facilities
<p>Month of the Military Family Bowling Tournament</p> <p>Join us for the Month of the Military Family Bowling Tournament. Each family will bowl three games per week. Prizes are awarded to the top three finishing families per week.</p>	Monday, Nov. 1, 11 a.m.-4 p.m.	Bremerton Recreation Center
<p>Paint and Sip</p> <p>Join Community Recreation for a fun night of painting with friends. All supplies provided.</p>	Thursday, Nov. 4, 6-8 p.m. Register via myFFR by Monday, Nov. 1	Bremerton Recreation Center
<p>CRICUT Class</p> <p>Learn to use the amazing CRICUT machine to make labels, stickers and countless other unique items.</p>	Wednesday, Nov. 17, 5-7 p.m.	Bangor Recreation Center
<p>TRIP: Fall Leaves and Waterfalls Adventure</p> <p>Explore fall on the Olympic Peninsula as we seek out brilliant colors of changing leaves and search for waterfalls on short easy hikes with a knowledgeable guide.</p>	Saturday, Nov. 16, 8 a.m.-6 p.m. Registration required by Wednesday, Oct. 13.	Community Recreation, Olympic Peninsula
<p>Month of the Military Family Race the Base</p> <p>Does your family have what it takes to be crowned Naval Base Kitsap's Top Family? Solve clues and complete the challenges to win the race!</p>	Friday, Nov. 19-Sunday, Nov. 21, Noon-2 p.m.	Community Recreation, MWR Facilities
<p>TRIP: Christkindlmarkt</p> <p>Enjoy Leavenworth in all its winter glory as we drive through snow-capped peaks to this unique winter market! Enjoy their tree lighting event along with shopping and exploring this beautiful Bavarian town.</p>	Saturday, Nov. 27, 7 a.m.-10 p.m. Registration required by Wednesday, Nov 24	Community Recreation, Leavenworth, WA
<p>Tree Lighting and Pictures with Santa</p> <p>Join us as we light the Bangor Christmas Tree and take pictures with Santa. This holiday event is a fan favorite and one you won't want to miss out!</p>	Thursday, Dec. 2, 5-7 p.m.	Bangor Recreation Center

FOOD, FUN & RECREATION

OCTOBER-DECEMBER 2021

EVENT	DATE/TIME	HOST/VENUE
<p>Tissue Paper Wreath and Bow Making Class</p> <p>Create your very own tissue paper wreath and bow with Community Recreation. This activity is fun for all ages. All supplies provided.</p>	Tuesday, Dec. 7, 4-6 p.m. Registration required by Friday, Dec. 3	Bremerton Recreation Center
<p>Snowshoe 101 Class</p> <p>Learn the basics of snowshoeing in the Northwest from our expert guides! You will learn what to wear, how to read the snow, types of snowshoes and where to go!</p>	Thursday, Dec. 9, 6-8 p.m.	Bangor Recreation Center
	Tuesday, Dec. 14, 6-8 p.m.	Bremerton Recreation Center
<p>Polar Express and Craft</p> <p>Join Community Recreation and the Cinema Plus Theater for a movie and craft night. Entry and crafts are free, snacks available for purchase. Theater opens an hour before showtime.</p>	Wednesday, Dec. 15, 5 p.m. (6 p.m. movie showing)	Bangor Cinema Plus Theater
<p>Lighted Boat Parade at Elwood Point</p> <p>Experience a Kitsap tradition at Elwood Point in the Landings as we watch the lighted boat parade, hosted by the Bremerton Yacht Club. MWR will provide heaters, hot chocolate and music as we wait for Santa to float by with all his helpers.</p>	Saturday, Dec. 18, 4:30 -6 p.m.	Elwood Point
<p>Winter Solstice Celebration</p> <p>Celebrate the longest night of the year with us at each Recreation Center as we embrace the day and celebrate the fact that every day after Dec. 21 gets longer! We will have trivia and prizes in each facility.</p>	Tuesday, Dec. 21, All Day	Bangor and Bremerton Recreation Center
<p>TRIP: Snowshoe Hurricane Ridge</p> <p>Enjoy a day of snowshoeing at Hurricane Ridge in the Olympic National Park! Trip includes transportation, snowshoes, winter gear if needed and experienced guides.</p>	Tuesday, Dec. 28, 8 a.m.-6 p.m. Registration required by Wednesday, Dec. 22	Community Recreation, Hurricane Ridge, Olympic National Park



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Casual Mexican Cuisine!**

Open for lunch, Monday-Friday.

PIER DELTA



BANGOR PLAZA *Delivery available on Bangor Base!*



**Offering the Sandwiches,
Burgers and Salads
You Hunger For!**

Open for lunch, Monday-Friday.

2720 OHIO ST., FIRST FLOOR



**Fast and Fresh Hawaiian
Plate Lunch!**

Order from our self-service kiosk, 1, 2 or 3 portions of beef, chicken or kalua pork. Open for lunch, Monday-Friday.

2720 OHIO ST., FIRST FLOOR



**Order your lunchtime favorites using the
Dine On The Go PNW App!**

For faster service and curbside pickup, scan the QR code to visit dineonthegopnw.com or text **DOTGNW** to 33733

**Not available at the All American Restaurant*



**Naval Base Kitsap
Conference Center & Catering**

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2720 OHIO ST., SECOND FLOOR



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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.

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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



There are more than 1,200 military kids on a waitlist for child care in Navy Region Northwest. Here's what you can do to help ...

OPPORTUNITIES FOR JOB SEEKERS

Stable early learning environments encourage creativity and skills development in young children, and strong school-age programs help kids build confidence and excel in their formative years. Navy Region Northwest kids need you to help them learn and grow! Become a part of our Child & Youth Program teams and see just how much your guidance can propel military youth. The Navy is urgently hiring:

- *Program Assistants: Provides appropriate developmental care and instruction for infants to children up to 12 years of age by attending to their physical, social, emotional, and intellectual needs.*
- *Program Leads: Provides appropriate specialized developmental care and instruction for children and youth, as well as guidance, assistance, and mentoring for Program Assistants.*
- *Operations Clerks: Serves as clerical and administrative support, providing records management and reporting, liaising with families and programs, and collecting and monitoring fees and supplies.*

BENEFITS:

- Starts at \$15.69 per hour and up (depending on experience)
- Career growth and development opportunities, including ongoing training and tuition reimbursement
- Work with a team of professionals who are passionate about their work
- Premier benefits package starting on your first day of employment (full-time employees only)

OPPORTUNITIES FOR ENTREPRENEURS

Have you ever dreamed of making a living from the comfort of your own home? Now you can go from dream to reality in just a few short weeks with the Navy Child Development Homes (CDH) program. As a qualified applicant, you'll receive all of the training and support you need to operate a successful child-care business with little to no start-up costs or upfront expenses. Best of all, the skills you learn are in high demand and will transfer easily to another city or state if you ever have to move.

We're looking for dedicated and flexible child-care providers to care for infants to children up to 12 years of age. This opportunity may be right for you if you are at least 18 years old, have a high school diploma or equivalent, own or lease your home, love working with kids and have a strong desire to succeed at running your own small business.

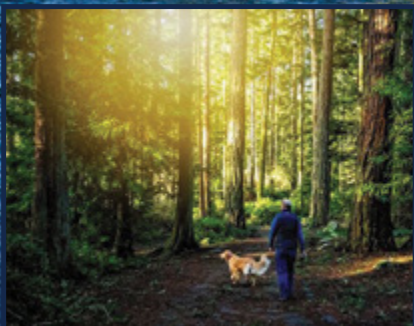
BENEFITS

- Independence and flexibility that comes from being your own boss
- Hassle-free payments
- Turnkey start-up kit that includes learning curriculum, daily schedule, templates and more
- Marketing and advertising done for you
- Access to educational toys, furnishings and supplies from our Lending Library
- USDA reimbursements to supplement your food budget
- Discounts on liability insurance
- Dedicated success coach
- Plus: FREE training and opportunities to earn your Child Development Associate credential and NAFCC accreditation that will boost your skills and earning potential even further.

Find out more about any of these opportunities by visiting navylifepnw.com/kids

Offmazing Island Escape

on beautiful Whidbey and Camano Islands



360-675-3755
OakHarborChamber.com
32630 SR 20, Oak Harbor, WA 98277



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

LODGING & LEISURE



Navy Getaways Jim Creek is a winter wonderland. See for yourself when you take advantage of our winter BOGO!



Navy Getaways welcomes you with a wide range of comfortable and affordable accommodations across the Pacific Northwest.

Cliffside

RV PARK • CAMPGRO • YURTS

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, a bar and more.



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 for current hours of operation and health precautions in effect.

UPCOMING PROGRAMS & EVENTS



Our annual tradition at Navy Getaways Cliffside RV Park is back! Light up the night brighter than a Griswold Christmas while enjoying an evening with Santa.

OCTOBER-DECEMBER 2021

EVENT	DATE/TIME	HOST/VENUE
<p>Jim Creek Stay One Night, Get One Night FREE</p> <p>BOGO! Take advantage of this great deal! Go one step further and plan your stay around our special events. Valid for Standard Cabins, RV Sites, RV Trailers and Tent Sites. Excludes Deluxe Cabins, Dens, Group Camps and Lodge. Not valid during holiday weekends including Veterans Day, Thanksgiving, Christmas, New Year's, Martin Luther King Jr. Day and Presidents' Day. Special is valid for one site per household.</p> <p>Call for details or reservations at 425-304-5315. Standard rates apply</p>	Friday, Oct. 1-Thursday, Mar. 31, 2022	Navy Getaways Jim Creek
<p>Jim Creek's Halloween Spooktacular</p> <p>Join us for a family Halloween event like no other. Stay the weekend or just come up for the day of un-BOO-lievable events that includes our Haunted Lodge, pumpkin carving, costume contest, hay rides, music, refreshments and a whole lot more. For reservations or event details call 425-304-5315.</p>	Saturday, Oct. 9, Noon-4 p.m.	Navy Getaways Jim Creek
<p>Costumes & Carving</p> <p>Get the bugs worked out of your costume before Halloween! Show off that costume and carve your own Jack-O-Lantern for Allhallows Eve! \$5 per person</p>	Saturday, Oct. 16, 1-3 p.m.	Navy Getaways Cliffside RV Park
<p>Spooky Hayride at the Beach</p> <p>Jump in the trailer if you dare to be scared!</p>	Saturday, Oct. 16	Navy Getaways Pacific Beach
<p>Halloween Spooky Hayride with Scavenger Hunt at the Beach</p> <p>Join us for a spooky hayride and a bone-chilling scavenger hunt.</p>	Saturday, Oct. 30	Navy Getaways Pacific Beach
<p>Holiday Sale - Veterans Day</p> <p>Stay three or more night consecutive dates that include the Veterans Day holiday and get Thursday, Nov. 11 for just \$11!</p> <p>Call 360-276-4414 ext. 2 to book your stay today.</p>	Thursday, Nov. 11	Navy Getaways Pacific Beach
<p>Holiday Fun at the Beach</p> <p>Wine and paint, ultimate cocoa bar and holiday themed crafts.</p>	Saturday, Dec. 4	Navy Getaways Pacific Beach
	Saturday, Dec. 11	
<p>Pictures with Santa and RV Lighting Contest Judging</p> <p>Santa will be visiting to check out the lights on the RVs at Cliffside! Join us to help pick the winner of the most decorated RV, have a cookie and some cocoa, and get a picture with the Jolly Ole Elf!</p>	Friday, Dec. 17, 4-6 p.m.	Navy Getaways Cliffside RV Park
<p>Holiday Fun & Glass Float Frenzy at the Beach</p> <p>Wine and paint, ultimate cocoa bar, holiday-themed crafts and a holiday glass float scavenger hunt.</p>	Saturday, Dec. 18	Navy Getaways Pacific Beach



EXPRESSIONS



Expressions of gratitude have been linked to greater goal achievement, improved physical health, increased exercise, better sleep and even an improved ability to overcome memories of potentially traumatic events. Consider these tips and see for yourself how easy it can be to positively build health, happiness and resilience in yourself and others.

- 1. GO TO BED GRATEFUL.** Before you go to sleep, list up to five things that happened in the last 24 hours for which you're genuinely grateful. Think big (I'm grateful for seeing a good friend) and small (my favorite galley meal today – love that meatloaf!). It can be done mentally or you can write it down.
- 2. FOR A LIMITED TIME, GIVE UP SOMETHING YOU TAKE FOR GRANTED.** Even if underway or forward deployed, there's at least a small luxury you enjoy every day. Let it go for a week and notice what happens. Do you appreciate it even more? Do you feel stronger for having gone without it at will?
- 3. EXPRESS GRATITUDE TO OTHERS OFTEN.** Give three sincere compliments a day. We feel at our best when we help others to do the same. Express your appreciation for the actions of others. Be clear and specific. After a week, see what happens – are you more focused on people's positive qualities? Do those around you seem more motivated? Are you more enthused?
- 4. THINK FLEXIBLY ABOUT ADVERSITY.** Bring a challenging experience from your past to mind, or a challenge you're experiencing now, and write a list of the ways in which this thought-provoking experience has helped you to grow. This is not the same as simply "looking on the bright side" or denying that a bad event was, in fact, bad. It is about looking at stimulating experiences in their totality, flexibly from all sides, and focusing energy on the lessons learned, and the muscles strengthened. Remaining mentally tough, resilient and ready takes effort, the same way we need three healthy meals a day, and a commitment to regular exercise, psychological strength takes continuous action and reinforcement. These activities are a place to start, for you and everyone you care about.

This is a condensed version of an article originally published in Navy Medicine Live. Visit <https://www.med.navy.mil/> for more health tips.

GRATITUDE

GO A LONG WAY

by LCDR Jay A. Morrison, PH.D.

WHAT ARE YOU GRATEFUL FOR AT NAVAL BASE KITSAP?



Alfred Maige, better known as Al (pictured above), began his FFR career back in 1996 making pizzas in Atsugi, Japan. After nearly three decades overseas, he finally decided it was time to come home and accepted the position of manager of the Bremerton Recreation Center at Naval Base Kitsap.

One of the fondest memories Maige has about Navy Fleet and Family Readiness programs takes him back to when his son was just 8 years old. Knowing how excited he was about his upcoming birthday, the staff treated his son to a surprise party complete with a banner and table settings for all of the other kids.

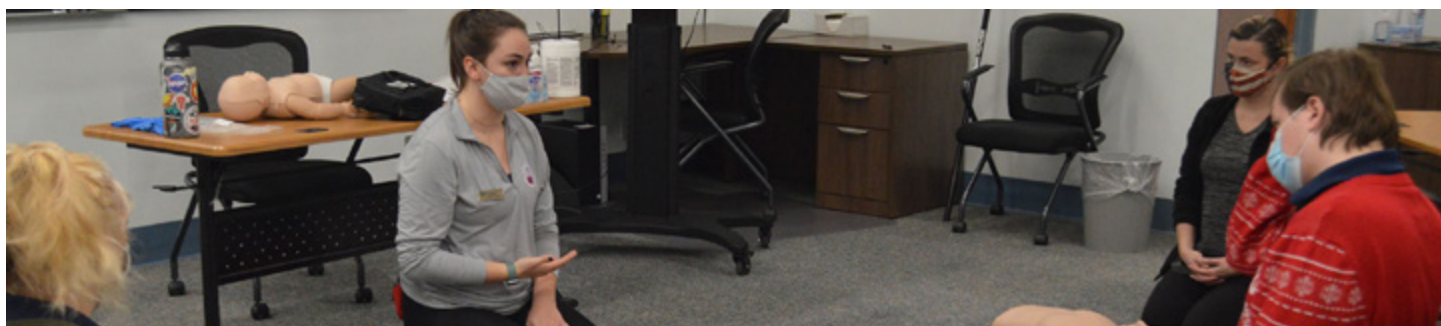
Maige never forgot that kindness and does his best to make his customers feel the same way. "It means a lot that we can have such a significant impact on the military," he says about his work.

Maige strives to make the Recreation Center feel like a home away from home and a place to be part of the FFR family, "We are there for them from child care to car care!" he says.

— Contributed by Nhu Mai Le

Celebrate the season by sharing your own words of appreciation for something you are grateful for on our Facebook page @KitsapFFR.

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.

Fitness & Aquatic Centers

Bangor Fitness Center

Ohio St.
Bldg. 2700
Silverdale, WA 98315
360-315-2134

Full-service, state-of-the-art fitness center featuring cardio equipment, free weights, TRX, spin bikes, outstanding group fitness classes, personal training and much more!

Bangor Aquatics Center

Located in the Bangor Fitness Center
360-315-2131

This facility is fully equipped to meet aquatic fitness and recreation needs: a 25-yard pool, 10-lap swimming lanes, and 13-foot diving well with 1- and 3-meter

springboard diving boards. Water polo nets, balls and caps are available upon request. Ask about Kid's Birthday Party Packages.

We offer American Red Cross Blended Learning (First Aid and CPR) Courses by appointment only. Please contact the Bangor Aquatics Center for more info: 360-315-2131

To attain full access to the Aquatics Centers, all youth 17 and under must successfully pass the Navy Youth Swim Test.

Bremerton Fitness Center

120 S Dewey St.
Bldg. 1017
Bremerton, WA 98314
360-476-2231

Bremerton Aquatics Center

360-476-9416
The Bremerton swimming pool is a

6-lane lap pool. We have fins, kickboards and pull buoys available for lap swim use, as well as water aerobics equipment.

Keyport Fitness Center

This unmanned facility offers the best in cardio and strength fitness equipment, basketball and racquetball courts.

CAC required for entry.*

Naval Hospital Fitness Center

Located adjacent to Naval Hospital Bremerton.

CAC required for entry.*

Waterfront Fitness Center

Located on Naval Base Kitsap-Bangor's lower base. The center offers the best in cardio and strength fitness equipment, full locker and shower

rooms, and a group exercise room.

CAC required for entry.*

Intramural Sports

Ohio St.
Bldg. 2700
Silverdale, WA 98315
360-315-2132

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 year such as:

All-Navy Sports

For Sailors who possess the athletic skills to compete above the intramural level, in team or individual sports, a chance to represent

the Navy at higher-level athletic competitions such as the Armed Forces Championship.

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 for current hours of operation and health precautions in effect.

UPCOMING PROGRAMS & EVENTS

OCTOBER-DECEMBER 2021

 = Captain's Cup

EVENT	DATE/TIME	HOST/VENUE
<p>Virtual Day-of-the-Dead Dash 5K</p> <p>Commemorate Day of the Dead with a 5K Dash! Post a pic of your finish line with #DayoftheDead5K on our Facebook event page to earn one of five collectible medals, while supplies last. FREE event</p>	Friday, Oct. 1-Friday, Oct. 29	Virtual, Facebook: @KitsapFFR
<p>Adult and Pediatric First Aid, CPR and AED Blended Learning Course</p> <p>This American Red Cross Blended Learning Course requires participants to complete an online learning module before attending the in-person class session. The online learning module takes about 2.5 hours to complete. The in-person class session will last about 1.5 hours and allow participants time to practice all the skills they learned during the online course. Upon completing both the online and in-person class sessions, participants will receive a valid certification for 2 years from the American Red Cross. During the in-person course, all participants will receive a CPR mask they will take home. All participants must register a week prior–this will allow participants time to complete the online module before the in-person class session. \$50 per person</p>	<p>Wednesday, Oct. 6, 1-2:30 p.m. Registration required by Wednesday, Sept. 29</p>	Bremerton Fitness Complex, Classroom
	<p>Thursday, Oct. 21, 1-2:30 p.m. Registration required by Thursday, Oct. 14</p>	Bangor and Bremerton Aquatics Centers
	<p>Tuesday, Nov. 16, 1-2:30 p.m. Registration required by Tuesday, Nov. 9</p>	Bangor Fitness Center, Training Room
	<p>Wednesday, Dec. 15, 1-2:30 p.m. Registration required by Wednesday, Dec. 8</p>	Bangor Fitness Center, Training Room
<p>Monster Splash Pool Party</p> <p>Bring your little monsters and join us at the pool for an afternoon of Halloween fun. There will be trick or treating on the pool deck, Halloween music and decorations, and lots of fun! Reservations required; please contact the Bangor Swimming Pool to reserve your spot.</p>	Saturday, Oct. 30, 10 a.m.-4 p.m.	Bangor Aquatics Center
<p>Virtual Turkey Trot 5K</p> <p>Commemorate Thanksgiving with a 5K! Post a pic of your finish line with #TurkeyTrot5K on our Facebook event page to earn one of five collectible medals, while supplies last. FREE event.</p>	Monday, Nov. 1-Tuesday, Nov. 30	Virtual, Facebook: @KitsapFFR
<p>Turkey Gobble Swim Challenge</p> <p>Get ready for the Thanksgiving holiday by swimming as far as you can in this 3-day challenge. You can swim at either Bangor or Bremerton Aquatics Centers and record your mileage at the check-in desk. Prizes awarded to the farthest distances swam at both pools; all participants who swim all three days will receive a free swim cap.</p>	Monday, Nov. 22-Wednesday, Nov. 24	Bangor and Bremerton Aquatics Centers



ALL NAVY SPORTS: 2021 ARMED FORCES SPORTS CALENDAR

For details and an updated calendar, visit:
<https://www.navyfitness.org/all-navy-sports>

The very best Navy athletes may be selected to compete as members of the All-Armed Forces Team, and participate in the Military World Games, national and international competitions. All-Navy teams compete in the Armed Forces Sports Championships against teams from the Marine Corps, Army and Air Force. The Navy Sports Program fields all-Navy teams in boxing, bowling, cross country,

wrestling, basketball, soccer, triathlon, volleyball, softball, golf, rugby and marathon. The Navy Sports Program also assists athletes who participate at the national or international level in activities that are not normally offered on a base, such as rowing, archery and shooting. To apply, see your base Fitness/Athletic Director or from the Navy Sports website. Ensure you have your command's endorsement.

SPORTS, FITNESS & AQUATICS



OCTOBER-DECEMBER 2021

= Captain's Cup

EVENT	DATE/TIME	HOST/VENUE
<p>Virtual Egnog Jog 5K</p> <p>Commemorate the holidays with a 5K! Post a pic of your finish line with #EgnogJog5K on our Facebook event page to earn one of five collectible medals, while supplies last. FREE event.</p>	<p>Wednesday, Dec. 1-Thursday, Dec. 30</p>	<p>Virtual, Facebook: @KitsapFFR</p>
<p>Push/Pull Event: Holiday Hoist</p> <p>The competition will consist of two attempts at a maximum weight Log Press and up to two attempts at a Sled Medley. Open to all MWR-eligible patrons. Registration required by Wednesday, Dec. 1 at either Bangor or Bremerton Fitness Centers Front Desks.</p>	<p>Friday, Dec. 3, 5-7 p.m.</p>	<p>NBK Bangor Fitness Complex, NOFFS Zone</p>
<p>Noon Years Eve Party</p> <p>Come to the pool and help us splash into 2022. Reservations required; please contact the Bangor Swimming Pool to reserve your spot.</p>	<p>Friday, Dec. 31, 10 a.m.-4 p.m.</p>	<p>Bangor Aquatics Center</p>
<p>Mission Nutrition Course</p> <p>Improve your eating habits as well as your overall health. Topics include: Food Shopping, Meal Planning and Eating out, Emotional and Mindless Eating, Fad Diets, Hot Topics, Food Myths and Reading Labels, and Intro to Operation Supplement Safety.</p>	<p>Friday, Nov. 19 , 7:30 a.m.-3 p.m. Registration required by Thursday, Nov. 18</p>	<p>Bangor Fitness Center</p>
<p>NOFFS 5-Hour Course</p> <p>The Navy Operational Fitness and Fueling System (NOFFS) provides the Navy with “best in class” physical fitness and nutrition information for Sailors, allowing the Navy to maintain peak physical readiness, which is a top priority of the 21st Century Sailor and Marine initiative.</p>	<p>Friday, Oct. 15, 7 a.m.-1 p.m. Registration required by Wednesday, Oct. 13</p>	<p>Bangor Fitness Center</p>
	<p>Friday, Nov. 5, 7 a.m.-1 p.m. Registration required by Wednesday, Nov. 3</p>	<p>Bremerton Fitness Center</p>
	<p>Friday, Dec. 3, 7 a.m.-1 p.m. Registration required by Wednesday, Dec. 1</p>	<p>Bangor Fitness Center</p>

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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.

Fleet & Family Support Center (Blue)

2901 Barbel St.
Silverdale, WA 98315
866-854-0638

Fleet & Family Support Center (Gold)

1099 Tautog Circle
Silverdale, WA 98315
866-854-0638



Navy Gold Star Call Center
888-509-8759

24/7 SAPR Advocate
360-340-7037

24/7 Sexual Assault Response Coordinator (SARC)
360-340-7156



DoD Safe Helpline
877-995-5247



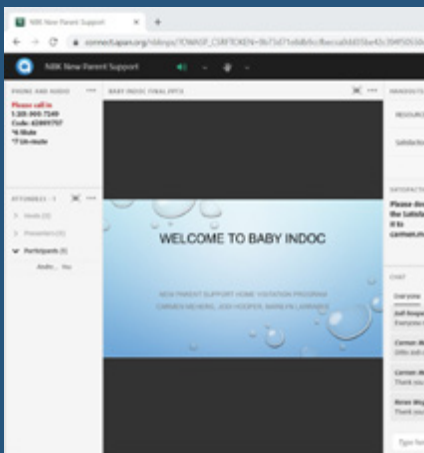
Health Protection Notice: FFR activities and services may require advanced registration and are subject to change or cancellation without prior notice. Contact the facility directly for confirmation or visit navylifepnw.com for current hours of operation and health precautions in effect.

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 details.



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 NBK.SAPR@navy.mil.

EVENT NAME	DATE/TIME
Domestic Violence (DV) and Sexual Assault (SA) Executive Leadership Training This training gives command leadership the tools needed to keep victims safe and hold offenders accountable for their actions.	Tuesday, Nov. 9, 8:30 a.m.-noon
Domestic Violence (DV) Awareness & Prevention Month Contact your local FFSC for details.	October
Month of the Military Family Visit an MWR facility for details on specials and events held in honor of military families.	November
Living Intentionally, Fully and Effectively (LIFE) Connect with other people and share your journey of personal growth.	
Submerged This group gives military-connected 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 helpful and supportive link between you, your providers and command leadership during your recovery.	
Survivors Overcoming Assault with Resiliency (SOAR) This is a 10-week, psycho-educational program and support group designed especially for survivors of sexual abuse and violence.	

EVENT NAME	DATE/TIME
SAPR Initial Victim Advocate Training Required course to become a command-designated and credentialed SAPR victim advocate. *In-person training facilitated at NBK only. Contact NBK SAPR (NBK.SAPR@navy.mil)	Monday, Oct. 25-Friday, Nov. 5, 7:30 a.m.-1 p.m. Monday, Nov. 29-Friday, Dec. 3, 7:30 a.m.-4:30 p.m.*
SAPR Primary Unit Victim Advocate Training Formerly known as the SAPR Point of Contact (POC) Training, required course to become a command-designated SAPR Primary Unit Victim Advocate.	Friday, Nov. 5, Noon-2 p.m.
SAPR Policy Summit 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: NBKSAPR@navy.mil NSE-SAPR@navy.mil NASWI-SAPR@navy.mil	Wednesday, Oct. 6, 10-11 a.m.
SAPR Victim Advocate Refresher Training Credentialed advocates must complete 32 hours of refresher training every 2 years.	Thursday, Oct. 28, 2-4 p.m.



October is Domestic Violence Awareness and Prevention Month

The Navy observes Domestic Violence Awareness Month (DVAM) in October to show our community that the Navy is united in respecting and supporting victims, and defending the universal right to a safe, violence-free relationship. Join Fleet & Family Support Centers in raising awareness with the following special events:

Wear purple at the #PowerInPurple Awareness Walk
 Thursday, Oct. 28 • 6 p.m.

Meet up at West Sound Housing Management Center, 4168 Greenfish Drive, NBK-Bangor

If you can't join the walk, you can still show your support on social media by tagging your own message of encouragement with #PowerinPurple. Wear purple and white to unify support to end Domestic Violence.

If you or someone you know is being abused, help is available by calling the NBK Bangor Fleet & Family Support Center at 360-396-4115, the YWCA Domestic Violence Hotline at 360-799-7233 or the National Domestic Violence Hotline at 800-479-1980

SUPPORT PROGRAMS

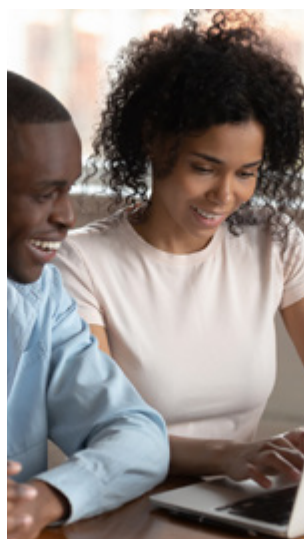


FAMILY SUPPORT SERVICES

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.

EVENT	DATE/TIME
<p>Daddy Boot Camp</p> <p>Learn what it takes to be a great dad from NPSHV program experts. Held in person at FFSC (Blue), Bldg. 2901.</p>	Tuesday, Oct. 5, 5-7 p.m.
<p>EFMP Command POC Training</p> <p>This training covers the enrollment process and responsibilities, EFMP benefits for commands, service members and their families; TRICARE for Special Needs families, and local military/civilian resource information. Held in person at FFSC (Blue), Bldg. 2901.</p>	Wednesday, Oct. 13, 1-3 p.m.
<p>Ombudsman Basic Training</p> <p>This seminar covers everything you need to know: command relationships, communicating with families, confidentiality, information and referral services, and basic deployment support issues. Held in person at FFSC (Blue), Bldg. 2901.</p>	Wednesday, Oct. 20-Friday, Oct. 22, 9 a.m.-4 p.m.
<p>Smooth Move</p> <p>Get tips for addressing the most prevalent military relocation issues. Held in person at FFSC (Blue), Bldg. 2901.</p>	Wednesday, Oct. 20, 1-3 p.m.
<p>EFMP 101</p> <p>Overview and introduction to the EFMP Program. This workshop covers the EFMP enrollment process, EFMP benefits for service members and families, TRICARE for special needs families and what local resources are available. Held in person at FFSC (Blue), Bldg. 2901.</p>	Wednesday, Nov. 10, 1-2:30 p.m.
<p>Welcome Aboard</p> <p>This class provides incoming service members and their families with current information on military and civilian resources available in the Puget Sound Area. Come and meet new people! Learn everything you need to know about your new duty station. Held in person at FFSC (Blue), Bldg. 2901.</p>	Tuesday, Nov. 16, 1-3 p.m.
<p>Baby INDOC</p> <p>Part of the NPSHV program, Baby INDOC (named after Navy indoctrination programs) aids military parents in learning how to care for and bond with their newborns. Held in person at FFSC (Blue), Bldg. 2901.</p>	Wednesday, Nov. 17, 1-2:30 p.m.

EVENT	DATE/TIME
<p>Spouse INDOC</p> <p>Spouse INDOC (named after Navy indoctrination programs) incorporates resources available to all Active Duty members and families, focusing on Fleet & Family Support Center services available to military spouses. Held in person at FFSC (Blue), Bldg. 2901.</p>	Thursday, Nov. 18, 9-11 a.m.
<p>Moving with an EFM</p> <p>For a stressless PCS, find out more about benefits, relocation entitlements and school resources available for Exceptional Family Members. Held virtually at https://connect.apan.org/nbkefmp/</p>	Monday, Dec. 6, 5-7 p.m.
<p>Family Readiness Group (FRG) Training</p> <p>This 2-day course will provide you with the knowledge and tools necessary to start up and operate an effective FRG that can support families before, during and after deployment. Held in person at FFSC (Blue), Bldg. 2901.</p>	Monday, Dec. 6-Tuesday, Dec. 7, 9 a.m.-3 p.m.
<p>Sponsorship Training</p> <p>Required course for all Command Sponsor Coordinators to learn how to ensure a smooth transition. Get tips and advice that will help streamline the sponsorship process: benefits of sponsorship, a checklist of sponsor duties and responsibilities, and more. Held in person at FFSC (Blue), Bldg. 2901.</p>	Wednesday, Dec. 8, 1-3 p.m.
<p>Baby's First Food</p> <p>Empowers families who are starting to transition babies from liquids to solids by providing safety tips and simple, healthy recipes. Held in person at FFSC (Blue), Bldg. 2901.</p>	Thursday, Dec. 16, 1-2:30 p.m.



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Visit navylifepnw.com/webinars
or call 866-854-0638

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>CFS Refresher Training</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 in person at FFSC (Blue), Bldg. 2901.</p>	Thursday, Oct. 7, 7:30 a.m.-4 p.m.
<p>Tips & Tricks for Smart Holiday Spending</p> <p>Worried about your wallet this holiday? Learn strategies to stay afloat during one of the most expensive times of the year. Learn thrifty planning tips to keep your wallet and family happy. Held in person at FFSC (Blue), Bldg. 2901.</p>	Thursday, Oct. 14, 10 a.m.-noon
<p>The Importance of Protecting Your Wealth & Insurance</p> <p>Are you covered? Learn to protect your wealth and make informed consumer decisions on typical types of insurance and your personal insurance needs. Held virtually at https://connect.apan.org/nbkpfm/</p>	Thursday, Oct. 21, 5-6:30 p.m.
<p>Command Financial Specialist (CFS)</p> <p>This 40-hour course is required for any service member designated as a Command Financial Specialist. Call for registration details. Held online at https://connect.apan.org/nbkpfm/</p>	Monday, Oct. 25-Friday, Oct. 29, 7:30 a.m.-4 p.m.
<p>CFS Continuing Education - Effective Communication & Counseling</p> <p>Held in person at FFSC (Blue), Bldg. 2901.</p>	Wednesday, Nov. 3, 1-3 p.m.
<p>Car Buying</p> <p>Want to buy a new set of wheels? Learn about researching a car purchase, determining how much you can afford and negotiating effectively. Held in person at FFSC (Blue), Bldg. 2901.</p>	Thursday, Nov. 4, 10 a.m.-noon
<p>Million Dollar Sailor/Spouse</p> <p>This 2-day training designed to assist Sailors and their families to successfully navigate through the transitions of Navy life and the financial challenges that accompany them. Held in person at FFSC (Blue), Bldg. 2901.</p>	Tuesday, Nov. 9-Wednesday, Nov. 10, 8 a.m.-3 p.m.
<p>CFS and Leadership Financial Forum</p> <p>This quarterly forum is open to all CFSs, as well as command leadership, career counselors, first-line supervisors, senior enlisted advisors and senior leadership. Various personal financial management hot topics will be discussed. Held in person at FFSC (Blue), Bldg. 2901.</p>	Wednesday, Nov. 17, 10 a.m.-noon

EVENT NAME	DATE/TIME
<p>Debt Traps & Credit Pitfalls</p> <p>Learn to establish and maintain good credit and avoid excessive debt. Credit has become a normal part of everyday personal financial management for most Americans. Used appropriately, it can be an excellent tool; poor credit management can devastate a person's financial health. Held in person at FFSC (Blue), Bldg. 2901.</p>	Thursday, Dec. 2, 10 a.m.-noon
<p>Developing Your Spending Plan</p> <p>Do you struggle with managing your finances? Do you find that you have little to no money left after paying bills monthly? These are common issues for many Americans. This course will provide you with tools to help you learn to develop financial goals and a written plan to achieve those goals. If you would like to manage your money more effectively, this practical workshop is for you. Learn what to include in a budget, how to avoid overspending and how to save money. Please bring LES or pay stub for personal use only. Held virtually at https://connect.apan.org/nbkpfm/</p>	Thursday, Dec. 9, 5-6:30 p.m.

FLEET & FAMILY READINESS



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- ▶ TRANSFER TO ANY BASE WORLDWIDE






SUPPORT PROGRAMS



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>Stress Management (4-Session Class)</p> <p>This workshop introduces the Stress Continuum, and provides skills to better manage stress. Held in person at FFSC (Blue), Bldg. 2901.</p>	Thursdays, Oct. 7, 14, 21, 28, 9-11 a.m.
<p>Conflict Resolution</p> <p>Learn how to create a peaceful environment by examining attitudes and behaviors when peace turns into conflict. Held virtually at https://connect.apan.org/nbklifeskills/</p>	Thursday, Nov. 4, 4-6 p.m.
<p>Effective Communication</p> <p>Discover the ability to express what we think and feel without clouding our ability to listen and respect how others think and feel. Held in person at FFSC (Blue), Bldg. 2901.</p>	Thursday, Nov. 18, 2-4 p.m.
<p>Relationship Resources</p> <p>Highlights elements of healthy relationships, strategies used in resolving differences and the unique challenges faced by military couples. Also available as a webinar. Held in person at FFSC (Blue), Bldg. 2901.</p>	Thursday, Dec. 2, 2-4 p.m.
<p>Handling Holiday Stress</p> <p>The holiday season can bring unwanted guests (not your in-laws and obnoxious cousins)—stress and depression. The holidays often present a host of demands that can leave you feeling anxious and unfulfilled. This training will provide you with some practical tips to help you minimize stress and enjoy the holiday season. Held virtually at https://connect.apan.org/nbklifeskills/</p>	Wednesday, Dec. 8, 4-6 p.m.



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>(TAP) Pre-Separation</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>

EVENT NAME

(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 will introduce 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 (DOL EFACT)

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

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

Interested in pursuing higher education? This 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 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.

UPCOMING PROGRAMS & EVENTS

EVENT NAME
<p>(TAP) Department Of Labor Career and Credential Exploration (2-day)</p> <p>This class offers a unique opportunity for participants to complete a personalized career-development assessment and will 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.</p>
<p>(TAP) Disabled American Veterans</p> <p>Information regarding Benefits Delivery at Discharge (BDD) claims. Describes procedures and requirements to file a VA disability claim prior to separation.</p>
<p>CONSEP Mid-Career</p> <p>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.</p>
<p>Department of Labor Vocational Career Track</p> <p>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.</p>
<p>Transition Assistance Program (TAP) Capstone Event</p> <p>The event takes place after you have completed the 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>Basic Resume</p> <p>Define what employers want in a quick, easy and direct format. Held in person at FFSC (Blue), Bldg. 2901.</p>	<p>Monday, Oct. 4, 9-11 a.m.</p>
<p>The Ins and Outs of Higher Education</p> <p>Here's your chance to become a well-informed student before college even starts! Learn how to schedule each quarter or semester for success, meet the right people and more! By the end, you'll feel confident in transitioning to college and how to reach your future goals! Held virtually at https://connect.apan.org/nbktap-education/</p>	<p>Tuesday, Oct. 5, 2-3:30 p.m.</p>
<p>What Major do I Choose</p> <p>Take the guesswork out of choosing a major with assessment tools that link your career goals with the fields of study that can help you get there. We'll also look at accelerating your degree program through community college and direct-transfer credits. Active Duty participants are encouraged to create a free account at https://dantes.kuder.com before the session begins. Held virtually at https://connect.apan.org/nbktap-education/</p>	<p>Tuesday, Oct. 12, 2-3:30 p.m.</p>

EVENT NAME	DATE/TIME
<p>Spouse Transition and Readiness Table-Talk (START)</p> <p>Designed to provide spouses with resources to help during their transition from the military. Held in person at FFSC (Blue), Bldg. 2901.</p>	<p>Thursday, Oct. 14, 8:30 a.m.-4 p.m.</p>
<p>Spouse CERT (Career, Education, Resources, Training)</p> <p>This class is a must for every military spouse. Learn about benefits unique to you. Held in-person at 2901 Barbel St (FFSC Blue.)</p>	<p>Thursday, Oct. 14, 1-3 p.m.</p>
<p>Myers-Briggs Personality Test</p> <p>How do you perceive or take in information? Where do you get your energy externally or internally? How do you relate to the outside world? This class prepares you for career success by showing you how to recognize these things in yourself and others. Held in person at FFSC (Blue), Bldg. 2901.</p>	<p>Tuesday, Oct. 19, 1-3 p.m.</p>
<p>1 in 5300: Finding the Right College</p> <p>Make your civilian career dreams a reality by choosing the right college. We'll discuss key factors for success (location, degree programs, accreditation, military support, etc.) and introduce you to helpful comparison tools to simplify your research. Held virtually at https://connect.apan.org/nbktap-education/</p>	<p>Tuesday, Oct. 19, 2-3:30 p.m.</p>
<p>Teen College Series: Prepping for College</p> <p>Are you a high school junior or senior getting ready to apply for college and/or scholarships? Join our 3-part series to help prepare you for this new journey.</p> <p>Session 1: Scholarship and Essay Writing Tips Session 2: Brainstorming Strategies Session 3: Peer Review of Essays Held in person at FFSC (Blue), Bldg. 2901. Registration required.</p>	<p>Tuesdays, Oct. 19, 26 and Nov. 2, 6-7 p.m.</p>
<p>You Got In! How to Apply for College</p> <p>Don't let college applications trip you up. We'll discuss everything from entrance exams to essays to help take the guesswork out of getting accepted into school you want. Held virtually at https://connect.apan.org/nbktap-education/</p>	<p>Tuesday, Oct. 26, 2-3:30 p.m.</p>
<p>FAFSA/Scholarships 101</p> <p>Let us take the confusion out of the FAFSA (FREE Application for Federal Student Aid) process as well as talk about scholarships that are available to the military community. Advanced registration is encouraged. Held in person at FFSC (Blue), Bldg. 2901.</p>	<p>Tuesday, Nov. 2, 9-11 a.m.</p>
<p>Interviewing Skills</p> <p>This class offers valuable interviewing tips as well as an opportunity to practice frequently asked interview questions in a supportive, yet realistic environment. Held in person at FFSC (Blue), Bldg. 2901.</p>	<p>Thursday, Nov. 4, 1-3 p.m.</p>

CHILD & YOUTH PROGRAMS



NB Kitsap's Bangor Child Development Center earned another five-year term of accreditation by the National Association for the Education of Young Children (NAEYC). Pictured here are the hard-working caregivers who made it happen alongside their little ones.



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 Centers

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.

NBK-Bangor Child Development Center

2902 Ohio St.
Silverdale, WA 98315
360-396-5920

NBK-Bremerton Infant & Toddler Center

1141 U St.
Bremerton, WA 98314
360-627-2974

Jackson Park Child Development Center

2564 Cascades Pass Blvd.
Bremerton, WA 98312
360-476-8666

Child Development Homes (CDH)

Our certified Child Development Homes care for children six weeks to 12 years of age. Off installation homes are additionally licensed by the State of Washington. For more information, visit our office:
2572 Cascade Pass Blvd.
Bremerton, WA 98312
360-731-1864

School-Age Care/Youth Centers

Our School-Age Care (SAC) program offers recreational and educational activities for children 5-12 years of age.

Admiral Boorda Teen Center (ABC)

4168 Greenfish Circle
Silverdale, WA 98315
360-396-2065
ABC Library books available for checkout.

Jackson Park School-Age Care

6180 Snoqualmie Pass St.
Bremerton, WA 98312
360-627-2041

Litehouse School-Age Care

2903 Ohio St.
Silverdale, WA 98315
360-396-2463

Child and Youth Education Services School Liaison

Bangor Plaza

2720 Ohio St.
Silverdale, WA 98315
360-340-2824
Call for an appointment.

Child and Youth Programs Director

Jackson Park Child Development Center

2572 Cascade Pass Blvd.
Bremerton, WA 98312
360-731-1861

Call for an appointment.



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 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

Bangor Plaza
2720 Ohio St.
Bldg. 2720
Silverdale, WA 98315
360-396-4399
Monday-Friday:
7 a.m.-4:30 p.m.
By appointment.

Unaccompanied Housing

Bangor/Perch & Pickeral/Keyport Check-in: Bldg. 2300 (Bangor)

2300 Gato St.,
Bldg. 2300
Silverdale, WA 98315
360-396-4046

Bremerton Check-in: Navy Gateway Inns & Suites

1001 Longshaw
St. Bldg. 1001
Bremerton, WA 98314
360-476-2377

Naval Hospital Check-in: Naval Hospital Bremerton-Schon Hall

1 Boone Rd.
Bldg. HP05
Bremerton, WA 98312
360-475-4334

After-hours
Emergency
Maintenance
360-340-2297

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, rental referrals and more, all available to you at no cost!

HOMES.mil, your FREE online resource

Check out [HOMES.mil](https://www.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. 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](https://www.navylifepnw.com) for current hours of operation and health precautions in effect.

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Silverdale, WA 98315



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CHILD & YOUTH PROGRAMS

Over 700 Kids Need You at Naval Base Kitsap!

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- No military affiliation required