



EXPERIENCE NAVY LIFE
N A V A L B A S E

KITSAP

YOUR GUIDE TO ON-BASE RESOURCES AND ACTIVITIES

JULY-SEPTEMBER 2020

SUMMER ADVENTURE GUIDE

STRESS RELIEF TIPS

NAVY FAMILY
COLORING CONTEST

I AM READY & RESILIENT

SPECIAL EDITION



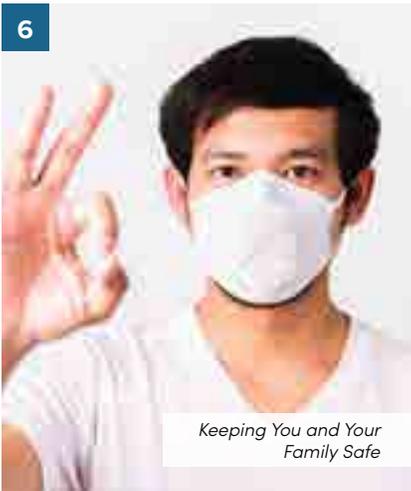


CELEBRATING 25 YEARS



- Waterview Resort
- 7 Layer Comfort Beds
- Dog Friendly Rooms
- Relaxing Spa
- 6 Restaurants
- 18 Hole Golf Course
- Free Live Music
- Entertainment

6



Keeping You and Your Family Safe

18



Virtual Ultra Marathon Challenge

11



Curbside Crafts

22



Celebrating 2020 Grads

16



Stunning Views at Pacific Beach

26



Top 10 Apps to Cope with Stress

EXPERIENCE NAVY LIFE NAVAL BASE KITSAP

IN THIS ISSUE

- 4 FFR DIRECTOR'S MESSAGE
- 6 SEASONAL FEATURE
- 10 FOOD, FUN & RECREATION
- 16 LODGING & LEISURE
- 20 SPORTS, FITNESS & AQUATICS
- 22 CHILD & YOUTH PROGRAMS
- 24 SUPPORT PROGRAMS
- 30 HOUSING SERVICES

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 www.navylifepnw.com, contact the facility directly or sign up for the Navy Life Currents e-newsletter at www.navylifepnw.com/subscribe. A digital version of this magazine is available at: kitsap.navylifepnw.com/magazine.

Experience Navy Life Production Team

Marketing Director: Katrina Kane

Cover and Layout: Nhu Mai Le

Copy Editor: Pamela Green

Contributors: Dan Coon, Kevin Iriarte, Jenni James, Joe Mack, Vicky Mercado, Bradley Miller, Tania Ostrander, Joey Pascua and Andrea Sullivan

Printed in the USA. Copyright ©2020 by CNRNW FFR Marketing. All rights reserved.

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

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



A MESSAGE FROM THE FFR DIRECTOR

As we work together as a community to recover from the impact that COVID-19 had across Washington State as well as the entire Country, we want to assure you that your NBK Fleet and Family Readiness (FFR) team is fully committed to your health and safety. Whether you are an

Active Duty Service Member, Retiree or Civilian employee, you can count on our team to do everything we can to maintain the highest level of cleanliness in our facilities and implement the precautions necessary to keep you and your family healthy and safe. We appreciate your patience, support, flexibility and loyalty during this challenging time and hope you will continue participating in our programs and events whether in person or virtually!



PAUL ROSARIUS
CNRNW N9 | FFR Director
Naval Base Kitsap



Rachel Cornette, Community Recreation program manager, distributed Mother's Day craft kits for kids to make at home.



MWR team members cheered up barracks residents with care packages during the Stay at Home order.

FOLLOW US @ KITSAPFFR!



Special thanks to our KITSAP fans who participated in our recent virtual events.



*NBK Spouse Challenge
Virtual Run/Walk
Tevera Hesslink
Command: USS Kentucky.*



*Congratulations to our Virtual Talent Show Winners!
Winners: Cassandra (left), Gunnar (middle), Landon (right).*



CYP staff shared pics of their home made face coverings. See our instructions on page 8 to make your own.



MyNavy Family App

We are here for you & your family!

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



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

WHAT WE'RE DOING TO KEEP YOU AND YOUR FAMILY SAFE

The Navy's health protection measures may be more stringent than surrounding community requirements based on mission and other risk considerations. In addition to rigorous cleaning standards, Navy FFR programs are implementing base-wide precautions and procedures that will help ensure the well-being of everyone in our community. Here are some of the things you can expect when you visit Navy FFR facilities on base.

APPLICABLE AT ALL FFR FACILITIES



Carry an approved facial covering with you when entering an FFR facility and wear it when 6 feet of physical distancing cannot be maintained.



Please use hand sanitizer upon entering and exiting FFR facilities.



Observe physical distancing markers and posted room occupancy limits.



No cash transactions. Electronic payments only.



Patronage may be limited to Active Duty personnel based on local installation guidance.



Use FFR facilities may be contingent upon completion of a screening questionnaire, temperature check and/or other measures based on local installation guidance.



navylifepnw.com



READY & RESILIENT



HEALTH PROTECTION NOTICE

APPLICABLE AT SPORTS, FITNESS AND AQUATICS FACILITIES

- Sanitize equipment before and after use.
- No complimentary towel service. Please bring your own clean towel.
- No use of drinking fountains or bottle-filling stations. Please bring your own water in a clean container.
- No use of showers, hot tubs, saunas or steam rooms.
- Swim lessons and aquatics classes suspended.
- Where pools are open, no more than one (1) swimmer per every other lane.
- Swimmers must also use pool deck rinse showers and appropriate shower shoes.
- No weightlifting activities that require the use of a "spotter."
- Group exercises and intramural sports limited to those in which physical distancing can be maintained.
- Workout times may be limited to accommodate all patrons.
- Physical distancing must also be observed when using outdoor sports facilities. Informal gatherings for pick-up games not authorized.
- Unmanned fitness facilities will remain closed.
- Command Physical Training must comply with NAVADMIN 071/20.

APPLICABLE AT OUTDOOR MWR RECREATION FACILITIES

- Limited to day use only.
- No group reservations permitted.
- Climbing attractions, dog parks and children's playgrounds are closed.
- Drinking fountains and outdoor restrooms are closed.

- Physical distancing must be observed when using outdoor sport courts (tennis, sand volleyball, basketball), skate parks, tracks and trails, or when fishing from the shore.
- Sanitize rental equipment upon return.

APPLICABLE AT INDOOR MWR RECREATION FACILITIES

- No use of drinking fountains or bottle-filling stations. Please bring your own water.
- Trips, tours, events and class offerings may be limited based on physical distancing guidelines.
- No birthday parties or other large gatherings permitted.
- Fleet Laundry Room usage limited to three (3) patrons at a time.
- Indoor children's playground equipment will be closed.
- Music Rooms are limited to one person at a time and must be sanitized after every use. Use of certain instruments may be limited due to cleaning requirements.
- Leave all bowling balls and rental shoes at the lane for disinfecting. Do not return these items to the service counter.
- Sanitize all other rental equipment upon return.

APPLICABLE AT GALLEYS AND ALL-AMERICAN RESTAURANTS (ESM FEEDERS)

- No self-service fountain drinks, coffee stations, salad bars or buffets.
- Staff will provide you with utensils and serve your food on a tray or in to-go packaging.
- Single-serve condiments served by staff only.

APPLICABLE AT MWR FOOD & BEVERAGE FACILITIES

- No self-service fountain drinks, coffee stations, salad bars or buffets.
- Staff will provide you with utensils and serve your food on a tray or in to-go packaging.
- Single-serve condiments served by staff only.
- Families may sit together in dining areas; all other guests must maintain 6 feet of physical distance from one another.
- Event and catering services (where available) may be limited.

APPLICABLE AT THEATER FACILITIES

- Families can sit together, but all other patrons must sit at least 2 (two) rows apart with at least 3 (three) seats between one another.
- No popcorn or fountain drinks available. Pre-packaged snacks and canned/bottled drinks will be available for purchase.

APPLICABLE AT MWR GOLF FACILITIES

- Limit one (1) person per golf cart unless passengers are family members.
- No more than two (2) players allowed on a tee box at any time.
- Maintain at least 6 feet of physical distance from other golfers at the driving range.
- Drinking fountains and ball cleaners are closed.
- Pin holes now have barriers to prevent ball from entering cup.
- No beverage/food cart service on course.
- Sanitize rental equipment upon return.

APPLICABLE NAVY GETAWAYS PACIFIC BEACH

- Accommodations cleaned at check-out only.
- Single-serve condiments provided by cashier.
- Families may sit together in dining areas; all other guests must maintain 6 feet of physical distance from one another.
- Bowling lanes available by appointment only. Bowlers must use every other lane unless they are members of the same family.
- Cardio room closed.

APPLICABLE AT NAVY HOUSING FACILITIES

- Customer are seen by appointment only. Please contact 1-800-876-7022 to schedule an appointment.
- Counselors can only see one customer at a time. If you require someone to accompany you to your appointment, please inform the receptionist in advance.
- Upon check-in, please return to your vehicle until called for your appointment.
- Use of waiting rooms is limited to clients who do not have their own transportation or are unable to wait outside.

APPLICABLE AT FLEET & FAMILY SUPPORT CENTERS

- Wear an approved facial covering upon entering this facility and for the duration of your appointment.
- Career Centers will remain closed.
- Upon check-in, please return to your vehicle until called for your appointment. Use of waiting rooms is limited to clients who do not have their own transportation or are unable to wait outside.

HOW TO MAKE A SEWN CLOTH FACE COVERING

Materials

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

Tutorial

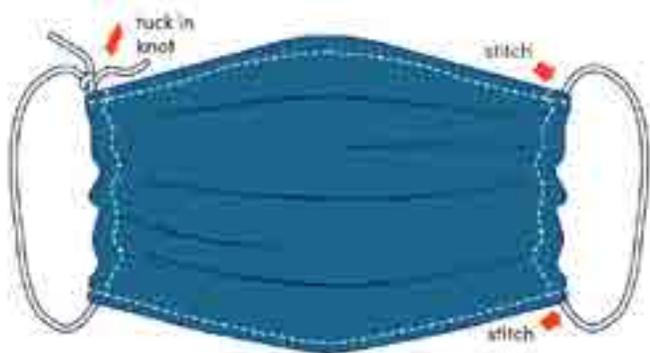
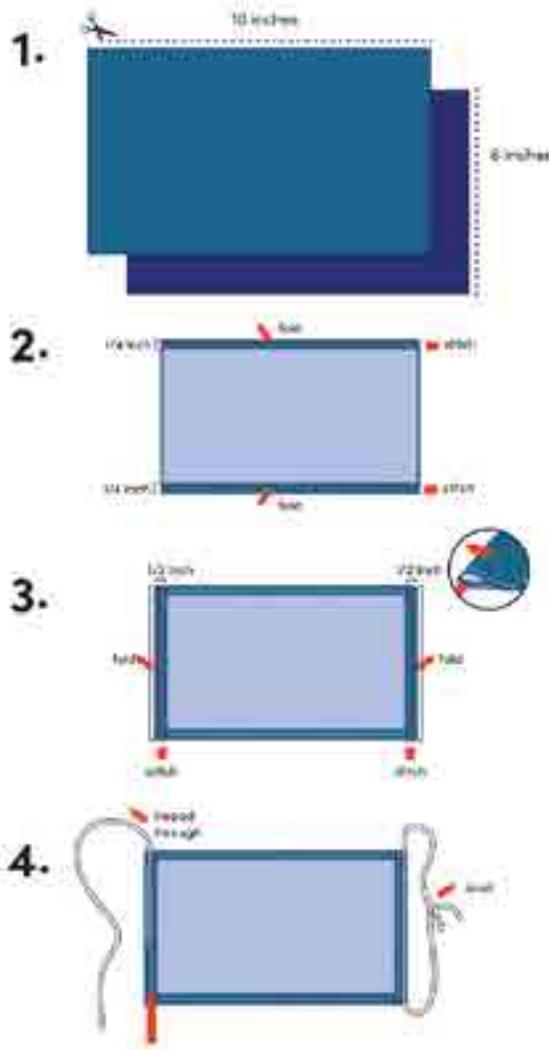
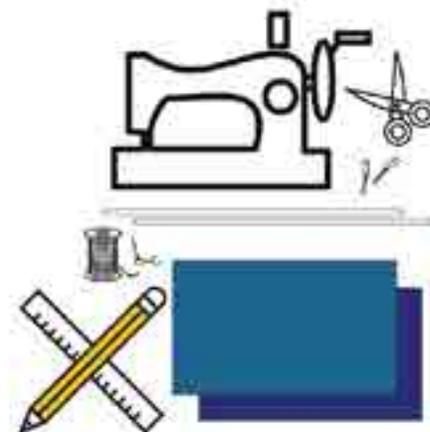
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.

2. Fold over the long sides $\frac{1}{4}$ inch and hem. Then fold the double layer of fabric over $\frac{1}{2}$ inch along the short sides and stitch down.

3. Run a 6-inch length of $\frac{1}{8}$ -inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight.

Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the mask behind your head.

4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.



HOW TO MAKE A NON-SEWN CLOTH FACE COVERING

Materials

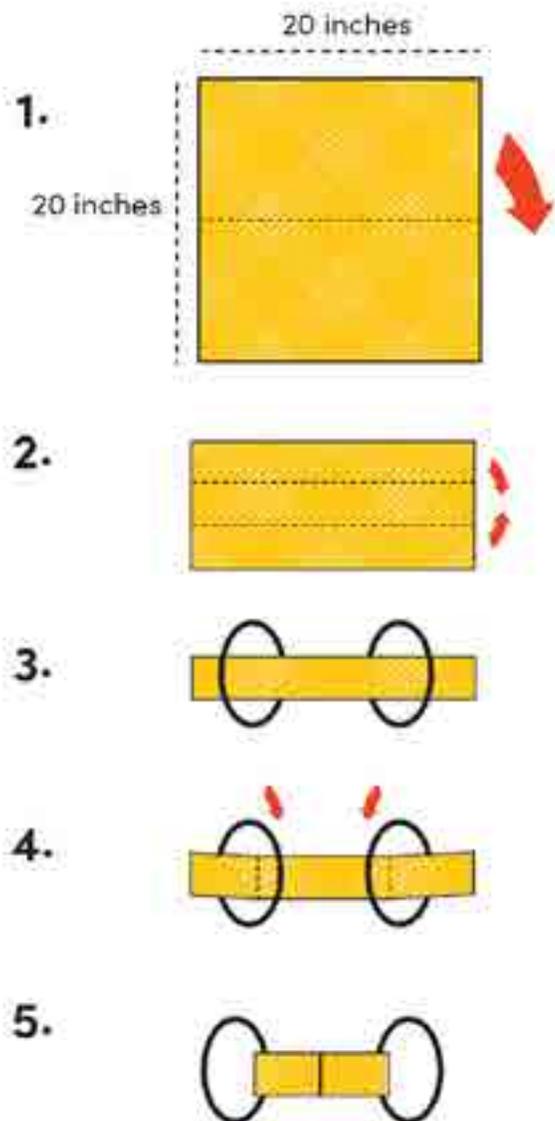
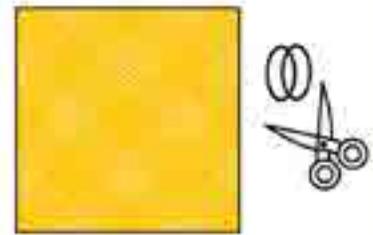
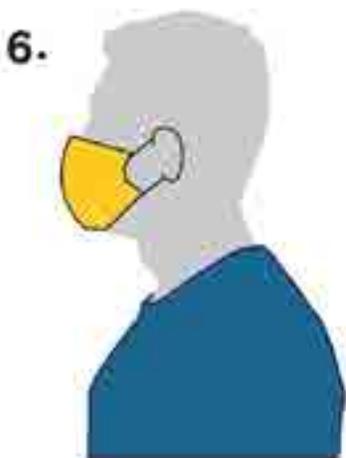
- Bandana, old t-shirt, or square cotton cloth (cut approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

Tutorial

1. Fold bandana in half.
2. Fold top down. Fold bottom up.
3. Place rubber bands or half ties about 6 inches apart.
4. Fold side to the middle and tuck.

Make sure your cloth face covering:

- Fits snugly but comfortably against the side of the face
- Completely covers the nose and mouth
- Is secured with ties or ear loops
- Includes multiple layers of fabric
- Allows for breathing without restriction
- Can be laundered and machine dried without damage or change to shape



Source: Centers for Disease Control and Prevention (CDC).



FOOD, FUN & RECREATION

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



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

DINING & 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.
Essential Station Messing (ESM) diners eat FREE.
Your everyday meal stop, the All American serves breakfast, lunch and dinner during the week, and brunch and supper on weekends, all at an exceptional value.

Café.com

LIBERTY Center,
Bremerton
120 S. Dewey St.
Bldg. 1027
360-476-2673
Café.com is located in the LIBERTY Center, Bremerton at the head of Pier Delta. Stop by for coffee or a pastry.



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. Enjoy burgers, wraps and salads in a welcoming, family-friendly environment. Now offering ramen bowls and pizza by the slice!



Juan's Cantina

Fleet Recreation Center Pier Delta
120 S. Dewey St.
Bldg. 1027
Bremerton, WA 98314
Your stop for authentic, casual Mexican eats, featuring burritos, tacos, ensaladas and tortas.



Naval Base Kitsap Catering & Conference Center

Bangor Plaza
2720 Ohio St.
Silverdale, WA 98315
360-396-5466
NBK Catering provides conference meeting and event space for any occasion. Complete with catering options that suit your business or entertainment needs, our venue and services are sure to be the perfect foundation for your event. We also offer built-in audio-visual equipment and flexible space configurations

that can accommodate up to 1,000 guests.



Olympic Lanes Bangor

2701 Ohio St.
Silverdale, WA 98315
360-396-2494

This 16-lane facility offers Bowling Entertainment System Extreme (BES X) that enhances your traditional 10-frame experience with lane competitions, character designs and specialized games. Ask about league play and party packages for every occasion and group size.



Samuel Adams Brewhouse

120 S. Dewey St.
Bldg. 434
Bremerton, WA 98314
360-476-6719

Featuring gourmet burgers, handmade pizzas and more, Samuel Adams Brehouse is NBK's premier locale for sports entertainment and beverages of choice. Open to all ages.



Trident Inn Galley

Tunny St.
Bldg. 2101
Silverdale, WA 98315
360-396-6058
Open seven days a week.
Trident Inn Galley at Naval Base Kitsap-Bangor proudly welcomes you to its NEY-Accredited, 5-Star Galley. Conveniently located in the central customer service complex, Trident Inn Galley prides itself in serving the freshness and quality of the Northwest's rich bounty. Open to Authorized Personnel only.

COMMUNITY RECREATION

Bangor Mechanic's Corner

2951 Trigger Ave.
Silverdale, WA 98315
360-396-2520

We have everything you need to keep your ride running smoothly:

- Rental of stalls and lifts
- No-tax parts
- Tire changing
- Testing of starters, alternators and batteries
- Grease gun

Bangor Self-Service Car Wash

Next to Mechanic's Corner



Bremerton Self-Service Car Wash

Across from Bremerton Fitness Complex

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
- Golf Shop, resale, special orders
- ADA rental carts
- Lessons and clinics
- Online tee times for expedited check-in

LIBERTY LOUNGES

Designed for LIBERTY-eligible junior service members (E1-E6) who seek high-energy recreation and entertainment in an alcohol- and tobacco-FREE environment. Eligible users may escort up to two guests over the age of 18.

Bangor LIBERTY

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

Amenities include:

- FREE WiFi
- Latest gaming stations
- Movie room
- Pool tables
- Multipurpose room with a selection of musical instruments
- Lending library
- Board games
- CAC-enabled workstations
- Copying, printing, scanning and faxing services
- Outdoor patio area

Sinclair's Fleet Recreation Center

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

Amenities include:

- FREE WiFi
- Power stations, webcam computers with high-speed internet
- PlayStation 4, Xbox One systems, linked for tournaments
- Surround-sound movie theater with 80" plasma TV
- FREE laundry facilities
- Board games
- Zero-fee ATM
- Outdoor basketball court and picnic area
- Snack bar featuring Starbucks coffee,

- breakfast burritos and pizza
- Copying, printing and faxing services
- CAC-enabled workstations
- Firepit (for special events)

OUTDOOR PARKS AND RECREATION AREAS

Camp McKean

360-396-2449
Open Memorial Day weekend through Labor Day

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. Paddle craft and pavilion rentals available.

Elwood Point

360-396-2449
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, Friday-Sunday from dawn to dusk. 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
This recreational area features a softball field and two large, covered cooking areas with large barbecue grills, perfect for a hungry crowd. Small picnic areas with grills are also available on a first-come, first-served basis. This area is a favorite with kids; a playground takes center stage at the park. Fishing is available. For a permit, visit the Bangor Recreation Center. There are also plenty of trails. Pets are welcome, but leash laws are strictly enforced. Located just inside the Trigger Avenue Gate at Naval Base Kitsap-Bangor, Trident Lakes is a great place for a quick getaway for the family or entire command.

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, 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
• Kids Zone
• Outdoor recreation gear rental
• Printing services
• Standup 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
- Standup paddleboard rental
- and more

Bangor Skate Park

Located behind Bangor Fitness Center

Recreational Vehicle Storage

360-396-2449
Need vehicle storage? We can help with a fenced, lighted, paved lot and 24/7 gated access.

INTERESTED IN VOLUNTEERING?

Do you have a unique skill set? Do you love the great outdoors? NBK Community Recreation is looking for talented people like you to become a part of their program as a volunteer!



FREE KIDS' PATRIOTIC CRAFT KIT

Thursday, July 2
10 a.m.-Noon

We're back with an adorable patriotic curbside craft.

BANGOR PLAZA PARKING LOT



GREAT NAVY CAMPOUT

Saturday, July 11, 4 p.m.-
Sunday, July 12, 10 a.m. • FREE
We will be hosting classes and activities on Facebook while you enjoy camping in your backyard or living room!

FACEBOOK/KITSAPFFR



LEAVE NO TRACE

Wednesday, July 15 • Time TBD
Learn the seven principles to help protect our wilderness areas.

FACEBOOK/KITSAPFFR

FOOD, FUN & RECREATION EVENT CALENDAR JULY-SEPTEMBER 2020

DATE	EVENT	TIME	PRICE	VENUE/HOST
JULY				
Thursday, July 2	Patriotic Paint Curbside Crafts	TBD	FREE	Bangor Plaza Parking Lot Community Recreation
Saturday, July 11- Saturday July 12	Great Navy Campout Virtual Event	Begins Saturday, 4 p.m. Ends Sunday, 11 a.m.	No Cover	Facebook/KitsapFFR Community Recreation
Wednesday, July 15	Leave No Trace	TBD	FREE	Facebook Live/KitsapFFR Community Recreation
Thursday, July 16	Door Hanger Curbside Craft	TBD	FREE	Bangor Plaza Parking Lot
Saturday, July 25	Garden to Kitchen Virtual Event	TBD	FREE	Facebook/KitsapFFR Community Recreation
Wednesday, July 29	Back Packing Basics Virtual Event	TBD	FREE	Facebook Live/KitsapFFR Community Recreation
AUGUST				
Saturday, Aug. 1	Laughter Yoga Blast	TBD	FREE	Facebook/KitsapFFR Community Recreation
Thursday, Aug. 6	Paddleboard Lake Symington Virtual Event	TBD	FREE	Facebook/KitsapFFR Community Recreation
Friday, Aug. 7	Zach's Lookout Virtual Hike	TBD	FREE	Facebook/KitsapFFR Community Recreation
Monday, Aug. 10- Friday, Aug. 14	Paws on Parade	TBD	FREE	Facebook/KitsapFFR Community Recreation
Tuesday, Aug. 11	Community Sidewalk Chalk Art	2-3 p.m.	FREE	Pick up supplies at Bremerton Recreation Center Parking Lot Facebook/KitsapFFR Instruction Community Recreation
Thursday, Aug. 13	Left Handers Day	TBD	FREE	Facebook/KitsapFFR Community Recreation
Wednesday, Aug. 26	National Dog Day	TBD	FREE	Facebook/KitsapFFR Community Recreation
SEPTEMBER				
Friday, Sept. 4	National Wildlife Day Virtual Hike at Clear Creek	TBD	FREE	Facebook/KitsapFFR Community Recreation
Tuesday, Sept. 8	Dickerson Falls Virtual Hike	TBD	FREE	Facebook/KitsapFFR Community Recreation
Friday, Sept. 18	Cheeseburger Count Challenge	TBD	FREE	Facebook/KitsapFFR Community Recreation
Tuesday, Sept. 22	Virtual Disc Golf	TBD	FREE	Facebook/KitsapFFR Community Recreation



Movie Theaters at Kitsap

BANGOR CINEMA PLUS THEATER

2501 Ohio St. • Movie Line: 360-396-2515

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

BREMERTON MOVIE LOUNGE

Inside Bremerton Recreation Center

- Hundreds of FREE on-demand movies to choose from
- Premier Movie Nights - Every Thursday evening for 18 years and older only
- Movie Matinéés - Every Saturday at 1 p.m.

EVENT/CLASS DESCRIPTIONS

CURBSIDE CRAFT

DIY Door Hanger

Drive up and easily pick up a kit for creative summer enjoyment! One kit per child, while supplies last.

Kids' Patriotic Craft

Drive up and easily pick up a kit for creative summer fun! One kit per child, while supplies last.

VIRTUAL EVENTS

Back Packing Basics

When going on a day hike or a backcountry hike, there are basics everyone needs to know.

Community Chalk Art

We'll show you how to make amazing designs and shapes of all different colors and sizes on the sidewalks near your homes! Pick up supplies at the Bremerton Recreation Center Parking Lot and then head home and watch our instructional video on how it's done!

Cheeseburger Count Challenge

Take your guess at how many candy cheeseburgers are

in the jar! The closest participant will win a coupon for one FREE cheeseburger meal at Samuel Adams Brewhouse along with a FREE game a bowling coupon for the Bremerton Recreation Center! One comment entry per person.

Dickerson Falls Virtual Hike

Join us online for a short 1.6-mile hike as we explore Dickerson Falls virtually! A local waterfall nestled in the forests of Ueland Tree Farm. We will show you how to get there and where to go when you arrive!

Garden to Kitchen

We will post a video on Facebook and our Youtube channel (navylifePNW) sharing our garden tips and what grows best in the Pacific Northwest!

Great Navy Campout

Join us for a fun weekend of camping in your backyard or living room! Crafts, s'mores kits and other supplies will be supplied to the first 50

families who register. Make sure to keep an eye out on Facebook for educational videos during the event.

Laughter Yoga Blast

Have a laugh of a good time with our instructor Rachel in this 10 minute class.

Leave No Trace

Let us teach you the seven Leave No Trace principles to help protect our wilderness areas for generations to come.

Paddleboard Lake Symington Virtual Event

Join us online as we take our outdoor rental paddleboards out for swim on Lake Symington!

Summer of 2020 Virtual Baby Shower

Join us as we throw our first ever virtual baby shower! We will have goodie bags prepped and ready to go for all new and expecting moms for pick up curbside in the Bremerton Recreation Center parking lot. Our Facebook page will also have various

newborn demonstrations such as car seat care and infant CPR.

Left Handers Day

Participate in our Left-Hand only challenge where you will be put to the test using your non-dominant hand to perform various activities such as writing, drawing, and more!

National Dog Day

Celebrate your dogs with us by posting a picture of them to our Facebook page with three fun facts about them! We would love to see your furry friends!

National Wildlife Day Virtual Hike at Clear Creek

Join us online for a short 3.7-mile hike as we explore Clear Creek Trail in Silverdale virtually! We will show all of the trip highlights including how to get there and where to go when you arrive!

Paws on Parade

Show off your favorite four-legged friend in our virtual pet parade. Upload a video of your pet's best trick or a

photo of your pal in their best costume for a chance to win a prize. Winners will be notified on Monday, Aug. 17.

Virtual Disc Golf

Join us as we show you how to play a local disc golf course near Silverdale!

Zach's Lookout Virtual Hike

Join us online for a 6.5-mile hike as we explore Zach's Lookout virtually! We will show all of the trip highlights including how to get there and where to go when you arrive!



FREE DOOR HANGER CURBSIDE CRAFT KIT

Thursday, July 16
10 a.m.-Noon

Drive up and easily pick up a kit for creative summer enjoyment!

BANGOR PLAZA PARKING LOT



GARDEN TO KITCHEN

Saturday, July 25
3 p.m.

Learn gardening tips and what grows best in the Pacific Northwest!

FACEBOOK/KITSAPFFR



BACK PACKING BASICS

Wednesday, July 29

Learn backpacking basics for a day hike or a backcountry hike.

FACEBOOK/KITSAPFFR



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

PROUDLY ★ PROUDLY ★ PROUDLY ★ PROUDLY ★ PROUDLY ★ PRO

GEICO MILITARY

geico.com | 1-800-MILITARY | Local Office

SERVING THE MILITARY

For over 75 years, we've stood by the men and women dedicated to protecting our country. That's been GEICO's mission since day one. We understand your needs and we're here to provide you with great coverage, flexible payment options, numerous discounts and overseas coverage to fit your unique lifestyle.

Some discounts, coverages, payment plans and features are not available in all states, in all GEICO companies, or in all situations.
GEICO is a registered service mark of Government Employees Insurance Company, Washington, D.C. 20076; a Berkshire Hathaway Inc. subsidiary. © 2019 GEICO

Kitsap Great Escape

First and Only Escape Room in Kitsap County

3 Immersive
Escape Rooms

SECTOR

X

THE TERMINAL

THE STOLEN RELIC



www.KitsapGreatEscape.com

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



NAVAL BASE KITSAP - BREMERTON

Open 7 days a week, 365 days a year!

Enjoy friendly service and classic American fare for breakfast, lunch and dinner on weekdays, and brunch and supper on weekends.



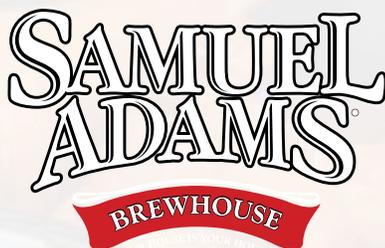
Savor the flavor of casual Mexican cuisine!

Your to-go weekday lunch option featuring burritos, street tacos, ensaladas, tortas and bottled Mexican sodas.



All of your favorites, with a global twist!

The perfect place to bring the kids for lunch, with an indoor play zone, an outdoor dining patio, and a great selection of burgers, wraps, bowls and more.



Watch the game, have some brews!

Samuel Adams offers your favorite sports entertainment and great tasting wings, burgers, pizza, salads and more. Full-service bar for guests 21 and over.

Let us do the cooking for your special event!

We offer full-service catering, audio/visual support, and conferencing and meeting space for a variety of events and occasions. We can also prepare a feast to-go for up to 500 people. Call 360-396-5456/2476 for a quote.





LODGING & LEISURE

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



Facility hours of operation may vary based on local command guidance. Please see navylifepnw.com for current hours of operation and updates.



RV Park & Campground

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

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



Recreation Area & Campground

21027 Jim Creek Rd. Arlington, WA 98223 425-304-5315/5363

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



Hotel, Cottages, RV Park & Campground

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

Located on the Pacific coast, 15 miles north of Ocean Shores, the facility features reasonably priced hotel accommodations as well as fully furnished 3-, 4- and 5-bedroom cottages lining the ocean bluff, providing guests with panoramic ocean vistas. On-site amenities include Pac Beach Market & Café, Raindrop Lanes bowling center, an exercise room and more.



NAVY GATEWAY INNS & SUITES

Eligibility: Active Duty, Reservists, Retirees, NAF and DoD civilians and sponsored guests.

Amenities include:

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

NGIS also offers pet-friendly accommodations. Call for details.

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

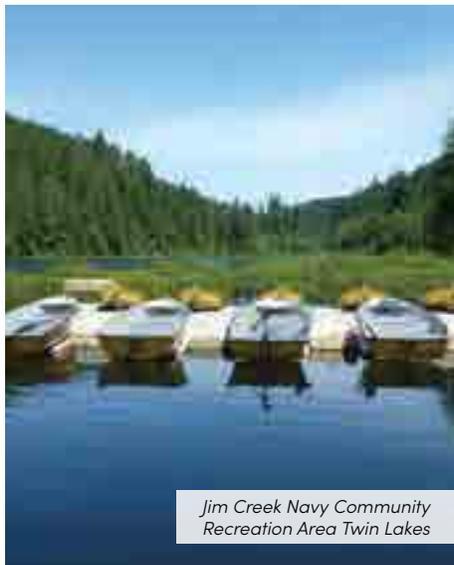
120 S. Dewey St. Bldg. 865 Bremerton, WA 98314

Whidbey Island

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



Cliffside RV Park



Jim Creek Navy Community Recreation Area Twin Lakes



Pacific Beach Whale Watching Tower

We have cottages, hotel rooms and suites, RV sites and camping!
Hotel seasonal rates as low as \$52 a night!



Come stay, play and relax.

We are excited to share our newest

COTTAGE RENOVATIONS

13 COTTAGES

**NEW FURNITURE • FRESH INDOOR PAINT
UPGRADED FLOORING**

AVAILABLE SUMMER 2020



NAVYLIFEPNW.COM



**FRONT DESK • RESERVATIONS
360-276-4414**

ONLINE RESERVATIONS AND SUPPORT
WWW.NAVYGETAWAYS.COM • 877-NAVY-BED

MWR Welcomes Summer with Upgrades and Improvements

BY DAN COON

The recent closures and disruptions in service because of the COVID-19 response did have one silver lining. It allowed the MWR staff to make much needed upgrades and improvements to some of their facilities and programs.

As we return to a new sense of normalcy, take this opportunity to check out and experience some of the new upgrades and improvements.

JIM CREEK NAVY COMMUNITY RECREATIONAL AREA

Adventure Pass

Jim Creek is starting a new program this summer to allow families to purchase an all-inclusive pass for rentals and paid activities such as the Jumping Pillow, Alpine Tower and tie-dye. Families can now choose what they want to rent and fill out all the required forms during check-in: freeing parents from the hassle of having to go to the Rental Office and pay for equipment or to fill out release forms when their children want to rent equipment or participate in an activity. Not all rentals are included in the pass and al-a-carte rental are still offered.

Trail Work

Jim Creek's staff improved their seven hiking trails. They repaired footbridges, cleared debris, removed downed trees, added trail markers and signage, and created trail handouts that include trail data, restrictions and points of interest. They also added interpretive signage to Grouse Trail for people to identify the different trees, ferns and

other flora on the trail. For all you anglers, Jim Creek continued their trout restocking program at Twin Lakes.

Cabin and Lodge Maintenance

Jim Creek's maintenance staff pressure washed the playgrounds, picnic tables, walkways, parking lots and retaining walls. They stained the cabins, cleaned and fixed cabin roofs, and made repairs inside the cabins. The staff also had the time to complete work on many other projects.

NAVY GETAWAYS PACIFIC BEACH

Cottage Upgrades

Navy Getaways Pacific Beach recently upgraded their cottages with all new flooring, furnishings and fresh indoor paint. Preview the new accommodations via the photo galleries on their website at pacbeach.navylifepnw.com. Need a change of scenery? The friendly staff welcomes you and your family to come to the beach to play, stay and relax!

NAVY GETAWAYS CLIFFSIDE RV PARK

Beautification Projects

Cliffside RV Park looks forward to sharing new and updated improvements to include new Ladderball game, new rustic log swings, and newly renovated by nature beachfront sandbars for guests to enjoy. The Main Office Cabin and other items in the park have been freshly spruced up. Due to popular demand, Cliffside RV Park has added two more staged Mallard Trailers! Patrons will now have the opportunity to rent one of the four staged trailers to enjoy at Cliffside! The Cliffside family also has new team members who look forward to hosting you.



One of the Jim Creek's many cabins that were stained and cleaned during the closure.



Mallard Trailers available to rent at Cliffside RV Park.



MEET YOUR MISSION SAVE TRAVEL DOLLARS TRAVELING ON TDY? STAY WITH US!

www.navalifeepnw.com
NGIS.DoDLodging.net

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

*Navy Gateway Inns & Suites (NGIS) is the preferred lodging choice for all TDY travel, military and civilian, helping you meet your fiscal and mission goals, while simultaneously delivering comfort and readiness to your personnel! Call to make your reservation TODAY!
Whether on business or leisure travel, we're here for you worldwide.*

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

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



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

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, 13-foot diving well with

1- and 3-meter springboard diving boards and a 20-person hot tub. Water polo nets, balls and caps are available upon request. Ask about Kid's Birthday Party Packages.

To attain full access to the Aquatics Centers, all youths 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. The 8-man hot tub is located on the pool deck.

Naval Base Kitsap 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

For Sailors who possess the athletic skills to compete on an All-Navy Regional Installation team. They have the chance to represent their installation in Navy Region Northwest (NRNW) tournaments.

Captain's Cup

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

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.**



VIRTUAL ULTRA MARATHON CHALLENGE

Wednesday, July 1-Friday, July 31
Run/walk/hike or treadmill to 60 miles. All finishers will receive a FREE completion medal.

FACEBOOK/KITSAPFFR



MINUTE-TO-WIN-IT CHALLENGE

Monday, July 6-Friday, July 17
How many push-ups can you do in a minute?

FACEBOOK/KITSAPFFR



TRICK SHOT CHALLENGE

Monday, July 20-Friday, July 31
Join NRNW as we hit, kick, and throw into our trick shot competition! Get creative and use the ball of your choice as you compete to win best trick shot!

FACEBOOK/KITSAPFFR



ATTENTION!

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

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

CHECK US OUT AT:

Bangor: 360-396-2151,

Bremerton: 360-476-3178, or

Sinclair's Fleet Recreation: 360-476-2673

LIBERTY Centers



LUNCH SPECIAL

2 SLICES OF PIZZA, CHIPS, & DRINK for **\$7.50**



206 Burwell St. Bremerton

NOW OPEN TAKE OUT & DELIVERY

Available on Grubhub & Uber Eats

360.813.1947

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



PLAY. OR WATCH.

Worldwide Online Tournaments

 navymwr.org/esports

 [twitch.tv/NavyMWR](https://www.twitch.tv/NavyMWR)

Navy Morale, Welfare and Recreation



CHILD & YOUTH PROGRAMS

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



Facility hours of operation may vary based on local command guidance. Please see navylifepnw.com for current hours of operation and updates.

CHILD CARE

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 from birth

through 12 years of age. Homes are additionally licensed by the State of Washington. For more information, visit our office:

Jackson Park Community Center
2572 Cascade Pass Blvd.
Bremerton, WA 98312
360-360-7484

SCHOOL-AGERS/ TEENS

Our School-Age Care (SAC) program is designed to provide piece of mind for children 5-12 years of age.

We also offer safe activities for teens.

Admiral Boorda Teen Center (ABC)

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

Jackson Park School-Age Care/Youth & Teen Center

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

Litehouse School-Age Care

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

NBK-School Liaison Officer (SLO)

Jackson Park Community Center
2572 Cascade Pass Blvd.
Bremerton, WA 98312
360-340-2824
Call for an appointment.

The NBK Community is Proud of its Graduates!

Congratulations
2020 GRADS



EARN YOUR BACHELOR'S DEGREE

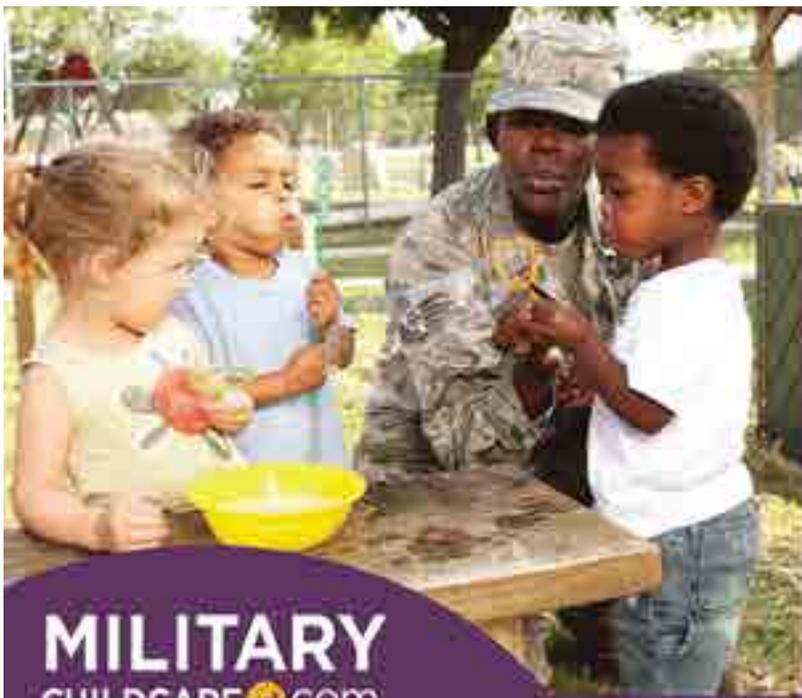
with Western Washington University on the Peninsulas.

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

www.edu/peninsulas

Neither the Navy nor any other part of the Federal government officially endorses any company, sponsor, or their products or services.
Active Minds Changing Lives • AA/EO





MILITARY
CHILDCARE  .COM

We care for your children
while you protect America

A Department of Defense (DoD)
program that makes it easier to find the
child and youth care your family needs.

Child Care is in High Demand.



START YOUR CAREER with Navy Child Development Homes

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

BENEFITS

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

Learn More by Calling 360-476-7484





SUPPORT PROGRAMS

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



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

Centralized Scheduling

866-854-0638

ffsp.cnrnw@navy.mil

Fleet & Family Support Center (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

DoD Safe Helpline

877-995-5247

24/7 Sexual Assault Response Coordinator (SARC)

360-340-7156

SUPPORT PROGRAMS EVENT CALENDAR JULY-SEPTEMBER 2020

DATE	EVENT	TIME	VENUE/HOST
ONGOING			
On Demand	Podcasts	On Demand	Download from navylifepnw.com/podcasts
On Demand	Webinars	On Demand	Online at navylifepnw.com
By Appointment	Living Intentionally, Fully and Effectively (LIFE)	4-6 p.m.	Call for Details
By Appointment	Survivors Overcoming Assault with Resiliency (SOAR)	By Appointment	Call for Details
JULY-SEPTEMBER			
Call for Details	Retired Affairs Seminar	TBD	Virtual
Call for Details	Fall Job Fair	TBD	Virtual
Call for Details	Bells Across America	TBD	Virtual
Thursday, July 9	Webinar: Lemons to Lemonade	9-10 a.m.	See events calendar at navylifepnw.com
Friday, July 10	Webinar: EFMP 101	10 a.m.-Noon	See events calendar at navylifepnw.com
Tuesday, July 14 & 28	Webinar: TAP Pre-Separation Brief	8-10 a.m.	See events calendar at navylifepnw.com
Tuesday, July 14	Webinar: Smooth Move	1-2:30 p.m.	See events calendar at navylifepnw.com
Thursday, July 16	Webinar: Credit Management	1-2 p.m.	See events calendar at navylifepnw.com
Wednesday, July 22	Webinar: START (Spouse Transition)	10-11:30 a.m.	See events calendar at navylifepnw.com
Thursday, July 16	Webinar: Credit ... What's the BIG Deal?	11 a.m.-Noon	See events calendar at navylifepnw.com
Thursday, Sept. 17	Webinar: Ready or Not	11 a.m.-Noon	See events calendar at navylifepnw.com

EVENT/CLASS DESCRIPTIONS

WEBINARS

Credit Management

Join us for a detailed discussion about credit management. Learn about the FICO scoring model, how to best use your existing credit, increase your score, and to eliminate bad debt.

Credit ... What's the Big Deal?

Get the lowdown on credit! This workshop looks at how credit is used, who can access it

and why it's important to use credit responsibly.

EFMP 101

Overview and introduction to the EFM Program, describing the roles of the Case Liaisons and Military Treatment Facility staff. Review the process of enrollment and disenrollment.

Ready or Not ...

Ready or not ... the big "something" emergency is going to happen. That

"something" could be a fire or an earthquake. Are you and your family members prepared? Join us and get some ideas about how to be ready.

Lemons to Lemonade

Learn ways to turn Lemons into Lemonade! You will learn how to approach potentially challenging situations, find the positives, and connect with the community and other spouses.

TAP Pre-Separation Brief

Pre-separation counseling covers by-law information to include benefits, entitlements and resources for eligible transitioning Service members. Caregivers and spouses are especially encouraged to attend pre-separation counseling with their Service member.

Smooth Move

Getting ready to transfer, let us provide some helpful hints to make it a smooth move!

START (Spouse Transition)

As a military spouse when your service member separates or retires, gain some knowledge on how to make the transition back to the civilian world successful.



FREE WEEKLY CREDIT CHECKS

Due to the many COVID-19 scams, everyone is eligible to get free weekly credit reports from the three national credit reporting agencies: Equifax, Experian, and Transunion. To get your free reports, you still go to www.AnnualCreditReport.com. The credit reporting agencies are making these reports free for the next year.

MILSPOUSE MONEY MISSION

Military spouses often are the family's chief financial officer. From managing permanent-change-of-station moves to unexpected emergencies and changes in pay, there is little doubt about the importance of understanding the unique circumstances of managing personal finances in the military life. The Department of Defense Office of Financial Readiness introduces MilSpouse Money Mission, a new financial education resource just for military spouses. <https://www.milspousemoneymission.org/>

For more information on Credit Reports and finances, please contact your Fleet and Family Support Center at 1-866-854-0638.

Transition Assistance Program



The Transition Process:

Four Steps to Success



If you are within 12 to 24 months of separating or retiring from the Navy, contact your Command Career Counselor (CCC) or local Fleet and Family Support Center (FFSC). You will receive information about the Transition Assistance Program and available supportive services.



A CCC or FFSC staff member will conduct your Initial Self-Assessment Counseling (IC), which is a tool that is used to help reflect your personal circumstances, needs and transition goals to meet your Career Readiness Standards (CRS). After completing the IC, you will need to register for the TAP Workshop and select your career track.



The TAP Workshop will assist you with your CRS. It also includes a veterans' benefits brief; employment information; guidance on financial planning; and the mandated Pre-Separation Counseling Briefing, which must be completed no less than 365 days prior to separation.



To achieve a balanced and smooth transition, attend the Capstone briefing no less than 90 days prior to your official retirement or separation from military service.

Start early. Preparing for life after the military is a process. The Transition Assistance Program will help you take the right steps for a successful transition to civilian life.



www.ffsp.navy.mil



FFSC PODCASTS

On Demand

Download podcasts in MP4 format at any time and listen on your own audio device!
NAVYLIFEPNW.COM/PODCASTS



WEBINARS

On Demand

FFSC provides a convenient way for customers to attend support workshops. All you need is a computer and a phone or speakers with a microphone!

SEE EVENTS CALENDAR AT NAVYLIFEPNW.COM



BELLS ACROSS AMERICA

A remembrance ceremony honoring those we have lost. Call for details.

VIRTUAL

BY KIMA TOZAY, CHIEF OF CLINICAL SERVICES/FAP REPRESENTATIVE, FFSC

TOP 10 APPS

to Help You Cope with **STRESS**



Mobile devices and apps are wonderful resources at our disposal to help us stay connected, cope and grow more resilient during stressful times in our lives. The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. This time of uncertainty and global change can cause great stress and emotional uneasiness. While we can't control when this pandemic will be behind us, we can control how we cope with the challenges of change and uncertainty by concentrating on things within our control—our feelings, thoughts, and actions.

This following is a compilation of popular apps for Sailors and their families to consider. All of these apps are free to download, but note some may offer in-app purchases.

1. **VIRTUAL HOPE BOX**

Teaches problem solving, emotion control and mood and coping skills

2. **PTSD COACH**

Helps track and manage symptoms related to Post Traumatic Stress Disorder

3. **CALM**

Provides relaxation and calming tools to manage stress

4. **STOP BREATHE & THINK**

Teaches ways to assess how you are feeling and thinking using mindfulness techniques

5. **MINDFULNESS COACH**

Provides resources for mindfulness skills training and stress reduction techniques

6. **MY3**

Creates a safety net for those who are feeling suicidal, includes resources for safety planning and coping tools

7. **BREATHE2RELAX**

Teaches deep breathing techniques and relaxation skills

8. **AIMS FOR ANGER MANAGEMENT**

Focuses on skill building for managing irritability and anger

9. **COVID COACH**

Helps build resilience, manage stress, and increase well-being during this pandemic crisis

10. **PARENTING2GO**

Teaches child development, parenting skill, tips, and provides tools to help military parents

Kima Tozay joined FFSC in March 2013 as a FAP Case Manager and was promoted to the COCS/FAR position in January 2018. Her career as a Clinical Social Worker began in 2003 after completing an enlistment with the U.S. Navy. Tozay worked in a number of government and private agencies providing mental health care and social work services. Prior to joining FFSC, she provided psychotherapy and care coordination to Veterans for the Department of Veterans Affairs Medical Center in Seattle. She also served as a Wounded Warrior Advocate assisting severely injured and ill service members, veterans, and their families at Washington's Joint Base Lewis-McChord.

READY & RESILIENT COLORING CONTEST

Coloring is not just for kids! Studies show that it's also an effective means of relaxation for adults. Take a few moments to unwind by filling in this page with colored pencils, markers or crayons and then share your creation with us on Facebook @KitsapFFR. Be sure to vote for your favorite. The entry with the most likes by Sept. 30, 2020 will win an MWR prize pack valued at \$100!



Contest is open to all MWR-eligible patrons 18 and up. Other restrictions may apply.

NAVY WOUNDED WARRIOR



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

Through proactive leadership, NWW provides individually-tailored assistance designed to optimize the success of the wounded warriors' recovery, rehabilitation and reintegration activities.



1-855-628-9997 (24/7)
navywoundedwarrior.fct@navy.mil
www.navywoundedwarrior.com



FOR ACTIVE-DUTY FAMILIES & MILITARY RETIREES*

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



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

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

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

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



*Military Retirees and eligible family members under age 65.

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

TRICARE is a registered trademark of the Department of Defense, Defense Health Agency. All rights reserved.

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



HOUSING SERVICES

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

Housing Service Center

Bangor Plaza
2720 Ohio St.
Bldg. 2720
Silverdale, WA 98315
800-876-7022

Unaccompanied Housing

Bangor/Keyport Check-in: Navy Gateway Inns & Suites

Ohio St.
Bldg. 2750
Silverdale, WA 98315
360-930-6830

Bremerton Check-in: Navy Gateway Inns & Suites

120 S. Dewey St., Bldg. 865
Bremerton, WA 98314
360-824-3337

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 Servicemembers Civil Relief Act (SCRA) or any landlord/tenant disputes that you have been unable to resolve on your own.
- Housing representatives who can document basic health or safety conditions in the home.
- Outbound services to help you with housing at your next destination.
- Local maps, fax services and more, all available to you at no cost!

Homes.mil, your FREE online resource

Check out HOMES.mil, the only DoD-sponsored rental listing website used by Military Housing Offices around the world.

Service members and their families can view property listing details, contact Property Managers by email, compare multiple listings and map rental properties without logging in. Property managers and landlords can also use this service to list their rentals. For more information, contact your installation HSC.

Online Barracks Maintenance Requests

Available 24/7, residents can submit non-emergency maintenance requests through the online maintenance request program at www.navylifepnw.com. It's fast and easy. Requests are sent to our Maintenance

Tracking Program and are reviewed daily by UH Building Managers. Residents receive an email confirmation when their maintenance requests are received, assessed and completed.

Tell Us What You Think

Your Unaccompanied Housing Office offers a Continuous Improvement Survey (CIS). We highly encourage your participation in the CIS. A hard copy of the survey can be obtained from any UH staff member. The survey can also be found online at www.surveymonkey.com/r/99PGGY7.

HOUSING SERVICE CENTER

Let us help you!

Visit any Housing Service Center (HSC) for:

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

All military personnel are required to check in with the Housing Service Center (HSC). This should be accomplished prior to making any arrangements for community housing. The office maintains a complete computerized listing covering almost all the rental properties in your local area.



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

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

NAS Whidbey Island Housing Service Center
3675 W. Lexington St.
Bldg. 2556
Oak Harbor, WA 98278
360-257-3331

800-876-7022



SEE WHAT'S FRESH AT YOUR NEIGHBORHOOD SPROUTS

Everything you love about a farmer's market—open seven days a week! Rain or shine.

Shop the brands you love, plus all the hottest new trends in natural and organic.

OPEN DAILY 7AM-10PM • THE TRAILS AT SILVERDALE
11066 Pacific Crest Place NW, Suite A150 • WA-3 & Greaves Way

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

www.navylifepnw.com...
because it's not just a job, it's a way of life



#NAVYLIFEPNW



BENEFITS

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

PERKS

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

WE'RE HIRING!

JOIN OUR TEAM

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

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

