



SPRING 2021

# EXPERIENCE

NAVY LIFE MAGAZINE · KITSAP

RUNS, CRAFTS & CAMPOUTS:

# SPRING IS HERE!

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

**LET US HANDLE  
YOUR INSURANCE  
SHOPPING!**

**AUTO • HOME • LIFE**



**INSURANCE**

**VETERAN OWNED  
LOCALLY OPERATED  
YOUR TRUSTED SOURCE FOR ALL THINGS INSURANCE!**

*Representing dozens of insurance companies including*

 **MAPFRE** | INSURANCE™

 **Nationwide™**  
is on your side

**PROGRESSIVE**

 **Safeco** Insurance...  
A Liberty Mutual Company

**TRAVELERS** 

**888-244-8660 | 206-438-4589 | AGISEATTLE.COM**

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



# EXPERIENCE NAVY LIFE

APRIL-JUNE 2021

## TABLE OF CONTENTS

- 4 Around the Community
- 4 Message from the FFR Director
- 6 Food, Fun & Recreation
- 12 Lodging & Leisure
- 14 PERSPECTIVE: Adapt & Thrive with Resources for Parents and Children
- 16 Sports, Fitness & Aquatics
- 20 Support Programs
- 28 Child & Youth 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 [navylifepnw.com](http://navylifepnw.com) or contact the facility directly. A digital version of this magazine is available at: [Kitsap.navylifepnw.com/magazine](http://Kitsap.navylifepnw.com/magazine).

### Experience Navy Life Production Team

Marketing Director: Katrina Kane

Cover and Layout: Andrea Sullivan

Copy Editors: Kelly Joines and Pamela Green

Contributors: Dan Coon, Kevin Iriarte, Marie Larsen, Nhu Mai Le, Joe Mack, Tania Ostrander, and Joey Pascua.

Printed in the USA. Copyright ©2021 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.**



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



*Become the best version of yourself with free classes from Fleet & Family Support Centers, now available virtually!*

### Sponsorship & Advertising Opportunities

with Navy Region Northwest FFR & MWR

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

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

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

## AROUND THE COMMUNITY

### MESSAGE FROM THE FFR DIRECTOR



Welcome back USS Nimitz!

The sacrifices you and your family have made through this deployment are undeniably selfless and brave. Now it's our turn to support you and your family as you transition back to shore.

Our Fleet & Family Support Center (FFSC) specialists are the resident experts when it comes to helping you get settled. Trained professionals are onsite and on-call to assist you with reintegration. See our full list of FFSC classes and resources starting on page 20.

Our Community Recreation Centers continue to explore new and adaptive programming. Check out all we have to offer starting on page 10. You can also create your own adventure with our Design-a-Trip program. Pick where you want to go and let us do all the coordination and driving!

Looking to stay fit and earn some bragging rights? We have exciting fitness competitions in the works as well as programs that focus on fitness and nutrition for your children. See page 16 for details.

Sinclair's Fleet Recreation Center, located at Pier Delta in Bremerton, is the perfect spot if you seek high-energy recreation and entertainment. Just next door is Juan's Cantina and their street tacos are always a popular choice! We sure have missed you all for the holidays and we'd love to make future ones enjoyable and less stressful in the kitchen. Our [DineOnTheGoPNW.com](https://DineOnTheGoPNW.com) food ordering service offers a quick and convenient way to enjoy Holiday Meals for Easter, Mother's Day, Father's Day, and more! All you have to do is order, heat and eat! See page 8 to learn more.

On behalf of the NBK Fleet and Family Readiness team, thank you for all you've done for our country. We look forward to serving you in-person or virtually whenever and wherever you need us.



**Paul Rosarius**

CNRNW N9 | FFR Director  
Naval Base Kitsap



*ET1 Robert Schmitz of Surgemain claimed the winning title in the Pop-Up Plank Challenge, holding steady in plank position for more than nine minutes.*



*MWR Community Recreation Specialists frequently hosts Story Time with Barry on Facebook LIVE conveniently held just before naptime. Here, Recreation Specialist Rachel Cornette poses with one of her favorite titles.*





Welcome Home USS Nimitz! Thanks to all of the families who stopped by Bangor Plaza to pick up a Welcome Home craft kit! Show us your finished sign by posting it on our Facebook page @KitsapFFR with #navylifepnw.



## LIKE, SHARE AND WIN

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



Piper Merrit is excited for her daddy to come home! Thank you to all the families who participated in our curbside craft pickups!

## 5 SIMPLE STEPS TO REGISTERING WITH MYFFR

### 1 VISIT

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

### 2 LOG IN

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

### 3 BROWSE

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

### 4 PURCHASE

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

### 5 ENJOY!

Rest easy knowing your reservation is complete!



## FOOD, FUN & RECREATION



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

### Dining & 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.

#### Café.com

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

Café.com is located at  
the head of Pier Delta,  
Bremerton. Stop by  
for coffee or pastries.



#### 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](http://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.

### Naval Base Kitsap Catering & Conference 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.  
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
- FREE Exceptional Family Member monthly showing



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



## Bremerton Movie Lounge

Inside Bremerton Recreation Center

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

## Community Recreation Facilities

### Bangor Self-Service Car Wash

Located next to the NEX Auto Port.

### Bremerton Self-Service Car Wash

Located across from Bremerton Fitness Complex.

### 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
- Kids Zone
- 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
- Stand-up paddleboard rental and more

### Sinclair's Fleet Recreation Center

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

Amenities include:

- FREE WiFi
- Snack bar featuring hot and cold beverages, breakfast and lunch sandwiches and more
- 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



Hips and halfpipes at Bangor Skate Park

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

### Sinclair's Fleet Recreation Center

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

# FOOD, FUN & RECREATION

APRIL-JUNE 2021

EVENT	DATE/TIME	HOST/VENUE
<b>Dinners to Go: Holiday Meals</b> Be on the lookout for special holiday meals to go including Easter, Mother's Day and Father's Day, available via the Dine on the Go PNW online ordering and mobile app!	On-Going	Pick up at NBK Bangor Plaza's Inside Out Cafe/Island Express <a href="http://www.DineOnTheGoPNW.com">www.DineOnTheGoPNW.com</a>
<b>Story Stroll</b> Take a stroll around the lake and read the story for some great outdoor family entertainment! FREE Event.	Saturday, April 1	Trident Lakes Recreational Area
	Saturday, May 1	
	Tuesday, June 1	
<b>Crafternoon</b> Make time for a Crafternoon of creative enjoyment! We'll be handing out an assortment of free craft kits via curbside delivery for kid-friendly fun. One kit per child, while supplies last. FREE Event.	Thursday, April 8, 3:30-5:30 p.m.	Bangor Recreation Center and The Landings Community Center in Jackson Park
	Saturday, April 24, Noon-2 p.m.	
	Tuesday, May 4, 3-5 p.m.	
	Thursday, June 10, 3:30-5:30 p.m.	
	Saturday, June 26, Noon-2 p.m.	
<b>Curbside STEM</b> A monthly STEM project and craft designed for school-age children, sure to engage the brain and inspire creativity! FREE Event.	Friday, April 15, 3:30-5:30 p.m.	Bangor Recreation Center and The Landings Community Center in Jackson Park
	Thursday, May 13, 3:30-5:30 p.m.	
	Thursday, June 17, 3:30-5:30 p.m.	
<b>Seven Days of Leave No Trace</b> In honor of Earth Day, learn how to keep our wild places wild. We will teach you Leave No Trace principles that will help you leave less of an impact while exploring the great outdoors! FREE Event.	Thursday, April 15-Thursday, April 22	Facebook: @KitsapFFR
<b>Earth Day Geocache Adventure</b> Get outside and celebrate our beautiful planet by participating in our Earth Day-themed geocache adventure. FREE Event.	Monday, April 17- Monday, April 24 All Week	Trident Lakes Recreation Area and Elwood Point
<b>National Poetry Month Poetry Contest</b> Calling all wordsmiths! Celebrate National Poetry Month by entering a your own poem (500 words or less) into our contest! Prizes will be awarded for the most liked poems on our Facebook page! Entries accepted through Friday, April 30. FREE Event. Contest Categories: 6-12 Years, 13-18 Years. Adults 18+	Saturday, April 24-Friday, April 30	Facebook: @KitsapFFR
<b>Laughter Yoga</b> Hooray, It's World Laughter Day! Join us for an easy, fun Laughter Yoga session to reduce stress, renew energy and create inner calm. FREE Event.	Sunday, May 2, 5 p.m.	Facebook: @KitsapFFR
<b>Survive The Wild: The Ten Essentials</b> Don't head out on your next outdoor adventure without watching our <i>Ten Essentials to Have on the Trail</i> video! FREE Event.	Monday, May 10	Facebook: @KitsapFFR
<b>Chocolate Chip Count Challenge</b> May 15 is National Chocolate Chip Day! Guess how many chocolate chips are in this jar for a chance to win some "sweet" prizes! FREE Event.	Saturday, May 15	Facebook: @KitsapFFR



# UPCOMING PROGRAMS & EVENTS

APRIL - JUNE 2021

EVENT	DATE/TIME	HOST/VENUE
<b>Mystery Short Story Contest</b> May is National Mystery Month! Write your own short story to enter into our Facebook contest! Prizes will be awarded for the most liked stories! Register by Monday, May 31. FREE Event. Contest Categories: 6-12 Years, 13-18 Years. Adults 18+.	Sunday, May 16-Saturday, May 22	Facebook: @KitsapFFR
<b>Virtual Bingo</b> Join Community Recreation for an online version of everyone's favorite family game, BINGO, on our NBK Facebook page! Register by Tuesday, May 25. FREE Event.	Wednesday, May 26, 5-7 p.m.	Facebook: @KitsapFFR
<b>Virtual Hike Scavenger Hunt</b> Explore the great Pacific Northwest while also participating in a scavenger hunt! Follow our Facebook page for the list! FREE Event.	Saturday, June 5	Facebook: @KitsapFFR
<b>Survive the Wild: Preparing for your Ride</b> Prevent a good ride from becoming an 'epic fail' by doing a few simple pre- and post-ride checks. FREE Event.	Monday, June 7	Facebook: @KitsapFFR
<b>Curbside Summer Reading Program Launch</b> Reading colors your world! Stop by our booth for information and on-site registration assistance for the 2021 DoD MWR Libraries Summer Reading Program. FREE Event.	Saturday, June 12, Noon-2 p.m.	Bangor Recreation Center and The Landings Community Center in Jackson Park
<b>Catch Some Sun Geocache</b> Summer is here! Participate in our summer-themed geocache event by helping us catch some sun! FREE Event.	Sunday, June 13- Monday, June 21 All Week	Trident Lakes Recreation Area and Elwood Point
<b>Family Fishing Derby</b> Keep everything you catch. There will be fishing opportunities for all ages. Please register for this event by Wednesday, June 16. Call for more details! FREE Event.	Saturday, June 19, 9 a.m-1 p.m.	Trident Lakes Recreational Area

## THERE'S A NEW FUN BOSS IN TOWN

Naval Base Kitsap is proud to introduce Brian Gallagher as the new Afloat Recreation Specialist, aka Fun Boss, for the USS Nimitz. Gallagher, who hails from New York, can't wait to dive into his new role.

"I want to give Sailors a chance to feel like they are not at work for a couple hours. They're on a grand adventure, so my part of the job is also to help them realize that for their off-time too," he says with an enthusiastic smile.

Gallagher looks forward to getting to know the Sailors he'll be working with every day so that he can design programs that match their interests and lifestyles.

"I'm out here too. We are in this together," he says. "I want Sailors to know I'm approachable. I want to participate in their lives just as much as they'll be in mine. I want them to feel I'm an open book with

them. If I can be a pillar in their lives who is fun and strong, I am happy to be that."

Gallagher began his MWR career as a lifeguard for the US Military Academy at Westpoint. After graduating from Fordham University, Gallagher worked at the Academy in the Department of Physical Education for three years before becoming the director for both the Fitness and LIBERTY centers at the Surface Combat Systems Center on Wallops Island, Virginia.

Now that he's stationed in Bremerton, Gallagher looks forward to exploring the Pacific Northwest alongside the Sailors he serves. "I can set up a hike where they can take Instagram photos. If they want to get SCUBA certified or play in the snow, I want to be the one they call to do all that," he says.

Story and Photo by *Kelly Joines*



Would you like to become an MWR Fun boss like Brian Gallagher? Click the Fit and Fun Boss Program link at [navyfitness.org/deployed-forces-support](https://navyfitness.org/deployed-forces-support)

## FOOD, FUN & RECREATION



### ESCAPE THE BARRACKS!

Take advantage of opportunities and benefits for LIBERTY-qualified service members.  
For Active Duty Service Members E1-E6



**Trips & Tours Designed for You**



**Events & Activities**



**LIBERTY Lounges & Centers**

**Contact us:**  
Bangor LIBERTY Center  
Bangor Plaza  
Naval Base Kitsap  
360-396-2151

**Follow Us on Facebook!**  
@LIBERTYNWKITSAP  
navylifepnw.com



### DINE ON THE GO

NAVAL BASE KITSAP

Order ahead and pick-up from:






Download the App today!





**MWR** Get the App **DineOnTheGoPNW**  
Text **DOTGPNW** to **33733**



### PRINCESSES & PIRATES STRONG

Monday, April 5-Friday, April 9  
Bremerton and Bangor Fitness Centers, Child & Youth Centers

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

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

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



@KitsapFFR



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



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



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



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



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

## LODGING & LEISURE



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



### Cliffside RV Park & Campground

Located on Ault Field.  
360-257-2649

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



### Jim Creek Recreation Area & Campground

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

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



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

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

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



### Navy Gateway Inns & Suites

*Navy Gateway Inns & Suites combines all the comforts of a hotel, while specializing in official business accommodations.*

*For reservations, call 1-877-NAVY-BED (628-9233).*

### Bangor

2750 Sargo Circle  
Silverdale, WA 98315

### Bremerton

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

### Whidbey Island

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

*Amenities include:*

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



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




# UPCOMING PROGRAMS & EVENTS

APRIL-JUNE 2021

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





---

MONTH OF THE MILITARY CHILD SPECIAL FEATURE

# ADAPT & THRIVE

---

by **Kelly Joines**

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

### NEED HELP? START HERE

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

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

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

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

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

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

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

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

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

## SPORTS, FITNESS & AQUATICS

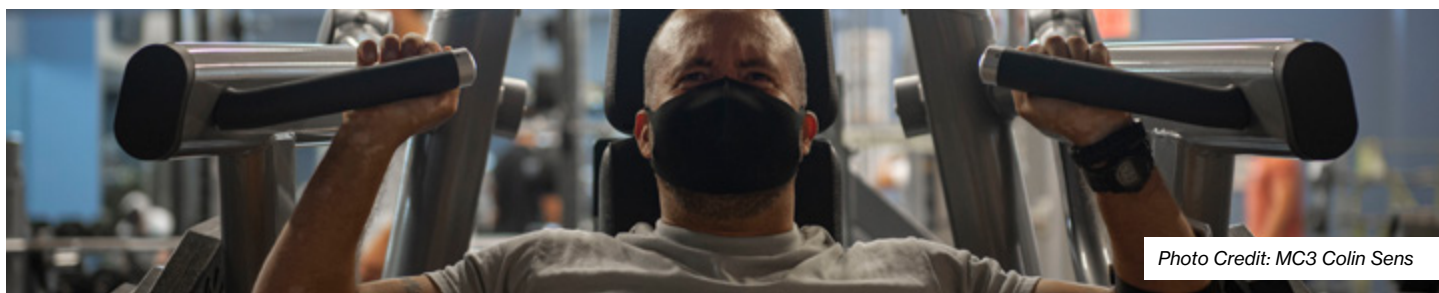


Photo Credit: MC3 Colin Sens



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

### 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, 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.

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. The 8-man hot tub is located on the pool deck.

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



# UPCOMING PROGRAMS & EVENTS

APRIL-JUNE 2021

 = Captain's Cup

EVENT	DATE/TIME	HOST/VENUE
<b>Free Throw Competition</b> See if you have what it takes to be crowned the NRNW Free Throw Champ! Winners at each base will receive a prize and the Regional Winners will receive a medal/trophy. FREE Event	Tuesday, April 6, 3:30-6:30 p.m. Thursday, April 8, 3:30-6:30 p.m.	Bremerton Fitness Center Bangor Fitness Center
<b>Princesses and Pirates Strong</b> As part of our Month of the Military Child celebration, pick up your Princess or Pirate activity bag via curbside pick-up to start the week-long adventure and a chance to earn prizes! Help your child choose a healthy fitness/nutrition activity, post a picture of your activity on our Facebook page with #PrincessandPiratesStrong and receive a Certificate of Success! In honor of Earth Day, children can also earn an additional prize by completing an Earth Day activity and posting it as well. FREE Event!	Monday, April 5-Friday, April 9	Bremerton and Bangor Fitness Centers, Child & Youth Centers
<b>NOFFS 5-Hour Course</b> Discover for yourself why the Navy Operational Fitness and Fueling System (NOFFS) is considered a "best in class" physical fitness training and nutrition program. FREE Event. Register by Wednesday, April 7 at the Bremerton Fitness desk or call	Friday, April 9, 7 a.m.-1 p.m. Friday, May 21, 7 a.m.-1 p.m. Friday, June 18, 7 a.m.-1 p.m.	Bremerton Fitness Center Bangor Fitness Center Bremerton Fitness Center
<b>Olympic Lifting Clinic</b> Whether you are a beginner or experienced lifter, this course will help you develop and increase your confidence and skill with the barbell. Register by Friday, April 16. FREE Event	Sunday, April 18, Noon-1:30 p.m.	Bremerton and Bangor Fitness Centers
<b>Spring Swim Meet</b> This week-long swim meet features one event each day. Lifeguards will be on hand to time individual races. All competitors times will be posted and top swimmers for each event will be announced at the end of each day. FREE Event	Monday, May 3-Wednesday, May 7	Bangor and Bremerton Aquatics Centers
<b>Military Spouse Appreciation Day</b> Zen your stress away by attending a specialized yoga class to help relieve stress and rejuvenate. Bring a friend to join in for FREE! Light Refreshments will be provided. Register by calling 360-476-9415/ 360-315-7676. FREE Event	Friday, May 7, 5-6:30 p.m.	Bremerton and Bangor Fitness Centers
<b>Mission Nutrition Course</b> 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. Register by Wednesday, May 12. FREE Event	Friday, May 14, 7:30 a.m.-3 p.m.	Bangor Fitness Complex
<b>Deadlift for Doughnuts</b> Celebrate National Doughnut day with us. Add deadlifts to your workout and receive one FREE tasty doughnut! FREE Event	Friday, June 4, All day	Bremerton and Bangor Fitness Centers
<b>Command Fitness Leader (CFL) Course</b> This 40-hour course provides the basic fitness and nutrition tools necessary to design fitness programs, facilitate classes and become an ambassador of fitness and nutrition. FREE Event Register by Friday, May 7. All applications MUST be submitted to CNIC two weeks prior to class start date. Register online at NavyFitness.org	Monday, June 7-Friday, June 11 7 a.m.-4:30 p.m.	Bremerton and Bangor Fitness Centers
<b>Sailor vs. Firefighter Combat Challenge</b> In this 5-part competition, participants contend for the fastest times. Challenges include a stair climb with a high-rise pack, hose hoist, forcible entry, hose advance and victim rescue. Registration not required. FREE Event.	Monday, June 21-Friday, June 25 All Day	Bremerton and Bangor Fitness Centers



# WELCOME HOME! USS NIMITZ



**30-60-90 DAY RECONNECT**

Fleet & Family Readiness (FFR) is here to help you reconnect with your family and community in one of the most beautiful locations in the world. Navy Region Northwest offers exciting recreational opportunities to explore your homeport.

Scan the QR code for a list of FREE classes, activities and support, as well as exclusive offers curated with you in mind.



For details, scan the QR code or visit  
[kitsap.navylifepnw.com](https://kitsap.navylifepnw.com)

## Kitsap Great Escape

**First and Only Escape Room in Kitsap County**

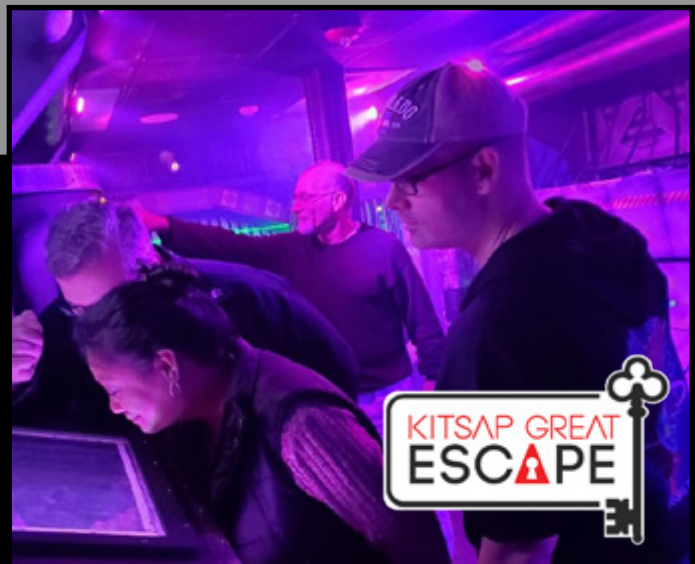
**3 Immersive  
Escape Rooms**

**SECTOR**

**X**

**THE TERMINAL**

**THE  
STOLEN  
RELIC**



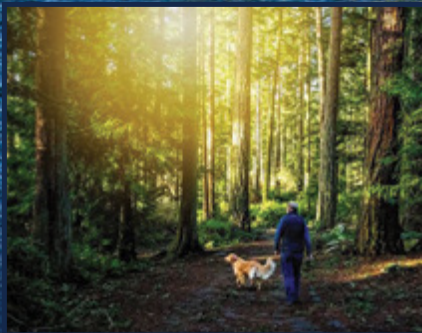
**[www.KitsapGreatEscape.com](https://www.KitsapGreatEscape.com)**

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



# 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 or services.

## 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



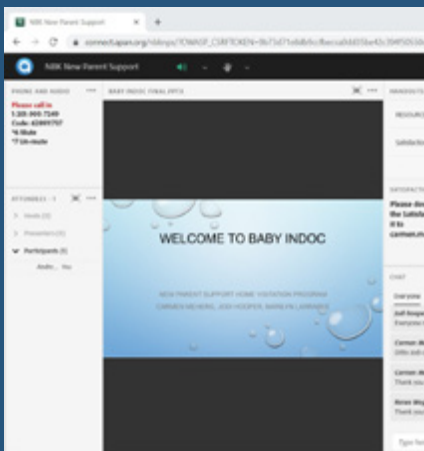
*Health Protection Notice: FFR activities and services may require advanced registration and are subject to change or cancellation without prior notice. Contact the facility directly for confirmation or visit [navylifepnw.com](http://navylifepnw.com) for current hours of operation and updates.*

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

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

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

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





## UPCOMING PROGRAMS & EVENTS



### CLINICAL COUNSELING AND FAMILY ADVOCACY PROGRAMS

We offer individual, group and family counseling as well as victim intervention and related prevention, education and awareness programs. Classes and groups are scheduled based on demand. Call 866-854-0638 for 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](mailto:NBK.SAPR@navy.mil).

EVENT NAME	DATE/TIME
<b>Domestic Violence (DV) and Sexual Assault (SA) Executive Leadership Training</b> This training gives command leadership the tools needed to keep victims safe and hold offenders accountable for their actions. To register, please email <a href="mailto:FFSP2@navy.mil">FFSP2@navy.mil</a> with attendees email, full name, rank, command and date you are requesting to attend.	Tuesday, May 11 8:30 a.m.-noon
	Tuesday, July 13, 8:30 a.m.-noon
	Tuesday, Sept. 14, 8:30 a.m.-noon
	Tuesday, Nov. 9, 8:30 a.m.-noon

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

#### Military Spouse Appreciation Day

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

#### May is Navy Gold Star Awareness Month

The Navy Gold Star Program is the Navy's official program for providing long-term support to surviving families of Sailors who pass while on Active Duty. The Navy Gold Star Program strives to reassure Survivors that they are not alone or forgotten - that they will always be part of the Navy Family.

#### Living Intentionally, Fully and Effectively (LIFE)

Connect with other people and share your journey of personal growth.

#### Submerged

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

#### Suicide Assist & Intercept for Life (SAIL)

This voluntary program serves as a link between you, your providers and command leadership during your recovery.

#### Survivors Overcoming Assault with Resiliency (SOAR)

This is a 10-week, psycho-educational support group that aims to assist survivors of sexual abuse and violence.

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



Saturday, May 1-Sunday, May 30

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



Thursday, April 1-Friday, April 23

Chalk It Up is a sidewalk (chalkboard, snow, quarterdeck display) art competition held during the month of April to raise awareness of sexual assault. Teams can be created from any command and be a combination of Active Duty and civilian. All art must be SAPR related. Winner(s) announced Friday, April 30.

Submit your team's photo entry by emailing [NSE.SAPR@navy.mil](mailto:NSE.SAPR@navy.mil).

## SUPPORT PROGRAMS



### FAMILY SUPPORT SERVICES

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



EVENT	DATE/TIME
<b>Baby INDOC</b> 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. <a href="https://connect.apan.org/nbknps/">https://connect.apan.org/nbknps/</a>	Thursday, June 24 1-2:30 p.m.
<b>Baby Talk</b> Listen, learn and share ideas with New Parent Support. We will explore various child development hot topics, share baby tips, creative tricks and so much more. <a href="https://connect.apan.org/nbknps/">https://connect.apan.org/nbknps/</a>	Thursday, May 6 2-3 p.m.
	Thursday, June 3 2-3 p.m.
<b>Baby's First Foods</b> Empowers families who are starting to transition babies from liquids to solids by providing safety tips and simple, healthy recipes. <a href="https://connect.apan.org/nbknps/">https://connect.apan.org/nbknps/</a>	Friday, May 21, 1-2 p.m.
<b>Daddy Boot Camp</b> Learn what it takes to be a great dad from NPSHV program experts. <a href="https://connect.apan.org/nbknps/">https://connect.apan.org/nbknps/</a>	Thursday, April 29 3-4 p.m.
<b>Earth Day Activity</b> Celebrate Earth Week with NPSHV program by learning how to make developmental toys and activities using recycled materials found at home. <a href="https://connect.apan.org/nbknps/">https://connect.apan.org/nbknps/</a>	Thursday, April 22 1-2 p.m.
<b>EFMP 101</b> Overview and introduction to the EFM 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. <a href="https://connect.apan.org/nbkfemp/">https://connect.apan.org/nbkfemp/</a>	Tuesday, May 4, 5-7 p.m.
	Tuesday, May 11, 10 a.m.-noon
<b>EFMP Command POC Training</b> 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. <a href="https://connect.apan.org/nbkfemp/">https://connect.apan.org/nbkfemp/</a>	Thursday, April 1 9-11 a.m.

EVENT	DATE/TIME
<b>Moving with an EFM</b> For a stress-less PCS, find out more about benefits, relocation entitlements and school resources available for Exceptional Family Members. <a href="https://connect.apan.org/nbkfemp/">https://connect.apan.org/nbkfemp/</a>	Wednesday, April 28 5-7 p.m.
	Wednesday, June 9 1-3 p.m.
<b>EFMP/IA: Swim</b> Enjoy some time playing with different pool items. Held at the Bangor Aquatics Center (may be subject to cancellation, contact your local EFMP Coordinator for details).	Friday, May 14, 5-7 p.m.
<b>EFMP: Family Picnic</b> EFM families can come and enjoy some safe play time at Camp McKean (may be subject to cancellation, contact your local EFMP Coordinator for details).	Friday, June 25 11 a.m.-2 p.m.
<b>EFMP: Movie</b> Lights up, sound down sensory-friendly movie at Bangor Cinema Plus Theater (may be subject to cancellation, contact your local EFMP Coordinator for details).	Every 4th Saturday of the month 1-2 p.m.
<b>Family Readiness Group (FRG) Training</b> 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. <a href="https://connect.apan.org/nbk-frg/">https://connect.apan.org/nbk-frg/</a>	Monday, June. 7-8 8:30-3:30 p.m.
<b>Ombudsman Basic Training</b> This seminar covers everything you need to know: command relationships, communicating with families, confidentiality, information and referral services, and basic deployment support issues. <a href="https://connect.apan.org/nbkombudsman/">https://connect.apan.org/nbkombudsman/</a>	Tuesday, May 18- Thursday, May 20 2-8 p.m.



## UPCOMING PROGRAMS & EVENTS

EVENT	DATE/TIME
<b>Overseas Transfer Workshop</b> Explore cultural adaptation process issues and other items involved in preparing for relocating to an overseas location. The workshop includes information about household goods shipments, pay, allowances, spouse employment, schools and pets. Hosted by NS Everett FFSC. <a href="https://connect.apan.org/nse-relo/">https://connect.apan.org/nse-relo/</a>	*Wednesday, May 26 9-11 a.m.
<b>Positive Parenting (10-week course)</b> Join experts for a comprehensive course on positive parenting. This course is for new and experienced parents. <a href="https://connect.apan.org/nbkchildcounselor/">https://connect.apan.org/nbkchildcounselor/</a>	Thursdays, April 8- June 10 9-11 a.m.
<b>Smooth Move</b> Get tips for addressing the most prevalent military relocation issues. <a href="https://connect.apan.org/nbkrelocation/">https://connect.apan.org/nbkrelocation/</a>	Tuesday, April 13 1-3 p.m.
<b>Sponsorship Training</b> 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. <a href="https://connect.apan.org/nbkrelocation/">https://connect.apan.org/nbkrelocation/</a>	Friday, April 9, 1-3 p.m.
<b>Spouse INDOC</b> 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. <a href="https://connect.apan.org/nbkrelocation/">https://connect.apan.org/nbkrelocation/</a>	Thursday, May 6 5-7 p.m.
<b>Welcome Aboard</b> Come meet new people and learn everything you need to know about your new duty station. <a href="https://connect.apan.org/nbkrelocation/">https://connect.apan.org/nbkrelocation/</a>	Friday, June 11, 1-3 p.m.



### 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
<b>Command Financial Specialist (CFS)</b> This 40-hour course is required for any service member designated as a Command Financial Specialist. Call for registration details. <a href="https://connect.apan.org/nbkpfm/">https://connect.apan.org/nbkpfm/</a>	Monday, June 21- Friday, June 25 7:30 a.m.-4 p.m.
<b>CFS Continuing Education - Student Loans and Paying for College</b> This 60-minute course provides information on sources of funding for higher education, focusing on financial aid, college savings plans and tax incentives. Registrations through your Command Financial Specialist. <a href="https://connect.apan.org/nbkpfm/">https://connect.apan.org/nbkpfm/</a>	Thursday, April 22 1-3 p.m.
<b>CFS/PFM Leadership Financial Forum via Teams</b> This quarterly CFS professional development forum is also open to interested command members. Call for registration details. <a href="https://connect.apan.org/nbkpfm/">https://connect.apan.org/nbkpfm/</a>	Wednesday, May 12 5-6 p.m.
<b>CFS Refresher via Teams</b> 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. <a href="https://connect.apan.org/nbkpfm/">https://connect.apan.org/nbkpfm/</a>	Thursday, May 13 7:30 a.m.-4 p.m.
<b>Make Your Dream a Reality: Retirement Planning Made Easy</b> The average American will spend 20 years in retirement, yet fewer than half of Americans know how much they need to save. Learn to estimate your retirement needs, understand military retirement plans and evaluate retirement account options. <a href="https://connect.apan.org/nbkpfm/">https://connect.apan.org/nbkpfm/</a>	Friday, May 21 10 a.m.-noon

## SUPPORT PROGRAMS



### LIFE SKILLS EDUCATION

Make your life everything you imagined and start living by choice, not be 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
<b>Million Dollar Sailor/Spouse</b> 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. <a href="https://connect.apan.org/nbkpfm/">https://connect.apan.org/nbkpfm/</a>	Thursday, April 29-Friday, April 30 8 a.m.-3 p.m.
<b>Newly Wed Financial Communication Seminar</b> This course will help you and your spouse or potential spouse learn effective communication and collaboration in achieving financial fitness and reaching financial goals. <a href="https://connect.apan.org/nbkpfm/">https://connect.apan.org/nbkpfm/</a>	Friday, June 11 10 a.m.-noon
<b>The Thrift Savings Plan and Blended Retirement System</b> You signed up for it in boot camp, but you have no idea how it works ... Come learn about the benefits of TSP and BRS. <a href="https://connect.apan.org/nbkpfm/">https://connect.apan.org/nbkpfm/</a>	Friday, April 16 5-6:30 p.m.

EVENT NAME	DATE/TIME
<b>Conflict Resolution</b> Learn how to create a peaceful environment by examining attitudes and behaviors when peace turns into conflict. <a href="https://connect.apan.org/nbkclifskills/">https://connect.apan.org/nbkclifskills/</a>	Thursday, June 24 9-11 a.m.
<b>Effective Communication</b> Discover the ability to express what we think and feel without clouding our ability to listen and respect how others think and feel. <a href="https://connect.apan.org/nbkclifskills/">https://connect.apan.org/nbkclifskills/</a>	Thursday, June 17 9-11 a.m.
<b>Lemons to Lemonade</b> Learn how to make the most of your duty station. <a href="https://connect.apan.org/nbkclifskills/">https://connect.apan.org/nbkclifskills/</a>	Tuesday, May 14 9-11 a.m.
<b>Relationship Resources</b> Highlights elements of healthy relationships, strategies used in resolving differences, and the unique challenges faced by military couples. Also available as a webinar. <a href="https://connect.apan.org/nbkclifskills/">https://connect.apan.org/nbkclifskills/</a>	Thursday, April 15 5-7 p.m.
	Thursday, May 20 9-11 a.m.
<b>Stress Management 101</b> Learn how to recognize and cope with your personal stressors using easily accessible tools and resources. This class is hosted by more than one base. Select the link that corresponds with your preferred class date: <a href="https://connect.apan.org/nbkclifskills/">https://connect.apan.org/nbkclifskills/</a>	Thursday, May 6 9-11 a.m.
<b>Stress Management (4-session class)</b> This workshop introduces the Stress Continuum, and provides a foundation for knowledge opportunities to use skills to better manage stress. <a href="https://connect.apan.org/nbkclifskills/">https://connect.apan.org/nbkclifskills/</a>	Thursday, April 8 Thursday, April 15 Thursday, April 22 Thursday, April 29 9-11 a.m.
<b>Time and Self-Management</b> Do you need more than 24 hours in a day? Effective time management skills can lower stress and increase your quality of life. This course will help you find those extra hours in your day! <a href="https://connect.apan.org/nbkclifskills/">https://connect.apan.org/nbkclifskills/</a>	Friday, April 16 10 a.m.-noon
	Wednesday, June 16 1-3 p.m.

**PODCASTS**

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

Skills education on demand from our team of professionals. Download and listen anywhere, anytime.



# UPCOMING PROGRAMS & EVENTS



## EMPLOYMENT/TRANSITION SUPPORT

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

### EVENT NAME

#### (TAP) Pre-Separation

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

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

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

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

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

#### (TAP) Financial Planning for Transition

Stay in control of your finances during your transition. This class 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 2-day workshop covers tips for choosing a field of study, selecting an institution and admission requirements. Target audience: service members attending college for the first time and those applying to graduate school programs.

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

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



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

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

### EVENT NAME

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

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

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

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

#### (TAP) Disabled American Veterans

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

#### CONSEP Mid-Career

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

#### Department of Labor Vocational Career Track

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

#### Transition Assistance Program (TAP) Capstone Event

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

## SUPPORT PROGRAMS

EVENT NAME	DATE/TIME	EVENT NAME	DATE/TIME
<b>Basic Resume</b> Define what employers want in a quick, easy and direct format. <a href="https://connect.apan.org/nbkferp/">https://connect.apan.org/nbkferp/</a>	Thursday, April 1 5-7 p.m.	<b>Interviewing Skills</b> This class offers valuable interviewing tips as well as an opportunity to practice frequently asked interview questions in a supportive, yet realistic environment. <a href="https://connect.apan.org/nbkferp/">https://connect.apan.org/nbkferp/</a>	Tuesday, May 11 1-3 p.m.
<b>Entrepreneurship (Boots to Business) Career Track</b> Service members pursuing self-employment in the private or non-profit sectors will receive information related to the benefits and challenges of entrepreneurship and the steps required for business ownership through the SBA "Boots to Business" course. <a href="https://connect.apan.org/nbkferp/">https://connect.apan.org/nbkferp/</a>	Thursday, May 13- Friday, May 14 8 a.m.-4 p.m.	<b>Military to Manufacturing</b> This is an 'industry-driven' process to recruit, pre-qualify, train and provide long-term career opportunities for military veterans. <a href="https://connect.apan.org/nbkferp/">https://connect.apan.org/nbkferp/</a>	Monday, June 28- Tuesday, June 29 8-4 p.m.
<b>Navigating the Federal Application Process</b> This workshop will teach you the basics of applying for a federal job – from how to quickly find positions that interest you, to making your application highlight key skills. This class is hosted by more than one base. Select the link that corresponds with your preferred date: <a href="https://connect.apan.org/nbkferp/">https://connect.apan.org/nbkferp/</a>	Thursday, June 3 1-4 p.m.	<b>Spouse Transition and Readiness Table-Talk (START)</b> Designed to provide spouses with resources to help during their transition from the military. <a href="https://connect.apan.org/nbktransition/">https://connect.apan.org/nbktransition/</a>	Tuesday, May 18 8:30 a.m.-4 p.m.
		<b>Spouse CERT (Career, Education, Resources, Training)</b> This class is a must for every military spouse. Learn about benefits unique to you. <a href="https://connect.apan.org/nbkferp/">https://connect.apan.org/nbkferp/</a>	Thursday, April 20 5-7 p.m.



# May is Gold Star

# Awareness Month

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

[www.NavyGoldStar.com](http://www.NavyGoldStar.com)  
[www.facebook.com/NavyGoldStar](https://www.facebook.com/NavyGoldStar) • 1-888-509-8759





## UPCOMING PROGRAMS & EVENTS

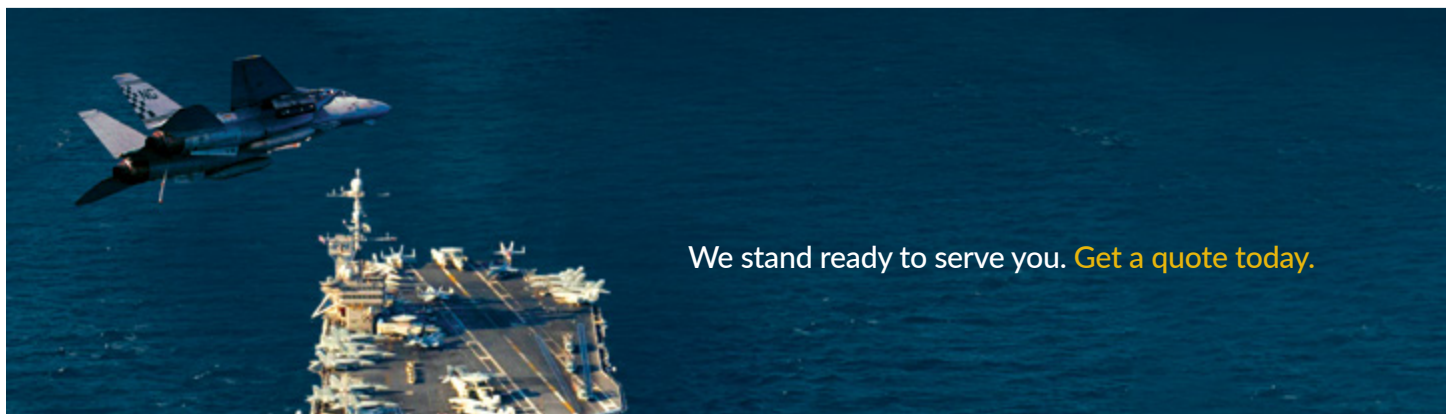
EVENT NAME	DATE/TIME
<b>Preparing for the Job Fair</b> Come learn the importance of participating in a job fair. This is an opportunity for you to meet with employers on an informal basis to discuss career information and employment opportunities. <a href="https://connect.apan.org/nbkferp/">https://connect.apan.org/nbkferp/</a>	Tuesday, April 6 10 a.m.-noon
<b>Preparing for the Virtual Job Fair</b> Learn how to successfully prepare for and attend your first Virtual Job Fair. <a href="https://connect.apan.org/nbkferp/">https://connect.apan.org/nbkferp/</a>	Thursday, May 20 5-6 p.m.



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



855-628-9997 (24/7)  
[www.navywoundedwarrior.com](http://www.navywoundedwarrior.com)



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

PROUDLY ★ PROUDLY ★ PROUDLY ★ PROUDLY ★ PROUDLY ★ PRO

**GEICO** MILITARY

[geico.com](http://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

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

## CHILD & YOUTH PROGRAMS



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

### Child Development 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 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-Age Care/Youth Centers

*Our School-Age Care (SAC) program offers recreational and educational activities for children 5-12 years of age. We also offer safe activities for teens.*

#### 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/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

### Child and Youth Education Services School Liaison

#### Jackson Park Community Center

2572 Cascade Pass Blvd.  
Bremerton, WA 98312  
360-340-2824

*Call for an appointment.*

### Child and Youth Programs Director

#### Jackson Park Community Center

2572 Cascade Pass Blvd.  
Bremerton, WA 98312  
460-476-7460 or  
Cell: 360-731-1861



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



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

Military families give the US Family Health Plan at PacMed top marks for quality.\* Receive all your TRICARE Prime benefits through our all-civilian network with locations throughout the Puget Sound area.

**VISIT: [USFHPOption.org](https://USFHPOption.org) | CALL: 866-635-2641**

---

FOR ACTIVE-DUTY FAMILIES AND MILITARY RETIREES.\*\*

Trust your family's health care  
to the US Family Health Plan.



---

\*2020 Consumer Assessment of Healthcare Providers and Systems (CAHPS) \*\*Military retirees and eligible family members under age 65  
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 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.

## Unaccompanied Housing

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

Ohio St.  
Bldg. 2750  
Silverdale, WA 98315  
360-396-4046

### Bremerton Check-in: Navy Gateway Inns & Suites

120 S Dewey St.  
Bldg. 865  
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, fax services 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

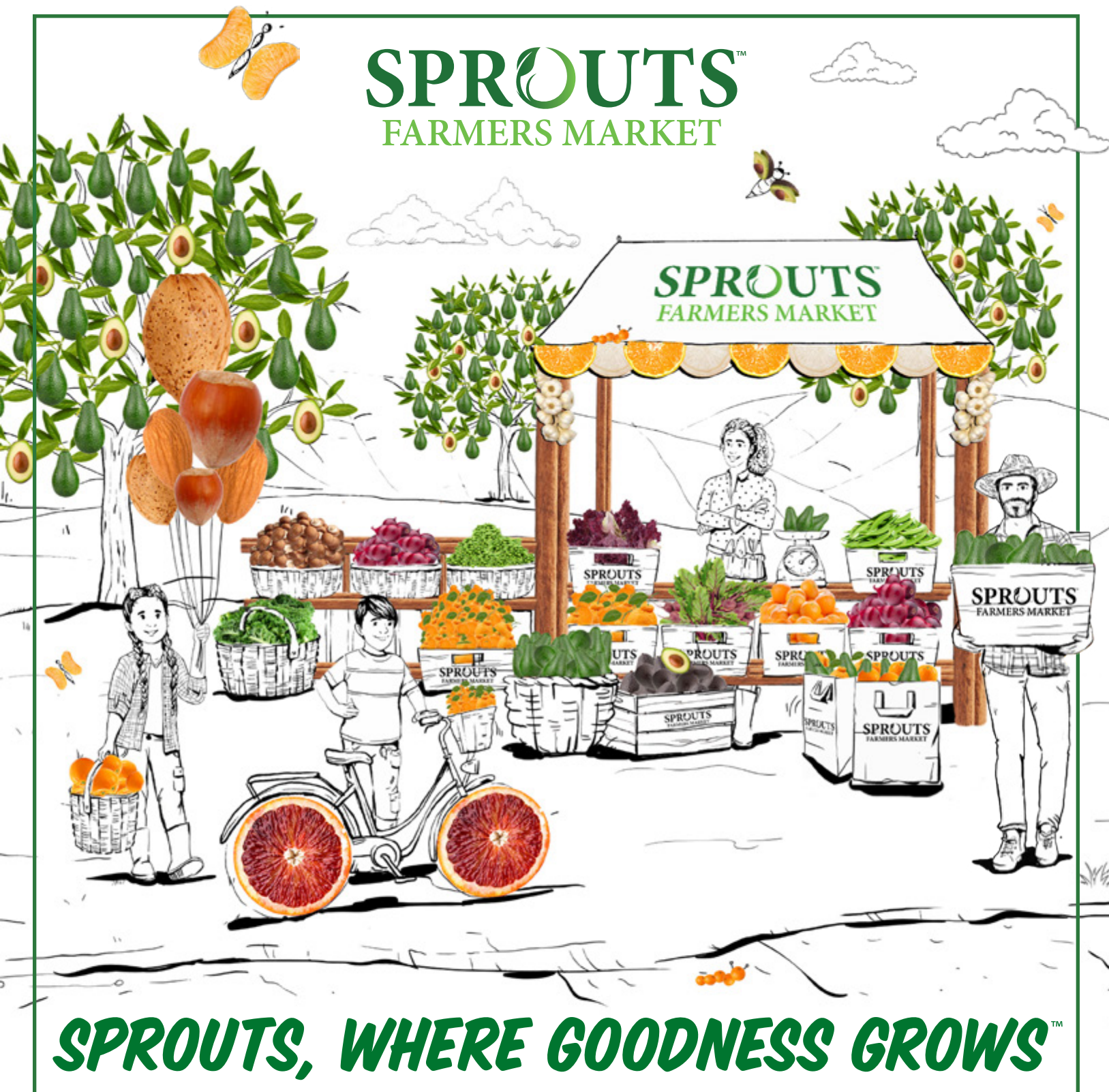
Available 24/7, residents can submit non-emergency maintenance requests through the online maintenance request program at [www.navylifepnw.com](https://www.navylifepnw.com). Requests are sent to our Maintenance Tracking Program and are reviewed daily by UH Building Managers. Residents receive an email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

# SPROUTS<sup>™</sup>

## FARMERS MARKET



# ***SPROUTS, WHERE GOODNESS GROWS<sup>™</sup>***

Enjoy the best in fresh and find something  
new each time you shop!

Plus, now you can order your healthy groceries for delivery or pickup at [sprouts.com](https://sprouts.com) or on our app!

***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.





Department of the Navy  
Fleet & Family Readiness  
1103 Hunley Rd. Bldg. 94  
Silverdale, WA 98315



*WE SERVE, TOO!*

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



*#purpleup4militarykids*