



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

# KITSAP

YOUR GUIDE TO ON-BASE RESOURCES AND ACTIVITIES

OCTOBER-DECEMBER 2020

SELF-CARE TIPS

NAVY GETAWAYS SPECIALS

CELEBRATING MILITARY FAMILIES

# NEW HOLIDAY TRADITIONS



# CELEBRATING 25 YEARS



A short 20 minute drive north brings you to the Clearwater Casino Resort. When you arrive, begin your walk around the Resort with a view of a weeping willow tree and the blue waters of the Agate Passage. Walk down two flights of stairs to a saltwater beach filled with seashells, sea life and the crisp, clean air of the Puget Sound.

Take your walk inside the Resort to a water-view room. With 183 hotel rooms to choose from, this room fits your relaxing getaway. Enjoy a balcony with a view of the water, a bed with seven layers of down, and all the room amenities you expect with your stay.



Whether you're in the mood for a quiet walk or relaxing in a hot tub, the Resort has exactly what you need.

With so many other amenities that the Clearwater Casino Resort offers, you head into the casino for a night of excitement and adventure.



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

15347 Suquamish Way NE | Suquamish, WA 98392 | 360.598.8700 | 866.609.8700 | [ClearwaterCasino.com](http://ClearwaterCasino.com)





Boo Bash at Olympic Lanes



CFL Course



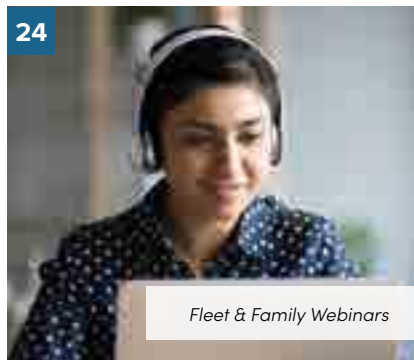
New Island Express Kiosk at Bangor Plaza



Glass Float Frenzy at Pacific Beach



Start Your Child Care Career



Fleet & Family Webinars

# EXPERIENCE NAVY LIFE NAVAL BASE KITSAP

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

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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)



## A MESSAGE FROM THE FFR DIRECTOR

Season's Greetings! I would like to take this opportunity to discuss some of the exciting projects that we have been working on at Naval Base Kitsap (NBK). Phases I and II of the Perch-Pickerel housing conversion project are complete. The project converted a family housing area at Bangor into two-bedroom, market-style units for use by Unaccompanied Housing residents. One of the main goals of this project was to facilitate unit integrity and thereby increase quality of life for our service members.

Another much-needed project that is scheduled for completion this fall is for mini-storage units for rent at Bangor. There will be 42 units ranging in size from 5'x 10' to 10' x 50'. We received a great deal of feedback indicating that this service is in high demand and we are happy to report that we will be able to meet this need. Make sure to keep the feedback coming by filling out an Interactive Customer Evaluation (ICE) card available at [ice.disa.mil](http://ice.disa.mil). Additionally, the Navy Gateway Inns and Suites (NGIS) in Bremerton has been approved for a much-needed renovation including the addition of HVAC. We're also scheduled to open The Landings Child Development Center this winter, increasing much-needed childcare spaces to support the mission. Take care, stay healthy and have a safe, holiday season.



**PAUL ROSARIUS**  
CNRNW N9 | FFR Director  
Naval Base Kitsap

### FOLLOW US



### @KITSAPFFR!

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



Congratulations MA3 BreeAnn Halstrom for having the highest score at the "7/10 Split Bowling Day" at Bangor Olympic Lanes.



More than 40 kids were able to participate in our patriotic curbside crafts giveaway. See page 8 for the next craft giveaway dates and times.



Thank you Isaac O' Duckett for showing us your trick shot as part of our Virtual Trick Shot Challenge.

# Caring for Yourself (And Your Loved Ones) This Holiday Season



**E**veryone knows the holidays can be stressful! For many of us, the holidays symbolize a time for gathering with family and friends, tradition, cultivating time to give to those less fortunate and most of all, focusing on the things for which we are grateful. However, for some, the holidays represent stress and chaos.

## What Makes this Holiday Season Different?

Celebrating the holidays during these unprecedented times adds a completely new layer of stress and uncertainty to the equation. During hard times, the people closest to us become our primary source for nurturing and positivity. The pandemic has certainly made cultivating togetherness even more challenging. There are the concerns about traveling (especially air travel) and potentially exposing family members (some in high-risk categories) to the virus. You may have increasing worries about affording food, rent, and gifts for your children and other family members if you have been financially impacted by the pandemic.

## Why Self-Care, Why Now?

We have all heard the saying, “You can’t pour from an empty cup. Take care of yourself first.” For some, practicing self-care seems selfish and unnatural. Many of us have so many responsibilities in life that we forget to take care of our personal needs or when we do put our needs first, we tend to feel guilty. This is especially true for mothers, caregivers, single parents and helping professionals. Self-care is not an indulgence; it is a form of self-love, self-respect, and an ethical obligation. An added bonus of self-care is that when you take time to invest in yourself, you gain more energy to take care of others. Caring for others promotes a sense of connection and belonging, which leads to more feelings of happiness and fulfillment in life and ultimately helps decrease our stress levels.

## Self-Care Strategies that Work!

Here are some ways you can practice good self-care to ward off the stress that comes with the holiday season:

- Practice relaxing and calming exercises as a family. A simple deep breathing exercise can help to settle the mind and body.
- Homemade gifts are the best gifts! You and your family can use art supplies from home to make holiday-themed cards, crafts, and artwork.
- Create or start a new family tradition. Experiment with a new recipe, decorations, or rituals that include family members near and far.
- Host private holiday parties using social media outlets so that everyone can participate.
- Practice gratitude. Gratitude can help protect your brain from stress and depression. Just considering the question “What am I grateful for?” increases dopamine and serotonin, even without having an answer.
- Talk to a trusted person who can provide support about your worries and concerns. If you prefer to speak to a professional, counselors are available at the Fleet and Family Support Centers. Call the Centralized Scheduling line at 866-854-0638 to schedule an appointment.
- The last thing we want to leave you with is to stop, drop, and roll. It’s not just for fire but also for stress. Stop reacting to minor problems, and you only know what is or what isn’t a minor problem.

*This article was contributed by the FFSC Counseling Team at Naval Station Everett consisting of Kima Tozay (Chief of Clinical Services); Master Level Clinical Counselors Duly Stout, LCSW; Jennifer Andrews, LMFT, Carla Koegen, LCSW, and Amber Noone, LPC; Victim Advocate, Holi Dahl; New Parent Support Home Visitor, Benilda Dauz and administrative staff Laurie Breed. Clinical Counseling is available at all installations in Navy Region Northwest, providing direct support to Sailors and their families with counseling services, victim safety planning and consultation, parenting education and visitation, as well as liaison with command leadership. Call 866-854-0638 for more information.*



# 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](http://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

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 pastry.



### Dine on the Go!

Now Available at Inside Out Café and Island Express at NBK-Bangor and Juan's Cantina at NBK-Bremerton. For faster service and curbside pickup, order your

lunchtime favorites using the Dine on the Go app or website:  
<https://www.dineonthego.pnw.com/download-the-app>.



### 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 pizza by the slice!



### 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

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.



### Olympic Lanes

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



Check out our family-friendly bowling specials at Olympic Lanes

packages for every occasion and group size.



### 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 Self-Service Car Wash

Located next to the NEX Auto Port.

### 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
- Pro Shop
- 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  
2720 Ohio St.  
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

- 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

**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? Become a part of their program as a volunteer!



**GUESS THE WEIGHT OF THE PUMPKIN CHALLENGE**

Closest guess without going over wins a prize!

**BANGOR AND BREMER- TON RECREATION CENTERS**



**TRUNK OR TREAT**

Saturday, Oct. 24  
2-4 p.m. • FREE

A Spooktacular event with candy, costumed characters and more!

**BANGOR PLAZA PARKING LOT**

**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](http://www.edu/peninsulas)

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Active Minds Changing Lives • AA/EQ

# FOOD, FUN & RECREATION EVENT CALENDAR OCTOBER-DECEMBER 2020

■ = Activity      ■ = Class/Leisure Skill      ■ = Special Event  
■ = Trips & Tours      ■ = For Kids

DATE	EVENT	TIME	PRICE	VENUE/HOST	ALTERNATIVE DELIVERY*
<b>ONGOING</b>					
Wednesdays	<span style="color: #f4a460;">■</span> LIBERTY Bowling	4:30-6:30 p.m.	FREE for Active Duty	Bremerton Recreation Center	Call for details
Thursdays	<span style="color: #f4a460;">■</span> Thrifty Thursdays	11 a.m.-6:30 p.m.	\$1 bowling per person, \$2 shoe rental	Bremerton Recreation Center	Call for details
Fridays and Saturdays	<span style="color: #f4a460;">■</span> Fireball Bowling	7-9 p.m.	\$13 per person, \$2 shoe rental	Olympic Lanes	Call for details
<b>OCTOBER</b>					
All Month Long	<span style="color: #f4a460;">■</span> Haunter at Olympic Lanes	Hours of operation	Standard bowling rates apply	Olympic Lanes	Call for details
All Month Long	<span style="color: #f4a460;">■</span> Guess the Weight of the Pumpkin Challenge	Hours of operation	FREE	Bangor and Bremerton Recreation Centers	Facebook @KITSAPFFR
Thursday, Oct. 8	<span style="color: #f4a460;">■</span> <span style="color: #4682b4;">■</span> Crafternoon	3-5 p.m.	FREE	Bangor Recreation Center	Curbside pickup
Saturday, Oct. 10	<span style="color: #008080;">■</span> Bike Ride: Discovery Trail	7:30 a.m.-6 p.m.	\$30 per person, \$25 LIBERTY-eligible	Discovery Trail Bangor Recreation Center	Call for details
Thursday, Oct. 15	<span style="color: #6a3d9a;">■</span> DIY Pumpkin Door Décor	6-8 p.m.	\$25	Bangor Recreation Center	Curbside pickup, online instruction
Friday, Oct. 16	<span style="color: #6a3d9a;">■</span> Popcorn Ball Perfection	4:30-6:30 p.m.	FREE for Active Duty, \$5 per person	Bremerton Recreation Center	Curbside pickup, online instruction
Saturday, Oct. 18	<span style="color: #008080;">■</span> Waterfalls Adventure: Olympic Mountains	7:30 a.m.-7 p.m.	\$30 per person, \$25 LIBERTY-eligible	Olympic Mountains Bangor Recreation Center	Call for details
Wednesday, Oct. 21	<span style="color: #f4a460;">■</span> Virtual International Day of the Nacho	Noon-1 p.m.	FREE	Online Bremerton Recreation Center	Facebook @KITSAPFFR
Thursday, Oct. 22	<span style="color: #f4a460;">■</span> <span style="color: #4682b4;">■</span> Crafternoon	3-5 p.m.	FREE	Bangor Recreation Center	Curbside pickup
Thursday, Oct. 22	<span style="color: #6a3d9a;">■</span> Snowshoe 101 Class	5-7 p.m.	FREE	Bangor Recreation Center	Facebook @KITSAPFFR
Friday, Oct. 23	<span style="color: #f4a460;">■</span> Virtual Halloween Special Effects Make-up Tutorial	4:30-6:30 p.m.	\$15 for Active Duty, \$20 per person	Facebook @KITSAPFFR	Kit curbside pickup
Saturday, Oct. 24	<span style="color: #c08080;">■</span> <span style="color: #4682b4;">■</span> Trunk or Treat	2-4 p.m.	FREE	Bangor Recreation Center	Drive-thru event
Saturday, Oct. 24	<span style="color: #c08080;">■</span> Boo Bash	4-9 p.m.	FREE event, Standard bowling rates apply	Olympic Lanes	Call for details
Sunday, Oct. 25-Saturday, Oct. 31	<span style="color: #f4a460;">■</span> Halloween Geocache Adventure	All day	FREE	Trident Lakes Recreation Area Bangor Recreation Center	Call for details
Tuesday, Oct. 27	<span style="color: #f4a460;">■</span> Tournament Tuesday: Rain Gutter Boat Race	3:30-6:30 p.m.	FREE	Bremerton Recreation Center	Call for details
Friday, Oct. 30	<span style="color: #f4a460;">■</span> Festival of Frights Night	5-8 p.m.	FREE	Bremerton Recreation Center	Event will be cancelled
<b>NOVEMBER</b>					
All Month Long	<span style="color: #f4a460;">■</span> Bowling Pin-Decorating Contest	Hours of operation	FREE	Olympic Lanes	Curbside pickup
All Month Long	<span style="color: #f4a460;">■</span> Month of the Military Family Coloring Contest	Hours of operation	FREE	Bangor Recreation Center	Facebook @KITSAPFFR
Wednesday, Nov. 4	<span style="color: #f4a460;">■</span> Laughter Yoga	5-6 p.m.	FREE	Bangor Recreation Center	Facebook @KITSAPFFR
Thursday, Nov. 5	<span style="color: #f4a460;">■</span> <span style="color: #4682b4;">■</span> Crafternoon	3-5 p.m.	FREE	Bangor Recreation Center	Curbside pickup
Thursday, Nov. 5	<span style="color: #6a3d9a;">■</span> DIY Mason Jar Lid Pumpkins	5:30-6:30 p.m.	FREE	Bremerton Recreation Center	Curbside pickup
Saturday, Nov. 7	<span style="color: #008080;">■</span> Winter Hike: Mount Rainier	7:30 a.m.-6 p.m.	\$30 per person, \$25 LIBERTY-eligible	Mount Rainier Bangor Recreation Center	Call for details
Friday, Nov. 13	<span style="color: #f4a460;">■</span> Murder Mystery Dinner: Murder at the Manor	4:30-6:30 p.m.	\$25 per person, \$35 per couple	Bremerton Recreation Center	Event will be postponed





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OCTOBER-DECEMBER 2020**

■ = Activity      ■ = Class/Leisure Skill      ■ = Special Event  
■ = Trips & Tours      ■ = For Kids

DATE	EVENT	TIME	COST	VENUE/HOST	ALTERNATIVE DELIVERY*
<b>NOVEMBER CONTINUED</b>					
Saturday, Nov. 14	<span style="color: #008080;">■</span> Christmas Shopping North Bend and Auburn Outlets	9 a.m.-7 p.m.	\$45 per person, \$40 LIBERTY-eligible	North Bend, WA Bremerton Recreation Center	Call for details
Saturday, Nov. 14	<span style="color: #FFC000;">■</span> Wizarding World of Bowling	4-9 p.m.	FREE Event, Standard bowling rates apply	Olympic Lanes	Call for details
Tuesday, Nov. 17	<span style="color: #6A5ACD;">■</span> Snowshoe 101 Class	5-7 p.m.	FREE	Bangor Recreation Center	Facebook @KITSAPFFR
Thursday, Nov. 19	<span style="color: #FFC000;">■</span> <span style="color: #6495ED;">■</span> Crafternoon	3-5 p.m.	FREE	Bangor Recreation Center	Curbside pickup
Thursday, Nov. 19	<span style="color: #6A5ACD;">■</span> Caramel Apple Creations	4:30-6:30 p.m.	FREE for Active Duty, \$5 per person	Bremerton Recreation Center	Curbside pickup, online instruction
Thursday, Nov. 19	<span style="color: #6A5ACD;">■</span> DIY Fresh Greenery Wreath	6-8 p.m.	\$25	Bangor Recreation Center	Curbside pickup, online instruction
Saturday, Nov. 21	<span style="color: #008080;">■</span> Winter Hike: Mount Rainier	7:30 a.m.-6 p.m.	\$30 per person, \$25 LIBERTY-eligible	Mount Rainier Bangor Recreation Center	Call for details
<b>DECEMBER</b>					
All Month Long	<span style="color: #FFC000;">■</span> Marshmallow Jar Madness Challenge	Hours of operation	FREE	Bremerton Recreation Center	Facebook @KITSAPFFR
All Month Long	<span style="color: #FFC000;">■</span> DIY Snowman Bowling Pin	Hours of operation	FREE	Olympic Lanes	Curbside pickup
Thursday, Dec. 3	<span style="color: #FFC000;">■</span> <span style="color: #6495ED;">■</span> Crafternoon	3-5 p.m.	FREE	Bangor Recreation Center	Curbside pickup
Thursday, Dec. 3	<span style="color: #C08080;">■</span> Virtual Holiday Tree Lighting Ceremony	5:30 p.m.	FREE	Facebook @KITSAPFFR	No change
Friday, Dec. 4	<span style="color: #6A5ACD;">■</span> DIY Holiday Ornaments	4:30-6:30 p.m.	FREE for Active Duty, \$5 per person	Bremerton Recreation Center	Curbside pickup
Saturday, Dec.5	<span style="color: #C08080;">■</span> Pancakes with Santa	9-11 a.m.	\$5 per person early-bird registration, \$7 at the Door	Bangor Recreation Center	Event will be cancelled
Wednesday, Dec. 9	<span style="color: #FFC000;">■</span> Laughter Yoga: Holiday Edition	5-6 p.m.	FREE	Bangor Recreation Center	Facebook @KITSAPFFR
Thursday, Dec. 10	<span style="color: #6A5ACD;">■</span> Paint & Sip Canvas	6-8 p.m.	\$25 per person	Bangor Recreation Center	Curbside pickup, online instruction
Saturday, Dec. 12	<span style="color: #FFC000;">■</span> <span style="color: #6495ED;">■</span> Gingerbread Houses and Pictures with Santa	4-6:30 p.m.	\$35 per family/individual	Bremerton Recreation Center	Curbside pickup
Saturday, Dec. 12	<span style="color: #C08080;">■</span> "O Bowly Night" Ugly Sweater Holiday Party	4-9 p.m.	FREE Event, Standard bowling rates apply	Olympic Lanes	Call for details
Saturday, Dec. 12	<span style="color: #008080;">■</span> Snowshoe: Mount Rainier, Paradise	7:30 a.m.-6 p.m.	\$30 per person, \$25 LIBERTY-eligible	Mount Rainier Bangor Recreation Center	Call for details
Tuesday, Dec. 15	<span style="color: #6A5ACD;">■</span> Snowshoe 101 Class	5-7 p.m.	FREE	Bangor Recreation Center	Facebook @KITSAPFFR
Wednesday, Dec. 16	<span style="color: #6A5ACD;">■</span> Soda Mixology	4:30-6:30 p.m.	FREE for Active Duty, \$1 per person	Bremerton Recreation Center	Curbside pickup
Thursday, Dec.17	<span style="color: #FFC000;">■</span> <span style="color: #6495ED;">■</span> Crafternoon	3-5 p.m.	FREE	Bangor Recreation Center	Curbside pickup
Friday, Dec. 18	<span style="color: #FFC000;">■</span> Winter Learn to Skate Day	6-9 p.m.	FREE with military ID at the door	Bremerton Ice Arena Bremerton Recreation Center	Event will be postponed
Sunday, Dec. 20- Saturday, Dec 26	<span style="color: #FFC000;">■</span> Santa's Stash Geocache Adventure	Hours of operation	FREE	Trident Lakes Recreation Area Bangor Recreation Center	Call for details
Wednesday, Dec. 23	<span style="color: #6A5ACD;">■</span> Holiday Ornaments of Encouragement	Hours of operation	FREE	Bremerton Recreation Center	Curbside pickup
Wednesday, Dec. 23	<span style="color: #FFC000;">■</span> <span style="color: #6495ED;">■</span> Cocoa and Cookies Curbside Pickup	6-7 p.m.	FREE	Bangor Recreation Center	Curbside pickup
Wednesday, Dec. 30	<span style="color: #008080;">■</span> Snowshoe: Hurricane Ridge	7:30 a.m.-6 p.m.	\$30 per person, \$25 LIBERTY-eligible	Hurricane Ridge Bangor Recreation Center	Call for details
Thursday, Dec. 31	<span style="color: #C08080;">■</span> Legendary New Year's Eve Party	7-10 p.m.	FREE	Bremerton Recreation Center	Event will be postponed



\*In the event of health-related base closure or service limitations.

## EVENT/CLASS DESCRIPTIONS

### ACTIVITY

#### Bowling Pin-Decorating Contest

Calling all artsy and creative people! We are hosting a pin-decorating contest. Come and decorate your pin for a chance to win a prize! Drive through pickups can be arranged on a reservation basis.

#### Festival of Frights Night

This year's Halloween party will be a festival of frights! Join us for a fun-filled experience of the creepy, mysterious, undead, and family-friendly Halloween activities and events! We plan to have pumpkin decorating, monster mash bowling specials, zombie virtual reality gaming stations and more!

#### Gingerbread Houses and Pictures with Santa

Santa is bringing fantastic goodies and toys to share with good girls and boys! This event includes gingerbread house

building and pictures with Santa. Register by Friday, Dec. 4.

#### Fireball Bowling

Bowl with state-of-the-art lights, music, games and great prizes!

#### Geocache Adventure

Visit the Bangor Recreation Center for a clue sheet during operation hours. Head to Trident Lakes anytime during the week for an adventure. Search the woods for multiple caches featuring prizes and a sweet treat!

#### Guess the Weight of the Pumpkin Challenge

Closest guess without going over wins a prize! Bangor Recreation Center: three prizes will be awarded to ages 5-17, ages 18+ and single-sailor. Bremerton Recreation Center: the closest guess will win a \$25 MWR gift card. Guesses will be accepted online outside the NBK-Bremerton All American Restaurant every weekday from 11 a.m.-1 p.m., and at the

Bremerton Recreation Center Front Desk every day after 1 p.m.

#### Halloween Special Effects Makeup Tutorial

Have you always wondered how zombies, monsters, blood and injuries look so real on television? Now is your chance to learn the basics of special effects makeup! Curbside kits available for purchase.

#### Hauntober at Olympic Lanes

Wear a costume while you bowl and get featured on our wall of scare! All costumed bowlers receive a FREE prize wheel spin! Regular bowling rates apply.

#### Laughter Yoga

Did you know that science indicates that your brain doesn't know the difference between voluntary and real laughter? Laughter Yoga features activities designed to bring happiness and peace into your life. Our instructor will lead you in playful breathing

exercises that will have you ho, ho, ho-ing your way to health. In the final minutes of the session, a gentle, guided meditation will leave you refreshed. Open to ages 10 and older.

#### LIBERTY Bowling

Two hours of FREE bowling for all Active Duty members! Food and beverages available for purchase.

#### Marshmallow Jar Madness Challenge

Guess how many marshmallows are in the jar for a chance to win a case of hot chocolate and a \$25 MWR gift card. Guesses will be accepted online at our Facebook page @KITSAPFFR, outside the NBK-Bremerton All American Restaurant every weekday from 11 a.m.-1 p.m., and at the Bremerton Recreation Center Front Desk every day after 1 p.m.

#### Month of the Military Family Coloring Contest

Do you love to draw with crayons? Enter

our coloring contest in honor of the Month of the Military Family for a chance to win a prize! The contest is open to children ages 5-8, 9-12, and 13-17. A winner will be selected for each age group. This year's theme is "Gather Memories Together." Submit a picture to the Bangor Recreation Center by Monday, Nov. 30. Winners will be notified Tuesday, Dec. 1.

#### Murder Mystery Dinner: Murder at the Manor

You're invited to Heathcliff Manor, where Lord Heathcliff is hosting a dinner party in honor of his new bride. All the usual suspects are here—the cook, the professor, the butler, as well as some unusual ones. But before anyone can toast his happiness, Lord Heathcliff is killed with the candlestick in the pool room. Join our dinner party to find out who snuffed out his candle!



#### LAUGHTER YOGA

Wednesdays, Nov. 4 & Dec. 9  
5-6 p.m. • FREE  
Activities designed to bring happiness and peace into your life.

BANGOR RECREATION CENTER



#### MURDER MYSTERY DINNER: MURDER AT THE MANOR

Friday, Nov. 13 • 4:30-6:30 p.m.  
\$25 per person, \$35 per couple  
Join us for an evening of murder mystery with Lord Heathcliff.

BREMERTON RECREATION CENTER



#### VIRTUAL HOLIDAY TREE LIGHTING CEREMONY

Thursday, Dec. 3 • 5:30 p.m.  
Take part in this annual holiday tradition from the comfort of your streaming device.

@KITSAPFFR

# Kitsap Great Escape

## First and Only Escape Room in Kitsap County

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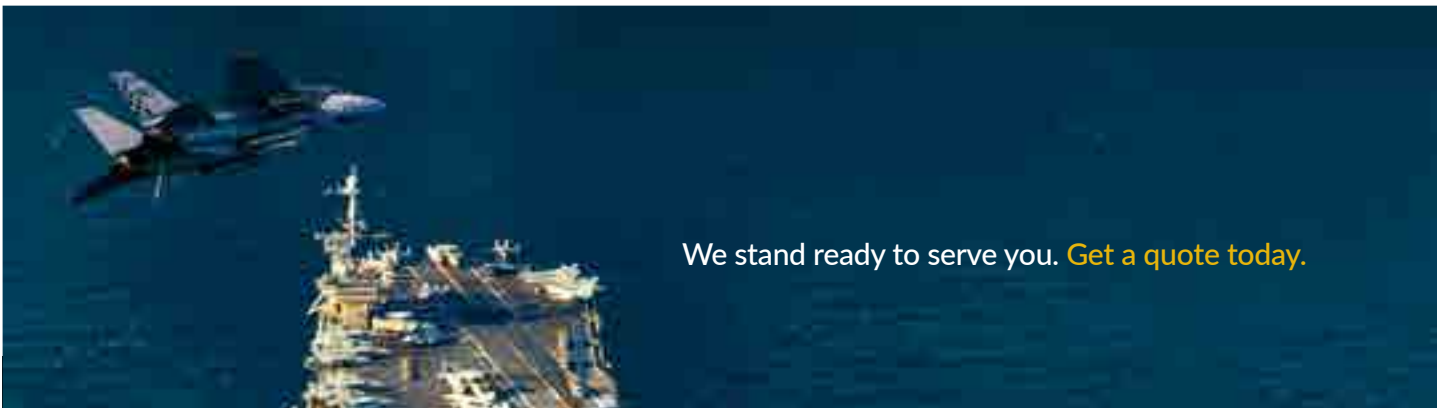
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**THE STOLEN  
RELIC**



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## EVENT/CLASS DESCRIPTIONS CONTINUED

### Tournament Tuesday: Rain Gutter Boat Race

Celebrate Navy Day with us! We will have miniature wooden sailboats for you to decorate and design to get ready to race in two rain gutters filled with water. You will have to push the sailboat along the gutter using only a straw! We will have NEX gift cards for 1st-, 2nd- and 3rd-place sailboats! Register by Tuesday, Oct. 13.

### Virtual International Day of the Nacho

Did you know that Ignacio Anaya invented nachos in 1943? In fact, "Nacho" is short for Ignacio! Celebrate International Day of the Nacho with us by posting a picture of your nacho creation on our Facebook page @KitsapFFR on Tuesday, Oct. 20.

### Winter Learn to Skate Day

The time has come for our annual winter skate day! Join us as we take to the Bremerton Ice Arena to learn how to ice skate and have a good time! We will supply hot chocolate, cake pops, arts and crafts, and an evening DJ. Be sure to check out our MWR recreation information booth for even more fun activities and events coming up! Stay after

the event to witness our Army vs. Navy Exhibition Hockey Game!

### Wizarding World of Bowling

Experience the magic at our wizard-themed bowling event! Prizes, games and activities galore!

### CLASSES

#### Caramel Apple Creations

Join us on to learn how to make customized caramel apple creations! We will have tons of different types of candies and treats to add to our caramel apples! Register by Thursday, Nov. 12.

#### DIY Fresh Greenery Wreath

Get into the spirit of the season with your very own, hand-crafted fresh bough wreath! Welcome guests to your home with a personal touch. Registration includes all supplies and expert instruction. Register by Thursday, Nov. 12.

#### DIY Holiday Ornaments

Join us as we make our own holiday ornaments! You can hang them on our MWR Holiday Tree or take them home to enjoy! Register by Tuesday, Dec. 1.

### DIY Mason Jar Lid Pumpkins

To celebrate the fall season, will we be making Mason Jar Lid Pumpkins! Join us for this easy and crafty activity! Register by Thursday, Nov. 5.

### DIY Pumpkin Door Décor

Deck your door with festive décor. Our pumpkin design could not be easier to make! Registration includes all art supplies and expert instruction. Register by Thursday, Oct. 8.

### DIY Snowman Bowling Pin

Turn one of our bowling pins into a snowman! We'll supply the pins and craft supplies, and you bring the creativity! All completed snowmen pins will be displayed in our facility!

### Holiday Ornaments of Encouragement

Join us as we create and decorate holiday ornaments to inspire, thank and encourage our service members! We will place all of our ornaments on our MWR Holiday Tree for all patrons to enjoy.

### Paint & Sip Canvas

Be your own Picasso and create beautiful canvas art! Registration

includes all art supplies and expert instruction.

### Popcorn Ball Perfection

Stop, Pop and Roll! We are making delicious homemade popcorn balls! Swing by with your friends and family and learn how to make them with us!

### Snowshoe 101 Class

Are you looking for a fun winter sport? Join our experienced Outdoor Recreation staff for a class on the basics of snowshoeing.

### Soda Mixology

Join us as we experiment with different types of sodas and flavorings. We will be naming our creations as well. Find that perfect caffeinated drink to get you through your workday!

### FOR KIDS

#### Cocoa and Cookies Story Hour

Join Mrs. Claus for stories, cocoa, cookies and more during our cozy story time. Wear pajamas and prepare to get comfy!

#### Crafternoon

Join us for a creative afternoon in the center. We'll have an assortment of kid-friendly crafts that are sure to delight children of all ages.

### Virtual Holiday Tree Lighting Ceremony

Take part in this annual holiday tradition from the comfort of your streaming device.

### SKILL DEVELOPMENT

We offer three different levels of skill development classes. Ask your Outdoor Recreation Specialist which one is right for you.

**Level I = EASY:** Equivalent to being able to walk 3 miles on a treadmill at 2.5 mph. Slight inclines.

**Level II = AVERAGE:** Equivalent to being able to walk for an hour at 3 mph. Varying inclines.

**Level III = STRENUOUS:** Equivalent to being able to maintain a brisk pace on a stair stepper for up to 45 minutes. Extreme inclines.

*Locations and times subject to change without prior notice depending on weather conditions.*

### Bike Ride:

#### Discovery Trail

We will depart from the Bangor Recreation Center before heading north to the beautiful Olympic Discovery Trail. This is a great trail for all to enjoy. We will be riding between Sequim and Port Townsend. Register by Thursday, Oct. 8. Level II



## Movie Theaters at Naval 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 3-D showings • 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.



# ON-BASE DINING

## The NBK MWR Food & Beverage Team Has What You Crave!



**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. Located at NBK Bremerton.



**Savor the flavor of casual Mexican cuisine!**  
Open for lunch, Monday-Friday. Located at NBK Bremerton Fleet Recreation Center (Pier Delta).



**All of your favorites, with a global twist!**  
Open for lunch, Monday-Friday. Located at Bangor Plaza.



**NEW! Quick, Convenient Hawaiian Plate Lunch**  
For a fast and fresh plate lunch, ready in 10 minutes or less, order from our self-service kiosk! Choose from one, two or three portions of mouth-watering beef, chicken or k̄lua pork. Includes rice, mac salad and teriyaki sauce.

**BANGOR PLAZA  
CONFERENCE  
CENTER**

**Specializing in Navy Meetings, Trainings  
and Special Events**  
Have an off-site event? Call 360-396-5456/5466 to order food to go!



**For faster service and curbside pickup, order your lunchtime favorites using the Dine on the Go app or website.**

Now Available at Inside Out Cafe and Island Express at NBK-Bangor and Juan's Cantina at NBK-Bremerton. To order, visit [www.dineonthegopnw.com/download-the-app](http://www.dineonthegopnw.com/download-the-app)

## EVENT/CLASS DESCRIPTIONS CONTINUED

### Snowshoe:

#### Hurricane Ridge

Join us for the finest snowshoeing in the Olympics where 360 degree-alpine views surround you. Level III

#### Snowshoe: Mount Rainier Paradise

Snowshoe on a scenic trail that highlights the unique features of a dormant volcano. Weather permitting, enjoy fantastic views of glaciers, rivers, wildlife and snow-covered forests. Level III

#### Waterfalls Adventure: Olympic Mountains

Join us as we head out on our waterfall adventure! We'll be seeking 3-4 waterfalls, some of them by car and others in a 1-mile or less hike.

Bring a raincoat, in case we get wet! Level II

#### Winter Hike: Mount Rainier

The final outcome of this hike will depend on the snow level, but we will be prepared for everything! Whether it is hiking boots, micro-spikes or snowshoes, we will be ready for an awesome adventure. Level II

### SPECIAL EVENTS

#### Boo Bash

Get in the Halloween spirit at the bowling center! Highlights include a costume contest, prizes, games and activities! Standard bowling rates apply.

#### Holiday Tree Lighting Ceremony

Ring in the holiday season at this traditional

tree lighting ceremony. Come together in good cheer and enjoy music, refreshments and a visit from Santa Claus!

#### Legendary New Year's Eve Party

Take a journey with us back in time as we revisit the world's most legendary musicians and artists at our New Year's Eve Party! Each room in our recreation center will be themed for different decades of music. We will have silent disco dance parties, a favorite musician costume contest, airbrush tattoo artists, LED dance floor, New Year's Eve countdown and more!

#### "O Bowly Night" Ugly Sweater Holiday Party

Join us for our second annual gingerbread

house build and pictures with Santa Clause event! Santa is visiting the NBK-Bremerton Recreation Center this year and he's bringing fantastic goodies and toys to share with good girls and boys!

#### Pancakes with Santa

Santa is coming to Bangor for a meal the whole family will enjoy. Dine on kid-friendly favorites, create arts and crafts, and take a picture with the jolly fellow before he heads back to the North Pole. Be sure to register as seating will fill quickly for this fun-tastic event!

#### Trunk or Treat

A spooktacular event with candy, costumed characters and more!

### TRIPS & TOURS

#### Christmas Shopping North Bend and Auburn Outlets

Here is your chance to get a head start on your Christmas Shopping. We will visit two of the Pacific Northwest's Premium Outlets, one in North Bend and the other in Auburn, WA. These outlets offer discounts on such brands as Coach, Nike, Kate Spade, Levis, Adidas, Nike, Bed Bath and Beyond, Gap Factory, Eddie Bauer, Sketchers, H & M, Burlington Clothing and many more.

## NEW! Quick & Convenient Hawaiian Plate Lunch

For a fast and fresh plate lunch, ready in 10 minutes or less, order from our self-service kiosk! Choose from one, two or three portions of mouth-watering beef, chicken or kālua pork. Includes rice, mac salad and teriyaki sauce.





Try a "Maui" Plate!

Two (2) portions, includes rice and mac salad





Visit [kitsap.navylifepnw.com](http://kitsap.navylifepnw.com) for details.

# NAVY REGION NORTHWEST

## BENEFITS

- Competitive salaries
- Medical, dental, life insurance
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- 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:

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- ✓ Cooks and Servers
- ✓ Maintenance/Laborers
- ✓ Recreation and Fitness Specialists
- ✓ Supervisors/Management
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# 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 Gateway Inns & Suites offer you a "home away from home" while traveling.



Events 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](http://navylifepnw.com) for current hours of operation and updates. Eligibility subject to change. Currently open to Active Duty, Reservists, Retirees, NAF and DoD civilians and sponsored guests.



## 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  
425-304-5315/5361

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, Lounge and more.



## NAVY GATEWAY INNS & SUITES

Amenities include:

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

Navy Gateway Inns & Suites (NGIS) also offers pet-friendly accommodations. Call for details.

NGIS combines all the comforts of a hotel, while specializing in official business accommodations.

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

### Bangor

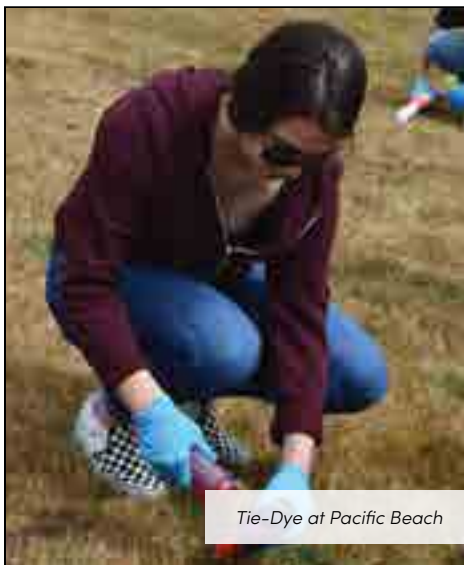
2750 Sargo Circle Silverdale, WA 98315

### Bremerton

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

### Whidbey Island

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



Tie-Dye at Pacific Beach



Spend the Holidays at Cliffside



Wizarding World at Jim Creek





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Call (877) NAVY-BED or visit [NGIS.DoDLodging.net](http://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.*

## LODGING & LEISURE EVENT CALENDAR OCTOBER-DECEMBER 2020

DATE	EVENT	TIME	PRICE	VENUE/HOST	ALTERNATIVE DELIVERY*
<b>OCTOBER</b>					
Saturday, Oct. 24	Tie-Dye at the Beach	Noon	\$10 adult tees, \$7 kid tees, \$2 for towel	Navy Getaways Pacific Beach	Call for details
Saturday, Oct. 31	Glass Float Frenzy at the Beach	8 a.m.	FREE	Navy Getaways Pacific Beach	Call for details
<b>NOVEMBER</b>					
Sunday, Nov. 1- Wednesday, March 31	BOGO Special (Exclusions apply)	All day	Buy one night, get one night FREE	Navy Getaways Jim Creek	Call for details
All Month Long	Month of the Military Family Weekend Specials	All day	Buy one night, get one night FREE	Navy Getaways Cliffside	Call for details
Friday, Nov. 6- Saturday, Nov. 7	November Getaway Package	All day	TBD	Navy Getaways Pacific Beach	Call for details
Wednesday, Nov. 11	Veterans Day Sale	All day	Stay two or more consecutive nights including the holiday and receive a discount	Navy Getaways Pacific Beach	Call for details
Saturday, Nov. 14	Wizarding World of Jim Creek	Noon-4 p.m.	FREE	Navy Getaways Jim Creek	Call for details
<b>DECEMBER</b>					
Tuesday, Dec. 1- Friday, Dec. 18	Light Your RV Contest	All day	FREE	Navy Getaways Cliffside	Call for details
Saturdays, Dec. 5, 12 & 19	Holiday Festivities	TBD	FREE	Navy Getaways Pacific Beach	Call for details
Friday, Dec. 18	Coloring Contest	All day	FREE	Navy Getaways Cliffside	Call for details
Friday, Dec. 18	Pictures with Santa	TBD	FREE	Navy Getaways Cliffside	Call for details
Saturday, Dec. 19	Glass Float Frenzy	8 a.m.	FREE	Navy Getaways Pacific Beach	Call for details
Thursday, Dec. 31- Friday, Jan. 1, 2021	New Year's Party and Specials	TBD	FREE	Navy Getaways Pacific Beach	Call for details



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### *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)

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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](http://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

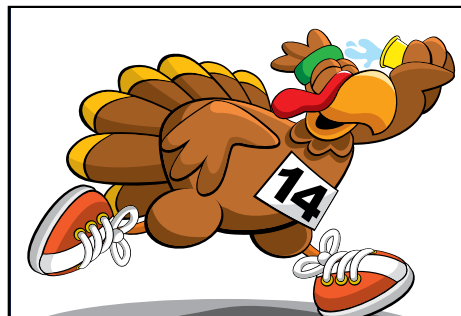
Located on Naval Base Kitsap-Bangor's lower base. The center offers the best in cardio and strength fitness equipment, full locker and shower rooms, and a group exercise room. *CAC required for entry.\**



## ADULT AND PEDIATRIC FIRST AID, CPR AND AED COURSES

We're offering a combination of an online module and in-person class sessions. Call for details.

**BREMERTON FITNESS CENTER**



## VIRTUAL TURKEY TROT

Saturday, Nov. 14  
 Run or walk the 5K route of your choice and post your finish-line photo to #NBKVirtualTurkeyTrot.

@KITSAPFFR



## WINTER PUSH-PULL CONTEST

Wednesday, Dec. 2 • 4:30-7:30 p.m.  
 Featured lifts will be the dead lift and squat. Commemorative T-shirts awarded to the first 25 lifters.

**BANGOR AND BREMERTON FITNESS CENTERS**

## SPORTS, FITNESS & AQUATICS EVENT CALENDAR OCTOBER-DECEMBER 2020

DATE	EVENT	TIME	PRICE	VENUE/HOST	ALTERNATIVE DELIVERY*
<b>OCTOBER</b>					
Friday, Oct. 2	ACFL Development Workshop	7:30-9:30 a.m.	FREE	Bremerton Fitness Center	Call for details
Friday, Oct. 16	NOFFS 5-Hour Course	7 a.m.-1 p.m.	FREE	Bangor Fitness Center	Call for details
Saturday, Oct. 17	Adult and Pediatric First Aid, CPR and AED-Blended Learning Course	10-11:30 a.m.	\$50	Bremerton Fitness Center Classroom	No change
Monday, Oct. 26	CFL Course	7 a.m.-4:30 p.m.	FREE	Bangor Fitness Center	Call for details
Tuesday, Oct. 27	Adult and Pediatric First Aid, CPR and AED-Blended Learning Course	5-6:30 p.m.	\$50	Bremerton Fitness Center Classroom	No change
<b>NOVEMBER</b>					
Wednesday, Nov. 4	Mission Nutrition-Weight Control	7:30 a.m.-noon	FREE	Bangor Fitness Center	Call for details
Friday, Nov. 6	ACFL Development Workshop	7:30-9:30 a.m.	FREE	Bangor Fitness Center	Call for details
Thursday, Nov. 12	Adult and Pediatric First Aid, CPR and AED-Blended Learning Course	10-11:30 a.m.	\$50	Bremerton Fitness Center Classroom	No change
Saturday, Nov. 14	Virtual Turkey Trot	All Day	FREE	Facebook @KitsapFFR	Call for details
Tuesday, Nov. 24	Adult and Pediatric First Aid, CPR and AED-Blended Learning Course	2-3 p.m.	\$50	Bremerton Fitness Center Classroom	No change
Monday, Nov. 23- Wednesday, Nov. 25	Turkey Gobble Swim Challenge	TBD	FREE	Bangor and Bremerton Aquatic Centers	No change
<b>DECEMBER</b>					
Wednesday, Dec. 2	Winter Push-Pull Contest	4:30-7:30 p.m.	FREE	Bangor and Bremerton Fitness Centers	Call for details
Friday, Dec. 4	ACFL Development Workshop	7:30-9:30 a.m.	FREE	Bremerton Fitness Center	Call for details
Friday, Dec. 4	NOFFS 5-Hour Course	7 a.m.-1 p.m.	FREE	Bangor Fitness Center	Call for details
Tuesday, Dec. 10	Adult and Pediatric First Aid, CPR and AED-Blended Learning Course	Noon-1:30 p.m.	\$50	Bremerton Fitness Center Classroom	No change
Saturday, Dec. 19	Adult and Pediatric First Aid, CPR and AED-Blended Learning Course	10-11:30 a.m.	\$50	Bremerton Fitness Center Classroom	No change



### MISSION NUTRITION

Wednesday, Nov. 4  
7:30 a.m.-noon • FREE

This nutrition class is a standardized, science-based course focused on improving your nutritional knowledge and awareness. In this class, you will learn about a variety of everyday nutrition strategies to support weight control.

Subtopics for this focused short course will include Emotional and Mindless Eating, Fat Diets and Meal Planning. Register by Tuesday, Nov. 3.

**BANGOR FITNESS COMPLEX**



\*In the event of health-related base closure or service limitations.

## EVENT/CLASS DESCRIPTIONS

### SPORTS & FITNESS

#### ACFL Development Workshop

ACFL development training provides practical application to ACFLs to enhance proficiency in PFA instruction. Exercise designed for PRT improvement for all levels and BCA ing techniques.

#### CFL Course

The Command Fitness Leader (CFL) Course is a 40-hour mandatory training for those Sailors appointed to be their Command CFL. ACFLs are not required to take this course, but are highly encouraged to attend. Register by Monday, Oct. 12. All applications MUST be submitted to

CNIC two weeks before the class start date. Late applications will not be considered for approval. To apply for this course, visit [Navyfitness.org/fitness/cfl-information](http://Navyfitness.org/fitness/cfl-information).

#### NOFFS 5-Hour Course

The Navy Operational Fitness and Fueling System (NOFFS) provides the Navy with "best in class" physical fitness and nutrition information for Sailors. Open to men and women. Register two days prior.

#### Virtual Turkey Trot

Run or walk the 5K route of your choice and post your finish line photo to #NBKVirtualTurkeyTrot.

The first 25 patrons to post their finish will receive a FREE commemorative T-shirt.

#### Winter Push-Pull Contest

This event tests the strength of each competitor. Featured lifts will be the dead lift and squat—T-shirts awarded to the first 25 lifters. The top three finishers will receive awards.

### AQUATICS

#### Adult and Pediatric First Aid, CPR and AED-Blended Learning Course

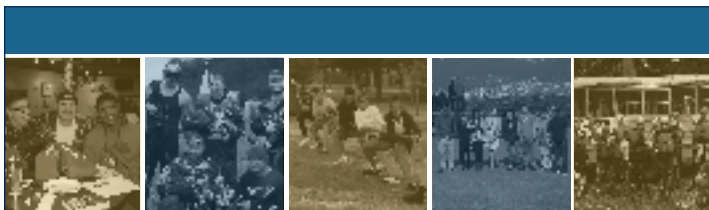
This American Red Cross Blended Learning Course requires participants to complete an online

learning module before attending the in-person class session. The online learning module takes about 2.5 hours to complete. The in-person class session will last about 1.5 hours and allow participants time to practice all the skills they learned during the online course. Upon completing both the online and in-person class sessions, participants will receive a valid certification for two years from the American Red Cross. During the in-person course, all participants will receive a CPR mask they will take home with them. All participants must register a week prior—this will allow participants time to complete the

online module before the in-person class session.

#### Turkey Gobble Swim Challenge

Get ready for the Thanksgiving Holiday by swimming as far as you can in this three-day challenge. You can swim at either Bangor or Bremerton Aquatics Centers and record your mileage at the check-in desk. Prizes will be awarded to the furthest distances swam at both pools; all participants who swim all three days will receive a FREE swim cap.



## 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.*



# 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](http://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  
360-731-1894

## 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  
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.

## 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 360-731-1894





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

## Centralized Scheduling

866-854-0638  
[ffsp.cnrnw@navy.mil](mailto: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 OCTOBER-DECEMBER 2020

DATE	EVENT	TIME	VENUE/HOST	ALTERNATIVE DELIVERY*
<b>ONGOING</b>				
On demand	Podcasts	On demand	Download from <a href="http://navylife.dnw.com/podcasts">navylife.dnw.com/podcasts</a>	No change
By appointment	Individual Augmentee/Deployment Programs	By appointment	Call for details	Call for details
By appointment	Living Intentionally, Full and Effectively (LIFE)	4-6 p.m.	Call for details	Class will be cancelled
By appointment	Suicide Assistance & Intercept for Life (SAIL)	By appointment	By appointment	Call for details
By appointment	Survivors Overcoming Abuse with Resiliency (SOAR)	By appointment	Call for details	Class will be cancelled
By appointment	Submerged	By appointment	Call for details	Class will be cancelled
<b>OCTOBER</b>				
Thursday, Oct. 1	CFS Refresher Training	7:30 a.m.- 4 p.m.	FFSC Bldg. 2901	Call for details
Thursday, Oct. 1- Friday, Oct. 2	CONSEP Mid-Term Career	8 a.m.-4 p.m.	FFSC Bldg. 2901	Class will be cancelled
Friday, Oct. 2	Parent Preparation Workshop: Topic-Financial Readiness	9:30-11:30 a.m.	Bangor Legal Conference Room	Class will be cancelled
Friday, Oct. 2	Webinar: Holiday Spending	10 a.m.-noon	<a href="https://connect.apan.org/nbkpfm/">https://connect.apan.org/nbkpfm/</a>	No change
Monday, Oct. 5- Wednesday, Oct. 7	Transition Class	7 a.m.-4:30 p.m.	Bldg. 1013, Bremerton	Call for details
Tuesday, Oct. 6	FAFSA/Scholarships	1-4 p.m.	FFSC Bldg. 2901	Call for details



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)



\*In the event of health-related base closure or service limitations.



## SUPPORT PROGRAMS EVENT CALENDAR OCTOBER-DECEMBER 2020

DATE	EVENT	TIME	VENUE/HOST	ALTERNATIVE DELIVERY*
<b>OCTOBER CONTINUED</b>				
Tuesdays, Oct. 6 and Oct. 13	Love and Logic	10 a.m.-12:30 p.m.	FFSC Bldg. 2901	Class will be cancelled
Wednesday, Oct. 7	Webinar: EFMP Command POC Training	1-3 p.m.	<a href="https://connect.apan.org/nbkfmp/">https://connect.apan.org/nbkfmp/</a>	No change
Thursday, Oct. 8	Transition CAPSTONE Event	9-11 a.m. or 1-3 p.m.	Bldg. 1013, Bremerton	Call for details
Thursday, Oct. 8	Webinar: Spouse CERT (Career, Education, Resources, Training)	9:30-11:30 a.m.	<a href="https://connect.apan.org/nbkferp/">https://connect.apan.org/nbkferp/</a>	No change
Thursday, Oct. 8	Final Move	11:30 a.m.-12:30 p.m.	Bldg. 1013, Bremerton	Call for details
Thursday, Oct. 8	Navy Gold Star: Topic-Stress Management	1-3 p.m.	FFSC Bldg. 2901	Call for details
Thursday, Oct. 8-Friday, Oct. 9	Managing Your (MY) Employment	8 a.m.-4 p.m.	Bldg. 1013, Bremerton	Call for details
Thursdays, Oct. 8, 15, 22 & 29	Stress Management (4-session class)	9-11 a.m.	FFSC Bldg. 2901	Call for details
Friday, Oct. 9	Webinar: Time and Self-Management	9-11 a.m.	<a href="https://connect.apan.org/nbklifeskills/">https://connect.apan.org/nbklifeskills/</a>	No change
Tuesday, Oct. 13	Myers-Briggs Personality Test Class	1-3:30 p.m.	FFSC Bldg. 2901	Call for details
Tuesday, Oct. 13	Basic Resume	1-3 p.m.	FFSC Bldg. 2901	Call for details
Tuesday, Oct. 13	Moving with an EFM	5-6:30 p.m.	FFSC Bldg. 2901	Call for details
Tuesday, Oct. 13	EFMP: Movie	5-7 p.m.	Bangor Cinema Plus Theater	Class will be cancelled
Tuesdays, Oct. 13	Webinar: Domestic Violence (DV) and Sexual Assault (SA) Executive Leadership Training	8:30 am-noon	TBD	Call for details
Thursday, Oct. 15	Interviewing Skills	9:30-11:30 a.m.	FFSC Bldg. 2901	Call for details
Thursday, Oct. 15	Relationship Resources	1-3 p.m.	FFSC Bldg. 2901	Call for details
Thursday, Oct. 15	Navy Gold Star: Topic-Understanding Financial Benefits	5-7 p.m.	FFSC Bldg. 2901	Call for details
Thursday, Oct. 15-Friday, Oct. 16	MY Education Career Track	8 a.m.-4 p.m.	FFSC Bldg. 2901	Call for details
Friday, Oct. 16	Importance of Protecting Your Wealth with Insurance	10 a.m-noon	FFSC Bldg. 2901	Call for details
Monday, Oct. 19-Wednesday, Oct. 21	Transition Class	7 a.m.-4:30 p.m.	FFSC Bldg. 2901	Call for details
Monday, Oct. 19-Friday, Oct. 30	SAPR Initial Advocate Training	7:30 a.m.-12:30 p.m.	Virtual: MS CVR TEAMS	Call for details
Tuesday, Oct. 20	Transition CAPSTONE Event	9-11 a.m. or 1-3 p.m.	FFSC Bldg. 2901	Call for details
Tuesday, Oct. 20-Thursday, Oct. 22	Webinar: Ombudsman Basic Training	9 a.m.-3 p.m.	TBD	Call for details
Wednesday, Oct. 21	FRG: Session A	9 a.m.-3 p.m.	FFSC Bldg. 2901	Call for details
Thursday, Oct. 22	FRG: Session B	9 a.m.-3 p.m.	FFSC Bldg. 2901	Call for details
Thursday, Oct. 22-Friday, Oct. 23	Managing Your (MY) Employment	1-2 p.m.	FFSC Bldg. 2901	Call for details
Thursday, Oct. 22	Webinar: Thrifty Travel	1-2 p.m.	<a href="https://connect.apan.org/nbkpfm/">https://connect.apan.org/nbkpfm/</a>	No change
Thursday, Oct. 22	SAPR D-SAACP CEU Refresher Training	2-4 p.m.	Virtual: MS CVR TEAMS	Call for details
Monday, Oct. 26-Wednesday, Oct. 28	Transition Class	7 a.m.-4:30 p.m.	FFSC Bldg. 2901	Call for details
Monday, Oct. 26-Friday, Oct. 30	Command Financial Specialist Training	7:30 a.m.-4 p.m.	FFSC Bldg. 2901	Call for details
Thursday, Oct. 29-Friday, Oct. 30	MY Entrepreneur (Boots to Business) Career Track	8 a.m.-4 p.m.	FFSC Bldg. 2901	Call for details
Monday, Nov. 2-Wednesday, Nov. 4	Transition Class	7 a.m.-4:30 p.m.	Bldg. 1013, Bremerton	Call for details



\*In the event of health-related base closure or service limitations.

## SUPPORT PROGRAMS EVENT CALENDAR OCTOBER-DECEMBER 2020

DATE	EVENT	TIME	VENUE/HOST	ALTERNATIVE DELIVERY*
<b>NOVEMBER</b>				
Mondays, Nov. 2, 9, 16, 23, 30 & Dec. 7	Anger Management (6-session class)	1:30-3:30 p.m.	FFSC Bldg. 2901	Call for details
Tuesday, Nov. 3	Infant Massage	12:30-2 p.m.	TBD	Class will be cancelled
Wednesday, Nov. 4	Generational Leadership	5-7 p.m.	FFSC Bldg. 2901	Call for details
Thursday, Nov. 5	Effective Communication	9-11 a.m.	FFSC Bldg. 2901	Call for details
Thursday, Nov. 5	Transition CAPSTONE Event	9-11 a.m. or 1-3 p.m.	Bldg. 1013, Bremerton	Call for details
Thursday, Nov. 5	Final Move	11:30 a.m.-12:30 p.m.	Bldg. 1013, Bremerton	Call for details
Thursday, Nov. 5	Webinar: Federal Job Application Process	1-4 p.m.	<a href="https://connect.apan.org/nbkferp/">https://connect.apan.org/nbkferp/</a>	No change
Thursday, Nov. 5-Friday, Nov. 6	Managing Your (MY) Employment	8 a.m.-4 p.m.	Bldg. 1013, Bremerton	Call for details
Friday, Nov. 6	Parent Preparation Workshop: Topic-PPD, Communication, Stress Management	9:30-11:30 a.m.	Bangor Legal Conference Room	Class will be cancelled
Friday, Nov. 6	Webinar: Home Buying Seminar	10 a.m.-noon	<a href="https://connect.apan.org/nbkpfm/">https://connect.apan.org/nbkpfm/</a>	No change
Friday, Nov. 6	CFS Continuing Education	1-3 p.m.	FFSC Bldg. 2901	Call for details
Friday, Nov. 6	Webinar: Baby Indoc	1-3 p.m.	Bldg. 1099, Bangor	Call for details
Monday, Nov. 9-Tuesday, Nov. 10	Million Dollar Sailor	8 a.m.-3 p.m.	FFSC Bldg. 2901	Call for details
Tuesday, Nov. 10	Webinar: EFMP 101	10 a.m.-noon	<a href="https://connect.apan.org/ānbkefmp/">https://connect.apan.org/ānbkefmp/</a>	No change
Tuesday, Nov. 10	Smooth Move	1-3 p.m.	FFSC Bldg. 2901	Call for details
Tuesday, Nov. 10	Stress Management 101	5-7 p.m.	FFSC Bldg. 2901	Call for details
Thursday, Nov. 12	Webinar: Stress Management 101	9-11 a.m.	<a href="https://connect.apan.org/nbklifeskills/">https://connect.apan.org/nbklifeskills/</a>	No change
Thursday, Nov. 12	Spouse Indoc	1-3 p.m.	FFSC Bldg. 2901	Call for details
Thursday, Nov. 12-Friday, Nov. 13	MY Vocational (Technical) Career Track	8 a.m.-4 p.m.	FFSC Bldg. 2901	Call for details
Friday, Nov. 13	Lemons to Lemonade	9-11 a.m.	FFSC Bldg. 2901	Call for details
Monday, Nov. 16-Wednesday, Nov. 18	Transition Class	7 a.m.-4:30 p.m.	FFSC Bldg. 2901	Call for details
Thursday, Nov. 19-Friday, Nov. 20	Managing Your (MY) Employment	8 a.m.-4 p.m.	FFSC Bldg. 2901	Call for details
Thursday, Nov. 19	Webinar: Relationship Resources	1-3 p.m.	<a href="https://connect.apan.org/nbklifeskills/">https://connect.apan.org/nbklifeskills/</a>	No change
Friday, Nov. 20	PFM Forum	10 a.m.-noon	FFSC Bldg. 2901	Call for details
Tuesday, Nov. 24	Transition CAPSTONE Event	9-11 a.m. or 1-3 p.m.	FFSC Bldg. 2901	Call for details
Monday, Nov. 30-Wednesday, Dec. 2	Transition Class	7 a.m.-4:30 p.m.	FFSC Bldg. 2901	Call for details
<b>DECEMBER</b>				
Thursday, Dec. 3	Transition CAPSTONE Event	9-11 a.m. or 1-3 p.m.	FFSC Bldg. 2901	Call for details
Thursday, Dec. 3	Final Move	11:30 a.m.-12:30 p.m.	FFSC Bldg. 2901	Call for details
Thursday, Dec. 3-Friday, Dec. 4	Managing Your (MY) Employment	8 a.m.-4 p.m.	FFSC Bldg. 2901	Class will be cancelled
Friday, Dec. 4	Parent Preparation Workshop: Topic-Meet and Greet Year End Celebration	9:30-11:30 a.m.	Bangor Legal Conference Room	Class will be cancelled
Friday, Dec. 4	Webinar: Credit Reporting and Credit Management	10 a.m.-noon	<a href="https://connect.apan.org/nbkpfm/">https://connect.apan.org/nbkpfm/</a>	No change



SUPPORT PROGRAMS EVENT CALENDAR OCTOBER-DECEMBER 2020

DATE	EVENT	TIME	VENUE/HOST	ALTERNATIVE DELIVERY*
<b>DECEMBER CONTINUED</b>				
Monday, Dec. 7- Wednesday, Dec. 9	Transition Class	7 a.m.-4:30 p.m.	FFSC Bldg. 2901	Call for details
Tuesday, Dec. 8	Webinar: Domestic Violence (DV) and Sexual Assault (SA) Executive Leadership Training	TBD	TBD	Call for details
Tuesday, Dec. 8	Welcome Aboard	1-3 p.m.	FFSC Bldg. 2901	Call for details
Wednesday, Dec. 9	SAPR Initial POC Training	7:30 a.m.-4:30 p.m.	FFSC Bldg. 2901	No change
Thursday, Dec. 10	Webinar: Conflict Resolution	9-11 a.m.	<a href="https://connect.apan.org/nbkliveskills/">https://connect.apan.org/nbkliveskills/</a>	No change
Thursday, Dec. 10- Friday, Dec. 11	MY Education Career Track	8 a.m.-4 p.m.	FFSC Bldg. 2901	Call for details
Friday, Dec. 11	Time and Self-Management	9-11 a.m.	FFSC Bldg. 2901	Call for details
Monday, Dec. 14- Wednesday, Dec. 16	Transition Class	7 a.m.-4:30 p.m.	FFSC Bldg. 2901	Call for details
Monday, Dec. 14- Friday, Dec. 18	Initial SAPR Unit Victim Advocate (UVA) Training	7:30 a.m.- 4:30 p.m.	FFSC Bldg. 2901	No change
Tuesday, Dec. 15	Transition CAPSTONE Event	9-11 a.m. or 1-3 p.m.	Bldg. 1013, Bremerton	Call for details
Wednesday, Dec. 16	Spouse Transition and Readiness Table-Talk (START)	8:30 a.m.-4 p.m.	FFSC Bldg. 2901	Call for details
Thursday, Dec. 17	Webinar: Sponsorship Training	9-11 a.m.	<a href="https://connect.apan.org/nbkrelocation/">https://connect.apan.org/nbkrelocation/</a>	No change
Thursday, Dec. 17	Relationship Resources	1-3 p.m.	FFSC Bldg. 2901	Call for details
Thursday, Dec. 17- Friday, Dec. 18	Managing Your (MY) Employment	8 a.m.-4 p.m.	Bldg. 1013, Bremerton	Call for details
Tuesday, Dec. 29- Wednesday, Dec. 30	Military to Manufacturing	8 a.m.-4 p.m.	Bldg. 1013, Bremerton	Call for details

**EVENT/CLASS DESCRIPTIONS**

**Anger Management**

Must attend all six sessions to receive a completion certificate.

**Baby Indoc**

This class is part of the New Parent Support & Home Visitation (NPSHV) Program and aids parents in learning how to care for and bond with their newborn.

**Basic Resume**

Define what employers want in a quick, easy and direct format.

**Command Financial Specialist (CFS) Continuing Education-Survivor Benefits and Insurance**

This 1-hour course provides basic information on the key provisions of the Survivor Benefit Plan (SBP).

**Conflict Resolution**

Learn how to create a peaceful environment by examining attitudes and behaviors when peace turns into conflict.

**Credit Management and Credit Reporting**

Provides valuable information on establishing a credit history, choosing and using credit and debit cards, debt-to-income ratio, credit reports and effectively managing your credit.

**Domestic Violence (DV) and Sexual Assault (SA) Executive Leadership Training**

Mandatory for all newly appointed Commanding Officers, Executive Officers, Command Master Chiefs and Chiefs of the Boat.

**Effective Communication**

Discover the ability to express what we think and feel without clouding our ability to listen and respect how others think and feel.

**Exceptional Family Member Program (EFMP) Command POC**

This class discusses the benefits of the EFM Program, the enrollment process for eligible sponsors and the role of the Command POC in facilitating navigation through the EFM Program.

**FAFSA/Scholarships**

Do you need financial assistance to help pay for college? Attend this FREE class and learn how to find and apply for FREE money, including grants, scholarships and more.

**Family Readiness Group (FRG) Training**

Provides support to families before, during and after deployment.

**Federal Job Application Process**

Job search, account creation, resume building, applying and interviewing techniques.

**Generational Leadership**

How can we all get along? From Baby Boomers to Generation X and Generation Y, we will learn to cohesively work with the different generations integrated into our workplace.

**Home Buying Seminar**

Examine the entire process of buying a home, as well as

an update on local market conditions.

**Importance of Protecting Your Wealth with Insurance**

This course is designed to develop the knowledge and skills that will enable learners to make informed consumer decisions on typical types of insurance and their personal insurance needs.

**Interviewing Skills**

Valuable interviewing tips and opportunity to practice frequently asked interviewing questions in a supportive, realistic environment.

*Descriptions continue on page 28.*



\*In the event of health-related base closure or service limitations.

## EVENT/CLASS DESCRIPTIONS CONTINUED

### Infant Massage

Learn how to massage your baby to help with stress, discomfort and improve sleep through nurturing touch. This class is part of the New Parent Support and Home Visitation Program.

### Lemons to Lemonade

Learn how to make the most of your duty station.

### Love and Logic

Learn positive discipline techniques for early childhood years.

### Military to Manufacturing (M2M)

A program for military members in partnership with the Center for Advanced Manufacturing Puget Sound (CAMPS).

### Million Dollar Sailor

A 2 1/2-day seminar designed to educate and assist Sailors and their families in their quest to have a better quality of life with more financial choices. It teaches sound money management principles that can assist Sailors and their families with specific transitions.

### Myers-Briggs Personality Test

Learn how you perceive or take in information, recognize your own personal style and find the right career to match your style.

### Ombudsman Basic Training

A 9-module seminar which includes: confidentiality, command relationships, communicating with families, information and referral services, basic deployment support issues and more.

### Positive Parenting

This class is a 10-week course designed for parents with children of all ages.

### PFM Forum

This forum provides Command Financial Specialists with an

opportunity to discuss financial hot topics and current initiatives. This workshop is required per OPNAVINST 1740.5D.

### Relationship Resources

Highlights elements of healthy relationships, strategies used in resolving differences and the unique challenges faced by military couples. Also available as a webinar.

### Smooth Move

Tips and techniques for addressing the most prevalent military relocation issues.

### Sponsorship Training

Benefits of sponsorship, a checklist of sponsor duties and responsibilities, and a helpful timeline for streamlining the sponsorship process.

### Spouse CERT (Career, Education, Resources, Training)

Information and resources unique to military spouses and assists in the advancement of professional and personal life.

### Spouse Indoc

Incorporates resources available to all Active Duty members and families, focusing on Fleet & Family Support Center services available to military spouses.

### Spouse Transition and Readiness Table-Talk (START)

Is your service member retiring or separating? This is the class for spouses wanting to prepare for "what is next".

### Stress Management

This workshop introduces the Stress Continuum and provides a foundation for knowledge opportunities

to use skills to better manage stress.

### Thrifty Travel

Don't let traveling on a budget cramp your style. Learn exciting new ideas for budget travel that will save you money!

### Time and Self-Management

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!

### TRANSITION ASSISTANCE PROGRAM

If you are separating or retiring soon, FFSP can help you become better prepared for your transition into the civilian sector. Contact your Command Career Counselor for registration; spouses call 866-854-0638.

- CONSEP Mid-Term Career
- Final Move
- Managing Your (MY) Employment
- MY Education Career Track
- MY Entrepreneur (Boots to Business) Career Track
- MY Vocational (Technical) Career Track
- Military to Manufacturing
- Transition CAPSTONE Event
- Transition Class

### Welcome Aboard

This class provides incoming service members and their families with current information on military and civilian resources available in the Puget Sound area.

### SPECIAL PROGRAMS

#### Living Intentionally Fully and Effectively (L.I.F.E.) Group

Join the group to connect with other people and share your journey of personal growth. Open to both men and women!

#### Navy Gold Star Program

Navy Gold Star services provide support to surviving family members of Sailors who died while on Active Duty, no matter the cause of death. Survivors remain part of the Navy Family and are welcome at any Fleet & Family Support Center (FFSC) for as long as they desire.

#### Sexual Assault Prevention & Response (SAPR) Program

SAPR provides 24/7 services and support to assist victims of sexual assault and aims to reduce the incidence of sexual assault committed by or against military

service members, their families and civilians.

#### Submerged

A teen-centered program that strives to foster healthy teenage development. Fleet and Family Victim Advocates facilitate Submerged. Register with the Child and Youth Programs at 360-396-4853 or 360-396-7007.

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

A FREE 10- to 12-week psycho-educational support group for survivors of sexual violence. This small, confidential group is designed for adult women and men, 18 and over.



### HOLIDAY SPENDING

Friday, Oct. 2 • 10-noon  
Find out how to save cash and invest in family tradition and memories.

WEBINAR  
[HTTPS://CONNECT.APAN.ORG/  
NBKPFM/](https://connect.apan.org/nbkpfm/)

# Season's Greetings



*We're here for you this holiday season!*

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

[fb.com/navygoldstar](https://fb.com/navygoldstar) • 1-888-509-8759



# 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  
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  
360-930-6830

**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 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, 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](http://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.

# 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.

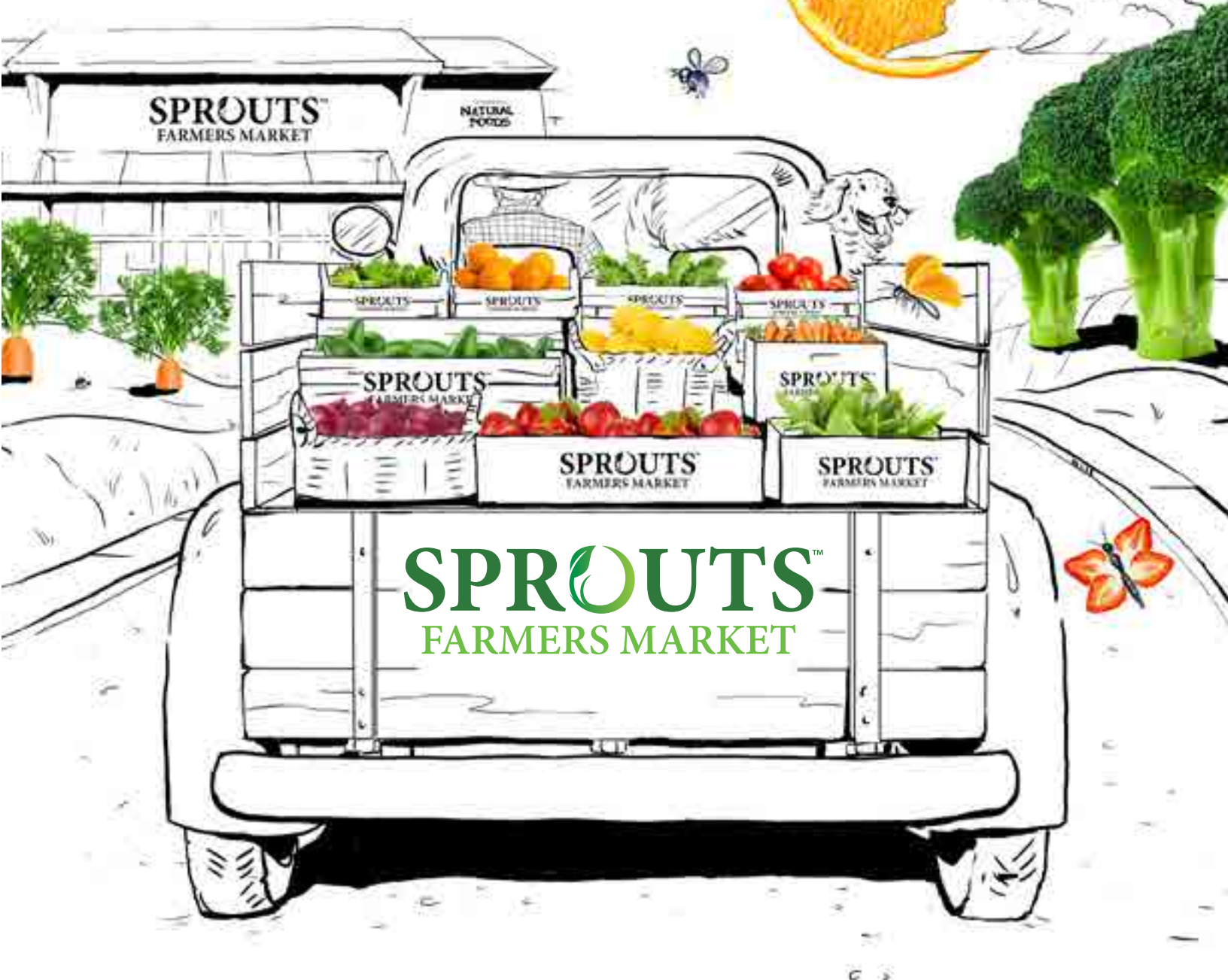


**Naval Base Kitsap Housing Service Center**  
Bangor Plaza  
2720 Ohio Street  
Silverdale, WA 98315  
360-396-4399

**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



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

[www.navylifepnw.com...](http://www.navylifepnw.com...)  
because it's not just a job, it's a way of life

 [navylifepnw.com](http://navylifepnw.com)  
everything northwest



/KITSAPFFR  
/EVERETTFFR  
/WHIDBEYFFR



#NAVYLIFEPNW

@NAVYLIFEPNW



VIRTUAL

# Holiday Tree Lighting



FACEBOOK LIVE EVENT



THURSDAY  
DEC. 3

EVERETT 5 P.M.  
KITSAP 5:30 P.M.  
WHIDBEY 6 P.M.

Take part in this annual holiday tradition  
from the comfort of your streaming device.  
Follow your base Facebook page for details:  
[@EverettFFR](#), [@KitsapFFR](#) or [@WhidbeyFFR](#).