



WINTER 2021

EXPERIENCE

NAVY LIFE MAGAZINE · KITSAP

*New Year,
New You*



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 kālua 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

EXPERIENCE NAVY LIFE

JANUARY-MARCH 2021

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

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Become the best version of yourself with free life skills classes from Fleet & Family Support Centers.



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Find out what's cooking at Navy Getaways Pacific Beach.

Sponsorship & Advertising Opportunities
with Navy Region Northwest
FFR & MWR

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

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

CONTACT US TODAY!
360-535-9092
Sponsorship.cnrnw.pf@navy.mil

MESSAGE FROM THE FFR DIRECTOR



Happy new year! The Naval Base Kitsap FFR team strives to provide programs and services that will make your experience with us an enjoyable one. We're excited to start 2021 with the completion of the construction phase of our new Landings Child

Development Center conversion at Jackson Park. We look forward to providing our military families with more quality child care options along with a wide array of helpful resources and fun activities.

This issue of Experience Navy Life magazine highlights the many safe, family-friendly events offered through our Community Recreation Centers – enjoy everything from our virtual “Crafternoons” to Story Time for kids. Check out the listings starting on page 6. Our Fleet and Family Support Centers are here to serve you as well with free online podcasts and webinars as well as one-on-one services and support. See page 22 for details.

We're also proud to introduce [DineOnTheGoPNW.com](https://www.dineonthego.pnw.com), an online food ordering service that makes it easy to order all of your favorites from two of our on-base restaurants – Juan's Cantina at Pier Delta in Bremerton and Inside Out Café/Island Express at Bangor Plaza. Nothing warms up a winter night like a home-cooked meal, especially one that you don't have to cook! If you haven't already, make sure to try our new “Dinners to Go,” tasty meals fit for a family of 4, available for take-out at our Bangor Plaza location.

Your feedback is important to us, so let us know how we're doing and what else we can do to serve you better by following us on Facebook and Instagram @KitsapFFR or by filling out an Interactive Customer Evaluation (ICE) card available at ice.disa.mil. Stay warm and stay healthy!



Paul Rosarius
CNRNW N9 | FFR Director
Naval Base Kitsap



Get a jump on spring cleaning by reserving an MWR storage unit, now conveniently located on Bangor base.



Rainfall didn't stop military families from picking up their STEM Curbside Craft kits outside the Landings Community Center at Jackson Park.



Congratulations to the Sotomeza family, one of the top 3 finishers in the MWR Drive-Thru Boo trunk decorating contest.



LIKE, SHARE AND WIN

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



“Thank you for doing all of these curbside craft pick-ups! My kids just love them so much. Looking forward to more upcoming events like the Drive-Thru Boo and the Geo-Caching! Thanks for all you do for us families – especially during these crazy times.”

– The Cook Family

5 SIMPLE STEPS TO REGISTERING WITH MYFFR

1 VISIT

www.navylifepnw.com/myFFR

2 LOG IN

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

3 BROWSE

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

4 PURCHASE

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

5 ENJOY!

Rest easy knowing your reservation is complete!



FOOD, FUN & RECREATION



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 pastry.



Dine on the Go PNW

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

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



Inside Out Café

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

Your home for traditional American fare with a global twist.



Island Express

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

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



Juan's Cantina

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

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

Naval Base Kitsap Catering & Conference Center

Bangor Plaza
2720 Ohio St.
Silverdale, WA 98315
360-396-5466

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

Olympic Lanes

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

This 16-lane facility offers league play and party 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. NEY-accredited, 5-Star Galley. Conveniently located in the central customer service complex. Open to Authorized Personnel only.



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

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
- Push rocker seats
- All your favorite snacks at our snack bar
- FREE Exceptional Family Member monthly showing

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 Starbucks coffee, breakfast burritos and pizza
- 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
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. Paddlecraft and pavilion rentals available.

Elwood Point

360-396-2449

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

Trident Lakes Recreation Area

360-396-2449

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

- Softball field
- Two large, covered cooking areas with large barbecue grills

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

Bangor Skate Park

Located behind Bangor Fitness Center

LIBERTY Lounges

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

Bangor Liberty Center

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

Sinclair's Fleet Recreation Center

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

FOOD, FUN & RECREATION

JANUARY-MARCH 2021

EVENT	DATE, TIME	HOST/VENUE
<p>Acrylic Paint Pouring Craft Pick-Up</p> <p>Feel the pour as we create incredible works of art using the acrylic pour-painting technique. Level I. FREE event.</p>	Saturday, Jan. 30, Noon-2 p.m.	Bangor Recreation Center and The Landings Community Center in Jackson Park
<p>Big Game Prediction Contest</p> <p>It's time for the biggest football game of the year! Make things more interesting by competing in our predication poll contest. A grand prize will be awarded the lucky participant who guesses the winning team correctly. FREE event.</p>	Monday, Feb. 1- Sunday, Feb. 7	Facebook: @KitsapFFR
<p>Comic Con-Test</p> <p>Can't go to Comicon this year? Then make your own comic! Submit your cover art to our Facebook page. The cover with the most votes wins! FREE event.</p>	Thursday, March 4-Friday, March 12	Facebook: @KitsapFFR
<p>Crafternoon</p> <p>Drive-by for some "Crafternoon" delight! Each month we feature a unique take-home craft that you and your kids can do together. FREE event.</p>	Thursday, Jan.21, 3-5 p.m.	Bangor Recreation Center and The Landings Community Center in Jackson Park
	Thursday, Feb. 4, 3-5 p.m.	
	Saturday, Feb. 20, Noon-2 p.m.	
	Thursday, March 4, 3-5 p.m.	
	Saturday, March 20, Noon-2 p.m.	
<p>Crock-Pot Cuisine</p> <p>Cozy up to some comfort food with our Crock-Pot cuisine video series! We'll feature a new recipe every month. FREE event.</p>	Tuesday, Jan. 19	Facebook: @KitsapFFR
	Tuesday, Feb. 23	
	Tuesday, March 23	
<p>Cupid's Cache</p> <p>Visit the Trident Lakes Recreation Area or The Landings Community Center Pavilion in Jackson Park and grab a clue sheet to help Cupid hunt down an item that he's lost. When you locate his cache, claim a reward! FREE event.</p>	Monday, Feb. 8- Sunday, Feb. 14 11 a.m.-7 p.m.	Bangor Recreation Center and The Landings Community Center in Jackson Park
<p>Curbside STEM Craft Pick-Up</p> <p>Come pick up a STEM craft kit and meet subject matter experts from PSNS & IMF, NUWC Keyport, the Puget Sound Navy Museum and the U.S. Naval Undersea Museum. FREE event.</p>	Thursday, Jan. 14, 3-5 p.m.	Bremerton Recreation Centers and Jackson Park Community Center
	Thursday, Feb. 11, 3-5 p.m.	
	Thursday, March 11, 3-5 p.m.	
<p>Find Your Voice</p> <p>Join us as we guide you through some basic voice lesson exercises that will help you find your voice! FREE event.</p>	Saturday, Feb. 27, 5 p.m.	Facebook: @KitsapFFR
<p>Laughter Yoga</p> <p>Laughter yoga is an easy, fun exercise for the body and the spirit. Join us for a laughter break and experience a reduction of stress and a renewal of physical energy and greater inner calm. FREE event.</p>	Tuesday, Feb. 16, Noon	Facebook: @KitsapFFR
<p>Martin Luther King Jr.-Inspired Scratch Art Craft Pick-Up</p> <p>Express what MLK's legacy means to you through the medium of scratch art. Submissions will displayed at our Recreation Centers in recognition of the holiday. FREE event.</p>	Saturday, Jan. 16, Noon-2 p.m.	Bangor Recreation Center and The Landings Community Center in Jackson Park

UPCOMING PROGRAMS & EVENTS

JANUARY-MARCH 2021

EVENT	DATE, TIME	HOST/VENUE
<p>Pot O' Gold Guessing Game</p> <p>We stole a pot of gold from a leprechaun when he wasn't looking! Guess how much gold is in the pot before he comes back on Saint Patrick's Day! FREE event.</p>	Wednesday, March 17	Facebook: @KitsapFFR
<p>Smartphone Photography Tips</p> <p>This class teaches new photographers the basics of digital photography. Topics include shutter speed, aperture, depth of field and more. Stop using the auto feature and start making memories in 2021!</p>	Thursday, March 25	Facebook: @KitsapFFR
<p>Story Stroll</p> <p>Take a stroll around the lake and let the story unfold. This outdoor activity is fun for the whole family! FREE event.</p>	Monday, Jan. 4.	Trident Lakes Recreation Area
	Monday, Feb. 1	
	Monday, March 1	
<p>Story Time with Barry</p> <p>Gather 'round as we read a new children's book with our stuffed animal friend Barry the Bear. FREE event.</p>	Monday, Jan. 11, 11-11:30 a.m.	Facebook: @KitsapFFR
	Monday, Feb. 8, 11-11:30 a.m.	
	Monday, March 8, 11-11:30 a.m.	

Kitsap Great Escape

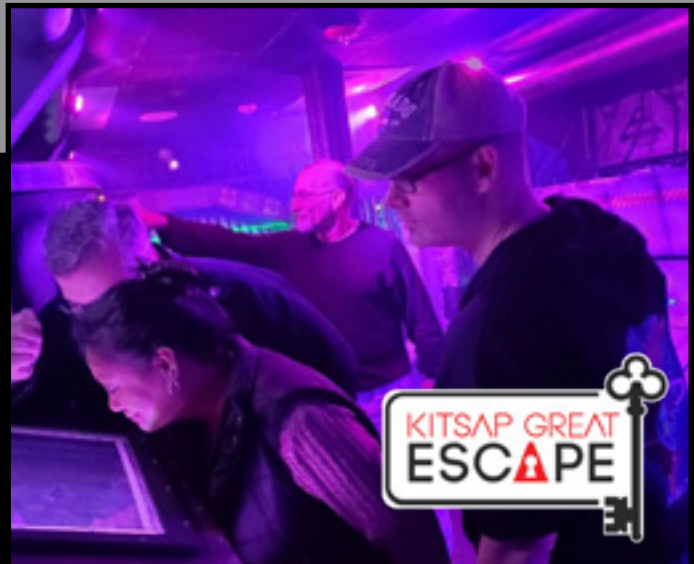
First and Only Escape Room in Kitsap County

3 Immersive
Escape Rooms

SECTOR
X

THE TERMINAL

THE
STOLEN
RELIC



www.KitsapGreatEscape.com

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FOOD, FUN & RECREATION

JANUARY-MARCH 2021

EVENT	DATE, TIME	HOST/VENUE
<p>Survive the Wild: Hobo Stoves</p> <p>Let us teach you how to use the power of convection to turn an ordinary soup can into an improvised cooking device. FREE event.</p>	Tuesday, Jan. 26	Facebook: @KitsapFFR
<p>Survive the Wild: Orienteering</p> <p>Let us teach you how to use a traditional map and compass to navigate unknown terrain! FREE event.</p>	Wednesday, March 31	
<p>Tuesday Tricks: Yo-Yo</p> <p>Let us teach you Yo-Yo basics such as Walk the Dog, Forward pass and more! FREE event.</p>	Tuesday, Feb. 2	Facebook: @KitsapFFR
<p>Valentine's Day String Art</p> <p>Why buy your beloved a gift when you can make one with love instead? Join us for Valentine's Day String Art! Level I. FREE event.</p>	Wednesday, Feb. 10	Facebook: @KitsapFFR



Jim Creek's Winter Promotion

We're Open! Book Your Next Getaway TODAY

425-304-5315

Friday, Jan. 1-Wednesday, Mar. 31

Winter Promotion will automatically be applied to your reservation if you meet the requirements.

Standard Cabins, RV Sites & Tent Sites: Buy one night and get the second night free! One free night per reservation.

Deluxe Cabins, Mallards, Dens: Buy two nights and get the third night free.

On all Federal Holidays, buy three nights, get the fourth night free.

One free night per reservation.



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
360-276-4414



Oak Harbor, WA
cliffside.navylifepnw.com
360-257-2649



Arlington, WA
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 lounge and more.



Navy Gateway Inns & Suites

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

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.

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



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

UPCOMING PROGRAMS & EVENTS

JANUARY-MARCH 2021

EVENT	DATE, TIME	HOST/VENUE	DESCRIPTION
Jim Creek's Winter Promotion	Friday, Jan. 1-Wednesday, March 31	Navy Getaways Jim Creek	Earn one free night on select accommodations. On all Federal Holidays: Buy three nights, get the fourth night free.
Holiday Sale- MLK Jr. Day	Monday, Jan. 18 All Day	Navy Getaways Pacific Beach	Stay three or more consecutive nights that include the holiday and receive a discount!
Touchdown Party at the Beach	Sunday, Feb. 7	Navy Getaways Pacific Beach	Party begins 1 hour before kickoff. Enjoy Food and drink specials, party games and prizes.
Sweetheart Weekend at the Beach	Friday, Feb. 12-Saturday, Feb. 13	Navy Getaways Pacific Beach	\$59.95 Package includes surf and turf dinner for two with dessert and champagne, goody bag and coupon book. \$10 off lodging for both Friday and Saturday night.
Holiday Sale- Presidents Day	Monday, Feb. 15	Navy Getaways Pacific Beach	Stay three or more consecutive nights that include the holiday and receive a discount!
Chocolate on the Beach Festival	Thursday, Feb. 25-Sunday, Feb. 28	Navy Getaways Pacific Beach	Indulge in all things chocolate as we join in celebration of this annual community-wide event.
Glass Float Frenzy at the Beach	Saturday, March 13 8 a.m.	Navy Getaways Pacific Beach	Join us for this fun, family tradition. Find out why everyone loves this scavenger hunt.
Paint and Sip at the Beach	Saturday, March 20 3-6 p.m.	Navy Getaways Pacific Beach	Relax with a glass of wine as you follow a guided wine glass painting instruction. Call for price.

HOSPITALITY SPOTLIGHT: CHEF TONY MCGRAW

by Tania Ostrander

Navy Getaways Pacific Beach is thrilled to introduce exciting new items prepared especially for you by Chef Tony McGraw. During a recent visit, we were treated to the most amazing bacon-wrapped filet mignon I've ever tasted as he shared his plans for making Pacific Beach THE destination for foodies on the Washington Coast.

Tony loves taking a classic cheeseburger and building on it to become something totally new. "The sky is the limit!" he says with excitement. He surprises and delights his guests every chance he gets with good food and good times. Show up for breakfast and you just might find yourself on the eating end of a dozen-egg omelet challenge!

While born in California, Chef Tony was raised in Lake Quinault, only an hour away from Pacific Beach. He started his career by accident when a job with the forest service didn't work out due to a scheduling conflict. "I ended up as a dishwasher, a job I hated and swore I'd never do again!" he recalls with a deep chuckle.

However after high school, Tony got a job as a prep cook and that's when he got the spark. Through observation and experimentation he began to expand his talent and even ended up owning his own restaurant!

Tony is happy to have returned to his Pacific Beach roots and looks forward to treating you and your family to great food served with exquisite views and fabulous hospitality.



Chef Tony McGraw (above) loves to surprise and delight guests with mouth-watering specials like his Porterhouse pork chop served over chorizo-and-apple hash and topped with chipotle demi-glace and the "brookie" — a chocolate chip cookie baked inside brownie batter.

**REACH YOUR
FITNESS
GOALS
WITH
BETTER
EATING
HABITS**



TAKE A NEW VIEW ON WHAT YOU EAT, HOW MUCH YOU EAT AND WHY YOU EAT.

by Amanda D. Johnson CPT, LMT, CES

Turn the page to 2021 with a New View. A new view on the priorities you would like to reach, maintain or even surpass! To do that we must look at the most important element all: Nutrition. What you eat is a direct reflection of how you feel, sleep, perform and recover from your workouts. There are six categories of nutrition: carbohydrates, fat, protein, vitamins, minerals and water. Each one plays a vital role. Learning about ideal carbs, good fats and where to get specific protein sources can be a game-changer. Drinking water and staying properly hydrated will help keep your body healthy and functioning at its highest capacity.

A registered dietitian can help you get your estimated caloric intake and macronutrient profile balanced, as well as develop a meal plan with foods both recommended and foods you like. Replacing just a few of your food choices can save you calories, increase your overall health and propel your fitness goals forward.

How much should you eat?

Start with finding out what your recommended daily caloric intake and macronutrient balance per day should be. The Navy Operational Fitness and Fueling Systems (NOFFS) provides a simple way to recognize portion sizes using your hand as a reference when measuring may not be an option.

Your fist is an easy way to measure approximately one serving of grains. The palm of your hand or about the size of a deck of cards is an ideal serving size of lean protein. For fats, use the tip of your thumb from the last crease to the end.

Remember that macronutrients are there to help fuel us, re-build us and give us ample energy.

Changing the quantity can be tough, so to help make the transition easier and have better chances at creating a long-lasting habit, start with the meal you make the worst choice with and prep it with recommended portion sizes.

Once that becomes part of your routine, prep another meal and some snacks. Knowing how much you're supposed to be eating and prepping out eliminates the guesswork and keeps you on track.

So, why do we eat?

We eat for energy, hunger, health benefits, allergies, emotions, convenience and more. One of the most potentially damaging reasons we eat is because of our emotions. Happy or sad, to celebrate, bored, tired or alone, these are a few emotional triggers that can sabotage our goals.

What can you do to help prevent emotional eating?

Knowing that eating doesn't make the problem go away is a good start. Going for a short walk or calling a friend can help distract you until the urge to eat passes. Being active can provide natural endorphins to ease

hunger. If you're stuck in a negative thought, try writing it down and replacing it with a positive one right away.

Keep your house full of healthy foods for those times of true hunger or a moment of weakness. More importantly, talk to a professional about your emotions. Talking with a professional in these areas can help you navigate through them and give you tools to overcome emotional eating in the future.

Remember to always consult with a health-care practitioner before you make significant changes to your diet and exercise routine, and use your Navy resources for assistance.

Additional Resources:

www.navyfitness.org/missionnutrition
<https://www.choosemyplate.gov/>
www.move.va.gov
www.navyfitness.org/nutrition/noffs-fueling-series/the-big-three

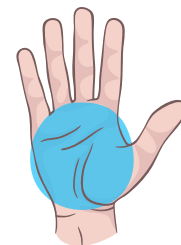
THE BIG THREE

Carbohydrates
Proteins
Fats



CARBS

1 Serving Size = The Size of Your Fist



PROTEIN

1 Serving Size = Palm of Your Hand



FATS

1 Serving Size = The Tip of Your Thumb

SPORTS, FITNESS & AQUATICS



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

Fitness & Aquatic Centers

Bangor Fitness Center

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

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

Bangor Aquatics Center

Located in the Bangor Fitness Center
360-315-2131

This facility is fully equipped to meet aquatic fitness and recreation needs: a 25-yard pool, 10-lap swimming lanes, 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 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 for current hours of operation and updates.

UPCOMING PROGRAMS & EVENTS

JANUARY-MARCH 2021

 = Captain's Cup

EVENT	DATE, TIME	HOST/VENUE	DESCRIPTION
ACFL Development Workshop	Friday, Feb. 5 7:30- 9:30 a.m.	Bremerton Fitness Center Classroom	This training will enhance your proficiency in Physical Fitness Assessment (PFA), Body Composition Assessment (BCA) and appropriate exercises for various Fitness levels.
	Friday, Mar. 5 7:30- 9:30 a.m.	Bangor Fitness Center Classroom	
Command Fitness Leadership (CFL) Course	Monday, Feb. 22- Friday, Feb. 26 7 a.m.- 4:30 p.m.	Bangor Fitness Center Classroom	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.
Growlers and Half-Pint Run	Saturday, March 13 10 a.m.-noon	Bangor Fitness Center	Join us for a 1, 2 or 3-mile run/walk around the base. Event is stroller- and child-friendly. The first 100 finishers will earn a St. Patty's Day growler. Commemorative T-shirts awarded to top finishers.
NOFFS 5-Hour Course	Tuesday, Feb. 16 7 a.m.-noon	Bangor Fitness Center Classroom	Discover for yourself why the Navy Operational Fitness and Fueling System (NOFFS) is considered a "best in class" physical fitness training and nutrition program.
	Friday, Feb. 19 7 a.m.-noon	Bangor Fitness Center Classroom	
	Friday, March 19 7 a.m.-noon	Bremerton Fitness Center	
 Sweetheart Swim Challenge	Monday, Feb. 8-Friday, Feb. 12	Bangor and Bremerton Aquatics Centers	See how far you and your partner can swim in 5 days! Prizes will be given to the top teams at each pool.



SWEETHEART SWIM CHALLENGE

Bangor and Bremerton Aquatics Centers

Monday, Feb. 8-Friday, Feb. 12

See how far you and your partner can swim in 5 days! Prizes will be given to the top teams at each pool. FREE event!

GROWLERS AND HALF-PINT RUN

Join us for this family-friendly run/walk around the Bangor Base. Choose between a 1 or 3 mile course. We will also have a Half-Pint (toddler) Run that is stroller- and child-friendly. Registration takes place on the same day as the event. The first 100 finishers will earn a commemorative St. Patty's Day growler. T-shirts will be awarded to the top finishers. Contact your base fitness center for more information.

ESCAPE THE BARRACKS!

FIND OUT WHAT LIBERTY
CAN DO FOR YOU

FOR JUNIOR SERVICE MEMBERS E1-E6



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Connect with us ... explore Navy Life in the
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NOW TAKING RESERVATIONS



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NAVAL BASE KITSAP-BANGOR

MINI STORAGE

Conveniently located off of Trigger Ave.

5' x 10' unit: \$80/month

10' x 10' unit: \$125/month

For more information, call 360-396-2449

UPCOMING PROGRAMS & EVENTS



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NBK BREMERTON (PIER DELTA)

NBK BANGOR (BANGOR PLAZA)



Navy health precautions and physical distancing in effect, please bring a face covering with you to this facility.

BENEFITS

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

PERKS

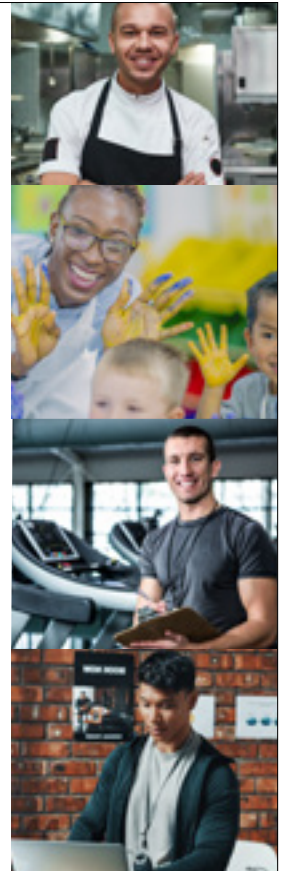
- Space-available child care
- Access to on-base recreation centers, gyms, movie theaters and more
- Discounts on travel

WE'RE HIRING!

JOIN OUR TEAM

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

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



LEARN MORE BY VISITING: WWW.NAVYLIFEPNW.COM/JOBS • WWW.USAJOBS.COM

SUPPORT PROGRAMS



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

Fleet & Family Support Center (Blue)

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

Fleet & Family Support Center (Gold)

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



Navy Gold Star Call Center
888-509-8759

24/7 SAPR Advocate

360-340-7037

24/7 Sexual Assault Response Coordinator (SARC)

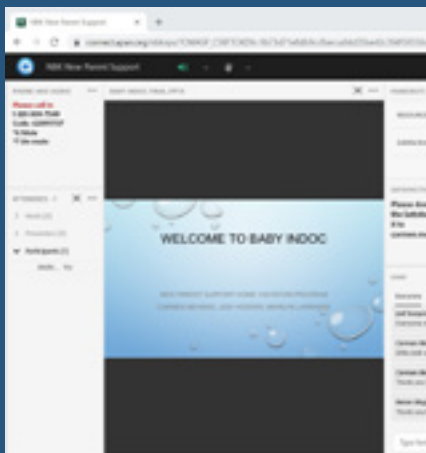
360-340-7156



DoD Safe Helpline
877-995-5247



Health Protection Notice: FFR activities and services may require advanced registration and are subject to change or cancellation without prior notice. Contact the facility directly for confirmation or visit navylifepnw.com for current hours of operation and 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 1-866-854-0638 for registration and scheduling information.

EVENT NAME	DATE/TIME
Domestic Violence (DV) and Sexual Assault (SA) Executive Leadership Training This training gives command leadership the tools needed to keep victims safe and hold offenders accountable for their actions.	Tuesday, Feb. 9 8:30 a.m.-noon
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.	



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 1-866-854-0638 for more information about online and in-person class offerings. To register, contact the local installation SAPR office at NBK.SAPR@navy.mil.

EVENT NAME	DATE/TIME
Initial Victim Advocate Training Required course to become a command-designated and credentialed SAPR victim advocate.	Monday, Jan. 4- Friday, Jan.15, 7:30 a.m.-1 p.m.
	Monday, Feb.1-Friday, Feb.12, 7:30 a.m.-1 p.m.
	Monday, March 8- Friday, March 19, 7:30 a.m.-1 p.m.
SAPR Policy Summit Policy and program updates are provided. Open to all UVAs, POCs, and command leadership	Wednesday, Jan. 20, 10 a.m.-11 a.m.

EVENT NAME	DATE/TIME
Victim Advocate Refresher Training Credentialed advocates must complete 32 hours of refresher training every two years.	Thursday, Jan. 28, 2-4 p.m.
	Thursday, Feb. 25, 2-4 p.m.
	Thursday, March 25, 2-4 p.m.
SAPR Command Point of Contact (POC) Training This course is a requirement for all command-designated POCs.	Wednesday, Jan. 27, 7:30 a.m.-4 p.m.



FAMILY SUPPORT SERVICES

Our Family Employment, Ombudsman Support, and the Exceptional Family Member Programs (EFMP) are here to offer the help you need, when you need it. To register for our upcoming classes, visit the APAN link (where provided) or call 1-866-854-0638. Additional formats may be available.

EVENT	DATE/TIME
Baby INDOC Part of the New Parent Support & Home Visitation (NPSHV) Program, Baby INDOC (named after Navy indoctrination programs) aids military parents in learning how to care for and bond with their newborns. Hosted by NB Kitsap FFSC. https://connect.apan.org/nbknpns/	Friday, Feb. 19, 1-2:30 p.m.
Baby's First Foods Empowers families who are starting to transition babies from liquids to solids by providing safety tips and simple, healthy recipes. Hosted by NB Kitsap FFSC. https://connect.apan.org/nbknpns/	Friday, March 19, 1-2 p.m.
Daddy Boot Camp Learn what it takes to be a great dad from New Parent Support & Home Visitation (NPSHV) Program experts. Hosted by NB Kitsap FFSC. https://connect.apan.org/nbknpns/	Friday, Jan. 22, 2:30-4 p.m.
Deployment for Kids Let's discuss the challenges that parents face as they raise kids in a deploying environment. Join us as we put together the pieces of the puzzle needed to support their resilience. Hosted by NAS Whidbey Island FFSC. https://connect.apan.org/naswideployment/	Thursday, Mar. 4, Noon-1 p.m.

 **APPOINTMENTS AVAILABLE FOR FREE COUNSELING AND INDIVIDUAL CONSULTATIONS**

SUPPORT PROGRAMS

EVENT	DATE/TIME
<p>Deployment Series: Pre-Deployment</p> <p>Learn about the five core elements that will contribute to a seamless deployment: documents and databases, finances, communication, relationships, and resources. Hosted by NS Everett FFSC.</p> <p>https://connect.apan.org/nse-deploy</p>	<p>Tuesday, Jan. 19, 2-3:30 p.m.</p>
<p>Deployment Series: Mid-Deployment</p> <p>Learn skills to help you cope with this challenging time for service members and their families. Hosted by NS Everett FFSC.</p> <p>https://connect.apan.org/nse-deploy</p>	<p>Wednesday, Feb. 17, 2-3:30 p.m.</p>
<p>Deployment Series: Homecoming</p> <p>This class covers programs and services that can help: New Parent Support, Car Buying, Counseling Services and more. Hosted by NS Everett FFSC.</p> <p>https://connect.apan.org/nse-deploy</p>	<p>Tuesday, March 23, 2-3:30 p.m.</p>
<p>EFMP Command POC Training</p> <p>Learn about the Exceptional Family Member Program (EFMP) benefits for commands, service members and families, how to enroll, TRICARE for special needs families and what local resources are available. Hosted by NB Kitsap FFSC.</p> <p>https://connect.apan.org/nbkefmp/</p>	<p>Wednesday, Jan. 27, 1-3 p.m.</p>
<p>EFMP 101</p> <p>Overview and introduction to the Exceptional Family Member 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. Hosted by NB Kitsap FFSC.</p> <p>https://connect.apan.org/nbkefmp/</p>	<p>Wednesday, Feb. 3, 1-3 p.m.</p>
	<p>Tuesday, Feb. 23, 5-7 p.m.</p>
<p>Moving with an EFM</p> <p>For a stress-less PCS, find out more about benefits, relocation entitlements and school resources available for Exceptional Family Members. Hosted by NB Kitsap FFSC.</p> <p>https://connect.apan.org/nbkefmp/</p>	<p>Wednesday, Jan. 20, 5-7 p.m.</p>
<p>Family Readiness Group (FRG) Training</p> <p>This 2-day course will provide you with the knowledge and tools necessary to start up and operate an effective FRG that can support families before, during, and after deployment. Hosted by NB Kitsap FFSC.</p> <p>https://connect.apan.org/nbk-frg/</p>	<p>Monday, March 8 & Tuesday, March 9, 9 a.m.-3 p.m.</p>
<p>New Spouse Orientation</p> <p>Are you newly married or new to the Navy? Come learn the basics of Navy life and how to thrive as a military spouse! Hosted by NAS Whidbey Island FFSC.</p> <p>https://connect.apan.org/naswirelocation/</p>	<p>Thursday, March 4, 9 a.m.-noon</p>

EVENT	DATE/TIME
<p>Ombudsman Basic Training (3-day workshop)</p> <p>This 9-module seminar covers everything you need to know: command relationships, communicating with families, confidentiality, information and referral services, basic deployment support issues, and more. This class is hosted by more than one base. Select the link that corresponds with your preferred date:</p> <p>https://connect.apan.org/cnrnw-vobt/ https://connect.apan.org/nbkombudsman/ * https://connect.apan.org/naswiombudsman/ **</p>	<p>*Monday, Jan. 11, 5-7 p.m.</p>
	<p>**Tuesday, Jan. 26-Thursday, Jan. 28, 9 a.m.-3:30p.m</p>
	<p>*Tuesday, Feb. 16- Thursday, Feb. 18 9 a.m.-4 p.m.</p>
	<p>Tuesday, March 16, 9 a.m.-4 p.m.</p>
<p>Wednesday, March 24, 9 a.m.- 3:30 p.m.</p>	
<p>Parenting Teens</p> <p>This workshop is designed to focus on how parents can assist teens during challenging times. Topics include inclusion and exclusion in family events and activities. Hosted by NAS Whidbey Island FFSC.</p> <p>https://connect.apan.org/naswilifeskills/</p>	<p>Tuesday, Feb. 2, Noon-1 p.m.</p>
<p>Positive Parenting (10-week course)</p> <p>Join experts for a comprehensive course on positive parenting. This course is for new and experienced parents. Hosted by NB Kitsap FFSC.</p> <p>https://connect.apan.org/nbkchildcounselor/</p>	<p>Thursdays, Jan. 7- March 11, 9-10:30 a.m.</p>
<p>Pregnancy Support Group</p> <p>Pregnancy is an exciting and challenging time, especially as an Active Duty Sailor. Every other week a new topic will be covered and all Active Duty pregnant Sailors as well as military family members who are expecting are welcome. Hosted by NAS Whidbey Island FFSC.</p> <p>https://connect.apan.org/nse-nps/</p>	<p>Wednesday, Jan. 13, 11 a.m.-12:30 p.m.</p>
	<p>Wednesday, Jan. 27, 11 a.m.-12:30 p.m.</p>
	<p>Wednesday, Feb. 10, 11 a.m.-12:30 p.m.</p>
	<p>Wednesday, Feb. 24, 11 a.m.-12:30 p.m.</p>
	<p>Wednesday, March 10, 11 a.m.-12:30 p.m.</p>
	<p>Wednesday, March 24, 11 a.m.-12:30 p.m.</p>
<p>Sponsorship Training</p> <p>Get tips and advice that will help streamline the sponsorship process: benefits of sponsorship, a checklist of sponsor duties and responsibilities, and more. This class is hosted by more than one base. Select the link that corresponds with your preferred date:</p> <p>https://connect.apan.org/nbkrelocation/ https://connect.apan.org/naswirelocation/*</p>	<p>Friday, Jan. 8, 1-3 p.m.</p>
<p>Transition to Parenthood Support Group</p> <p>First time parenting can feel like a leap into the unknown. Come and meet other Active Duty Sailors who are in your situation and learn from experts. Every month a new topic will be discussed.</p> <p>https://connect.apan.org/nse-nps/</p>	<p>Thursday, Jan. 21, 2-3:30 p.m.*</p>
	<p>Tuesday, Jan. 19 11 a.m.-1 p.m.</p>
	<p>Tuesday, Feb. 16 11 a.m.-1 p.m.</p>
<p>Tuesday, March 16 11 a.m.-1 p.m.</p>	

UPCOMING PROGRAMS & EVENTS



FINANCIAL MANAGEMENT

A key contributor to fleet and family readiness is having a solid financial plan in place. We offer a variety of resources to keep you and your command up-to-date on issues that can impact your financial health. To register for our upcoming classes, visit the APAN link (where provided) or call 1-866-854-0638. Additional online, in-person and on-demand options may be available.

EVENT NAME	DATE/TIME
<p>Car Buying</p> <p>Want to buy a new set of wheels? Learn how to assess the true cost of a new vehicle and how to get the most for your money. Hosted by NAS Whidbey Island FFSC.</p> <p>https://connect.apan.org/naswipfm/</p>	<p>Wednesday, Feb. 18, 5:30-6:30 p.m.</p>
<p>CFS/PFM Forum via Teams</p> <p>This quarterly CFS professional development forum is also open to interested command members. Call for registration details.</p>	<p>Thursday, Feb. 4, 5-6 p.m.</p>
<p>CFS Refresher via Teams</p> <p>This 8-hour refresher includes pre-class coursework, a review of the financial planning worksheet and the solution focused counseling model. Call for registration details.</p>	<p>Monday, March 8, 9 a.m.-2 p.m.</p>
<p>Command Financial Specialist (CFS)</p> <p>This 40-hour course is required for any service member designated as a Command Financial Specialist. Call for registration details.</p>	<p>Wednesday, March 8-Friday, March 12, 7:30 a.m.-4:30 p.m.</p>
<p>Credit... What's the Big Deal?</p> <p>Is credit really that important? Come learn how credit is used, who can access it and why it's important to use credit responsibly. Hosted by NAS Whidbey Island FFSC.</p> <p>https://connect.apan.org/naswipfm/</p>	<p>Tuesday, Feb. 2, 2-4 p.m.</p>
<p>Debt Rehab</p> <p>Are credit cards, installment loans and collections calls weighing you down? Let us help you create a recovery plan that works. Hosted by NAS Whidbey Island FFSC.</p> <p>https://connect.apan.org/naswipfm/</p>	<p>Wednesday, Feb. 3, 2-4 p.m.</p>
<p>FAFSA/Scholarships</p> <p>Find out what scholarships are available to you and how to apply for them. Hosted by NB Kitsap FFSC.</p> <p>https://connect.apan.org/nbkferp/</p>	<p>Monday, Feb. 8, 1-4 p.m.</p>
<p>Financial Freedom Basics</p> <p>Money ... We all need it, but do we know how to use it effectively? Learn about the basic money principles that lead to financial freedom. Hosted by NAS Whidbey Island FFSC.</p> <p>https://connect.apan.org/naswipfm/</p>	<p>Wednesday, Jan. 6, 12:30-2:30 p.m.</p>

EVENT NAME	DATE/TIME
<p>Getting a Tax Refund? What's Next?</p> <p>Learn what to do with a tax refund and how to manage it for the future. Hosted by NAS Whidbey Island FFSC.</p> <p>https://connect.apan.org/naswipfm/</p>	<p>Thursday, Jan. 21, 11 a.m.-noon</p> <p>Tuesday, Jan. 26, 2-4 p.m.</p>
<p>Ghost of Christmas Past</p> <p>Is holiday debt ruining your new year? Come explore the true cost of holiday spending and what you can do to avoid the debt trap in the future. Hosted by NAS Whidbey Island FFSC.</p> <p>https://connect.apan.org/naswipfm/</p>	<p>Thursday, Jan. 7, 2-4 p.m.</p>
<p>Home Buying</p> <p>Planning to buy a home? Learn how much you can afford, how to select a loan and a realtor, and what to expect throughout the process. Hosted by NAS Whidbey Island FFSC.</p> <p>https://connect.apan.org/naswipfm/</p>	<p>Tuesday, Mar. 23, 2-4 p.m.</p>
<p>Home Selling</p> <p>Explore what to do prior to putting your house on the market, what to do after it's on the market, how to respond to an offer and what happens at closing. Hosted by NAS Whidbey Island FFSC.</p> <p>https://connect.apan.org/naswipfm/</p>	<p>Wednesday, Mar. 24, 2-4 p.m.</p>
<p>Money and the Move</p> <p>Whether you're moving CONUS or OCONUS, this training will help you prepare for all phases of relocation, from financial entitlements to common family concerns. Hosted by NAS Whidbey Island FFSC.</p> <p>https://connect.apan.org/naswirelocation/</p>	<p>Tuesday, Feb. 16, 1-4 p.m.</p>
<p>Moving Out... What's the Cost?</p> <p>This workshop covers everything a Sailor needs to know before moving out of the barracks, including real costs and roommate pros and cons. Hosted by NAS Whidbey Island FFSC.</p> <p>https://connect.apan.org/naswipfm/</p>	<p>Tuesday, Jan. 19, 2-4 p.m.</p>
<p>Navy retirement... Is It Enough!</p> <p>Explore the three stages of retirement, the five retirement steps and sources and types of income available in retirement. Hosted by NAS Whidbey Island FFSC.</p> <p>https://connect.apan.org/naswipfm/</p>	<p>Tuesday, Feb. 23, 2-4 p.m.</p>
<p>Newly Married? Let's Talk Money</p> <p>Talking about money can be stressful! Learn how to master managing your finances together. Hosted by NAS Whidbey Island FFSC.</p> <p>https://connect.apan.org/naswipfm/</p>	<p>Tuesday, Mar. 2, 2-4 p.m.</p>
<p>Now I'm the Landlord ...</p> <p>We'll cover what you need to know about becoming a landlord: applicable laws, hiring a property manager, finding good tenants and more. Hosted by NAS Whidbey Island FFSC.</p> <p>https://connect.apan.org/naswipfm/</p>	<p>Thursday, Mar. 25, 2-4 p.m.</p>

SUPPORT PROGRAMS

EVENT NAME	DATE/TIME
<p>Saving & Investing 101</p> <p>Learn the difference between saving and investing and the tools needed to get started. Hosted by NAS Whidbey Island FFSC. https://connect.apan.org/naswipfm/</p>	Thursday, Feb. 25, 2-4 p.m.
<p>Tackling Student Loans</p> <p>Is student loan debt interfering with your GPA (going places ability)? Come learn what options are available to include if you are in default. Hosted by NAS Whidbey Island FFSC. https://connect.apan.org/naswipfm/</p>	Thursday, Feb. 4, 2-4 p.m.
<p>Thrift Savings Plan & BRS</p> <p>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. Hosted by NAS Whidbey Island FFSC. https://connect.apan.org/naswipfm/</p>	Wednesday, Feb. 24, 2-4 p.m.
<p>Welcome Aboard</p> <p>Come meet new people and learn everything you need to know about your new duty station. Hosted by NB Kitsap FFSC. https://connect.apan.org/nbkrelocation/</p>	Tuesday, March 23, 5-7 p.m.



LIFE SKILLS EDUCATION

Make your life everything you imagined and start living by choice, not by chance. Join one of our many classes to find out the secrets to living a positive, empowered and fulfilled life! To register for our upcoming classes, visit the APAN link (where provided) or call 1-866-854-0638. Additional online, in-person and on-demand options may be available.

EVENT NAME	DATE/TIME
<p>Anger Management (Taming the Tiger Within)</p> <p>Discover better ways to respond to your own anger as well as that of others by examining family patterns, individual beliefs, and other issues that will challenge the common thoughts and beliefs of normal and healthy emotion. This class is hosted by more than one base. Select the link that corresponds with your preferred date: https://connect.apan.org/naswilifeskills/ * https://connect.apan.org/navsta-everett-life-skills/ **</p>	*Tuesday, Jan. 12, 9-10 a.m.
	*Wednesday, Jan. 20, Noon-1 p.m.
	**Thursday, Jan. 21, 2-3:30 p.m.
	*Tuesday, Feb. 9, 9-10 a.m.
	*Wednesday, Feb. 17, Noon-1 p.m.
	**Thursday, Feb. 18, 2-3:30 p.m.
	**Monday, March 8, 2-3:30 p.m.
	*Tuesday, March 9, 9-10 a.m.
*Wednesday, March 24, Noon-1 p.m.	

EVENT NAME	DATE/TIME
<p>Communication Skills</p> <p>Communication is powerful and directly affects our quality of life and relationships. This workshop will help you strengthen relationships at work and at home by practicing skills that build effective, two-way communication. Hosted by NAS Whidbey Island FFSC. https://connect.apan.org/naswilifeskills/</p>	Thursday, March 18, 3-4 p.m.
<p>Conflict Resolution</p> <p>Learn how to create a peaceful environment by examining attitudes and behaviors when peace turns into conflict. This class is hosted by more than one base. Select the link that corresponds with your preferred date: https://connect.apan.org/nbkilifeskills/ https://connect.apan.org/naswilifeskills/*</p>	*Tuesday, Feb. 9, 10-11 a.m.
	Thursday, March 18, 5-7 p.m.
<p>Effective Communication</p> <p>Discover the ability to express what we think and feel without clouding our ability to listen and respect how others think and feel. Hosted by NB Kitsap FFSC. https://connect.apan.org/nbkilifeskills/</p>	Thursday, March 11, Noon-2 p.m.
<p>Lemons to Lemonade</p> <p>Learn how a positive attitude can help make the most of your duty station. This class is hosted by more than one base. Select the link that corresponds with your preferred date: https://connect.apan.org/nbkilifeskills/ https://connect.apan.org/naswilifeskills/*</p>	Monday, Jan. 11, 5-7 p.m.
	*Thursday, Feb. 11, 5-7 p.m.
<p>Personalities in the Workplace and Beyond</p> <p>Not everyone has the same way of seeing the world or dealing with situations. This class will cover personality types, working within your strengths and finding the common ground. Hosted by NS Everett FFSC. https://connect.apan.org/navsta-everett-life-skills/</p>	Wednesday, Feb. 17, 5-7 p.m.
	Tuesday, March 2, Noon-2 p.m.
<p>Relationship Resources</p> <p>Highlights elements of healthy relationships, strategies used in resolving differences, and the unique challenges faced by military couples. Hosted by NB Kitsap FFSC. https://connect.apan.org/nbkilifeskills/</p>	Monday, Jan. 25, 9-11 a.m.
<p>Spouse Indoc</p> <p>Incorporates resources available to all Active Duty members and families, focusing on Fleet & Family Support Center services available to military spouses. Hosted by NB Kitsap FFSC. https://connect.apan.org/nbkilifeskills/</p>	Monday, Jan. 4, 5-7 p.m.
	Thursday, March 11, 5-7 p.m.

UPCOMING PROGRAMS & EVENTS

EVENT NAME	DATE/TIME
<p>Stress Management 101</p> <p>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:</p> <p>https://connect.apan.org/nbklifeskills/ https://connect.apan.org/naswilifeskills/*</p>	Thursday, Jan. 7, 9-11 a.m.
	Tuesday, Jan. 26, Noon-1 p.m.
	Monday, Feb. 1, 9-11 a.m.
	Tuesday, Feb. 16, 2-3 p.m.
	*Wednesday, Feb. 24, Noon-1 p.m.
	*Thursday, March 18, 2-3 p.m.
<p>Stress Management (4-session class)</p> <p>This workshop introduces the Stress Continuum, and provides a foundation for knowledge opportunities to use skills to better manage stress. Hosted by NB Kitsap FFSC.</p> <p>https://connect.apan.org/nbklifeskills/</p>	Monday, Feb. 1, Monday, Feb. 8, Tuesday Feb. 16; Monday, Feb. 22, 9-11 a.m.
	*Wednesday, March 31, Noon-1 p.m.
<p>Time and Self Management</p> <p>Do you need more than 24 hours in a day? Effective time management skills can lower stress and increase your quality of life. This course will help you find those extra hours in your day!</p> <p>https://connect.apan.org/nbklifeskills/</p>	Tuesday, Feb. 9, 5-7 p.m.



EMPLOYMENT/TRANSITION SUPPORT

Our Employment specialists are here to help guide you with career planning, transition assistance and support in finding a job you'll love. Classes are scheduled based on demand. Contact your Command Career Counselor or call 1-866-854-0638 for more information.

EVENT NAME
<p>Department of Labor Employment Workshop</p> <p>DOLEW 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.</p>
<p>Disabled American Veterans</p> <p>Information regarding Benefits Delivery at Discharge (BDD) Claims. Describes procedures and requirements to file a VA disability claim prior to separation.</p>
<p>Financial Planning for Transition</p> <p>Stay in control of your finances during your transition. This class covers helpful 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.</p>

EVENT NAME
<p>Final Move</p> <p>Don't miss out on your final move entitlements. Hosted by the Personal Property Office, this monthly training covers available resources and important differences between a typical PCS and a final move due to separation or retirement.</p>
<p>Transition Assistance Program (TAP) Capstone</p> <p>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.</p>
<p>VA Workshop</p> <p>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.</p>
<p>Managing Your (MY) Education Career</p> <p>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.</p>
<p>Managing Your (MY) Entrepreneurship</p> <p>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.</p>
<p>Managing Your (MY) Employment</p> <p>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.</p>
<p>Managing Your (MY) Transition</p> <p>Make your transition from military service to the civilian sector a successful one. This monthly class covers important military and civilian resources as well as "less obvious" issues, such as personal and family transition concerns, the differences in the culture of civilian and military workplaces, transition-related stressors, and the importance of effective communication.</p>
<p>Managing Your (MY) Vocational/Technical Career</p> <p>This monthly class offers a personalized career development assessment and tailored job recommendations that align with your occupational interests and abilities. You'll also learn about labor market projections and applicable certification and licensure requirements. Contact your Command Career Counselor for registration details.</p>

SUPPORT PROGRAMS

EVENT NAME
<p>Military Occupational Code (MOC) Crosswalk</p> <p>Class demonstrates how to translate military skills, training and experience into civilian credentialing appropriate for civilian jobs. Service members will document their military career experience and skills, translate their military occupation experience to civilian sector occupations and skills, and identify any gaps in their training or experience that need to be filled to meet their personal career goals.</p>

EVENT NAME
<p>Pre-Separation</p> <p>This is an introduction to the Transition Assistance Program (TAP) curriculum and will assist service members in identifying programs and services available to them while on active duty and after separation.</p>

EVENT NAME	DATE/TIME
<p>Acing the Interview</p> <p>Let's talk about effective strategies that you can use to best prepare for an interview, improve interview performance, and make the most of your interview experience. Hosted by NAS Whidbey Island FFSC.</p> <p>https://connect.apan.org/naswiferp/</p>	Tuesday, March 16, 2-3 p.m.
<p>Basic Resume</p> <p>Define what employers want in a quick, easy and direct format. Hosted by NB Kitsap FFSC.</p> <p>https://connect.apan.org/nbkferp/</p>	Tuesday, Jan. 19, 1-3 p.m.
<p>Career Assessment and Exploration</p> <p>Let us help you find your ideal career with O*NET Online. You'll learn about different industries and occupations and the skills and education/training necessary to land a job. Hosted by NAS Whidbey Island FFSC.</p> <p>https://connect.apan.org/naswiferp/</p>	Tuesday, Feb. 2, 10-11 a.m.
	Tuesday, March 30, 5-6 p.m.
<p>Dressing for Interviews</p> <p>What you wear says a lot about you! This webinar discusses some Do's & Don'ts regarding interview attire that can help you make the right first impression. Hosted by NAS Whidbey Island FFSC.</p> <p>https://connect.apan.org/naswiferp/</p>	Tuesday, Feb. 23, 5-6 p.m.*

EVENT NAME	DATE/TIME
<p>Navigating the Federal Application Process</p> <p>This workshop will teach you the basics of applying for a federal job – from how to quickly find positions that interest you to making your application highlights key skills. This class is hosted by more than one base. Select the link that corresponds with your preferred date:</p> <p>https://connect.apan.org/nse-ferp/ https://connect.apan.org/naswiferp/ * https://connect.apan.org/nbkferp/ **</p>	Wednesday, Jan. 13, 11 a.m.-noon
	*Thursday, Jan. 14, 11 a.m.-Noon
	Wednesday, Feb. 10, 11 a.m.-noon
	**Friday, Feb. 26, 1-4 p.m.
	*Tuesday, March 2, 10-11 a.m.
	Wednesday, March 10, 11 a.m.-noon
<p>How to Combat Burnout</p> <p>Become the well-balanced, happy, healthy and productive person you are meant to be. This class will teach you strategies that will help you regain control over your emotions and thoughts, leading to the lifestyle you are looking for. Hosted by NS Everett FFSC.</p> <p>https://connect.apan.org/navsta-everett-life-skills/</p>	Thursday, Jan. 14, 8-10 a.m.
	Thursday, Feb. 11, 8-10 a.m.
<p>Interviewing Skills</p> <p>This class offers valuable interviewing tips as well as an opportunity to practice frequently asked interview questions in a supportive, yet realistic environment. Hosted by NB Kitsap FFSC.</p> <p>https://connect.apan.org/nbkferp/</p>	Tuesday, March 16, 1-3 p.m.
<p>Resume Writing for a Difficult Market</p> <p>Effective resumes get interviews. Learn to market your skills, knowledge and accomplishments using specific formats, important "key" words and eye-catching cover letters. Hosted by NB Kitsap FFSC.</p> <p>https://connect.apan.org/nse-ferp/</p>	Wednesday, Jan. 13 10-11 a.m.
	Wednesday, Feb. 10 10-11 a.m.
	Wednesday, March 10 10-11 a.m.



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UPCOMING PROGRAMS & EVENTS

EVENT NAME	DATE/TIME
<p>Smooth Move</p> <p>Get tips for addressing the most prevalent military relocation issues. Hosted by NB Kitsap FFSC. https://connect.apan.org/nbkrelocation/</p>	<p>Thursday, Jan. 14, 9-11 a.m.</p>
<p>Sponsorship Orientation</p> <p>This workshop is for individuals interested in becoming a sponsor or those command representatives interested in strengthening a sponsorship program. https://connect.apan.org/sponsorship-training/</p>	<p>Wednesday, Feb. 10, 1-2:30 p.m.</p>
<p>Spouse Education and Employment Information</p> <p>Join us to explore some of the education and employment resources available to military spouses! Hosted by NAS Whidbey Island FFSC. https://connect.apan.org/naswiferp/*</p>	<p>Tuesday, Jan. 26, 5- 6 p.m.*</p>
<p>Spouse CERT (Career, Education, Resources, Training)</p> <p>This class is a must for every military spouse. Learn about benefits unique to you. Hosted by NB Kitsap FFSC. https://connect.apan.org/nbkferp/</p>	<p>Tuesday, Jan. 12, 9-11 a.m.</p>
<p>Spouse Transition and Readiness Table-Talk (START)</p> <p>Is your service member retiring or separating? This class prepares spouses for "what is next." Hosted by NB Kitsap FFSC. https://connect.apan.org/nbktransition/</p>	<p>Tuesday, Feb. 9, 8:30 a.m.-4 p.m.</p>
<p>Writing Your Best Resume</p> <p>Discover ways to translate your skill sets into words that will let employers know why they should meet and ultimately hire you. Hosted by NAS Whidbey Island FFSC. https://connect.apan.org/naswiferp/</p>	<p>Tuesday, March 2, 2-3 p.m.</p>





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CHILD & YOUTH PROGRAMS



We're committed to supporting military and DoD civilian families by recognizing the uniqueness of each family's lifestyle and needs. In addition to on-base childcare 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

NBK-School Liaison Officer (SLO)

Jackson Park Community Center

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

Call for an appointment.

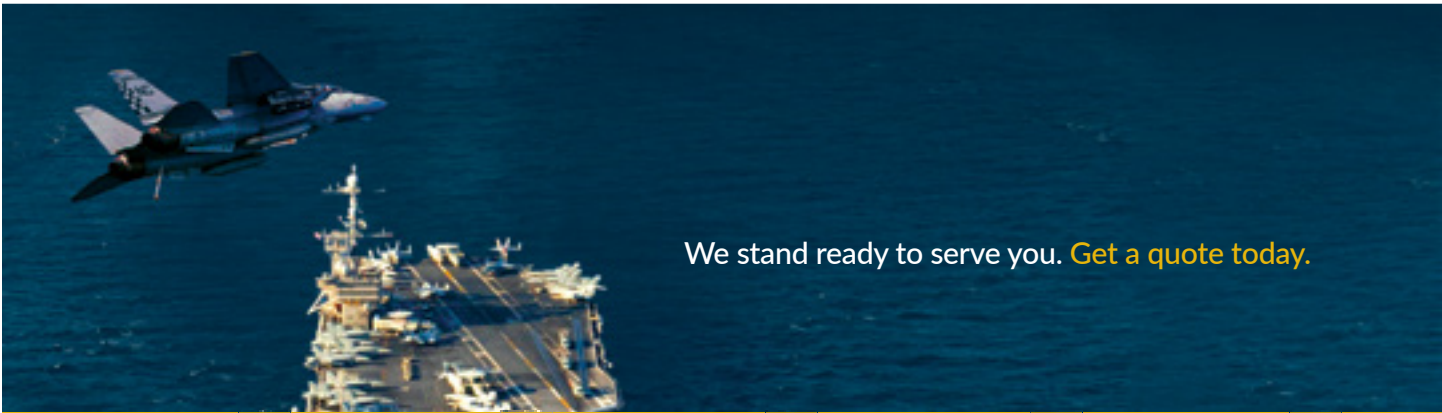
Child and Youth Programs Director

Jackson Park Community Center

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



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HOUSING SERVICES



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

Housing Service Center

Bangor Plaza
2720 Ohio St.
Bldg. 2720
Silverdale, WA 98315
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](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.

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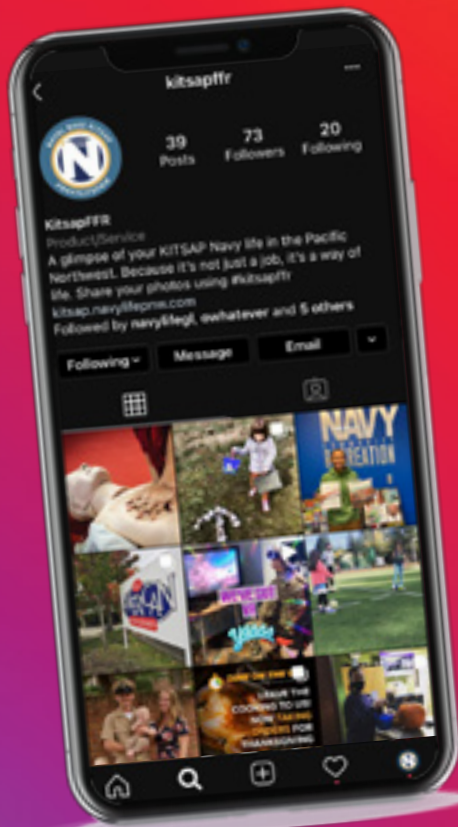
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