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.

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
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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.

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

Paul Rosarius
CNRNW N9 | FFR Director
Naval Base Kitsap

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, 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!
“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

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!

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!
**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**
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

**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
- Plush 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

**Bremerton Self-Service Car Wash**
Located next to the NEX Auto Port.

**Sinclair’s Fleet Recreation Center**
Located across from 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.

**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.

**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.

**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.

**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

**Community Recreation Facilities**

**Bangor 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 chair rentals
- Kids Zone
- Outdoor recreation gear rental
- Printing services
- Stand-up paddleboard and sit-on-top kayak rental and more!

**Mini Storage**
360-396-2449
Need storage for all your stuff? We can help with a fenced, lighted, paved lot and 24/7 gated access.

**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.

**Galley Golf Course**

**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

**Early's Fleet Recreation Center**
Located near the children's playground and ball fields.

**LIBERTY Lounges**

**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.

**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

**Bangor Skate Park**
Located behind Bangor Fitness Center

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Hours: Dawn till dusk
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- Two large, covered cooking areas with large barbecue grills

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| **Acrylic Paint Pouring Craft Pick-Up**  
Feel the pour as we create incredible works of art using the acrylic pour-painting technique. Level I. FREE event. | Saturday, Jan. 30, Noon-2 p.m. | Bangor Recreation Center and The Landings Community Center in Jackson Park |
| **Big Game Prediction Contest**  
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. | Monday, Feb. 1- Sunday, Feb. 7 | Facebook: @KitsapFFR |
| **Comic Con-Test**  
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. | Thursday, March 4-Friday, March 12 | Facebook: @KitsapFFR |
| **Crafternoon**  
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. | Thursday, Jan. 21, 3-5 p.m.  
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. | Bangor Recreation Center and The Landings Community Center in Jackson Park |
| **Crock-Pot Cuisine**  
Cozy up to some comfort food with our Crock-Pot cuisine video series! We’ll feature a new recipe every month. FREE event. | Tuesday, Jan. 19  
Tuesday, Feb. 23  
Tuesday, March 23 | Facebook: @KitsapFFR |
| **Cupid’s Cache**  
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. | Monday, Feb. 8- Sunday, Feb. 14  
11 a.m.–7 p.m. | Bangor Recreation Center and The Landings Community Center in Jackson Park |
| **Curbside STEM Craft Pick-Up**  
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. | Thursday, Jan. 14, 3-5 p.m.  
Thursday, Feb. 11, 3-5 p.m.  
Thursday, March 11, 3-5 p.m. | Bremerton Recreation Centers and Jackson Park Community Center |
| **Find Your Voice**  
Join us as we guide you through some basic voice lesson exercises that will help you find your voice! FREE event. | Saturday, Feb. 27, 5 p.m. | Facebook: @KitsapFFR |
| **Laughter Yoga**  
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. | Tuesday, Feb. 16, Noon | Facebook: @KitsapFFR |
| **Martin Luther King Jr.-Inspired Scratch Art Craft Pick-Up**  
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. | Saturday, Jan. 16, Noon-2 p.m. | Bangor Recreation Center and The Landings Community Center in Jackson Park |
## JANUARY-MARCH 2021

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<td><strong>Pot O’ Gold Guessing Game</strong></td>
<td>Wednesday, March 17</td>
<td>Facebook: @KitsapFFR</td>
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<tr>
<td>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.</td>
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<tr>
<td><strong>Smartphone Photography Tips</strong></td>
<td>Thursday, March 25</td>
<td>Facebook: @KitsapFFR</td>
</tr>
<tr>
<td>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!</td>
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<td><strong>Story Stroll</strong></td>
<td>Monday, Jan. 4.</td>
<td>Trident Lakes Recreation Area</td>
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<tr>
<td>Take a stroll around the lake and let the story unfold. This outdoor activity is fun for the whole family! FREE event.</td>
<td></td>
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<tr>
<td><strong>Story Time with Barry</strong></td>
<td>Monday, Jan. 11, 11-11:30 a.m.</td>
<td>Facebook: @KitsapFFR</td>
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<tr>
<td>Gather ‘round as we read a new children’s book with our stuffed animal friend Barry the Bear. FREE event.</td>
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<td></td>
<td>Monday, Feb. 8, 11-11:30 a.m.</td>
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<td></td>
<td>Monday, March 8, 11-11:30 a.m.</td>
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**Kitsap Great Escape**

First and Only Escape Room in Kitsap County

3 Immersive Escape Rooms:

**Sector X**

**The Terminal**

**Stolen Relic**

www.KitsapGreatEscape.com

The Department of the Navy does not endorse any company, sponsor, or their products or services.
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<tr>
<td><strong>Survive the Wild: Hobo Stoves</strong>&lt;br&gt;Let us teach you how to use the power of convection to turn an ordinary soup can into an improvised cooking device. FREE event.</td>
<td>Tuesday, Jan. 26</td>
<td>Facebook: @KitsapFFR</td>
</tr>
<tr>
<td><strong>Survive the Wild: Orienteering</strong>&lt;br&gt;Let us teach you how to use a traditional map and compass to navigate unknown terrain! FREE event.</td>
<td>Wednesday, March 31</td>
<td></td>
</tr>
<tr>
<td><strong>Tuesday Tricks: Yo-Yo</strong>&lt;br&gt;Let us teach you Yo-Yo basics such as Walk the Dog, Forward pass and more! FREE event.</td>
<td>Tuesday, Feb. 2</td>
<td>Facebook: @KitsapFFR</td>
</tr>
<tr>
<td><strong>Valentine’s Day String Art</strong>&lt;br&gt;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.</td>
<td>Wednesday, Feb. 10</td>
<td>Facebook: @KitsapFFR</td>
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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.
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
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

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

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
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](http://www.navyfitness.org/missionnutrition)
[https://www.choosemyplate.gov/](https://www.choosemyplate.gov/)
[www.move.va.gov](http://www.move.va.gov)
[www.navyfitness.org/nutrition/noffs-fueling-series/](http://www.navyfitness.org/nutrition/noffs-fueling-series/)
[the-big-three](http://the-big-three)
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.

<table>
<thead>
<tr>
<th>Fitness &amp; Aquatic Centers</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bangor Fitness Center</strong></td>
</tr>
<tr>
<td>Ohio St. Bldg. 2700</td>
</tr>
<tr>
<td>Silverdale, WA 98315</td>
</tr>
<tr>
<td>360-315-2134</td>
</tr>
<tr>
<td>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!</td>
</tr>
<tr>
<td><strong>Bremerton Fitness Center</strong></td>
</tr>
<tr>
<td>120 S Dewey St. Bldg. 1017</td>
</tr>
<tr>
<td>Bremerton, WA 98314</td>
</tr>
<tr>
<td>360-476-2231</td>
</tr>
<tr>
<td>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.</td>
</tr>
<tr>
<td><strong>Waterfront Aquatics Center</strong></td>
</tr>
<tr>
<td>360-476-9416</td>
</tr>
<tr>
<td>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.</td>
</tr>
</tbody>
</table>

| **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.* |

| **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: |

| **Admiral's Cup** |
| The Admiral's Cup provides Sailors an opportunity to represent their commands and installations in Navy Region Northwest (NRRNW) 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. |

| **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. |

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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.
<table>
<thead>
<tr>
<th>EVENT</th>
<th>DATE, TIME</th>
<th>HOST/VENUE</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACFL Development Workshop</td>
<td>Friday, Feb. 5 7:30-9:30 a.m.</td>
<td>Bremerton Fitness Center Classroom</td>
<td>This training will enhance your proficiency in Physical Fitness Assessment (PFA), Body Composition Assessment (BCA) and appropriate exercises for various Fitness levels.</td>
</tr>
<tr>
<td></td>
<td>Friday, Mar. 5 7:30-9:30 a.m.</td>
<td>Bangor Fitness Center Classroom</td>
<td></td>
</tr>
<tr>
<td>Command Fitness Leadership (CFL) Course</td>
<td>Monday, Feb. 22- Friday, Feb. 26 7 a.m.- 4:30 p.m.</td>
<td>Bangor Fitness Center Classroom</td>
<td>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.</td>
</tr>
<tr>
<td>Growlers and Half-Pint Run</td>
<td>Saturday, March 13 10 a.m.-noon</td>
<td>Bangor Fitness Center</td>
<td>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.</td>
</tr>
<tr>
<td>NOFFS 5-Hour Course</td>
<td>Tuesday, Feb. 16 7 a.m.-noon</td>
<td>Bangor Fitness Center Classroom</td>
<td>Discover for yourself why the Navy Operational Fitness and Fueling System (NOFFS) is considered a “best in class” physical fitness training and nutrition program.</td>
</tr>
<tr>
<td></td>
<td>Friday, Feb. 19 7 a.m.-noon</td>
<td>Bangor Fitness Center Classroom</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Friday, March 19 7 a.m.-noon</td>
<td>Bremerton Fitness Center</td>
<td></td>
</tr>
<tr>
<td>Sweetheart Swim Challenge</td>
<td>Monday, Feb. 8-Friday, Feb. 12</td>
<td>Bangor and Bremerton Aquatics Centers</td>
<td>See how far you and your partner can swim in 5 days! Prizes will be given to the top teams at each pool.</td>
</tr>
</tbody>
</table>

**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

NEED SPACE?
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

navylifepnw.com
Connect with us ... explore Navy Life in the Pacific Northwest like never before!
ORDER ONLINE FOR FASTER SERVICE WITH DINE ON THE GO!

NOW AVAILABLE AT NAVAL BASE KITSAP

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

**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.
**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.

<table>
<thead>
<tr>
<th>EVENT NAME</th>
<th>DATE/TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Domestic Violence (DV) and Sexual Assault (SA) Executive Leadership Training</td>
<td>Tuesday, Feb. 9 8:30 a.m.-noon</td>
</tr>
<tr>
<td>Living Intentionally, Fully and Effectively (LIFE)</td>
<td>Connect with other people and share your journey of personal growth.</td>
</tr>
<tr>
<td>Submerged</td>
<td>This group gives military teens, ages 12-18, a safe space to talk about issues that matter most to them.</td>
</tr>
<tr>
<td>Suicide Assist &amp; Intercept for Life (SAIL)</td>
<td>This voluntary program serves as a link between you, your providers and command leadership during your recovery.</td>
</tr>
<tr>
<td>Survivors Overcoming Assault with Resiliency (SOAR)</td>
<td>This is a 10-week, psycho-educational support group that aims to assist survivors of sexual abuse and violence.</td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>EVENT NAME</th>
<th>DATE/TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Initial Victim Advocate Training</td>
<td>Monday, Jan. 4- Friday, Jan.15, 7:30 a.m.-1 p.m.</td>
</tr>
<tr>
<td></td>
<td>Monday, Feb.1-Friday, Feb.12, 7:30 a.m.-1 p.m.</td>
</tr>
<tr>
<td></td>
<td>Monday, March 8- Friday, March 19, 7:30 a.m.-1 p.m.</td>
</tr>
<tr>
<td>SAPR Policy Summit</td>
<td>Wednesday, Jan. 20, 10 a.m.-11 a.m.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>EVENT NAME</th>
<th>DATE/TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Victm Advocate Refresher Training</td>
<td>Thursday, Jan. 28, 2-4 p.m.</td>
</tr>
<tr>
<td></td>
<td>Thursday, Feb. 25, 2-4 p.m.</td>
</tr>
<tr>
<td></td>
<td>Thursday, March 25, 2-4 p.m.</td>
</tr>
<tr>
<td>SAPR Command Point of Contact (POC) Training</td>
<td>Wednesday, Jan. 27, 7:30 a.m.-4 p.m.</td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>EVENT</th>
<th>DATE/TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baby INDOC</td>
<td>Friday, Feb. 19, 1-2:30 p.m.</td>
</tr>
<tr>
<td>Baby’s First Foods</td>
<td>Friday, March 19, 1-2 p.m.</td>
</tr>
<tr>
<td>Daddy Boot Camp</td>
<td>Friday, Jan. 22, 2:30-4 p.m.</td>
</tr>
<tr>
<td>Deployment for Kids</td>
<td>Thursday, Mar. 4, Noon-1 p.m.</td>
</tr>
</tbody>
</table>

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

**JANUARY - MARCH 2021**
## Support Programs

<table>
<thead>
<tr>
<th>EVENT</th>
<th>DATE/TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Deployment Series: Pre-Deployment</strong>&lt;br&gt;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. <a href="https://connect.apan.org/nse-deploy">https://connect.apan.org/nse-deploy</a></td>
<td>Tuesday, Jan. 19, 2-3:30 p.m.</td>
</tr>
<tr>
<td><strong>Deployment Series: Mid-Deployment</strong>&lt;br&gt;Learn skills to help you cope with this challenging time for service members and their families. Hosted by NS Everett FFSC. <a href="https://connect.apan.org/nse-deploy">https://connect.apan.org/nse-deploy</a></td>
<td>Wednesday, Feb. 17, 2-3:30 p.m.</td>
</tr>
<tr>
<td><strong>Deployment Series: Homecoming</strong>&lt;br&gt;This class covers programs and services that can help: New Parent Support, Car Buying, Counseling Services and more. Hosted by NS Everett FFSC. <a href="https://connect.apan.org/nse-deploy">https://connect.apan.org/nse-deploy</a></td>
<td>Tuesday, March 23, 2-3:30 p.m.</td>
</tr>
<tr>
<td><strong>EFMP Command POC Training</strong>&lt;br&gt;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. <a href="https://connect.apan.org/nbkefmp/">https://connect.apan.org/nbkefmp/</a></td>
<td>Wednesday, Jan. 27, 1-3 p.m.</td>
</tr>
<tr>
<td><strong>EFMP 101</strong>&lt;br&gt;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. <a href="https://connect.apan.org/nbkefmp/">https://connect.apan.org/nbkefmp/</a></td>
<td>Wednesday, Feb. 3, 1-3 p.m.</td>
</tr>
<tr>
<td><strong>Moving with an EFM</strong>&lt;br&gt;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. <a href="https://connect.apan.org/nbkefmp/">https://connect.apan.org/nbkefmp/</a></td>
<td>Wednesday, Jan. 20, 5-7 p.m.</td>
</tr>
<tr>
<td><strong>Family Readiness Group (FRG) Training</strong>&lt;br&gt;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. <a href="https://connect.apan.org/nbkefmp/">https://connect.apan.org/nbkefmp/</a></td>
<td>Monday, March 8 &amp; Tuesday, March 9, 9 a.m.-3 p.m.</td>
</tr>
<tr>
<td><strong>New Spouse Orientation</strong>&lt;br&gt;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. <a href="https://connect.apan.org/naswiombudsman/">https://connect.apan.org/naswiombudsman/</a></td>
<td>Thursday, March 4, 9 a.m.-noon</td>
</tr>
<tr>
<td><strong>Ombudsman Basic Training (3-day workshop)</strong>&lt;br&gt;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: &lt;br&gt;<a href="https://connect.apan.org/cnrnw-vobt/">https://connect.apan.org/cnrnw-vobt/</a> &lt;br&gt;<a href="https://connect.apan.org/nbkombudsman/">https://connect.apan.org/nbkombudsman/</a> &lt;br&gt;<a href="https://connect.apan.org/naswiombudsman/">https://connect.apan.org/naswiombudsman/</a></td>
<td><em>Monday, Jan. 11, 5-7 p.m.</em></td>
</tr>
<tr>
<td><strong>Parenting Teens</strong>&lt;br&gt;Join experts for a comprehensive course on positive parenting. This course is for new and experienced parents. Hosted by NB Kitsap FFSC. <a href="https://connect.apan.org/nbkefmp/">https://connect.apan.org/nbkefmp/</a></td>
<td>Tuesday, Feb. 2, Noon-1 p.m.</td>
</tr>
<tr>
<td><strong>Positive Parenting (10-week course)</strong>&lt;br&gt;Join experts for a comprehensive course on positive parenting. This course is for new and experienced parents. Hosted by NB Kitsap FFSC. <a href="https://connect.apan.org/nbkefmp/">https://connect.apan.org/nbkefmp/</a></td>
<td>Thursdays, Jan. 7 - March 11, 9-10:30 a.m.</td>
</tr>
<tr>
<td><strong>Pregnancy Support Group</strong>&lt;br&gt;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. <a href="https://connect.apan.org/nse-nps/">https://connect.apan.org/nse-nps/</a></td>
<td>Wednesday, Jan. 13, 11 a.m.-12:30 p.m.</td>
</tr>
<tr>
<td><strong>Sponsorship Training</strong>&lt;br&gt;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: &lt;br&gt;<a href="https://connect.apan.org/nbkrelocation/">https://connect.apan.org/nbkrelocation/</a> &lt;br&gt;<a href="https://connect.apan.org/naswirelocation/">https://connect.apan.org/naswirelocation/</a></td>
<td>Thursday, Jan. 21, 2-3:30 p.m.*</td>
</tr>
<tr>
<td><strong>Transition to Parenthood Support Group</strong>&lt;br&gt;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. <a href="https://connect.apan.org/nse-nps/">https://connect.apan.org/nse-nps/</a></td>
<td>Tuesday, Jan. 19, 11 a.m.-1 p.m.</td>
</tr>
<tr>
<td><strong>Moving with an EFM</strong>&lt;br&gt;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. <a href="https://connect.apan.org/nbkefmp/">https://connect.apan.org/nbkefmp/</a></td>
<td>Tuesday, Feb. 16, 11 a.m.-1 p.m.</td>
</tr>
<tr>
<td><strong>Sponsorship Training</strong>&lt;br&gt;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: &lt;br&gt;<a href="https://connect.apan.org/nbkrelocation/">https://connect.apan.org/nbkrelocation/</a> &lt;br&gt;<a href="https://connect.apan.org/naswirelocation/">https://connect.apan.org/naswirelocation/</a></td>
<td>Tuesday, March 16, 11 a.m.-1 p.m.</td>
</tr>
</tbody>
</table>
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.

<table>
<thead>
<tr>
<th>EVENT NAME</th>
<th>DATE/TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Car Buying</td>
<td>Wednesday, Feb. 18, 5:30-6:30 p.m.</td>
</tr>
<tr>
<td>CFS/FFM Forum via Teams</td>
<td>Thursday, Feb. 4, 5-6 p.m.</td>
</tr>
<tr>
<td>CFS Refresher via Teams</td>
<td>Monday, March 8, 9 a.m.-2 p.m.</td>
</tr>
<tr>
<td>Command Financial Specialist (CFS)</td>
<td>Wednesday, March 8-Friday, March 12, 7:30 a.m.-4:30 p.m.</td>
</tr>
<tr>
<td>Credit... What’s the Big Deal?</td>
<td>Tuesday, Feb. 2, 2-4 p.m.</td>
</tr>
<tr>
<td>Debt Rehab</td>
<td>Wednesday, Feb. 3, 2-4 p.m.</td>
</tr>
<tr>
<td>FAFSA/Scholarships</td>
<td>Monday, Feb. 8, 1-4 p.m.</td>
</tr>
<tr>
<td>Financial Freedom Basics</td>
<td>Wednesday, Jan. 6, 12:30-2:30 p.m.</td>
</tr>
<tr>
<td>Getting a Tax Refund? What’s Next?</td>
<td>Thursday, Jan. 21, 11 a.m.-noon</td>
</tr>
<tr>
<td>Ghost of Christmas Past</td>
<td>Thursday, Jan. 7, 2-4 p.m.</td>
</tr>
<tr>
<td>Home Buying</td>
<td>Tuesday, Mar. 23, 2-4 p.m.</td>
</tr>
<tr>
<td>Home Selling</td>
<td>Wednesday, Mar. 24, 2-4 p.m.</td>
</tr>
<tr>
<td>Money and the Move</td>
<td>Tuesday, Feb. 16, 1-4 p.m.</td>
</tr>
<tr>
<td>Moving Out... What’s the Cost?</td>
<td>Tuesday, Jan. 19, 2-4 p.m.</td>
</tr>
<tr>
<td>Navy retirement... Is It Enough!</td>
<td>Tuesday, Feb. 23, 2-4 p.m.</td>
</tr>
<tr>
<td>Newly Married? Let’s Talk Money</td>
<td>Tuesday, Mar. 2, 2-4 p.m.</td>
</tr>
<tr>
<td>Now I’m the Landlord ...</td>
<td>Thursday, Mar. 25, 2-4 p.m.</td>
</tr>
<tr>
<td>EVENT NAME</td>
<td>DATE/TIME</td>
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<tr>
<td>------------</td>
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</tr>
<tr>
<td>Saving &amp; Investing 101</td>
<td>Thursday, Feb. 25, 2-4 p.m.</td>
</tr>
<tr>
<td>Tackling Student Loans</td>
<td>Thursday, Feb. 4, 2-4 p.m.</td>
</tr>
<tr>
<td>Thrift Savings Plan &amp; BRS</td>
<td>Wednesday, Feb. 24, 2-4 p.m.</td>
</tr>
<tr>
<td>Welcome Aboard</td>
<td>Tuesday, March 23, 5-7 p.m.</td>
</tr>
</tbody>
</table>

**LIFE SKILLS EDUCATION**

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

<table>
<thead>
<tr>
<th>EVENT NAME</th>
<th>DATE/TIME</th>
</tr>
</thead>
</table>
| Anger Management (Taming the Tiger Within) | *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**

Communication Skills
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 FFCSC.

<table>
<thead>
<tr>
<th>Communication Skills</th>
<th>Date/Time</th>
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<tbody>
<tr>
<td><em>Tuesday, Feb. 9, 10-11 a.m.</em></td>
<td></td>
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<tr>
<td>Thursday, March 18, 3-4 p.m.</td>
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</tbody>
</table>

**EVENT NAME**

Conflict Resolution
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/nbklifeskills/
- https://connect.apan.org/naswilifeskills/*

<table>
<thead>
<tr>
<th>Conflict Resolution</th>
<th>Date/Time</th>
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<tbody>
<tr>
<td><em>Tuesday, Feb. 9, 10-11 a.m.</em></td>
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<tr>
<td>Thursday, March 18, 5-7 p.m.</td>
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</table>

**EVENT NAME**

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. Hosted by NB Kitsap FFCSC.

<table>
<thead>
<tr>
<th>Effective Communication</th>
<th>Date/Time</th>
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<tbody>
<tr>
<td>Thursday, March 11, Noon-2 p.m.</td>
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</table>

**EVENT NAME**

Lemons to Lemonade
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/nbklifeskills/
- https://connect.apan.org/naswilifeskills/*

<table>
<thead>
<tr>
<th>Lemons to Lemonade</th>
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<tr>
<td><em>Tuesday, Feb. 9, 10-11 a.m.</em></td>
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<tr>
<td>Wednesday, Feb. 17, 5-7 p.m.</td>
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</table>

**EVENT NAME**

Relationship Resources
Highlights elements of healthy relationships, strategies used in resolving differences, and the unique challenges faced by military couples. Hosted by NB Kitsap FFCSC.

<table>
<thead>
<tr>
<th>Relationship Resources</th>
<th>Date/Time</th>
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<tbody>
<tr>
<td>Monday, Jan. 25, 9-11 a.m.</td>
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**EVENT NAME**

Spouse Indoc
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 FFCSC.

<table>
<thead>
<tr>
<th>Spouse Indoc</th>
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<tr>
<td>Monday, Jan. 4, 5-7 p.m.</td>
<td></td>
</tr>
<tr>
<td>Thursday, March 11, 5-7 p.m.</td>
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</tbody>
</table>
Stress Management (4-session class)
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.
https://connect.apan.org/nbklifeskills/

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! https://connect.apan.org/nbklifeskills/

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.

Department of Labor Employment Workshop
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.

Managing Your (MY) Entrepreneurship
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.

Managing Your (MY) Education Career
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.

Managing Your (MY) Employment
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.

Managing Your (MY) Transition
Make your transition from military service to the civilian sector a successful one. This monthly class covers important military and civilian resources as well as “less obvious” issues, such as personal and family transition concerns, the differences in the culture of civilian and military workplaces, transition-related stressors, and the importance of effective communication.

Managing Your (MY) Vocational/Technical Career
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.

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

Financial Planning for Transition
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.

Stress Management 101
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:
https://connect.apan.org/nbklifeskills/

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.

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<tbody>
<tr>
<td><strong>Military Occupational Code (MOC) Crosswalk</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Pre-Separation</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Acing the Interview</strong></td>
<td>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. <a href="https://connect.apan.org/naswiferp/">https://connect.apan.org/naswiferp/</a></td>
</tr>
<tr>
<td><strong>Basic Resume</strong></td>
<td>Define what employers want in a quick, easy and direct format. Hosted by NB Kitsap FFSC. <a href="https://connect.apan.org/nbkfferp/">https://connect.apan.org/nbkfferp/</a></td>
</tr>
<tr>
<td><strong>Career Assessment and Exploration</strong></td>
<td>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. <a href="https://connect.apan.org/naswiferp/">https://connect.apan.org/naswiferp/</a></td>
</tr>
<tr>
<td><strong>Dressing for Interviews</strong></td>
<td>What you wear says a lot about you! This webinar discusses some Do’s &amp; Don’ts regarding interview attire that can help you make the right first impression. Hosted by NAS Whidbey Island FFSC. <a href="https://connect.apan.org/naswiferp/">https://connect.apan.org/naswiferp/</a></td>
</tr>
<tr>
<td><strong>Navigating the Federal Application Process</strong></td>
<td>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: <a href="https://connect.apan.org/naswiferp/">https://connect.apan.org/naswiferp/</a> <strong><a href="https://connect.apan.org/nbkfferp/">https://connect.apan.org/nbkfferp/</a></strong></td>
</tr>
<tr>
<td><strong>How to Combat Burnout</strong></td>
<td>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. <a href="https://connect.apan.org/navsta-everett-life-skills/">https://connect.apan.org/navsta-everett-life-skills/</a></td>
</tr>
<tr>
<td><strong>Interviewing Skills</strong></td>
<td>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. <a href="https://connect.apan.org/nbkfferp/">https://connect.apan.org/nbkfferp/</a></td>
</tr>
<tr>
<td><strong>Resume Writing for a Difficult Market</strong></td>
<td>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. <a href="https://connect.apan.org/nbkfferp/">https://connect.apan.org/nbkfferp/</a></td>
</tr>
</tbody>
</table>

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

[855-628-9997 (24/7)](tel:8556289997)

[www.navywoundedwarrior.com](http://www.navywoundedwarrior.com)
<table>
<thead>
<tr>
<th>EVENT NAME</th>
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</thead>
<tbody>
<tr>
<td>Smooth Move</td>
<td>Thursday, Jan. 14, 9-11 a.m.</td>
</tr>
<tr>
<td>Get tips for addressing the most prevalent military relocation issues. Hosted by NB Kitsap FFSC. <a href="https://connect.apan.org/nbkrelocation/">https://connect.apan.org/nbkrelocation/</a></td>
<td></td>
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</tbody>
</table>

| Sponsorship Orientation | Wednesday, Feb. 10, 1:30 p.m. |
| 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/ |

| Spouse Education and Employment Information | Tuesday, Jan. 26, 5-6 p.m.* |
| 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/* |

| Spouse CERT (Career, Education, Resources, Training) | Tuesday, Jan. 12, 9-11 a.m. |
| 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/ |

| Spouse Transition and Readiness Table-Talk (START) | Tuesday, Feb. 9, 8:30 a.m.-4 p.m. |
| 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/ |

| Writing Your Best Resume | Tuesday, March 2, 2-3 p.m. |
| 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/ |

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JANUARY - MARCH 2021
# 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

## 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 Child Development Center**
  - 2564 Cascades Pass Blvd.
  - Bremerton, WA 98312
  - 360-476-8666

## 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.

- **Litehouse School-Age Care**
  - 2903 Ohio St.
  - Silverdale, WA 98315
  - 360-396-2463

- **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 Blvd.
  - Bremerton, WA 98312
  - 360-627-2041

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

Trust your family’s health care to the US Family PacMed Plan.

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


TRICARE Prime® benefits. All-civilian network.

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

VISIT: USFHPclinics.org
CALL: 866-486-0707

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

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

Homes 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. Property managers and landlords can also use this service to list their rentals. For more information, contact your installation HSC.

Online Barracks Maintenance Requests
Available 24/7, residents can submit non-emergency maintenance requests through the online maintenance request program at www.navylifepnw.com. Requests are sent to our Maintenance Tracking Program and are reviewed daily by UH Building Managers. Residents receive an email confirmation when their maintenance requests are received, assessed and completed.
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