KICKIN’ IT OUTSIDE
YOUR GUIDE TO SUMMER
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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 or contact the facility directly. A digital version of this magazine is available at: Kitsap.navylifepnw.com/magazine.

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WHAT’S INSIDE

July is National Parks and Recreation Month. Get outside with MWR Outdoor Recreation.

Earn this set of collectible medals as part of our 2021 Virtual Run Series, sponsored by GEICO Military.

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

We are proud to welcome Sailors from the USS Theodore Roosevelt to their new homeport. This is the best season to explore the outdoors – in Kitsap and beyond – and we encourage you to make the most of it!

From mountain biking to paddleboarding to rock climbing, we are surrounded by amazing natural places that are sure to get your adrenaline pumping. More of a picnic person? There’s plenty of opportunities for that, too. NBK Community Recreation Specialists are your go-to experts for advice and local recommendations. See page 8 to learn more about upcoming programs including Stand-Up Paddleboard Basics and other healthy outdoor recreation activities.

We also host virtual events, like the Freedom Run 5K and the POW/MIA Honor Run 5K that allow you to compete against other commands across the region anytime and anywhere. See page 17 for a list of our upcoming sports and fitness related events.

If you work at the shipyard, don’t miss out on one of the many CIA badge holder perks like $1 specials at our MWR-operated canteens. See page 6 for details.

We’re also hiring all summer long! Check out the openings on our website at navylifepnw.com/jobs. We’re always looking for Child and Youth Program Assistants, Front Desk Associates, Lifeguards, Recreation Assistants and more to join our growing team. Our Fleet and Family Support Center Employment Specialists are ready to help you with your job search, resume, and interview skills. See page 25 for details.

We’re happy that you’re here with us to soak up the sunshine and enjoy the good times all summer long. Check out everything we have to offer in this issue of Experience Navy Life Magazine and follow us on Facebook and Instagram @KitsapFFR for more inspiration.

Paul Rosarius
CNRRNW N9 | FFR Director
Naval Base Kitsap

USS Nimitz Sailors enjoyed a fresh powder day at Crystal Mountain thanks to FREE lift tickets provided by Red Bull, one of MWR’s Virtual Homecoming Celebration sponsors.

The Gray family made a splash at Bangor Aquatics Center. Pool reservations for are now open again for Active Duty service members, retirees and their family members.
“It’s unique and I get it all the time!” raves ASAN 3 Aponte about his morning caramel macchiato from Bremerton Fleet Recreation Center on Pier Delta. Stop by and discover your new favorite drink along with other scrumptious treats and snacks.

Welcome home and congratulations to USS Nimitz Sailor Master-at-Arms Petty Officer Third Class James! She said YES!

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

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

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.

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

Rest easy knowing your reservation is complete!

@KitsapFFR

JULY - SEPTEMBER 2021
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.

Dine on the Go PNW
For faster service, pre-order your lunchtime favorites using the Dine on the Go PNW app or website: www.DineOnTheGoPNW.com
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.
Bldg. 1027
Bremerton, WA 98314
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.

PSNS Employee Food Services
PSNS & IMF Employee Food Services:
360-627-2096
For current menu, hours and locations, visit the command Sharepoint page: homepage/Information/Personnel/Employee Services Menus
• Canteens: B435, B850A, B1124, B813
• Mobile Food Truck (M4 & M5)
• Mom’s Espresso Bus
• Espresso Stands (448 & 896)
NAVSEA badge for access to the CIA is required.
All locations have pre-packaged sandwiches, muffins, hot and cold drinks and snacks. Additionally, salads, breakfast and lunch entrees are available daily.

Naval Base Kitsap Catering & Conference Center
Bangor Plaza
2720 Ohio St.
Silverdale, WA 98315
360-396-5456
Providing conference, meeting and event space for any occasion. Complete with catering options that suit your business or entertainment needs.

Trident Inn Galley
Tunny St.
Bldg. 2101
Silverdale, WA 98315
360-396-6058
Open seven days a week.
NEY-accredited, 5-Star Galley.

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 health precautions in effect.
Conveniently located in the central customer service complex. Open to Authorized Personnel only.

### Theaters

**Bangor Cinema Plus Theater**
2501 Ohio St.
Silverdale, WA 98315
Movie Line: 360-396-2515

- A GREAT DEAL at just $5 for adults, $3.50 for kids
- Fully digital and 3-D showings
- FREE advance screenings
- Plush rocker seats
- All your favorite snacks at our snack bar
- Adult beverage service available
- FREE Exceptional Family Member monthly showing

**Bremerton Movie Lounge**
Inside Bremerton Recreation Center
Stop in, and select from hundreds of FREE on-demand movies.

### Community Recreation Facilities

**Bremerton 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
- 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
- Video gaming, CAC Laptops, Pool tables, FREE WiFi, ITT

**Bremerton Fleet Recreation Center**
Pier Delta
120 S Dewey St.
Bldg. 1027
Bremerton, WA 98314

### Outdoor Parks and Recreation Areas

**Camp McKean**
360-396-2449
Located five miles west of Naval Base Kitsap-Bremerton, along the Kitsap Lake shoreline. The park is primarily for summer use in support of Navy commands and authorized Fleet & Family Readiness patrons. Paddlecraft and pavilion rentals available.

**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.

**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

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

### Liberty Lounges

**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
**Event** | **Date/Time** | **Host/Venue**
--- | --- | ---
**Special Holiday Meals Seasoned with Love**<br>Be on the lookout for a special holiday meal to go, including Fourth of July, available via the Dine on the Go PNW online ordering and mobile app. | On-Going | Pick up at NBK Bangor Plaza’s Inside Out Cafe/Island Express<br>[www.DineOnTheGoPNW.com](http://www.DineOnTheGoPNW.com)

**Crafternoon**<br>Make time for a Crafternoon of creative enjoyment! We’ll be handing out an assortment of free craft kits for kid-friendly fun. One kit per child, while supplies last. | Thursday, July 1, 3:30-5:30 p.m.<br>Thursday, July 15, 3:30-5:30 p.m.<br>Thursday, Aug. 5, 3:30-5:30 p.m.<br>Thursday, Aug. 19, 3:30-5:30 p.m.<br>Thursday, Sept. 16, 3:30-5:30 p.m.<br>Thursday, Sept. 30, 3:30-5:30 p.m. | Bangor Recreation Center and Bremerton Recreation Center

**Story Stroll**<br>Take a stroll around the lake and read the story for some great outdoor family entertainment! | Thursday, July 1, All Month<br>Sunday, Aug. 1, All Month<br>Wednesday, Sept. 1, All Month | Trident Lakes Recreational Area

**Language Learning: Japanese**<br>Check us out on Facebook to learn some must know phrases if you plan on visiting or PCSing to Japan! | Wednesday, July 7, Noon | Facebook: @KitsapFFR

**Stand-Up Paddleboard Basics**<br>Learn the basics of stand-up paddleboards (SUP). | Wednesday, July 21, Noon | Facebook @KitsapFFR

**Taste the Rainbow Story Time in the Park**<br>Join us for a FREE colorful story time in the great outdoors. There will be a healthy snack, stories and a craft on hand for maximum fun! | Thursday, July 22, 1-2 p.m. | Elwood Point

**Summertime Coloring Contest**<br>Stop by your Recreation Center on or after July 25 to pick up your coloring contest page. Pages must be submitted either in person to one of the Recreation Centers or on Facebook. There will be two divisions, 12 and younger and 13 and older. A winner for each division will be announced on Aug. 1. | Sunday, July 25-Saturday, July 31 | Bangor Recreation Center and Bremerton Recreation Center
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<thead>
<tr>
<th>EVENT</th>
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<th>HOST/VENUE</th>
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<tbody>
<tr>
<td><strong>Color Blast Geocache Adventure</strong></td>
<td>Friday, Aug. 6-Saturday, Aug. 14.</td>
<td>Trident Lakes and Elwood Point in Jackson Park</td>
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<tr>
<td>Our newest geocache adventure celebrates the beauty and color of the world. Visit the trail head or park entrance for a clue sheet and instructions on how to search for our cache boxes. When you find them, look inside for a colorful surprise. Participating in our iRead Summer Reading Challenge? Don’t forget to log the activity to earn a badge!</td>
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<td><strong>Artopia</strong></td>
<td>Saturday, Aug. 14, 1-3 p.m.</td>
<td>Trident Lakes and Elwood Point in Jackson Park</td>
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<tr>
<td>It’s the end of our Summer Reading program and we’re celebrating with art in the park! Pick up any reading awards and drop in to join us as we color our world with fun activities and snacks.</td>
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<tr>
<td><strong>Great Navy Campout</strong></td>
<td>Saturday, Aug. 21-Sunday, Aug. 22</td>
<td>Bangor Recreation Center and Bremerton Recreation Center</td>
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<tr>
<td>Have fun during our annual Great Navy Campout with cooking demos, games, crafts, food and campfire songs.</td>
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<tr>
<td><strong>School’s Cool!</strong></td>
<td>Thursday, Sept. 2, 11 a.m.-1 p.m.</td>
<td>Bangor Recreation Center and Bremerton Recreation Center</td>
</tr>
<tr>
<td>Drop in to the Rec Center for some back to school fun. We’ll have crafts, story time, and supplies that are sure to make you cheer for the new school year.</td>
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<tr>
<td><strong>Laughter Yoga</strong></td>
<td>Thursday, Sept. 9, 5 p.m.</td>
<td>Bangor Recreation Center</td>
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<tr>
<td>Laughter yoga is an easy, fun exercise for the body and the spirit. It provides a reduction of stress and tiredness, a renewal of physical energy and a greater inner calm. Join us for a laughter break!</td>
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<tr>
<td><strong>American Forces Travel Class</strong></td>
<td>Thursday, Sept. 23, 6 p.m.</td>
<td>Bangor Recreation Center</td>
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<tr>
<td>Learn what this DoD-sponsored travel site can do for you and how to maximize your savings.</td>
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</tbody>
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ESCAPE THE BARRACKS!
Take advantage of opportunities and benefits for LIBERTY-qualified service members.
For Active Duty Service Members E1-E6

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

Follow Us on Facebook!
@LIBERTYNWKITSAP
navylifepnw.com

COMMUNITY RECREATION & DOD MWR LIBRARIES SUMMER READING PROGRAM

Read every day this summer to earn prizes!

Summer Reading Curbside Pickup Program Launch
Saturday, June 12, Noon-2 p.m.
Bangor Recreation Center and The Landings Community Center in Jackson Park

Taste the Rainbow Story Time in the Park
Thursday, July 22, 1-2 p.m., Elwood Point

ARTOPIA End-of-Summer Reading Celebration
Saturday, Aug. 14, 1-3 p.m., Trident Lakes or Elwood Point

For more information, call:
Bangor 360-396-2449 or
Bremerton 360-476-3178

Register on your own:
Bangor bangorlibrary.beanstack.com
Bremerton kitsapbremerton.beanstack.com

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LET’S TAKE IT OUTSIDE

Get outdoors with MWR’s Community Recreation Program and see what the Great Northwest has to offer!
The Great Northwest has a reputation for being cold, dreary and rain-soaked, which is perfectly fine with the locals who'd prefer to keep the area's stunning beauty all to themselves. The truth, however, is quite the opposite. Thanks to higher latitude and longer days, Great Northwest summers are filled with seemingly endless sunshine. Those in the know spend their weekends soaking up the scenery, wading through fields of purple, yellow and red wildflowers or hiking up the deep greens and ambers of the forest floor to a bird's-eye view of the Puget Sound, where the blue gradient water becomes one with the horizon.

There's no better time than now to discover the many hidden gems this area has to offer. Your installation MWR program stands ready to reveal some of Washington's best kept secrets through guided tours and expert advice.

**VISIT A NATIONAL PARK OR STATE PARK FOR FREE**

Washington State is home to Olympic National Park, the iconic Mount Rainier National Park, and the North Cascades National Park, to name a few. The National Parks Service “America the Beautiful” pass allows nature lovers access to these and 2,000 other federal recreational areas for entire year for just $80. Active Duty Service Members, Veterans and Gold Star Families can get this fee waived entirely simply by requesting a special military pass. For details, visit www.discoverpass.wa.gov.

Washington State is also home to more than seven million acres of managed recreation lands including campgrounds, parks, wildlife areas, trails, natural areas, wilderness areas and water access points.

You can access any Washington State Park, Department of Natural Resources site and Department of Fish and Wildlife trailhead by purchasing an annual Discover Pass for just $30. For details, visit www.discoverpass.wa.gov.

For extra savings, consider planning your trip around the National Park Service Birthday on Aug. 25 and National Public Lands Day on Sept. 25. All entry fees are waived on these days.

**DISCOVER LOCAL DEALS AND DELIGHTS**

From exploring military bunkers by flashlight to paddling water trails, there is no shortage of things to do when you're stationed at Naval Base Kitsap. Installation MWR Program Manager Beth Leone-Mullins highly recommends a day trip to Fort Flagler or Fort Worden State Park, near Port Townsend. This beautiful area has also served as the backdrop for a wide range of Hollywood movies including the iconic 1982 film, “An Officer and a Gentleman,” and the 2002 U.S. remake of the Japanese horror film, “The Ring.”

The Hansville Greenway, at the northern tip of Kitsap Peninsula, and the Point Defiance Park south in Tacoma also offer expansive trails with waterfront and mountain views.

For something closer to the base, Leone-Mullins suggests a stroll or a bike ride through Naval Ammunition Depot (N.A.D.) Marine Park. Waterfront trails and a disc golf course cover what was once home to 20, now dismantled bunkers. Trident Lakes on Bangor offers two lakes for fishing or picnicking, a playground, forest trails and ballfields. “It's a great, safe place to go by yourself, with friends or your kids,” says Leone-Mullins. “Pack a picnic, fly a kite, play tag... it's a great little spot.”

There's also Elwood Point within the Landings housing community that juts into Ostrich Bay. It has a playground with a great swing set and numerous picnic tables. In the summer months, MWR rents kayaks and SUP paddleboards from Elwood Point. When the tide is out, there is all kinds of sea life that is exposed. “It's a calm body of water and there's not a lot of boat traffic in Ostrich Bay,” says Leone-Mullins. “It's the perfect place to paddle!”

To learn more, feel free to contact Beth Leone-Mullins and her teammates at Bangor or Bremerton Outdoor Recreation Center.

**TAKE ADVANTAGE OF NAVY GETAWAYS**

Washington is home to three Navy Getaways locations, each with its own unique flair and pristine surroundings. These Navy-operated facilities are designed to make leisure travel and outdoor adventure more accessible to military families by offering clean and comfortable accommodations at affordable rates. See page 12 for details on this amazing benefit available to eligible personnel.

**DON'T KNOW WHERE TO START?**

Contact your ship's Fun Boss or your installation MWR Community Recreation Center for planned group trips, equipment rentals or for ideas and advice for exploring on your own. For instance, at the time of publication, visitors to National Parks are still expected to wear a cloth face covering outdoors when social distancing (6 feet) cannot be maintained. Visitors are also advised to consider the “10 essentials,” before embarking on an outdoor adventure.

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**OUTDOOR ADVENTURE CHECKLIST**

MAKE SURE YOU HAVE THE 10 ESSENTIALS!

1. **NAVIGATION** – Map, compass and GPS system
2. **SUN PROTECTION** – Sunglasses, sunscreen and hat
3. **INSULATION** – Jacket, hat, gloves, rain shell and thermal underwear
4. **ILLUMINATION** – Flashlight, lanterns and headlamp
5. **FIRST-AID SUPPLIES** – First Aid Kit
6. **FIRE** – Matches, lighter and fire starters
7. **REPAIR KIT AND TOOLS** – Duct tape, knife, screwdriver and scissors
8. **NUTRITION** – Food
9. **HYDRATION** – Water and water treatment supplies
10. **EMERGENCY SHELTER** – Tent, space blanket, tarp and bivy

Source: www.nps.gov
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
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 offers reasonably priced hotel accommodations as well as fully furnished 3-, 4- and 5-bedroom cottages lining the ocean bluff, providing guests with panoramic ocean vistas. On-site amenities include Pacific Beach Café & Gift Shop, Raindrop Lanes Bowling Center, a bar and more.

Navy Gateway Inns & Suites
Navy Gateway Inns & Suites combines all the comforts of a hotel, while specializing in official business accommodations. For reservations, call 1-877-NAVY-BED (628-9233).

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## JULY-SEPTEMBER 2021

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<th>EVENT</th>
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<tbody>
<tr>
<td><strong>Tie-Dye Saturdays at the Beach</strong></td>
<td>Saturday, July 3, Noon</td>
<td>Navy Getaways Pacific Beach</td>
</tr>
<tr>
<td>Learn to tie-dye! Includes supplies to create your own Pacific Beach souvenir. $12 adult tees, $10 kid tees.</td>
<td>Saturday, Aug. 14, Noon</td>
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<tr>
<td><strong>Tie-Dye Saturdays at the Beach</strong></td>
<td>Saturday, July 10, Noon</td>
<td>Navy Getaways Pacific Beach</td>
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<tr>
<td><strong>Tie-Dye Saturdays at the Beach</strong></td>
<td>Saturday, Aug. 28, Noon</td>
<td>Navy Getaways Pacific Beach</td>
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<tr>
<td><strong>Tie-Dye Saturdays at the Beach</strong></td>
<td>Saturday, Sept. 4, Noon</td>
<td>Navy Getaways Pacific Beach</td>
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<tr>
<td><strong>Sips@Sunset</strong></td>
<td>Saturday, July 17, Noon</td>
<td>Navy Getaways Cliffside RV Park</td>
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<tr>
<td>Share some local wines, ciders or beers and meet their creators. Register by Wednesday, July 14. $20 per person.</td>
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<tr>
<td><strong>Great Navy Campout and Luau at the Beach</strong></td>
<td>Friday, Aug. 6-7, Noon</td>
<td>Navy Getaways Pacific Beach</td>
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<tr>
<td>Join us for FREE tent camping and Luau-themed activities all weekend! We'll show an outdoor movie, make s'mores, and top it all off with carnival rides and yard games! Luau barbecue plate just $15.95 per person. Book your stay today!</td>
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<tr>
<td><strong>Great Navy Campout at Jim Creek</strong></td>
<td>Saturday, Aug. 21-Sunday, Aug. 22</td>
<td>Community Recreation, Navy Getaways Jim Creek</td>
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<tr>
<td>Get introduced to the outdoors in the serene setting of Jim Creek or check out our virtual, self-guided campout. Learn how to pitch a tent, make your own campfire food and engage in some friendly competition. Gear available at no charge, while supplies last! FREE event.</td>
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<tr>
<td><strong>Great Navy Campout at Cliffside RV Park</strong></td>
<td>Saturday, Aug. 27-Sunday, Aug. 29</td>
<td>Community Recreation, Navy Getaways Cliffside RV Park</td>
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<tr>
<td>Join us for two fun-filled nights during our annual Campout at Cliffside! There will be plenty to do—everything from campfire building and crafts, to guided nature hikes and family campout games! Supplies are included in this FREE event. Register by Monday, Aug. 23.</td>
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<td><strong>Sudz@Sunset</strong></td>
<td>Saturday, Aug. 7, 7 p.m.</td>
<td>Navy Getaways Cliffside RV Park</td>
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<tr>
<td>Share some local wines, ciders or beers and meet their creators. Register by Wednesday, Aug. 4. $20 per person.</td>
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<td><strong>Paint &amp; Sip Evening</strong></td>
<td>Sunday, July 11, 7 p.m.</td>
<td>Navy Getaways Cliffside RV Park</td>
</tr>
<tr>
<td>Paint a familiar Cliffside scene to take a lasting memory home. Register by July 8 (myFFR #430001-01) and Aug. 19 (myFFR #430001-02).</td>
<td>Sunday, Aug. 22, 7 p.m.</td>
<td></td>
</tr>
<tr>
<td><strong>Pet Nature Walk</strong></td>
<td>Saturday, Aug. 28, 9:30 a.m.</td>
<td>Navy Getaways Cliffside RV Park</td>
</tr>
<tr>
<td>Take the pets and family out for a walk along the Seaview Trail and learn about the plants and animals unique to the area. Register by Monday, Aug. 23.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Red Cup Night</strong></td>
<td>Saturday, Sept. 4, 7 p.m.</td>
<td>Navy Getaways Cliffside RV Park</td>
</tr>
<tr>
<td>Share some local wines, ciders or beers and meet their creators. Register by Wednesday, Aug. 25. $20 per person.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Glass Float Frenzy</strong></td>
<td>Saturday, Sept. 25, 8 a.m.</td>
<td>Navy Getaways Pacific Beach</td>
</tr>
<tr>
<td>Come find out why our glass float scavenger hunts have become a local family tradition.</td>
<td></td>
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</tr>
</tbody>
</table>
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
To attain full access to the Aquatics Centers, all youth 17 and under must successfully pass the Navy Youth Swim Test.

#### Bremerton Aquatics 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.

#### 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 adjacent to Naval Hospital Bremerton. CAC required for entry.

#### Bremerton Fitness Center
120 S Dewey St. Bldg. 1017
Bremerton, WA 98314
360-476-2231
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.

### 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.

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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](http://navylifepnw.com) for current hours of operation and health precautions in effect.
## UP COMING PROGR A MS & EV E NTS

### EVENT

<table>
<thead>
<tr>
<th>Event</th>
<th>Date/Time</th>
<th>Host/Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Navy Region Northwest Virtual Freedom Run 5K</strong></td>
<td>July 1-31</td>
<td>Virtual, Facebook: @KitsapFFR</td>
</tr>
<tr>
<td>Commemorate Independence Day with a 5K! Post a pic of your finish line with #FreedomRun5K on our Facebook event page to earn one of five collectible medals, while supplies last. FREE event.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Navy Region Northwest Virtual POW/MIA Honor Run 5K</strong></td>
<td>Sept. 1-30</td>
<td>Virtual, Facebook: @KitsapFFR</td>
</tr>
<tr>
<td>Run or walk in honor of prisoners of war and those who are still missing in action. Post a pic of your finish line with #POWMIAHonorRun5K on our Facebook event page to earn the one of five collectible medals, while supplies last. FREE event</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Squat, Press, Lift Clinic</strong></td>
<td>Sunday, July 11, 11 a.m.-2 p.m.</td>
<td>Bangor and Bremerton Fitness Centers</td>
</tr>
<tr>
<td>This 3-hour clinic focuses on the basic techniques of the squat, bench press and dead lift. The class will go over each lift’s basic technique, followed by attendees performing each lift to work on the individual form. Training variations, as well as assistant exercises for each lift, will be addressed. This clinic will focus on the raw power lifter. Register by Noon, Saturday, July 10.</td>
<td></td>
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</tr>
<tr>
<td><strong>Grit-Fit Challenge</strong></td>
<td>Thursday, July 15-Friday, July 16, 11 a.m.-1 p.m., 4-6 p.m.</td>
<td>Bangor and Bremerton Fitness Centers</td>
</tr>
<tr>
<td>Show your “GRIT” and your fitness as you compete against other commands in this strength and endurance challenge. Each competitor will attempt maximum push-ups and pull-ups in 3 minutes, followed by a 3-mile run. Prizes are awarded to the top three score categories: pull-ups, push-ups and run. A top prize is awarded to the overall winner for all events combined. Register by 11 a.m., Thursday, July 15.</td>
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</tr>
<tr>
<td><strong>Mission Nutrition Course</strong></td>
<td>Friday, July 16, 7:30 a.m.-3 p.m.</td>
<td>Bangor Fitness Complex</td>
</tr>
<tr>
<td>Improve your eating habits as well as your overall health. Topics include: Food Shopping, Meal Planning and Eating out, Emotional and Mindless Eating, Fad Diets, Hot Topics, Food Myths and Reading Labels, and Intro to Operation Supplement Safety.</td>
<td>Register by Wednesday, May 12</td>
<td></td>
</tr>
<tr>
<td><strong>CFL Course</strong></td>
<td>Monday, Aug. 2-Friday, Aug. 6, 7 a.m.-4:30 p.m.</td>
<td>Bangor Fitness Center Training Center</td>
</tr>
<tr>
<td>The Command Fitness Leader (CFL) Course is the 40-hour mandatory training for those Sailors appointed to be their Command CFL. ACFL’s are not required to take this course, but are highly encouraged to attend. Register at Navyfitness.org/fitness/CFL. For more information. Register by Monday, July 19.</td>
<td></td>
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</tr>
</tbody>
</table>

### ALL NAVY SPORTS:

#### 2021 ARMED FORCES SPORTS CALENDAR

For details and an updated calendar, visit: https://www.navyfitness.org/all-navy-sports

The very best Navy athletes may be selected to compete as members of the All-Armed Forces Team, and participate in the Military World Games, national and international competitions. All-Navy teams compete in the Armed Forces Sports Championships against teams from the Marine Corps, Army and Air Force. The Navy Sports Program fields all-Navy teams in boxing, bowling, cross country, wrestling, basketball, soccer, triathlon, volleyball, softball, golf, rugby and marathon. The Navy Sports Program also assists athletes who participate at the national or international level in activities that are not normally offered on a base, such as rowing, archery and shooting. To apply, see your base Fitness/Athletic Director or from the Navy Sports website. Ensure you have your command’s endorsement.
### July-September 2021

<table>
<thead>
<tr>
<th>EVENT</th>
<th>DATE/TIME</th>
<th>HOST/VENUE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Summer Combine</strong>&lt;br&gt;Inspired by the NFL Combine, a series of challenges test each competitor’s strength, speed and agility endurance. Events include the 40-yard dash, bench press, vertical jump, 20-yard shuffle and 3-cone drill. Drop-in event.</td>
<td>Saturday, Aug. 7, 9 a.m.</td>
<td>Bangor and Bremerton Fitness Centers</td>
</tr>
<tr>
<td><strong>NOFFS 5-Hour Course</strong>&lt;br&gt;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>
<td>Friday, Aug. 20, 7 a.m.-1 p.m. Register by Noon, Wednesday, Aug. 18</td>
<td>Bremerton Fitness Center</td>
</tr>
<tr>
<td><strong>The Longest Day/Push-Pull Contest</strong>&lt;br&gt;Compete against other commands in two push-pull circuits for time. Prizes will be awarded for the top three times in Male and Female Divisions. Register by Friday, Aug. 27.</td>
<td>Sunday, Aug. 29, 8 a.m.-4 p.m.</td>
<td>Bangor and Bremerton Fitness Centers</td>
</tr>
<tr>
<td><strong>Puget Sound Swim the Distance Challenge</strong>&lt;br&gt;How far can you swim in one month? Participate in this swim challenge to see how far around the Puget Sound you can swim in a month. Track your distance at the pool and see which cities you can visit along the way. No registration necessary.</td>
<td>Sept. 1-30</td>
<td>Bangor and Bremerton Aquatic Centers</td>
</tr>
</tbody>
</table>

**2021 Virtual Run Series**

**It’s easy as 1-2-3!**

1. Track your time and take a picture at your “finish line.”
2. Post your picture by 11:59 p.m. PST at the end of your run on Facebook or Instagram (@KitsapFFR, @EverettFFR or @WhidbeyFFR)
3. Collect your medal at your installation Fitness Center within 10 days of the conclusion of each run!

Complete your series by running or walking each 5K. You can participate in one or all five runs. Register anytime within the 30-day period open for each run. Compete against other commands any time, anywhere!

For details, contact your installation Fitness Center.

*While supplies last.

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

**COLLECT ALL 5 MEDALS!**

- **July 1-30** #Freedom Run 5K
- **Sept. 1-30** #POW/MIA Honor Run 5K
- **Oct. 1-29** #Day of the Dead Dash 5K
- **Nov. 1-30** #Turkey Trot 5K
- **Dec. 1-30** #Eggnog Jog 5K
"My prescription copay was $20, but now I use GoodRx every time and it’s around $5."

Kayla M.
Stay-at-home mom

Whether you’re copay is too high or your VA Healthcare doesn’t quite cover your prescription costs, we can help you save up to 80% on your medications.

Download the free GoodRx app or visit us at goodrx.com/nwnavy

The Department of Navy does not endorse any company, sponsor or their products or services. GoodRx is not insurance. GoodRx user compensated for their time. In 2020, GoodRx users received an average savings of over 70% off retail prices.
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.

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 health precautions in effect.

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

We’re here to support you and your family during every career and life change with caring counselors, classes, relocation assistance and deployment support.
**CLINICAL COUNSELING AND FAMILY ADVOCACY PROGRAMS**

We offer individual, group and family counseling as well as victim intervention and related prevention, education and awareness programs. Classes and groups are scheduled based on demand. Call 866-854-0638 for details.

**SEXUAL ASSAULT PREVENTION & RESPONSE (SAPR)**

SAPR provides 24/7 services and support for victims of sexual assault and aims to eliminate sexual assault committed by or against military service members, their families and DoD civilians. Contact your installation SAPR office or call 866-854-0638 for more information about online and in-person class offerings. To register, contact the local installation SAPR office at NBK.SAPR@navy.mil.

<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>Call for details.</td>
</tr>
<tr>
<td>Bells Across America</td>
<td>Wednesday, Sept. 22, 9-11 a.m.</td>
</tr>
<tr>
<td>Living Intentionally, Fully and Effectively (LIFE)</td>
<td></td>
</tr>
<tr>
<td>Suicide Assist &amp; Intercept for Life (SAIL)</td>
<td></td>
</tr>
<tr>
<td>Survivors Overcoming Assault with Resiliency (SOAR)</td>
<td></td>
</tr>
<tr>
<td>SAPR Initial Victim Advocate Training</td>
<td>Monday, June 21-24, 7:30 a.m.-1 p.m.</td>
</tr>
<tr>
<td>SAPR Primary Unit Victim Advocate Training</td>
<td>Monday, Sept. 13-16, 7:30 a.m.-1 p.m.</td>
</tr>
<tr>
<td>SAPR Policy Summit and Advocate Appreciation Event</td>
<td>Wednesday, July 7, 10-11 a.m.</td>
</tr>
<tr>
<td>SAPR Victim Advocate Refresher Training</td>
<td>Thursday, July 22, 2-4 p.m.</td>
</tr>
<tr>
<td>Thursday, Aug. 26, 2-4 p.m.</td>
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<tr>
<td>Thursday, Sept. 23, 2-4 p.m.</td>
<td></td>
</tr>
</tbody>
</table>

**UPCOMING PROGRAMS & EVENTS**

**Bells Across America**

For Fallen Service Members

**SEPTEMBER 2021**

JULY - SEPTEMBER 2021
### FAMILY SUPPORT SERVICES

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

<table>
<thead>
<tr>
<th>EVENT</th>
<th>DATE/TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daddy Boot Camp</td>
<td>Tuesday, July 6, 3:30-5 p.m.</td>
</tr>
<tr>
<td>EFMP Command POC Training</td>
<td>Wednesday, July 14, 1-3 p.m.</td>
</tr>
<tr>
<td>Moving with an EFM</td>
<td>Wednesday, July 21, 5-7 p.m.</td>
</tr>
<tr>
<td>EFMP 101</td>
<td>Thursday, Aug 12, 5-7 p.m.</td>
</tr>
<tr>
<td>EFMP: Movie</td>
<td>Thursday, Aug 24, 1-3 p.m.</td>
</tr>
<tr>
<td>Spouse INDOC</td>
<td>Thursday, July 15, 5-7 p.m.</td>
</tr>
<tr>
<td>Baby INDOC</td>
<td>Wednesday, Sept. 8, 1:30-3 p.m.</td>
</tr>
</tbody>
</table>

### SUPPORT PROGRAMS

<table>
<thead>
<tr>
<th>EVENT</th>
<th>DATE/TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baby Talk</td>
<td>Thursday, Aug 5, 3:30-4:30 p.m.</td>
</tr>
<tr>
<td>Infant Massage</td>
<td>Monday, Aug 16, 1-2:30 p.m.</td>
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<tr>
<td></td>
<td>Monday, Aug 23, 1-2:30 p.m.</td>
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<td></td>
<td>Monday, Aug 30, 1-2:30 p.m.</td>
</tr>
<tr>
<td>Ombudsman Basic Training (3-Day Course)</td>
<td>Tuesday, Aug 17-Thursday, Aug 19, 8:30 a.m.-4 p.m.</td>
</tr>
<tr>
<td>Positive Parenting (10-Week Course)</td>
<td>Thursdays, Sept 9-Nov. 18, 9-10:30 a.m.</td>
</tr>
<tr>
<td>Family Readiness Group (FRG) Training</td>
<td>Monday, Sept 27-Tuesday, Sept 28, 9 a.m.-3 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 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>Debt Traps &amp; Credit Pitfalls</td>
<td>Thursday, July 8, 10 a.m.-noon</td>
</tr>
<tr>
<td>Million Dollar Sailor/Spouse</td>
<td>Wednesday, July 14-Thursday, July 15, 8 a.m.-3 p.m.</td>
</tr>
<tr>
<td>Home Owner Class</td>
<td>Thursday, July 22, 10 a.m.-noon</td>
</tr>
<tr>
<td>CFS Continuing Education-PCS and Final Move</td>
<td>Thursday, July 29, 1-3 p.m.</td>
</tr>
<tr>
<td>Purchase with a Purpose: Consumer Awareness &amp; Psychology of Spending</td>
<td>Thursday, Aug. 19, 1-3 p.m.</td>
</tr>
<tr>
<td>Increasing Wealth Using Compound Interest: Investing 101</td>
<td>Thursday, Aug. 26, 10 a.m.-noon</td>
</tr>
</tbody>
</table>

**UPCOMING PROGRAMS & EVENTS**

<table>
<thead>
<tr>
<th>EVENT NAME</th>
<th>DATE/TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Command Financial Specialist (CFS)</td>
<td>Monday, Aug. 2-Friday, Aug. 6, 7:30 a.m.-4 p.m.</td>
</tr>
<tr>
<td>CFS/PMF Leadership Financial Forum via Teams</td>
<td>Wednesday, Aug. 18, 9-11 a.m.</td>
</tr>
</tbody>
</table>

**NOW OFFERING**
VIRTUAL SERVICES AND ONE-ON-ONE PHONE APPOINTMENTS
Visit navylifepnw.com/webinars or call 866-854-0638

**WE’RE HIRING ON THE SPOT!**
NAVY CHILD & YOUTH HIRING EVENTS

FULL-TIME AND FLEX POSITIONS FOR:
- Program Leaders
- Program Assistants
- Operations Clerks

THURSDAY, JULY 15
TUESDAY, AUG. 17
THURSDAY, SEPT. 16

**PREREGRISTRATION AND COMPLETED APPLICATION REQUIRED AT KITSAP.NAVYLIFEPNW.COM/CYP-HIRING**
*Offer contingent upon successful completion of a background check. Select two preferred interview times when submitting application.*
**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 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>Stress Management (4-Session Class)</td>
<td>Thursdays, July 8, 15, 22, 29, 9-11 a.m.</td>
</tr>
<tr>
<td>Lemons to Lemonade</td>
<td>Thursday, July 22, Noon-2 p.m.</td>
</tr>
<tr>
<td>Time and Self-Management</td>
<td>Thursday, Aug. 12, 9-11 a.m.</td>
</tr>
<tr>
<td>Stress Management 101</td>
<td>Thursday, Aug. 12, 1-3 p.m.</td>
</tr>
<tr>
<td>Effective Communication</td>
<td>Thursday, Aug. 19, 9-11 a.m.</td>
</tr>
<tr>
<td>Relationship Resources</td>
<td>Thursday, Aug. 26, 1-3 p.m.</td>
</tr>
<tr>
<td>Conflict Resolution</td>
<td>Thursday, Sept. 9, 9-11 a.m.</td>
</tr>
</tbody>
</table>

**SUPPORT PROGRAMS**

**EMPLOYMENT/TRANSITION SUPPORT**

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

<table>
<thead>
<tr>
<th>EVENT NAME</th>
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</thead>
<tbody>
<tr>
<td>(TAP) Pre-Separation</td>
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<tr>
<td>(TAP) Managing Your (MY) Transition</td>
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<tr>
<td>(TAP) Military Occupational Code (MOC) Crosswalk</td>
<td></td>
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<tr>
<td>(TAP) Financial Planning for Transition</td>
<td></td>
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<tr>
<td>(TAP) VA Workshop</td>
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<tr>
<td>(TAP) Department of Labor Employment Fundamentals of Career Transition (DOL EFCT)</td>
<td></td>
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<tr>
<td>(TAP) Managing Your (MY) Education (2-day)</td>
<td></td>
</tr>
<tr>
<td>(TAP) Managing Your (MY) Entrepreneurship (2-day)</td>
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</tbody>
</table>
# Upcoming Programs & Events

<table>
<thead>
<tr>
<th>EVENT NAME</th>
<th>DATE/TIME</th>
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</thead>
<tbody>
<tr>
<td><strong>(TAP) Employment Workshop (2-day)</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>(TAP) Department Of Labor Career and Credential Exploration (2-day)</strong></td>
<td>This class offers a unique opportunity for participants to complete a personalized career development assessment and present them with tailored job recommendations that align with their occupational interests and abilities. Participants are guided through a variety of career considerations including labor market projections, education, apprenticeships, certifications and licensure requirements.</td>
</tr>
<tr>
<td><strong>(TAP) Disabled American Veterans</strong></td>
<td>Information regarding Benefits Delivery at Discharge (BDD) claims. Describes procedures and requirements to file a VA disability claim prior to separation.</td>
</tr>
<tr>
<td><strong>CONSEP Mid-Career</strong></td>
<td>CONSEP gives you the opportunity to gather and understand information as you analyze your options to continue your service in the Navy or pursue a civilian career.</td>
</tr>
<tr>
<td><strong>Department of Labor Vocational Career Track</strong></td>
<td>This workshop offers the opportunity to identify skills, increase awareness of training and credentialing programs, and develop an action plan to achieve your career goals.</td>
</tr>
<tr>
<td><strong>Transition Assistance Program (TAP) Capstone Event</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Interviewing Skills</strong></td>
<td>required course for all Command Sponsor Coordinators to learn how to ensure a smooth transition. Get tips and advice that will help streamline the sponsorship process: benefits of sponsorship, a checklist of sponsor duties and responsibilities, and more. Held online at: <a href="https://connect.apan.org/nbkrelocation/">https://connect.apan.org/nbkrelocation/</a>.</td>
</tr>
<tr>
<td><strong>Basic Resume</strong></td>
<td>Define what employers want in a quick, easy and direct format. Held online at: <a href="https://connect.apan.org/nbkferp/">https://connect.apan.org/nbkferp/</a>.</td>
</tr>
<tr>
<td><strong>Spouse CERT (Career, Education, Resources, Training)</strong></td>
<td>This class is a must for every military spouse. Learn about benefits unique to you. Held online at: <a href="https://connect.apan.org/nbkferp/">https://connect.apan.org/nbkferp/</a>.</td>
</tr>
<tr>
<td><strong>Spouse Transition and Readiness Table-Talk (START)</strong></td>
<td>Designed to provide spouses with resources to help during their transition from the military. Held online at: <a href="https://connect.apan.org/nbktransition/">https://connect.apan.org/nbktransition/</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 highlight key skills. Held online at: <a href="https://connect.apan.org/nbkferp/">https://connect.apan.org/nbkferp/</a>.</td>
</tr>
<tr>
<td><strong>Preparing for the Job Fair</strong></td>
<td>Come learn the importance of participating in a job fair. This is an opportunity for you to meet with employers on an informal basis to discuss career information and employment opportunities. Held online at: <a href="https://connect.apan.org/nbkferp/">https://connect.apan.org/nbkferp/</a>.</td>
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<tr>
<td><strong>Smooth Move</strong></td>
<td>Get tips for addressing the most prevalent military relocation issues. Held online at: <a href="https://connect.apan.org/nbkrelocation/">https://connect.apan.org/nbkrelocation/</a>.</td>
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<tr>
<td><strong>FAFSA-Scholarships 101</strong></td>
<td>Are you or a family member interested in going back to school? Let us take the confusion out of the FAFSA (Free Application for Federal Student Aid) process as well as talk about scholarships that are available to the military community. Held online at: <a href="https://connect.apan.org/nbkferp/">https://connect.apan.org/nbkferp/</a>.</td>
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<tr>
<td><strong>Welcome Aboard</strong></td>
<td>Come meet new people and learn everything you need to know about your new duty station. Held online at: <a href="https://connect.apan.org/nbkrelocation/">https://connect.apan.org/nbkrelocation/</a>.</td>
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UPCOMING PROGRAMS & EVENTS
NEW PLAQUE AT TRIDENT LAKES HONORS THE MEMORY OF BELOVED HUSBAND AND FATHER

by Kelly Joines

Trident Lakes and its surrounding parklands offer military families a break from the hustle and bustle of daily life at Naval Base Kitsap. But for Jenny Much, Trident Lakes holds special significance. The bench, where she often sits and reflects upon her many fond memories, is now adorned with a bronze plaque commemorating her late husband, Commander Jason Much.

Jason's bench is situated directly across the lake where Jenny remembers her children laughing and fishing with their father. It's moments like these she cherishes, memories that remind her of a time when she felt whole. Jenny, now 51, met her husband 30 years ago while listening to a rock band at a night club called Castaways East in Bremerton. “I was 21 when we met and it was instant attraction,” she says. A year later they were married and blissfully unaware that their honeymoon romance would be tested so soon.

At just 23 years of age, Jenny was diagnosed with a rare form of cancer and was told it was terminal. “The doctors went after it aggressively with treatment,” she recalls, “It was a miracle. It worked and I recovered fully. But I always used to joke that I was going to be the first to go because of that.”

After navigating their first scare, Jenny and Jason’s love deepened with each coming year and they welcomed into the world their two children, Tyler and Alyssa. With Jenny’s love and support, Jason worked his way up the enlisted chain and became an officer. “He worked so hard and was a friend to everyone,” she says, “He was my best friend.”

Jenny loved being a military spouse and appreciated the community she experienced with each relocation and assignment. “Complete strangers would offer assistance, friendship, food. There was a sense of belonging and connection,” Jenny recalls fondly. “I was able to stay home and take care of Jason and the kids. It was never put upon me. It’s who I am,” she says.

Things were looking up until one day, while stationed at Joint Base Pearl Harbor-Hickam in Hawaii, Jason was also diagnosed with terminal cancer. After long discussions, they knew they wanted their family to return to the Northwest where they had so many happy memories. “This is our original hometown. We lived in Perch Pickerel [housing] and Jason used to take our son Tyler to the lake in the evening where they would hear the frogs. Jason told Tyler that if they flashed the light on the frogs they would turn to stone,” recalls Jenny with a laugh.

Jason and Jenny returned to their beloved Northwest, but void led her to TAPS, a non-profit organization that provides comfort and care for all who are grieving the loss of a military loved one, and to the Navy’s Gold Star program which offers long-term support to surviving families of Sailors who pass while on Active Duty. “Gold Star is where we belong now,” she says.

Jenny considers helping and healing others her saving grace. She has since earned a master’s degree in psychology from Brandman University and a Yoga teaching certificate. In January of this year, Jenny contacted the base to see if a plaque could be placed in the park in memory of her late husband. Beth Leone-Mullins, MWR Program Manager for Naval Base Kitsap, responded to her request immediately and lent the project her full support. “Parks are at the center of so many experiences and memories,” says Beth. “They are places to gather with friends and family, spaces to celebrate special moments, spots of healing, and so much more.”

After working out the legal particulars, Beth walked the park with Jenny in search of the ideal location. It was there, across from the lake that held so many memories, where it felt just right.

Although Jenny will always miss her husband fiercely, she finds peace at Naval Base Kitsap where her two worlds – past and present – can exist together. “Coming on base with Jason was always social hour,” says Jenny, “This base is so much a part of our lives.” And now all who take respite at this serene place will know about Jenny and Jason and their forever love.
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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.

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<thead>
<tr>
<th>Housing Service Center</th>
<th>Bangor Plaza</th>
<th>2720 Ohio St.</th>
<th>Bldg. 2720</th>
<th>Silverdale, WA 98315</th>
<th>360-396-4399</th>
<th>Monday-Friday: 7 a.m.-4:30 p.m.</th>
<th>By appointment.</th>
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<td><strong>Bremerton Check-in:</strong></td>
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<td><strong>Housing Service Center</strong></td>
<td><strong>Naval Hospital</strong></td>
<td><strong>Inns &amp; Suites</strong></td>
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<td>Bremerton, WA 98314</td>
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<td>360-475-4334</td>
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<td><strong>Naval Hospital</strong></td>
<td><strong>After-hours</strong></td>
<td><strong>Emergency</strong></td>
<td><strong>Maintenance</strong></td>
<td><strong>360-340-2297</strong></td>
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<td><strong>Check-in:</strong></td>
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<td><strong>Services:</strong></td>
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<td><strong>Pre-screened community housing listings.</strong></td>
<td><strong>Safety conditions in the home.</strong></td>
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<td><strong>Service members and their families can view property listing details, contact Property Managers by email, compare multiple listings and map rental properties.</strong></td>
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