



SUMMER 2021

EXPERIENCE

NAVY LIFE MAGAZINE · KITSAP

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EXPERIENCE NAVY LIFE

JULY-SEPTEMBER 2021

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



18

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

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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A photograph of a family consisting of a man in a military uniform, a woman, and two children, smiling and interacting in an outdoor setting.

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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.

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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
CNRNW 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.



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!



"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.

5 SIMPLE STEPS TO REGISTERING WITH MYFFR

1 VISIT

www.navylifepnw.com/myFFR

2 LOG IN

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

3 BROWSE

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

4 PURCHASE

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

5 ENJOY!

Rest easy knowing your reservation is complete!



FOOD, FUN & RECREATION



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

Dining & Entertainment



All American Restaurant

120 S Dewey St.
Bldg. 866
Bremerton, WA 98314
360-476-9085

Monday-Friday:
breakfast, lunch and
dinner. Saturday
and Sunday: brunch
and supper.

Open to all DoD
personnel.

Essential Station
Messing (ESM)
diners eat FREE.



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.
Silverdale, WA 98315
360-396-2523

Your home
for traditional
American fare with
a global twist.



Island Express

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

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



Juan's Cantina

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

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



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

Bangor Self-Service Car Wash

Located next to the NEX Auto Port.

Bremerton Self-Service Car Wash

Located across from Bremerton Fitness Complex.

Recreation Centers

Naval Base Kitsap boasts two, one-stop shops designed to meet all of your leisure needs! From exciting trips and tours, to discounted tickets for select northwest sporting events, attractions, entertainment opportunities, and outdoor gear rental; your local recreation center has it all.

Bangor Recreation Center

Bangor Plaza
Ohio St.
Bldg. 2720
Silverdale, WA 98315
360-396-2449

- Barbecue grills
- Bike rental
- Canopy, table and chairs rental
- 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

Amenities include:

- FREE WiFi
- Espresso Bar featuring hot and cold beverages, breakfast and lunch items
- Liberty Lounge

Recreational Vehicle Storage

360-396-2449
Need vehicle storage? We can help with a fenced, lighted, paved lot and 24/7 gated access.

Mini Storage

360-396-2449
Need storage for all your stuff? We can help with a fenced, lighted and 24/7 access storage facility.



Gallery Golf Course

3065 N Cowpens Rd.
Oak Harbor, WA 98278
360-257-2178

The Navy's one-and-only golf course in Region Northwest features tree-lined fairways, rolling hills, and stunning views of the Strait of Juan de Fuca and Vancouver Island. Just three hours from Bremerton.

- Open to the public
- Challenging 18-hole course tournaments
- Grass driving range
- Pro Shop
- Lessons and clinics
- Online tee times for expedited check-in

Outdoor Parks and Recreation Areas

Camp McKean

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

Elwood Point

360-396-2449
Hours: Dawn till dusk
Located within The Landings (formerly Jackson Park Navy Family Housing) on Bremerton's scenic Ostrich Bay. Use of Elwood Point is FREE. Reservations are for use of the covered picnic pavilion only. The picnic pavilion has a large charcoal barbecue pit, picnic tables and is located near the children's playground and ball fields.

Trident Lakes Recreation Area

360-396-2449
Hours: Dawn till dusk
Located just inside the Trigger Avenue Gate at Naval Base Kitsap-Bangor. Recreational area featuring:

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

on a first-come, first-served basis

- Playground
- Fishing available! Permit required, Visit the Bangor Recreation Center for details.
- Hiking/running trails
- Pets welcome (leash laws are strictly enforced)

Bangor Skate Park

Located behind Bangor Fitness Center

LIBERTY Lounges

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

Bangor Liberty Center

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

Bremerton Fleet Recreation Center

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

FOOD, FUN & RECREATION

JULY-SEPTEMBER 2021

EVENT	DATE/TIME	HOST/VENUE
<p>Special Holiday Meals Seasoned with Love</p> <p>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.</p>	On-Going	Pick up at NBK Bangor Plaza's Inside Out Cafe/Island Express www.DineOnTheGoPNW.com
<p>Crafternoon</p> <p>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.</p>	Thursday, July 1, 3:30-5:30 p.m.	Bangor Recreation Center and Bremerton Recreation Center
	Thursday, July 15, 3:30-5:30 p.m.	
	Thursday, Aug. 5, 3:30-5:30 p.m.	
	Thursday, Aug. 19, 3:30-5:30 p.m.	
	Thursday, Sept. 16, 3:30-5:30 p.m.	
	Thursday, Sept. 30, 3:30-5:30 p.m.	
<p>Story Stroll</p> <p>Take a stroll around the lake and read the story for some great outdoor family entertainment!</p>	Thursday, July 1, All Month	Trident Lakes Recreational Area
	Sunday, Aug. 1, All Month	
	Wednesday, Sept. 1, All Month	
<p>Language Learning: Japanese</p> <p>Check us out on Facebook to learn some must know phrases if you plan on visiting or PCSing to Japan!</p>	Wednesday, July 7, Noon	Facebook: @KitsapFFR
<p>Stand-Up Paddleboard Basics</p> <p>Learn the basics of stand-up paddleboards (SUP).</p>	Wednesday, July 21, Noon	Facebook @KitsapFFR
<p>Taste the Rainbow Story Time in the Park</p> <p>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!</p>	Thursday, July 22, 1-2 p.m.	Elwood Point
<p>Summertime Coloring Contest</p> <p>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.</p>	Sunday, July 25-Saturday, July 31	Bangor Recreation Center and Bremerton Recreation Center

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www.americanforcetravel.com

MWR

UPCOMING PROGRAMS & EVENTS

NAVY REGION NORTHWEST COMMUNITY RECREATION



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Presented by: 

JULY-SEPTEMBER 2021

EVENT	DATE/TIME	HOST/VENUE
<p>Color Blast Geocache Adventure</p> <p>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!</p>	Friday, Aug. 6-Saturday, Aug. 14.	Trident Lakes and Elwood Point in Jackson Park
<p>Artopia</p> <p>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.</p>	Saturday, Aug. 14, 1-3 p.m.	Trident Lakes and Elwood Point in Jackson Park
<p>Great Navy Campout</p> <p>Have fun during our annual Great Navy Campout with cooking demos, games, crafts, food and campfire songs.</p>	Saturday, Aug. 21-Sunday, Aug. 22	Bangor Recreation Center and Bremerton Recreation Center
<p>School's Cool!</p> <p>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.</p>	Thursday, Sept. 2, 11 a.m.-1 p.m.	Bangor Recreation Center and Bremerton Recreation Center
<p>Laughter Yoga</p> <p>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!</p>	Thursday, Sept. 9, 5 p.m.	Bangor Recreation Center
<p>American Forces Travel Class</p> <p>Learn what this DoD-sponsored travel site can do for you and how to maximize your savings.</p>	Thursday, Sept. 23, 6 p.m.	Bangor Recreation Center

FOOD, FUN & RECREATION

COMMUNITY RECREATION & DOD MWR LIBRARIES SUMMER READING PROGRAM



iREAD
READING
COLORS
Your
WORLD.

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



ESCAPE THE BARRACKS!

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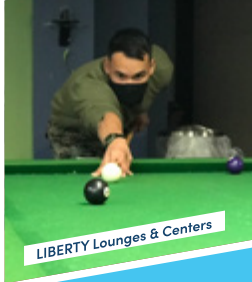
For Active Duty Service Members E1-E6



Trips & Tours Designed for You



Events & Activities



LIBERTY Lounges & Centers

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

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A person wearing a bright yellow jacket and dark pants is standing on a large, weathered fallen log in a dense forest. The forest is filled with tall, thin trees and lush green foliage. The scene is captured from a low angle, looking up at the person and the towering trees. The lighting is bright, suggesting a sunny day. The overall atmosphere is peaceful and natural.

LET'S TAKE IT OUTSIDE

*Get outdoors with
MWR's Community
Recreation
Program and
see what the
Great Northwest
has to offer!*

by Kelly Joines

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 Rainer 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.nps.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.

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

LODGING & LEISURE



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



Cliffside RV Park & Campground

Located on Ault Field.
360-257-2649

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



Jim Creek Recreation Area & Campground

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

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



Pacific Beach Hotel, Cottages, RV Park & Campground

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

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



Navy Gateway Inns & Suites

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

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

Bangor

2750 Sargo Circle
Silverdale, WA 98315

Bremerton

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

Whidbey Island

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

Amenities include:

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



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

UPCOMING PROGRAMS & EVENTS



JULY-SEPTEMBER 2021

EVENT	DATE/TIME	HOST/VENUE	
Tie-Dye Saturdays at the Beach Learn to tie-dye! Includes supplies to create your own Pacific Beach souvenir. \$12 adult tees, \$10 kid tees.	Saturday, July 3, Noon	Saturday, Aug. 14, Noon	
	Saturday, July 10, Noon	Saturday, Aug. 28, Noon	Navy Getaways Pacific Beach
	Saturday, July 17, Noon	Saturday, Sept. 4, Noon	
Sips@Sunset Share some local wines, ciders or beers and meet their creators. Register by Wednesday, July 14. \$20 per person.	Saturday, July 17, 7 p.m.	Navy Getaways Cliffside RV Park	
Great Navy Campout and Luau at the Beach 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!	Friday, Aug. 6-7, Noon	Navy Getaways Pacific Beach	
Great Navy Campout at Jim Creek 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.	Saturday, Aug. 21- Sunday, Aug. 22	Community Recreation, Navy Getaways Jim Creek	
Great Navy Campout at Cliffside RV Park 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.	Saturday, Aug. 27- Sunday, Aug. 29	Community Recreation, Navy Getaways Cliffside RV Park	
Sudz@Sunset Share some local wines, ciders or beers and meet their creators. Register by Wednesday, Aug. 4. \$20 per person.	Saturday, Aug. 7, 7 p.m.	Navy Getaways Cliffside RV Park	
Paint & Sip Evening Paint a familiar Cliffside scene to take a lasting memory home. Register by July 8 (myFFR #430001-01) and Aug. 19 (myFFR #430001-02).	Sunday, July 11, 7 p.m.	Navy Getaways Cliffside RV Park	
	Sunday, Aug. 22, 7 p.m.		
Pet Nature Walk 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.	Saturday, Aug. 28, 9:30 a.m.	Navy Getaways Cliffside RV Park	
Red Cup Night Share some local wines, ciders or beers and meet their creators. Register by Wednesday, Aug. 25. \$20 per person	Saturday, Sept. 4, 7 p.m.	Navy Getaways Cliffside RV Park	
Glass Float Frenzy Come find out why our glass float scavenger hunts have become a local family tradition.	Saturday, Sept. 25, 8 a.m.	Navy Getaways Pacific Beach	

SPORTS, FITNESS & AQUATICS



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

Fitness & Aquatic Centers

Bangor Fitness Center

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

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

Bangor Aquatics Center

Located in the Bangor Fitness Center
360-315-2131

This facility is fully equipped to meet aquatic fitness and recreation needs: a 25-yard pool, 10-lap swimming lanes, 13-foot diving well with 1- and 3-meter springboard diving

boards and a 20-person hot tub. Water polo nets, balls and caps are available upon request. Ask about Kid's Birthday Party Packages.

We offer American Red Cross Blended Learning (First Aid and CPR) Courses by appointment only. Please contact the Bangor Aquatics Center for more info: 360-315-2131

To attain full access to the Aquatics Centers, all youth 17 and under must successfully pass the Navy Youth Swim Test.

Bremerton Fitness Center

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

Bremerton Aquatics Center

360-476-9416

The Bremerton swimming pool is a 6-lane lap pool. We have fins, kickboards and pull buoys available for lap swim use, as well as water aerobics equipment. The 8-man hot tub is located on the pool deck.

Keyport Fitness Center

This unmanned facility offers the best in cardio and strength fitness equipment, basketball and racquetball courts.

CAC required for entry.*

Naval Hospital Fitness Center

Located adjacent to Naval Hospital Bremerton.

CAC required for entry.*

Waterfront Fitness Center

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

CAC required for entry.*

Intramural Sports

Ohio St.
Bldg. 2700
Silverdale, WA 98315
360-315-2132

Participate in regularly scheduled leagues, including volleyball, flag football, golf, basketball, softball and more.

In addition, there are opportunities to participate in tournaments and regional competitions year such as:

All-Navy Sports

For Sailors who possess the athletic skills to compete above the intramural level, in team or individual sports, a chance to represent the Navy at higher-level athletic competitions such as the Armed Forces Championship.

Admiral's Cup

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

Captain's Cup

The Captain's Cup provides Sailors an opportunity to represent their commands and installations in a variety of different team sports and activities, while earning points toward the cup.



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

UPCOMING PROGRAMS & EVENTS

JULY-SEPTEMBER 2021

 = Captain's Cup

EVENT	DATE/TIME	HOST/VENUE
<p>Navy Region Northwest Virtual Freedom Run 5K</p> <p>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.</p>	July 1-31	Virtual, Facebook: @KitsapFFR
<p>Navy Region Northwest Virtual POW/MIA Honor Run 5K</p> <p>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.</p>	Sept. 1-30	Virtual, Facebook: @KitsapFFR
<p>Squat, Press, Lift Clinic</p> <p>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.</p>	Sunday, July 11, 11 a.m.-2 p.m.	Bangor and Bremerton Fitness Centers
<p>Grit-Fit Challenge</p> <p>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.</p>	Thursday, July 15-Friday, July 16, 11 a.m.-1 p.m., 4-6 p.m.	Bangor and Bremerton Fitness Centers
<p>Mission Nutrition Course</p> <p>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.</p>	<p>Friday, July 16, 7:30 a.m.-3 p.m. Register by Wednesday, May 12</p> <p>Friday, Sept. 17, 7:30 a.m.-3 p.m. Register by Noon, Wednesday, Sept. 15</p>	Bangor Fitness Complex
<p>CFL Course</p> <p>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.</p>	Monday, Aug. 2-Friday, Aug. 6, 7 a.m.-4:30 p.m.	Bangor Fitness Center Training Center



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.

SPORTS, FITNESS & AQUATICS

JULY-SEPTEMBER 2021

 = Captain's Cup

EVENT	DATE/TIME	HOST/VENUE
<p>Summer Combine</p> <p>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.</p>	Saturday, Aug. 7, 9 a.m.	Bangor and Bremerton Fitness Centers
<p>NOFFS 5-Hour Course</p> <p>Discover for yourself why the Navy Operational Fitness and Fueling System (NOFFS) is considered a "best in class" physical fitness training and nutrition program.</p>	Friday, Aug. 20, 7 a.m.-1 p.m. Register by Noon, Wednesday, Aug. 18	Bremerton Fitness Center
	Friday, Sept. 24, 7 a.m.-1 p.m. Register by Noon, Monday, Sept. 22	
<p>The Longest Day\Push-Pull Contest</p> <p>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.</p>	Sunday, Aug. 29, 8 a.m.-4 p.m.	Bangor and Bremerton Fitness Centers
<p>Puget Sound Swim the Distance Challenge</p> <p>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.</p>	Sept. 1-30	Bangor and Bremerton Aquatic Centers



Photo of the series medals when all 5 runs are completed. Not actual size.



2021 VIRTUAL RUN SERIES

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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

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SUPPORT PROGRAMS



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

Fleet & Family Support Center (Blue)

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

Fleet & Family Support Center (Gold)

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



Navy Gold Star Call Center
888-509-8759

24/7 SAPR Advocate

360-340-7037

24/7 Sexual Assault Response Coordinator (SARC)

360-340-7156



DoD Safe Helpline
877-995-5247



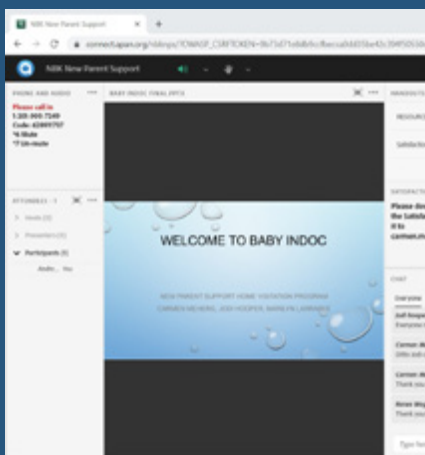
Health Protection Notice: FFR activities and services may require advanced registration and are subject to change or cancellation without prior notice. Contact the facility directly for confirmation or visit navylifepnw.com for current hours of operation and health precautions in effect.

NEW! REGISTER FOR VIRTUAL FFSC CLASSES HOSTED ON APAN

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

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

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



UPCOMING PROGRAMS & EVENTS



CLINICAL COUNSELING AND FAMILY ADVOCACY PROGRAMS

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



SEXUAL ASSAULT PREVENTION & RESPONSE (SAPR)

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

EVENT NAME	DATE/TIME
<p>Domestic Violence (DV) and Sexual Assault (SA) Executive Leadership Training</p> <p>This training gives command leadership the tools needed to keep victims safe and hold offenders accountable for their actions.</p>	Call for details.
<p>Bells Across America</p> <p>This annual event is held across the nation in remembrance of Sailors who died while serving on Active Duty. Join us as we honor our heroes and show our support of Gold Star Families.</p>	Wednesday, Sept. 22, 9-11 a.m.
<p>Living Intentionally, Fully and Effectively (LIFE)</p> <p>Connect with other people and share your journey of personal growth.</p>	
<p>Submerged</p> <p>This group gives military teens, ages 12-18, a safe space to talk about issues that matter most to them.</p>	
<p>Suicide Assist & Intercept for Life (SAIL)</p> <p>This voluntary program serves as a link between you, your providers and command leadership during your recovery.</p>	
<p>Survivors Overcoming Assault with Resiliency (SOAR)</p> <p>This is a 10-week, psycho-educational support group that aims to assist survivors of sexual abuse and violence.</p>	

EVENT NAME	DATE/TIME
<p>SAPR Initial Victim Advocate Training</p> <p>Required course to become a command-designated and credentialed SAPR victim advocate.</p>	<p>Monday, June 21-Friday, July 2, 7:30 a.m.-1 p.m.</p> <p>Monday, Sept. 13-Friday, Sept. 24, 7:30 a.m.-1 p.m.</p>
<p>SAPR Primary Unit Victim Advocate Training</p> <p>Formerly known as the SAPR Point of Contact (POC) Training, required course to become a command-designated SAPR Primary Unit Victim Advocate.</p>	Friday, July 2, Noon-2 p.m.
<p>SAPR Policy Summit and Advocate Appreciation Event</p> <p>Open to all SAPR personnel and command leadership teams, provides policy changes and updates for a constantly changing program. To register, contact your local installation SAPR office: NBKSAPR@navy.mil NSE-SAPR@navy.mil NASWI-SAPR@navy.mil</p>	Wednesday, July 7, 10-11 a.m.
<p>SAPR Victim Advocate Refresher Training</p> <p>Credentialed advocates must complete 32 hours of refresher training every 2 years.</p>	<p>Thursday, July 22, 2-4 p.m.</p> <p>Thursday, Aug. 26, 2-4 p.m.</p> <p>Thursday, Sept. 23, 2-4 p.m.</p>



SUPPORT PROGRAMS



FAMILY SUPPORT SERVICES

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

EVENT	DATE/TIME
<p>Daddy Boot Camp</p> <p>Learn what it takes to be a great dad from NPSHV program experts. Held online at: https://connect.apan.org/nbknpns/</p>	Tuesday, July 6, 3:30-5 p.m.
<p>EFMP Command POC Training</p> <p>This training covers the enrollment process and responsibilities, EFMP benefits for commands, service members and their families, TRICARE for Special Needs families, and local military/civilian resource information. Held online at: https://connect.apan.org/nbkefmp/</p>	Wednesday, July 14, 1-3 p.m.
<p>Moving with an EFM</p> <p>For a stress-less PCS, find out more about benefits, relocation entitlements and school resources available for Exceptional Family Members. Held online at: https://connect.apan.org/nbkefmp/</p>	Wednesday, July 21, 5-7 p.m.
	Wednesday, Sept. 29, 10 a.m.-noon
<p>EFMP 101</p> <p>Overview and introduction to the EFM Program. This workshop covers the EFMP enrollment process, EFMP benefits for service members and families, TRICARE for special needs families and what local resources are available. Held online at: https://connect.apan.org/nbkefmp/</p>	Thursday, Aug. 12, 5-7 p.m.
	Thursday, Aug. 24, 1-3 p.m.
<p>EFMP: Movie</p> <p>Lights up, sound down sensory-friendly movie at Bangor Cinema Plus Theater (may be subject to cancellation, contact your local EFMP Coordinator for details).</p>	Every 3rd Thursday of the month: July 15, Aug. 19, Sept. 16 Doors open at 5 p.m., 5:30 p.m. showing.
<p>Spouse INDOC</p> <p>Spouse INDOC (named after Navy indoctrination programs) incorporates resources available to all Active Duty members and families, focusing on Fleet & Family Support Center services available to military spouses. Held online at: https://connect.apan.org/nbkrelocation/</p>	Thursday, July 15, 5-7 p.m.
	Friday, July 30, 9-11 a.m.
	Friday, Sept. 10, 9-11 a.m.
<p>Baby INDOC</p> <p>Part of the NPSHV program, Baby INDOC (named after Navy indoctrination programs) aids military parents in learning how to care for and bond with their newborns. Held online at: https://connect.apan.org/nbknpns/</p>	Wednesday, Sept. 8, 1:30-3 p.m.

EVENT	DATE/TIME
<p>Baby Talk</p> <p>Listen, learn and share ideas with New Parent Support. We will explore various child development hot topics, share baby tips, creative tricks and so much more. Held online at: https://connect.apan.org/nbknpns/</p>	Thursday, Aug. 5, 3:30-4:30 p.m.
<p>Infant Massage</p> <p>Giving your infant a massage can build your understanding of your baby's cues and increase your confidence in caretaking. Infant Massage is a natural way that parents can learn about parenting, and infants can learn about being loved and honored. Infant Massage can also calm children during emotional upsets and relieve the discomforts of illness, headaches and muscle cramps. Open to military families with infants ages 0-3 months. Call to register.</p>	Monday, Aug. 16, 1-2:30 p.m.
	Monday, Aug. 23, 1-2:30 p.m.
	Monday, Aug. 30, 1-2:30 p.m.
<p>Ombudsman Basic Training (3-Day Course)</p> <p>This seminar covers everything you need to know: command relationships, communicating with families, confidentiality, information and referral services, and basic deployment support issues. Held online at: https://connect.apan.org/nbkombudsman/</p>	Tuesday, Aug. 17-Thursday, Aug. 19, 8:30 a.m.-4 p.m.
<p>Positive Parenting (10-Week Course)</p> <p>Join experts for a comprehensive course on positive parenting. This course is for new and experienced parents. Held online at: https://connect.apan.org/nbkchildcounselor/</p>	Thursdays, Sept. 9-Nov. 18, 9-10:30 a.m.
<p>Family Readiness Group (FRG) Training</p> <p>This 2-day course will provide you with the knowledge and tools necessary to start up and operate an effective FRG that can support families before, during and after deployment. https://connect.apan.org/nbk-frg/</p>	Monday, Sept. 27-Tuesday, Sept. 28, 9 a.m.-3 p.m.

UPCOMING PROGRAMS & EVENTS



FINANCIAL MANAGEMENT

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

EVENT NAME	DATE/TIME
<p>Debt Traps & Credit Pitfalls</p> <p>Learn to establish and maintain good credit and avoid excessive debt. Credit has become a normal part of everyday personal financial management for most Americans. Used appropriately, it can be an excellent tool; poor credit management can devastate a person's financial health. Held online at: https://connect.apan.org/nbkpfm/</p>	Thursday, July 8, 10 a.m.-noon
<p>Million Dollar Sailor/Spouse</p> <p>This 2-day training is designed to assist Sailors and their families to successfully navigate through the transitions of Navy life and the financial challenges that accompany them. Held online at: https://connect.apan.org/nbkpfm/</p>	Wednesday, July 14-Thursday, July 15, 8 a.m.-3 p.m.
<p>Home Owner Class</p> <p>Planning to buy a home? Not sure of the process? Learn how much you can afford, selecting the right loan, selecting a realtor and your ideal home, plus making the offer and the closing process. Held online at: https://connect.apan.org/nbkpfm/</p>	Thursday, July 22, 10 a.m.-noon
<p>CFS Continuing Education-PCS and Final Move</p> <p>CFS continuing education is required to maintain certification as CFS. There are many different training topics offered throughout the year. This course is for Command Financial Specialists only. Held online at: https://connect.apan.org/nbkpfm/</p>	Thursday, July 29, 1-3 p.m.
<p>Purchase with a Purpose: Consumer Awareness & Psychology of Spending</p> <p>Become a smart consumer and get the information you need to protect yourself from potential fraud and identity theft. Held online at: https://connect.apan.org/nbkpfm/</p>	Thursday, Aug. 19, 1-3 p.m.
<p>Increasing Wealth Using Compound Interest: Investing 101</p> <p>Meet your potential when it comes to investing! This course will help you develop your knowledge and skill while meeting your savings and investing goals. Held online at: https://connect.apan.org/nbkpfm/</p>	Thursday, Aug. 26, 10 a.m.-noon

EVENT NAME	DATE/TIME
<p>Command Financial Specialist (CFS)</p> <p>This 40-hour course is required for any service member designated as a Command Financial Specialist. Call for registration details. Held online at: https://connect.apan.org/nbkpfm/</p>	Monday, Aug. 2-Friday, Aug. 6, 7:30 a.m.-4 p.m.
<p>CFS/PFM Leadership Financial Forum via Teams</p> <p>This quarterly CFS professional development forum is also open to interested command members. Call for registration details. Held online at: https://connect.apan.org/nbkpfm/</p>	Wednesday, Aug. 18, 9-11 a.m.



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- Shandyn P., Program Lead

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

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AT KITSAP.NAVYLIFEPNW.COM/CYP-HIRING**

**Offer contingent upon successful completion of a background check.
Select two preferred interview times when submitting application.*

SUPPORT PROGRAMS



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.



EMPLOYMENT/TRANSITION SUPPORT

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

EVENT NAME	DATE/TIME
<p>Stress Management (4-Session Class)</p> <p>This workshop introduces the Stress Continuum, and provides a foundation for knowledge opportunities to use skills to better manage stress. Held online at: https://connect.apan.org/nbklifeskills/</p>	<p>Thursdays, July 8, 15, 22, 29, 9-11 a.m.</p>
<p>Lemons to Lemonade</p> <p>Learn how to make the most of your duty station. Held online at: https://connect.apan.org/nbklifeskills/</p>	<p>Thursday, July 22, Noon-2 p.m.</p> <p>Wednesday, Sept. 15, 1-3 p.m.</p>
<p>Time and Self-Management</p> <p>Do you need more than 24 hours in a day? Effective time management skills can lower stress and increase your quality of life. This course will help you find those extra hours in your day! Held online at: https://connect.apan.org/nbklifeskills/</p>	<p>Thursday, Aug. 12, 9-11 a.m.</p>
<p>Stress Management 101</p> <p>Learn how to recognize and cope with your personal stressors using easily accessible tools and resources. Held online at: https://connect.apan.org/nbklifeskills/</p>	<p>Thursday, Aug. 12, 1-3 p.m.</p>
<p>Effective Communication</p> <p>Discover the ability to express what we think and feel without clouding our ability to listen and respect how others think and feel. Held online at: https://connect.apan.org/nbklifeskills/</p>	<p>Thursday, Aug. 19, 9-11 a.m.</p>
<p>Relationship Resources</p> <p>Highlights elements of healthy relationships, strategies used in resolving differences and the unique challenges faced by military couples. Also available as a webinar. Held online at: https://connect.apan.org/nbklifeskills/</p>	<p>Thursday, Aug. 26, 1-3 p.m.</p>
<p>Conflict Resolution</p> <p>Learn how to create a peaceful environment by examining attitudes and behaviors when peace turns into conflict. Held online at: https://connect.apan.org/nbklifeskills/</p>	<p>Thursday, Sept. 9, 9-11 a.m.</p>

EVENT NAME
<p>(TAP) Pre-Separation</p> <p>This is an introduction to the Transition Assistance Program (TAP) curriculum and will assist service members in identifying programs and services available to them while on Active Duty and after separation.</p>
<p>(TAP) Managing Your (MY) Transition</p> <p>Make your transition from military service to the civilian sector a successful one. This monthly class covers important military and civilian resources as well as "less obvious" issues, such as personal and family transition concerns, the differences in the culture of civilian and military workplaces, transition-related stressors, and the importance of effective communication. Registration required.</p>
<p>(TAP) Military Occupational Code (MOC) Crosswalk</p> <p>Class demonstrates how to translate military skills, training and experience into civilian credentialing appropriate for civilian jobs. Service members will document their military career experience and skills, translate their military occupation experience to civilian sector occupations and skills, and identify any gaps in their training or experience that need to be filled to meet their personal career goals. Registration required.</p>
<p>(TAP) Financial Planning for Transition</p> <p>Stay in control of your finances during your transition. This class will introduce tools to help you calculate military-to-civilian income equivalence and the real cost-of-living for at least two geographical locations, and an updated spending plan. Registration required.</p>
<p>(TAP) VA Workshop</p> <p>This brief is designed to enable transitioning service members (TSMs) to make informed decisions regarding the use of VA benefits. The program is designed around the understanding that no two transitions are the same. Topics covered include disability benefits and compensation, memorial and burial benefits, education and economic support, housing benefits, and health-care options, as well as physical and emotional health needs.</p>
<p>(TAP) Department of Labor Employment Fundamentals of Career Transition (DOL EFCT)</p> <p>This class lays the foundation of the transition from military to civilian life. It provides an introduction to the essential tools and resources needed to evaluate career options, information for civilian employment, and the fundamentals of the employment process.</p>
<p>(TAP) Managing Your (MY) Education (2-day)</p> <p>Interested in pursuing higher education? This 2-day workshop covers tips for choosing a field of study, selecting an institution and admission requirements. Target audience: service members attending college for the first time and those applying to graduate school programs.</p>
<p>(TAP) Managing Your (MY) Entrepreneurship (2-day)</p> <p>Learn about the benefits and challenges of entrepreneurship and the steps required to launch a small business successfully. After completing the Small Business Association (SBA) Entrepreneur Track, participants can take advantage of follow-on training, counseling and mentorship opportunities designed to assist with business planning, market research, access to capital and all other aspects and stages of small business ownership.</p>

UPCOMING PROGRAMS & EVENTS

EVENT NAME
<p>(TAP) Employment Workshop (2-day)</p> <p>This monthly class provides service members with a comprehensive 2-day workshop that covers emerging best practices in career employment, including in-depth training to learn interview skills, build effective resumes, and use emerging technology to network and search for employment.</p>
<p>(TAP) Department Of Labor Career and Credential Exploration (2-day)</p> <p>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.</p>
<p>(TAP) Disabled American Veterans</p> <p>Information regarding Benefits Delivery at Discharge (BDD) claims. Describes procedures and requirements to file a VA disability claim prior to separation.</p>
<p>CONSEP Mid-Career</p> <p>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.</p>
<p>Department of Labor Vocational Career Track</p> <p>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.</p>
<p>Transition Assistance Program (TAP) Capstone Event</p> <p>The event takes place after you have completed Pre-assessment with your Command Career Counselor and attended the 3-day workshop, as well as one of the four Career Tracks. During Capstone, your Individual Transition Plan (ITP) and E-form 2648 (Individual Transition Plan Checklist) will be reviewed to verify that you have met your transition Career Readiness Standards.</p>

EVENT NAME	DATE/TIME
<p>Interviewing Skills</p> <p>This class offers valuable interviewing tips as well as an opportunity to practice frequently asked interview questions in a supportive, yet realistic environment. Held online at: https://connect.apan.org/nbkferp/</p>	<p>Tuesday, July 13, 10 a.m.-noon</p>
<p>Top 10 PCS'ing Tips</p> <p>Are you preparing for a PCS move this summer? Get some quick tips and tricks to assist you in your PCS journey. Connect with your NBK Relocation Specialist to get your questions answered. Held online at: https://connect.apan.org/nbkrelocation/</p>	<p>Thursday, July 15, 10-11 a.m.</p>
	<p>Thursday, Aug. 10, 1-2 p.m.</p>

EVENT NAME	DATE/TIME
<p>Sponsorship Training</p> <p>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: https://connect.apan.org/nbkrelocation/</p>	<p>Tuesday, July 20, 9-11 a.m.</p>
<p>Basic Resume</p> <p>Define what employers want in a quick, easy and direct format. Held online at: https://connect.apan.org/nbkferp/</p>	<p>Wednesday, July 28, 1-3 p.m.</p>
<p>Spouse CERT (Career, Education, Resources, Training)</p> <p>This class is a must for every military spouse. Learn about benefits unique to you. Held online at: https://connect.apan.org/nbkferp/</p>	<p>Tuesday, Aug. 3, 1-3 p.m.</p>
<p>Spouse Transition and Readiness Table-Talk (START)</p> <p>Designed to provide spouses with resources to help during their transition from the military. Held online at: https://connect.apan.org/nbktransition/</p>	<p>Tuesday, Aug. 10, 8:30 a.m.-4 p.m.</p>
<p>Navigating the Federal Application Process</p> <p>This workshop will teach you the basics of applying for a federal job – from how to quickly find positions that interest you, to making your application highlight key skills. Held online at: https://connect.apan.org/nbkferp/</p>	<p>Wednesday, Aug. 18, 1-4 p.m.</p>
<p>Preparing for the Job Fair</p> <p>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: https://connect.apan.org/nbkferp/</p>	<p>Tuesday, Aug. 24, 5-7 p.m.</p>
<p>Smooth Move</p> <p>Get tips for addressing the most prevalent military relocation issues. Held online at: https://connect.apan.org/nbkrelocation/</p>	<p>Tuesday, Aug. 24, 5-7 p.m.</p>
<p>FAFSA-Scholarships 101</p> <p>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: https://connect.apan.org/nbkferp/</p>	<p>Thursday, Sept. 16, 9 a.m.-noon</p>
<p>Welcome Aboard</p> <p>Come meet new people and learn everything you need to know about your new duty station. Held online at: https://connect.apan.org/nbkrelocation/</p>	<p>Tuesday, Sept. 21, 10 a.m.-noon</p>

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



CDR Jason Much with his wife, Jenny, at a Seattle Seahawks football game.



SEPTEMBER 26 IS GOLD STAR MOTHER'S AND FAMILY'S DAY

For more information on the Navy Gold Star Program:

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www.navygoldstar.com

Navy Region Northwest Office:
360-396-2708

Olena Parry, Regional Navy Gold Star Coordinator

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



Jenny poses with her son Tyler (left) and daughter Alyssa (right) on Jason's bench at Trident Lakes.

within a year Jason passed away. "When Jason died, everything changed," says Jenny. She always looked forward to attending award ceremonies and command functions with Jason and their many friends. But without him by her side, Jenny felt alone in those same crowded rooms. "People would always ask about my husband and I had a hard time talking about it," she says. "They were always kind, but our conversations wouldn't go very far. I missed him so much. My lifestyle completely changed and I no longer felt I belonged in a community I'd been part of for so long."

Those feelings prompted Jenny to seek out new connections. "There was this void and I realized I couldn't crawl out of it by doing the same things," she says, "There was a broken link to that life." The need to fill that



Close-up of the memorial plaque.

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

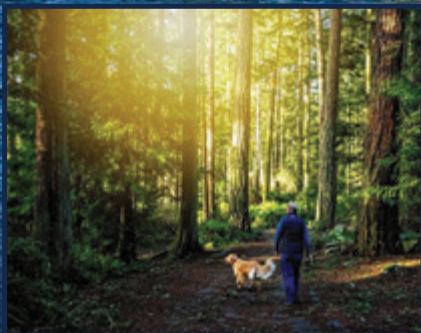
immediately and lent the project her full support. "Parks are at the center of so many experiences and memories," says Beth. "They are places to gather with friends and family, spaces to celebrate special moments, spots of healing, and so much more."

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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360-396-5920

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360-627-2974

The Landings Child Development Center

2564 Cascades
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360-476-8666

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The Landings Child Development Center

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Bremerton, WA 98312
360-731-1864

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Admiral Boorda Teen Center (ABC)

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Silverdale, WA 98315
360-396-2065
ABC Library books available for checkout.

School-Age Care/Youth & Teen Center

6180 Snoqualmie
Pass St.
Bremerton, WA 98312
360-627-2041

Lighthouse School-Age Care

2903 Ohio St.
Silverdale, WA 98315
360-396-2463

Child and Youth Education Services School Liaison

Bangor Plaza

2720 Ohio St.
Silverdale, WA 98315
360-340-2824

Call for an appointment.

Child and Youth Programs Director

The Landings Child Development Center

2572 Cascade
Pass Blvd.
Bremerton, WA 98312
360-731-1861

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By appointment.

Unaccompanied Housing

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120 S Dewey St.
Bldg. 865
Bremerton, WA 98314
360-476-2377

Naval Hospital Check-in: Naval Hospital Bremerton-Schon Hall

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Bldg. HP05
Bremerton, WA 98312
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360-340-2297

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