



# EFMP

## Exceptional Family Member Program

### Astronomy – Beyond the Atmosphere *by Barbara Ahlborn*

#### The Brightest Objects

We are all a part of the Celestial Dance that encompasses our universe. The Earth orbits (goes around) the nearest star, Sol a.k.a. – the Sun. The Sun spins a spiral arm of the Milky Way Galaxy, and the Milky Way Galaxy moves through the universe. Night by night, people everywhere observe the grandeur of the dance of the star-filled night.

There is a science dedicated to discovering the wonders of outer space, Astronomy. The United States has agencies dedicated to its exploration and has created many devices to observe, monitor and explore its objects. We can learn many fascinating things from their research. Still, mankind has enjoyed the Celestial Dance since pre-historic times, and we, too, can enjoy the nighttime sky with little more than the naked eye, and a little bit of knowledge.

We can start by noticing how the Dance affects us during the day. Did you know that the Sun does not rise in the same spot every day? Did you know that the Sun does not reach the height in the sky everywhere? Of course, we here in the Northwest are very aware that the length of the day varies from season to season.

The Earth rotates (spins) on its axis, which makes the illusion of the Sun rising and setting, but the Earth's axis is not perpendicular (at a Right Angle) to the Sun. The Earth is tilted over about  $23.5^\circ$ . These facts are the cause for our seasons and the variation in the length of days, the difference in where the Sun rises, and the height the Sun reaches in the sky. In fact, above the Tropic of Cancer, and below the Tropic of Capricorn, the Sun is never directly overhead.



You can do a fun experiment to see the effect of the orbit and rotation of the Earth with little more than a clear view of the southern sky, a flat surface that you can draw on, and a piece of chalk. Go out mid-morning, and have one person strike a pose with their back to the Sun. Have another person first chalk where the model's feet are, then draw the out-

line of their shadow. At noon (1 PM during Daylight Savings), have the model stand in the same spot and strike the same pose. Once again, have the other person trace the shadow. Do this one more time about an hour before sunset. Then compare the shadow outlines.

You can even extend this experiment by taking a photo of the shadow tracings. Then, at different times of the year, do it again, and compare. Or, as you PCS, do this experiment at the different location and compare the effect on the shadows.

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## Astronomy – Beyond the Atmosphere *cont'd*

The Moon is the closest celestial body to the Earth. The Moon is about 40 times smaller than the Sun, but is about 40 times closer to the Earth, so the Sun and the Moon appear to about the same size in the sky. The Moon's illumination is caused by reflected sunlight and is bright enough that it can be seen in the daytime sky. The Moon orbits the Earth on a plane about 5° different than the plane of the Earth around the Sun about every 29.5 days. The Moon rotates on its axis about every 28 days, which shows the Earth the same side throughout its cycle, which is called tidally-locked. The gravity of the Moon is the major cause for the tides of Earth's oceans, with the gravity of the Sun also playing a part.

The relative position of the Moon and Sun during the Moon's orbit cause the phases of Moon, and the different times for the Moon-rise and Moon-set. The New Moon (barely visible) rises about the same time the Sun does and sets with the Sun also. The waxing Moon will be illuminated on the right side and be visible in the evening sky. A waning Moon will be illuminated on the left side and be visible during the day. The Full Moon rises at sunset and sets at sunrise. The height of the Moon in the sky varies throughout its cycle and is at its highest points at the quarter Moons.



A fun way to track the Moon cycle is to keep a Moon journal for a month. Twice each day at the same time (like 8 AM and 8 PM), try to find the Moon in the sky. When it is found, make a note of where it is in the Southern sky, how much appears to be illuminated and on which side. Once again, you can do this multiple times over the year, and at different locations to observe how the travel of the Moon appears to be different.

We have just noted a few facts about our closest partners in the Celestial Dance. For more information about the Sun and Moon, you can go to the Space Place on the NASA website, <https://spaceplace.nasa.gov/> . We will be discussing the Planets and more in a future installment of Astronomy – Beyond the Atmosphere

## FOOTLOOSE SAILING



Footloose Sailing Association is the Northwest's premiere Sailing program for people of all disabilities, their friends, family, and caregivers. Footloose is dedicated to bringing independence on the water and competence in the sport of sailing to the physically and mentally disabled. They also have a Davit system with a Hoyer sling for assistance getting into and out of boats. For their 2024 Sailing schedule and more information: <https://footloosedisabledsailing.org/events/>

## Meet our new EFMP Case Liaison



My name is Shana, and I am the new EFMP Case Liaison for NSE Everett! I am excited for this new role. Being a Navy spouse, all the way through retirement, I feel I understand the complexities of a military family and the many trials and tribulations that can and do happen. I have a daughter with my husband, who has grown up as a military child and is now an adult. Throughout our time as a military family, I was fortunate enough to stay home and volunteered or worked in schools, often in special education classrooms. I found a passion of working with uniquely abled students. As my daughter became older, I worked towards my degree in teaching and completed my program in 2020 (just finishing as COVID began!) with a bachelor's in interdisciplinary studies. I taught for a few years here in Washington after COVID, but ultimately decided I wanted something different. From there, I became a job coach for individuals impacted with disabilities, working with these individuals to gain and maintain individual employment opportunities. I loved working with my clients, but after an injury (while playing in the outdoors), I found it hard to continue. I feel that being an EFMP Case Liaison melds together great parts of my past into a fantastic new adventure! In my spare time, I enjoy spending time with my family, including our furry family members. You can usually find us camping, at a hockey game or just outside enjoying the PNW! During the quiet times, you can almost always find me with a book!

## EFMP Special Education Services

### EFMP Special Education Services

Please review our [guide of services](#) EFMP Special Education Services may support you with. For more in-depth support, your EFMP Case Liaison or School Liaison may refer to our Regional Special Education Liaison



# EFMP Case Liaisons

## Installation EFMP Family Support Group Emails:

Naval Air Station Whidbey Island (Oak Harbor)  
NASWI\_EFMP@US.NAVY.MIL

Naval Base Kitsap (Bangor, Bremerton, Keyport, Indian Island)  
NBKEFMPCaseLiaisons@us.navy.mil

Naval Station Everett (Everett, Marysville, Smokey Point)  
NSEEFMP@us.navy.mil

### NASWI Case Liaison

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360-257-1568  
360-916-6125

sandra.l.wallén.naf@us.navy.mil  
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### NBK Case Liaison

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emma.k.mills3.naf@us.navy.mil  
360.703.4613

Sarah.m.reed28.naf@us.navy.mil  
360.703.4613

### NSE Case Liaison

shana.l.brown6.naf@us.navy.mil  
360-703-4279

barbara.a.ahlborn.naf@us.navy.mil  
360-703-4681

**CNRNW EFMP Special Education Liaison**  
Meagan Spiegel

### **MTF EFMP Coordinators:**

#### NMRTC Oak Harbor

360-257-8582/9223  
usn.whidbey-island.nmrtc-  
oharbor.list.suitabilitycoordinator@health.mil

#### NMRTC Naval Hospital Bremerton

360-475-4616  
usn.kitsap.navhospbremertonwa.list.oss-op-screen-  
efm@health.mil

#### NMRTC Everett

425-304-4161  
usn.kitsap.nmrtc-bremerton.list.everett-  
readiness@health.mil

# EFMP Weekend Cabin Getaway

Annual opportunity for NRNW EFMP families to have a **free EFMP Weekend Cabin Getaway** on **30 May – 2 Jun** in the Wenatchee National Forest (3 hours away). This includes ADA cabins, free meals customized for special diets, pontoon rides, adaptive horse-back riding, fishing, and more. Transportation is on your own and pets are not permitted. This is in partnership with Camp Primetime.

To enter the lottery, please complete the registration form using the link below:

<https://forms.osi.apps.mil/r/e03WNN0Ktm>

**Registration is open between 1-5 May!**

The lottery will be drawn and we will follow up with you, selected or not selected by Friday, May 9th. If selected, we will provide you a group code at this time and the next steps to *complete Camp Prime Time's registration by Friday, 16 May.*



# FREE! Woodland Park Zoo Tickets

We are pleased to offer EFMP families in the Navy Region Northwest (NRNW) a special opportunity to enjoy a **free visit to Woodland Park Zoo** on **Saturday, June 21, 2025.**

If your family is interested and available to attend, please complete the registration form using the link below.

<https://forms.osi.apps.mil/r/zKYTuUrrdn>

Registration is open from May 22-26.

**Please note:** Tickets will be distributed on a **first-come, first-served** basis, so we encourage you to register early!

We will contact you to confirm your registration and provide you with a QR code as your entrance ticket!

