

STANDARD INSTALLATION
TOPIC EXCHANGE SERVICE



RELOCATION INFORMATION FOR

NAS Oceana
Virginia

Information Date
May 09, 2003

Visit the SITES Web Site at
<http://www.dmdc.osd.mil/sites>

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Installation

Installation Overview

For more information on this subject:
Visit the official NAS Oceana home page
<http://www.oceana-navy.com>

Oceana's primary mission is to maintain and operate facilities and provide services and material to support operations of aviation activities. The Naval Air Station also supports other units of the operating forces of the Navy and other activities.

The Naval Air Station Oceana is a modern Atlantic Fleet Naval Air Force fighter and attack complex with over seven miles of runways and the latest equipment to serve military air traffic on the East Coast. In the years since World War II, it has taken its place on the list of essential installations, flying the Navy's most advanced aircraft. It is rightly considered a "Master Jet Base".

Fifty years ago, the area now known as Oceana was a swampy wasteland. It lay in an almost inaccessible area too far from Norfolk for civilian use and too far from the Atlantic Ocean for the Navy's purpose. In November 1940, the United States Government purchased the original 328.95 acres for the purpose of constructing a small airfield to accommodate 32 officers and 172 enlisted men. From its inception this airfield auxiliary to Norfolk's military complex began to grow.

The little station that started in the once inaccessible area of Oceana grew with naval aviation. By 1952, the Navy Auxiliary Air Station had become too large to work as a subordinate to other stations in the area. On April 1, 1952, the Secretary of the Navy changed the station's designation to Naval Air Station Oceana. NAS Oceana became the home of the world's most advanced naval aircraft. In addition, Oceana has a fine Search and Rescue (SAR) unit which flies the SH-3 Sea King and provides outstanding rescue services to both the military and civilian community.

The station's facilities have grown to accommodate its expanding responsibilities. The station's role in the nation's defense picture is unquestionable. This is the Naval Air Station Oceana, originally a swampy wasteland, now a master jet base complex.

Must Know Items

For more information on this subject:

Visit Virginia Beach's official home page
<http://www.virginia-beach.va.us>

NAS OCEANA is located in the heart of Virginia Beach, Virginia, a popular tourist area. A major concern for personnel relocating to NAS OCEANA should be to locate temporary lodging prior to coming to the area. During the tourist season, temporary lodging can be difficult to find and expensive. Assistance in locating temporary lodging can be obtained by contacting the Relocation Specialist, (see Relocation section) at NAS OCEANA.

DIRECTIONS TO NAS OCEANA if coming from I-95: In Emporia you will exit I-95 (Exit #11) onto Route #58 East (towards Norfolk and Virginia Beach) to Route #64 West (towards Norfolk, Hampton and Richmond) to Route #44 East (towards Virginia Beach Oceanfront) to exit #7-First Colonial Road-South. At next light turn left onto Virginia Beach Blvd., at next light turn right onto Oceana Blvd. and continue approximately three miles to NAS Oceana's Main Gate.

DIRECTIONS TO NAS OCEANA if coming from Route #64 north of Norfolk: Follow I-64 East through the Hampton Roads Bridge-Tunnel into Norfolk. Take route #44 East (towards Virginia Beach Oceanfront) to exit #7-First Colonial Road-South. At next light turn left onto Virginia Beach Blvd., next light turn right onto Oceana Blvd. and continue approximately three miles to NAS Oceana's Main Gate. (Follow the same directions for travel from Norfolk International Airport which is located just off I-64.)

DIRECTIONS TO NAS OCEANA if coming from Route #13 -DELMARVA Peninsula: Follow Route #13 South through the Chesapeake Bay Bridge-Tunnel. Take first exit after tunnel and turn left onto Shore Drive/Route #60. Shore Drive will turn into Atlantic Avenue after passing Fort Story. Atlantic will fork to the left and Pacific Avenue will fork to the right after 45th St. - stay to the right on Pacific Avenue. Turn right onto 17th St. which will turn into Virginia Beach Blvd. (Route #58 West). Turn left onto Oceana Blvd. and continue approximately three miles to NAS Oceana's Main Gate.

REAL ESTATE TAXES for Virginia Beach area due on June 5th and December 5th of each year. Call the City Treasurer Office at 427-4445 for information. Real Estate is taxed at \$1.14 per \$100 of assessed value.

VIRGINIA BEACH PERSONAL PROPERTY TAXES are due on the same dates as Real Estate Taxes. Personal Property held solely in service member's name is exempt if service member is non-resident of VA. during the year you sell, trade, or dispose of your motor vehicle, contact the Commissioner of Revenue (427-4487) for information about getting your personal property tax pro-rated. Personal property taxes in Virginia Beach are \$3.70 per \$100 of assessed value. Boats and recreational vehicles are \$1.50 per \$100 of assessed value.

SALES TAX in Virginia is 4.5%. Other local taxes which one should be aware of are 10% for lodging and 9% at restaurants.

STATE INCOME TAX in Virginia is 4%. Military retirement pay is taxed. The Virginia individual income tax applies to income received from all sources by residents of the Commonwealth. Individual income tax returns should be filed as soon as possible after January 1st but no later than May 1st with the Commissioner of the Revenue for the city or county of residence. For further information on State Income Taxes or help in preparing returns, visit the Office of the Commissioner of the Revenue or call 427-4483. Free help filing state and federal income tax is available through the Voluntary Income Tax Assistance Program, administered by the Financial

Education Unit of the Fleet & Family Support Center. Call 433-2912 for more information.

REFUSE COLLECTION is done one day each week, between Monday and Friday, in the four sections of Virginia Beach. To find out your area's day, ask a neighbor or call 430-2450. Use the same number to arrange for special pickup for oversized items like furniture and appliances.

HURRICANE INFORMATION is available from the Office of Emergency Services (437-4850) or Public Information (427-4111) regarding preparation for a hurricane and where your evacuation centers will be in case of an emergency.

VOTER REGISTRATION is available for any U.S. citizen, living in Virginia Beach, and 18 years of age on or before election day. To register go to the Municipal Center, Princess Anne Road, Virginia Beach, Monday to Friday 8:30am to 5:00pm. In addition, there are 13 satellite offices including department of motor vehicles offices, many open on Saturdays. For more information and locations of satellite offices, call 427-8683.

For the following information see RELOCATION SERVICES: arrival and check-in procedures; temporary quarters; pet and boarding; cost of living in Virginia Beach.

Must Know Items

| | |
|-------------------------------------|-------------------------------|
| <i>--Installation--</i> | |
| Site Name | NAS Oceana |
| Last Updated | May 09, 2003 |
| State/Territory | Virginia |
| County | Virginia Beach |
| ZIP Code | 23460 |
| Service | USN |
| Host Command | |
| Physical Size | 5916 |
| <i>--Personnel--</i> | |
| FSC/ACS Director | Catherine Stokoe |
| Relocation Assistance Manager | Celia Farr |
| Relocation Assistance Specialist | |
| <i>--Phones--</i> | |
| DSN Country Code | |
| DSN Number | 433-2912 |
| Commercial Country Code | |
| Commercial Area Code | (757) |
| Commercial Number | 433-2912 |
| FAX DSN Country Code | |
| FAX DSN Number | 433-1FAX (1329) |
| FAX Commercial Country Code | |
| FAX Commercial Area Code | (757) |
| FAX Commercial Number | 433-1FAX (1329) |
| <i>--Official Mailing Address--</i> | |
| Street Line 1 | Fleet & Family Support Center |
| Street Line 2 | 1896 Laser Road, Suite 120 |
| City | Virginia Beach |
| State/Territory | VA |
| ZIP Code | 23460-2281 |
| <i>--Deliverable Address--</i> | |
| Street Line 1 | Fleet & Family Support Center |
| Street Line 2 | 1896 Laser Road, Suite 120 |
| City | Virginia Beach |
| State/Territory | VA |
| ZIP Code | 23460-2281 |
| E-Mail | farre@oceana.nfsc.hr.navy.mil |

Geographically Separated or Satellite Locations

NAS Oceana has no geographically separated locations.

Nearby Installations (Listed Separately in SITES)

The following are military installations located near NAS Oceana.

Nearby Installations (Listed Separately in SITES)

| <i>State/Country</i> | <i>Site Name</i> | <i>Service</i> | <i>Distance</i> |
|----------------------|--------------------------------|----------------|-----------------|
| Virginia | Fort Eustis | USA | 52 miles |
| Virginia | Fort Monroe | USA | 33 miles |
| Virginia | Fort Story | USA | 12 miles |
| Virginia | Langley AFB | USAF | 38 miles |
| Virginia | NAB Little Creek | USN | 20 miles |
| Virginia | NAS Oceana Dam Neck Annex | USN | 6 miles |
| Virginia | NSA Norfolk, Northwest Annex | USN | 32 miles |
| Virginia | Naval Station Norfolk | USN | 27 miles |
| Virginia | Naval Weapons Station Yorktown | USN | 52 miles |

Regulations

For more information on this subject:
See Virginia's official web site
<http://www.state.va.us>

TRAFFIC LAWS of Virginia apply on NAS Oceana. Seat belts are required on base. The Virginia law states that seat belts are required for front seat passengers. Child safety seats are required for all children under the age of four. It is illegal to use radar detection devices in Virginia. State inspection stickers are required annually for all vehicles entering NAS Oceana, regardless of where the vehicle is registered.

PET RESTRICTIONS: All dogs and cats over the age of four months need to be licensed and have proof of rabies vaccination. Applications can be obtained at any of the City Treasurer offices at (757)427-4445. The cost is \$10.00. However, if your pet has been spayed or neutered you pay only \$2.00. It is unlawful for any dog or cat, licensed or not, to run at large, .

INSURANCE: All drivers must present evidence of insurance which must cover the vehicle and the driver and be for the following minimum amounts: Public Liability \$25,000 (injury or death of one person); \$50,000 (injury or death of two or more persons); \$20,000 (property damage). Lesser amounts of insurance are acceptable provided that they meet the minimum requirements of the state from which the registered owner of the vehicles has been transferred until the current policy has expired.

TO REPORT AN ACCIDENT on base, contact Base Security Watch Commander at 433-3103. To report an accident in off base, contact the local police. For

emergencies on base call 433-9911. For off base emergencies use 911.

SAFETY INSPECTIONS in Virginia are required annually and cost \$10.00. Vehicles registered in states having safety inspection laws must display current safety inspection sticker, either from the state of registration or Virginia. Owners with vehicles registered in states not having mandatory safety inspection requirements must present evidence of having been inspected by an authorized Virginia State Inspection Agent.

VEHICLE REGISTRATION for the State of Virginia can be done at the Department of Motor Vehicles. If you register your vehicle in Virginia you must have a city sticker displayed on your windshield. To obtain a city sticker, residents must have Virginia license plate and bring in their automobile registration to one of the four City Treasurer offices:

- 19th and Arctic Avenue;
- 4507 Haygood Road;
- 409 Kempsville Road;
- or The Municipal Center.

The cost to register a vehicle is \$20-30 (depending on weight of vehicle). City stickers for all vehicles registered with the State of Virginia after July 1st are half price. Military personnel get their city stickers at no cost if the vehicle is registered only in the active duty military member's name and that person claims a state other than Virginia as his or her home of record. A current (within 90 days) leave and earnings statement is required. For more information, call the City Treasurer's office at (757) 427-4445.

FISHING LICENSES (State) are required between the ages of 16-65 to fish in fresh water. The cost for Virginia residents is \$12.00 per year for a state wide license or \$5.00 to fish within only one county. Non-resident licenses are \$30.00 per year. Licenses may be obtained at most Sports and Tackle shops, and discount department stores such as K-Mart, Wal-Mart, etc. An additional stamp is required for trout fishing. Saltwater fishing and fishing from your own land requires no license. For further information call Game and Inland Fisheries Department at (757)253-7072 (Williamsburg Regional Office).

STATE BOAT LICENSE applications can be obtained from a marina or a retail boat dealership. Boat title and registration information can be obtained from the Game and Inland Fisheries Department at 804-376-0939. Boat licensing, registration information and forms may now be found on the Game and Inland Fisheries web site. See detail listing for contact information.

HUNTING LICENSES(State) are sold at most sporting goods stores, and discount department stores such as K-Mart, Wal-Mart, etc. Fees vary based on the type of hunting license and method of hunting. Call the Game and Inland Fisheries Department (757) 253-7072 for more information.

| |
|---|
| Name: Driver's License |
| POC: Virginia Department of Motor Vehicles |
| Address: 1712 Donna Drive |
| City: Virginia Beach, VA |
| Phone: 1 (800) 435-5157 |
| WWW Link: http://www.dmv.state.va.us |
| Comments: Hours are Monday-Friday 0830-1730 and Saturday 0830-1230. Personnel must have either a driver's license issued by their home state or the state of Virginia to legally operate a motor vehicle while assigned to NAS Oceana. For dependents Virginia recognizes licenses issued by other states. However, if the dependent becomes employed within the state of Virginia, then he or she must obtain a Virginia Drivers license within 30 days. If you have a valid out-of-state driver's license, go into one of the DMV offices, fill out license forms, take a visual examination, surrender your old license and pay a fee ranging from \$7.20 to \$16.80 depending on month and year of birth. For a new license, go to one of the DMV offices, pay the fee, show legal identification, and PROOF OF RESIDENCY, then take the road, written, and visual examinations. Those 16-18 years must have completed classroom and behind-the-wheel driver education courses, while those 18-19 need only to have completed a classroom driver education course. Vehicle registration renewals may now be completed on the DMV website. |

| |
|---|
| Name: Pass and ID Office |
| POC: Duty Personnel |
| Address: Building 280 at the Main Gate |
| City: Virginia Beach, VA 23460 |
| Phone: (757) 433-3212 |
| Comments: The pass office is open 24 hours a day, however for base decals the hours are 0700-1545. To register your vehicle on base you must bring your ID card, car registration, state inspection receipt, and proof of insurance. Anyone needing a new ID card must report to PSD, Building 326. |

| |
|---|
| Name: Virginia Beach Municipal Offices |
| Address: Municipal Center |
| City: 23456 |
| Phone: (757) 427-4111 |
| E-Mail: webvb@virginia-beach.va.us |
| WWW Link: http://www.vbgov.com |

| |
|--|
| Name: Virginia Department of Game and Inland Fisheries |
| Address: 4010 West Broad Street |
| City: Richmond, VA 23230 |
| Phone: (804) 367-1000 |
| WWW Link: http://www.dgif.state.va.us |

Commonly Referenced Numbers

For more information on this subject:

Visit NAS Oceana's official web site
<http://www.nasoceana.navy.mil/>

For all commercial phone numbers listed in SITES for NAS Oceana, the area code is (757) unless otherwise noted. DSN is available for most of the numbers listed below that have a 433 prefix. The DSN number will be the same as the commercial number. The military operator for all Hampton Roads Navy Installations is (757) 444-0000.

Commonly Referenced Numbers

| <i>Name</i> | <i>Commercial</i> | <i>DSN</i> |
|--|--|---------------------------|
| All Hands Club - The Great Escape | (757) 433-3197 | 433-3197 |
| American Red Cross | (757) 440-1111 | - |
| Bank of America | (757) 473-2834 | - |
| Barber Shop | (757) 425-4255 | - |
| CPO Club | (757) 433-2637 | 433-2637 |
| Chaplain | (757) 433-2871 | 433-2871 |
| Child Development Center | (757) 433-3164 | 433-3164 |
| Combined Bachelor Housing (BOQ/BEQ) | (757) 433-2574 (Fax 433-2784) | 433-2574 |
| Commissary | (757) 433-2808 or (757) 422-9397 | - |
| Convenience Stores | (757) 425-4267 | - |
| Dental Clinic | (757) 314-7190 or (757) 314-7191 | - |
| Disbursing Office | (757) 433-3731 | 433-3731 |
| Enterprise Rent-a-Car | (757) 437-0051 | - |
| Family Advocacy Representative | (757) 433-2555 | 433-2555 |
| Family Service Center | (757) 433-2912 or 1-877-433-NAVY | 433-2912 |
| Housing Office, Oceana | (757) 433-2195 | 433-2195 |
| MWR - Athletic Department | (757) 433-3302/2049 or Athletic Director (757) 433-2786 | 433-3302 |
| MWR - Golf Course | office (757) 433-2588 pro shop (757) 433-2866 | 433-2588 |
| MWR - Information, Tickets, & Tours | (757) 433-3301 | 433-3301 |
| MWR - Youth & Family Programs | (757) 433-3976 | 433-3976 |
| Medical Ambulance, Oceana | on base only 433-2222 or 2221 off base 911 | 433-2222 or 433-2221 |
| Medical Clinic, Oceana | administration (757) 314-7110/7000 | 1 (800) 931-9501 |
| Navy Campus | (757) 433-3129 | 433-3129 |
| Navy Federal Credit Union | (757) 491-2354 | - |
| Navy Lodge | Norfolk: (757) 489-2656; Little Creek: (757) 464-6215; Dam Neck (757) 437-8100 | (800) NAVY-INN (628-9466) |
| Navy/Marine Corps Relief Society | (757) 425-5756/5789 | - |
| Norfolk Navy Housing Welcome Center | (757) 445-2832 or (800) 628-9466 | - |
| Oceana Library | (757) 433-2400 | 433-2400 |
| Officers' Club | (757) 428-0036 | - |
| Ombudsman Information | (757) 444-2102 or (757) 444-6288 | - |
| Personal Property Office (Household Goods) | (757) 443-3700 Helpline (800) 444-7789 | 1 (877) 619-8596 |
| Portsmouth Naval Hospital | (757) 953-5000 (Automated Attendant) | - |

| | | |
|---------------------------------|----------------------------------|---|
| Retired Affairs | (757) 444-2102 | - |
| TRI-CARE | 1-800-931-9501 | |
| TRICARE/Health Benefits Advisor | (757) 314-7129 or (757) 314-7130 | - |
| Thrift Shop | (757) 433-2193 | - |
| Travel Office - C I Travel | (757) 422-0487 | - |

Major Unit Listing

For more information on this subject:
 Visit NAS Oceana's web site
<http://www.nasoceana.navy.mil/>

For additional numbers, call base information at
 (757) 433-2366.

Major Unit Listing

| <i>Unit</i> | <i>Command</i> | <i>Point of Contact</i> | <i>Commercial</i> | <i>DSN</i> | <i>Fax</i> |
|--|--|---------------------------|---------------------|---------------|------------|
| CBU-415 (Naval Construction Battalion Unit) | | Administration Department | (757) 433-2252 | 433-2252 | |
| | NAS Oceana | Quarterdeck | (757) 433-2366 | 433-2366 | |
| | AIMD (Aircraft Intermediate Maintenance Dept) | Administration Department | (757) 433-5596 | 433-5596 | 433-4703 |
| | NAMTRAGR UDET | Administration Department | (757) 433-2916 | 433-2916 | 433-3166 |
| | Commander Fighter Wing Atlantic | Command Master Chief | (757) 433- 4004 | 433-4004 | 433-4022 |
| | VFC-12 | Administration Department | (757) 433-4946 | 433-4946 | |
| | VF-32 | Administration Department | (757) 433-4650 | 433-4650 | 433-4677 |
| | VF-101 | Administration Department | (757) 433-5670 | 433-5670 | |
| | VF-103 | Administration Department | (757) 433-5825 | 433-5825 | |
| | VFA-105 | Administration Department | (757) 433-9224 | 433-9224 | |
| | VFA-136 | Administration Department | (757) 433-9554/9555 | 433-9554/9555 | 433-9561 |
| | VFA-131 | Administration Department | (757) 433-9444 | 433-9444 | 433-9482 |
| | Command Strike Fighter Wing Atlantic | Command Master Chief | (757) 433-2483 | 433-2483 | |
| | VF-213 | Administration Department | (757) 433-4828 | 433-4828 | |
| | VF-211 | Administration Department | (757) 433-5634 | 433-5634 | |
| | VF-31 | Administration Department | (757) 433-4624 | 433-4624 | 433-4650 |
| | VF-11 | Administration Department | (757) 433-5153 | 433-5153 | |
| | VF-143 | Administration Department | (757) 433-5869 | 433-5869 | 433-5872 |
| | VFA-83 | Administration Office | (757) 433-9703 | 433-9703 | |
| | VFA-81 | Administration Department | (757) 433-9020 | 433-9020 | |
| | VFA-34 | Administration Department | (757) 433-9010 | 433-9010 | |
| | VFA-37 | Administration Department | (757) 433-9344 | 433-9344 | |
| | VF-102 | Administration Department | (757) 433-5215 | 433-5215 | |

| | | | | | |
|--|------------------------------|---------------------------|----------------|----------|----------|
| | VF-41 | Administration Department | (757) 433-4558 | 433-4558 | 433-4650 |
| | VF-14 | Administration Department | (757) 433-4896 | 433-4896 | |
| | VF-2 | Administration Department | (757) 433-4320 | 433-4320 | |
| | Personnel Support Detachment | Administration Department | (757) 433-3022 | 433-3022 | |
| | FASFAC VACAPES | Command Master Chief | (757) 433-1202 | 433-1202 | |
| | Air Operations Department | Administration Department | (757) 433-2685 | 433-2685 | 433-2711 |

Transportation

Call the local CI Travel office for assistance with your travel needs.

| |
|---|
| Name: CI Travel |
| Address: Navy Exchange Mall, NAS Oceana |
| City: Virginia Beach, VA 23460 |
| Phone: 422-0487/422-0980 |
| Comments: Hours are Monday - Friday 0930-1800; Saturday 1000-1600 |

| |
|--|
| Name: Enterprise Rent-a-Car |
| Address: Building 541 (Service Station) NAS Oceana |
| City: Virginia Beach, VA 23460 |
| Phone: 437-0051 |
| Comments: Hours of Operation: Monday - Friday 0800-1800 Saturday 0900-1200 |

Commissary and Exchange Operations

For more information on this subject:
Visit the Navy Exchange web site
<http://www.navy-nex.com>

Commissary and Navy Exchange facilities are open to military personnel, retirees and their dependents with proper identification cards. Purchases must be for personal use of the immediate family or as a bona fide gift.

The Commissary provides a friendly shopping atmosphere for all your grocery needs and has a large selection of products from produce to fresh meats. The Navy Exchange is dedicated to serving military personnel and their families with retail and service

facilities. Both are located outside the main gate of NAS Oceana.

| |
|---|
| Name: Commissary |
| Address: Navy Exchange Mall Complex |
| City: Virginia Beach |
| Phone: 422-9397 |
| DSN Phone: 433-2808 |
| Comments: The number for recorded information is 428-6401. Hours of operation: Monday - Friday 0900-2100; Saturday 0800-2000 Sunday 0900-1800. The commissary is closed on all federal holidays and some other holidays. |

| |
|---|
| Name: Dry Cleaner/ Tailor Shop |
| Address: Mini-Mart, Building 542 |
| City: NAS Oceana |
| Phone: 425-4267 |

| |
|---|
| Name: Navy Exchange |
| Address: Navy Exchange Mall Complex |
| City: Virginia Beach |
| Phone: 425-4200 |
| WWW Link: http://www.navy-nex.com |
| Comments: Hours of operation: Monday - Saturday 0900-2100; Sunday 0900-1800 |

| |
|--|
| Name: Navy Exchange Citgo Gas Station |
| Address: Navy Exchange Mall Parking Lot |
| City: Virginia Beach |
| Phone: 425-4200 |
| Comments: Hours of operation: Monday - Friday 0700-2100; Saturday - Sunday 0800-2030 |

| |
|---|
| Name: Navy Exchange Mini-Mart |
| Address: Building 542 |
| City: NAS Oceana |
| Phone: 425-4267 |
| Comments: Hours of operation: Monday - Thursday 0630-2300; Friday 0630-2400 Saturday 0930-2400 Sunday 0930-2300 |

| |
|--|
| Name: Navy Exchange Service Station |
| Address: Mini-Mart Parking Lot (building 542) |
| City: NAS Oceana |
| Phone: 425-4280 |
| Comments: Hours of operation: Monday - Saturday 0730-1800 Sunday 1000-1600. Sundays are open for fuel purchase only, no service. |

Local Community

Local Community Overview

For more information on this subject: Visit Virginia Beach's official website <http://www.virginia-beach.va.us>

VIRGINIA BEACH is the largest city in Virginia and one of the fastest growing cities in the nation. It is perhaps best known as one of the finest resort cities in the world with excellent beaches, fishing and hunting, and numerous other recreational activities.

Located on Hampton Roads' coastal plain, its most prominent landmark is its miles of oceanfront and bay beaches which includes 38 miles of Atlantic Ocean and Chesapeake Bay shoreline. On the shore one will find a six mile concentration of resort hotels, businesses and beachfront homes, 28 miles of public beach, and an additional 79 miles of scenic waterways.

The resort area draws two and a half million tourists a year. In recent years it has undergone a major beautification program; small parks, streets lined with trees, more public restrooms and underground utilities have strengthened the oceanfront's family vacation appeal.

Virginia Beach has a council-manager form of government. The City Council meets on the four

Tuesdays of each month in the Council Chambers of the City Hall Building. Council meetings can also be viewed on Cox Cable T.V. Channel 46.

The Beach Line (427-4111) has the answers to many questions regarding city information; City Government, Consumer Information, Tourism, Education, Housing, and many other topics are included.

| |
|---|
| Name: Central Library (main branch) |
| Address: 4100 Virginia Beach Blvd. |
| City: Virginia Beach |
| Phone: (757) 431-3031 |
| E-Mail: central@city.virginia-beach.va.us |
| WWW Link: http://www.virginia-beach.va.us/services/library/ |
| Comments: Reference Information: (757) 431-3001; Main library is open Monday - Thursday 1000-2100; Friday and Saturday 1000-1700; Sunday 1300-1700. Branch hours vary. Libray privileges are extended to all Virginia residents with valid photo I.D. showing proof of residence. |

| |
|--|
| Name: The Jet Observer (official base newspaper) |
| POC: Public Affairs Office |
| Address: Bldg. 230, NAS Oceana |
| City: Virginia Beach |
| Phone: (757) 433-3131 |
| DSN Phone: 433-3131 |
| Comments: Paper distributed free on base every Thursday. |

| |
|---|
| Name: The Virginian-Pilot |
| Address: 150 West Brambleton Avenue Norfolk |
| City: Virginia Beach |
| Phone: (757) 446-9000 / (800) 446-2004 |
| E-Mail: pilot@pilotonline.com |
| WWW Link: http://www.pilotonline.com |
| Comments: Local morning newspaper distribution. For mail delivery, call toll free. For home delivery, call Virginia Beach number. |

Time Zone Chart

NAS Oceana is located in the Eastern Time Zone.

Time Zone Chart

| <i>Location</i> | <i>Adjustment for GMT</i> |
|----------------------------|---------------------------|
| Pacific | -8 |
| Mountain | -7 |
| Central | -6 |
| Eastern | -5 |
| Greenwich (United Kingdom) | 0 |
| Central European (Germany) | 1 |
| East Asia (Japan) | 9 |

Climate

The weather in Hampton Roads is enjoyable all four seasons. Generally, the summers are hot and humid; winters are wet and cool with little snowfall near the ocean, increased amounts inland; the spring and fall are mild.

THE ANNUAL TEMPERATURE RANGE averages from a January low of approximately 33.4 degrees F to an average August high of 85.1 degrees F, making the annual mean around 59.8 degrees F. Water temperatures vary from an average of 40 degrees F in January to 79 degrees F in August.

ANNUAL PRECIPITATION is around 36 inches of rain plus about 8 inches of snowfall, although snow rarely remains on the ground.

Climate

| <i>Month</i> | <i>High</i> | <i>Low</i> | <i>Humidity</i> | <i>Precipitation</i> |
|--------------|-------------|------------|-----------------|----------------------|
| January | 58 | 33 | 71 | TOTAL |
| February | 50 | 32 | 71 | OF |
| March | 57 | 39 | 73 | APPROXIMATELY |
| April | 68 | 48 | 71 | 36 INCHES |
| May | 76 | 57 | 73 | RAIN |
| June | 90 | 66 | 77 | AND |
| July | 91 | 70 | 84 | 8 INCHES |
| August | 89 | 69 | 82 | SNOW |
| September | 80 | 64 | 80 | ANNUALLY |
| October | 76 | 53 | 78 | |
| November | 61 | 43 | 72 | |
| December | 52 | 34 | 72 | |

Events Calendar

For more information on this subject:
 Visit Virginia Beach's official home page
<http://www.virginia-beach.va.us>

Hampton Roads celebrates an array of fun and interesting events throughout the year. See below for hints of things to do.

| |
|---|
| Name: Annual Boardwalk Art Show |
| POC: Special Projects Coordinator |
| Address: Oceanfront |
| City: Virginia Beach |
| Phone: (757) 425-0000 |
| Comments: National art exhibition and sales, entertainment and food in June. Paintings, ceramics, fine crafts, sculpture and photography are featured along a 14 block stretch of the Oceanfront Boardwalk. |

| |
|--|
| Name: Annual East Coast Surfing Championships |
| POC: Virginia Beach Jaycees |
| Address: Oceanfront |
| City: Virginia Beach |
| Phone: (757) 499-8822 |
| Comments: An August event of pro and amateur surfing, volleyball, 5K race, skimboarding, skateboarding, food, entertainment and children's activities. |

| |
|---|
| Name: Beach Street USA |
| Address: Oceanfront and Atlantic Avenue |
| City: Virginia Beach |
| Phone: 1-800-446-8030 |
| Proximity to site: 6 miles |
| Comments: A month of themed nightly entertainment along the sidewalks of Atlantic Avenue. |

| |
|---|
| Name: Chesapeake Jubilee |
| City: Chesapeake |
| Phone: (757) 482-4848 |
| Comments: Three-day festival in May featuring an array of food, games, rides, entertainment, educational exhibits and a terrific fireworks display. |

| |
|--|
| Name: Festevents |
| City: (757) 441-2345 |
| WWW Link: http://www.festeventsva.org |
| Comments: Several events throughout the year, scheduled in all Hampton Roads cities. Most events are free of charge. |

| |
|--|
| Name: Holiday Lights at the Beach |
| POC: Beachevents |
| Address: Oceanfront |
| City: Virginia Beach |
| Phone: (757) 491-SUNN (7866) |
| Proximity to site: 6 miles |
| Comments: From mid November to early January drive along the beach and view the over 200 intricate displays of holiday lights. Nominal per vehicle charge. |

| |
|--|
| Name: International Azalea Festival |
| POC: Hampton Roads Chamber of Commerce |
| Address: Many events throughout Norfolk area |
| Phone: (757) 622-2312 |
| Comments: In April, a five day, event filled celebration honoring NATO's supreme Allied Command Atlantic. The festival features a grand parade of over 100 floats, bands, and specialty units, crowning of an Azalea Queen, visiting ships from NATO countries, fashion shows, a ball, fireworks and a spectacular show. |

| |
|--|
| Name: Neptune Festival |
| Address: Oceanfront |
| City: Virginia Beach |
| Phone: (757) 498-0215 |
| Comments: Five days in September of family-oriented events including a parade, Sand Castle Classic contest, the nationally ranked Sandman Triathlon, 8K run, sailing regatta, art show, a variety of entertainment and food, sporting activities, a royal fireworks display, NAS Oceana annual air show and tons of seafood served along the Oceanfront. |

| |
|---|
| Name: Neptune Festival Airshow |
| POC: Air Show Hotline |
| Address: NAS Oceana |
| City: Virginia Beach |
| Phone: (757) 427-3580 extension 889 |
| WWW Link: http://www.oceana-navy.com/airshw.htm |
| Comments: In conjunction with the Virginia Beach's Neptune Festival, NAS Oceana's Neptune Festival Air Show features vintage and modern military aircraft, champion aerialists and top demonstration teams. |

| |
|--|
| Name: Peanut Festival |
| City: Suffolk |
| Phone: (757) 539-5483 |
| Comments: In celebration of this city's world famous peanut crops, folks turn out for parades, exhibits, entertainment, dance, arts, crafts and food on this fun-filled October weekend. |

| |
|--|
| Name: Pontiac American Music Festival |
| POC: Beachevents |
| Address: 17th and 24th Street Oceanfront Parks |
| City: Virginia Beach |
| Phone: (757) 491-SUNN (7866) |
| Proximity to site: 6 miles |
| Comments: Labor Day Weekend: A series of free concerts held all along the boardwalk. |

| |
|---|
| Name: Portsmouth Seawall Festival |
| Address: Portside |
| City: Portsmouth |
| Phone: (757) 393-9933 |
| Comments: Just a ferry ride across the Elizabeth River from Norfolk's Waterside and their Harborfest weekend. The weekend in June's events include a parade, golf tournament, a Miss Portsmouth pageant, lots of activities for children and plenty of shrimp and barbecue. |

| |
|---|
| Name: Virginia Beach Shamrock Sportsfest |
| POC: Jerry or Lori Bocrie |
| City: Virginia Beach |
| Phone: (757) 481-5090 |
| FAX: (757) 481-2942 |
| E-Mail: SPROTSFEST@JUNO.COM |
| Comments: Mid-March: Features a world class marathon, open 8K and Masters 8K races, fitness walk, children's marathon, sports and fitness expo. |

| |
|---|
| Name: Virginia Waterfront International Arts Festival |
| POC: Various Venues |
| Address: Various Hampton Roads Locations |
| City: All of Hampton Roads |
| Phone: (757) 664-6492 or venue box offices |
| Comments: April and May. A collection of exhibitions, concerts, and other events celebrating arts of all kinds. Events include folk art festivals, demonstrations, chamber music and symphonic concerts, ballets and much more. |

| |
|--|
| Name: Winter Wildlife/Whale Watching Boat Tours |
| POC: Virginia Marine Science Museum |
| Address: 717 General Booth Boulevard |
| City: Virginia Beach |
| Phone: (757) 437-BOAT (2628) |
| E-Mail: vmsm@norfolk.infi.net |
| WWW Link: http://www.vmsm.org |
| Proximity to site: 3 miles |
| Comments: Trips run from early January to late February/early March. Museum's trips are complete with narrated commentary on winter wildlife and historic landmarks. Trips run Wednesdays, Fridays, Saturdays and Sundays. For group reservations call 437-6000. Whale sightings are not guaranteed on the boat trips. |

Cultural Attractions

For more information on this subject:
Visit Virginia Beach Fun online
<http://www.vbfun.com>

CULTURAL EVENTS are certainly not in short supply in this area. Throughout the year there is something for everyone!

| |
|--|
| Name: Adam Thoroughgood House |
| Address: 1636 Parish Road |
| City: Virginia Beach |
| Phone: (757) 664-6200 |
| Comments: One of the oldest brick houses in America, built circa 1680, featuring newly restored English style gardens. |

| |
|--|
| Name: Blue Moon Cruise |
| Address: Brownings Landing, 600 Laskin Rd. |
| City: Virginia Beach |
| Phone: (757) 422-2900 |
| Comments: Luxury yacht excursions in the Virginia Beach backwaters. Featuring sightseeing on Virginia Beach's only lunch and dinner cruise. Spend a relaxing day or evening aboard the 80-foot luxury yacht. Lunch, dinner, and moonlight cruises offered with a climate-controlled lower deck and a weather-protected upper deck. |

| |
|--|
| Name: Carrie B. Harbor Tour |
| Address: Portside in Portsmouth; Waterside in Norfolk |
| Phone: (757) 393-4735 |
| Proximity to site: 30 miles |
| Comments: Daytime and sunset harbor cruises April through mid-October aboard a charming reproduction of a 19th Century riverboat. Accommodates parties up to 300 guests. |

| |
|---|
| Name: Chrysler Museum |
| Address: Olney Road and Mowbray Arch |
| City: Norfolk |
| Phone: (757) 664-6200 |
| Comments: Open Tuesday through Sunday, admission is \$5.00 for adults \$3.00 for seniors, active duty military, students and teachers. Named by the Wall Street Journal as one of the 20 top museums in the country. Photography and contemporary art galleries host changing exhibitions by major artists. Free concerts, films, and lectures most Sundays. Open Tuesday - Sunday. |

| |
|--|
| Name: Contemporary Art Center of Virginia |
| Address: 220 Park Avenue |
| City: Virginia Beach |
| Phone: (757) 425-0000 |
| Comments: The main gallery is devoted to art of the current century, including large-scale master paintings, abstract sculpture, video, neon and glass. Internationally acclaimed artists as well as local artist are presented through regularly changing exhibitions. The studio arts school has courses for adults and children year round. There is also a gift shop, art lectures, and performing arts. |

| |
|---|
| Name: D'Art Center |
| Address: 131 College Place |
| City: Norfolk |
| Phone: (757) 625-4211 |
| Comments: Admission is free. Thirty-three studios of visual art and two galleries with continuous exhibitions. Working center for the artistic community. Among media represented are sculpture, jewelry, pottery, photography, painting, and printed material. Adult and children's classes offered. |

| |
|--|
| Name: Spirit of Norfolk |
| Address: Waterside |
| City: Norfolk |
| Phone: (757) 627-7771 |
| WWW Link: http://www.spiritcruises.com/norfolk/location.asp |
| Comments: Capture all the elements of an ocean going cruise, including live entertainment, food and drink. The Ship is fully carpeted, heated and air conditioned. It offers brunch, lunch, dinner and midnight cruises. |

| |
|---|
| Name: Tall Ship Cruises |
| Address: Waterside |
| City: Norfolk |
| Phone: (757) 627-SAIL (7245) |
| Comments: Board the 135-foot, three-masted topsail schooner, American Rover, for a memorable two or three-hour cruise. Sails spring through fall. |

| |
|---|
| Name: The Little Theater of Virginia Beach |
| Address: 505 Baberton Drive |
| City: Virginia Beach |
| Phone: (757) 428-9233 |
| Comments: All-volunteer organization presenting amateur productions. The current season includes musicals, mysteries, and comedies. |

| |
|--|
| Name: The Virginia Opera |
| Address: 160 East Virginia Beach Blvd. |
| City: Norfolk |
| Phone: (757) 623-1223 box office (757) 627-9545 administration |
| Comments: NBC Nightly News has called the company "...one of the nation's very best regional companies." The VOA annually presents a four-production season of professional operas. Most operas are presented in original languages and feature super-titles which have the English translation of the dialogue above the stage. The magnificent Harrison Opera House had its grand opening in the fall of 1993. |

| |
|--|
| Name: Virginia Ballet Theater |
| Address: 134 West Olney Road |
| City: Norfolk |
| Phone: (757) 622-4822 |
| Comments: Formerly the Tidewater Ballet Association, it is a regional, semi- professional company. |

| |
|--|
| Name: Virginia Stage Company |
| Address: Wells Theater Monticello and Tazwell |
| City: Norfolk |
| Phone: (757) 627-1234 |
| WWW Link: http://www.vastage.com |
| Proximity to site: 25 miles |
| Comments: Southeastern Virginia's only fully professional, not-for-profit theater company. Entering its twentieth season, VSC offers productions handcrafted by the country's top theater artists. |

| |
|---|
| Name: Virginia Symphony |
| Address: 555 East Main Street |
| City: Norfolk |
| Phone: (757) 466-3060 |
| WWW Link: http://www.virginiasympphony.org/ |
| Comments: Offering 110 performances a year during the concert season from September through May. Performances are held at Chrysler Hall with some scheduled at the Pavilion Theater in Virginia Beach and Ogden Hall at Hampton University as well as other community locations throughout Hampton Roads. |

| |
|--|
| Name: Young Audiences of Virginia, Inc. |
| Address: 5 Koger Executive Center |
| City: Norfolk |
| Phone: (757) 466-7555 |
| Comments: Local chapter of Young Audiences Inc., the nation's leading non-profit arts-in-education organization intended to establish the arts as an essential part of every child's education. Bringing music, dance, theatre, and storytelling to more than 300,000 young Virginians through arts and education programming in area schools. |

Recreation Opportunities

For more information on this subject:
Visit Virginia Beach's official web site.
<http://www.virginia-beach.va.us>

The Virginia Beach Visitor's Information Center, located near the Pavillion, offers valuable information, pamphlets, and directions to cultural and recreational areas in the local and surrounding area. For hours of operation, call (757) 437-4888. The Virginia Beach Parks and Recreation Department is another source of information. They can be reached at (757) 471-5884.

Virginia Beach has three National Wildlife refuges. Within the city limits are 51 miles of bike paths, 6 community recreation centers, and 187 district, community and neighborhood City Parks. Virginia Beach also boasts 210 tennis Courts, 54 public access marinas, nine public access golf courses, and 15 designated historic sites.

| |
|--|
| Name: Back Bay National Wildlife Refuge |
| City: Virginia Beach |
| Phone: (757) 721-2412 |
| Comments: Covers 4,600 acres of beach, forests, dunes, and marsh, providing refuge for migratory fowl. |

| |
|---|
| Name: Children's Museum |
| Address: 221High Street |
| City: Portsmouth |
| Phone: (757) 393-8393 |
| Comments: The adult world is transformed into a child's playground. Indoor exhibits featuring mini-Manhattans, scientific principles captured in soap bubbles, and family activities in the courtyard outside are just some of the planned events. Open Tuesday - Saturday 1000-1700; Sunday 1300-1500. A daily key pass buys admission to 4 Portsmouth museums at one price. |

| |
|--|
| Name: Hampton Roads Admirals |
| Address: The Scope |
| City: Norfolk |
| Phone: (757) 363-1900 |
| WWW Link: http://www.norfolkadmirals.com/ |
| Comments: The area's representatives to the East Coast Hockey League. |

| |
|--|
| Name: Hampton Roads Mariners |
| Address: Sportsplex |
| City: Virginia Beach |
| Phone: (757) 363-1900 |
| Comments: Virginia Beach's own minor league soccer team. |

| |
|--|
| Name: Life Saving Museum of Virginia |
| Address: 24th Street & Oceanfront |
| City: Virginia Beach |
| Phone: (757) 422-1587 |
| Comments: Housed in historic 1903 Life-Saving/Coast Guard Station, the museum depicts the history of the United States Life-Saving and Coast Guard services and shipwrecks off the Virginia coast. |

| |
|---|
| Name: Ocean Breeze Festival Park |
| Address: 700 S. Birdneck Road |
| City: Virginia Beach |
| Phone: (757) 425-1080 |
| Comments: Open daily Memorial Day through Labor Day. A world of family fun. Home of Wild Water Rapids, a 9.5-acre water park and motorworld with go-carts, bumper boats and more. |

| |
|---|
| Name: Mount Trashmore |
| Address: Independence Blvd and I-44 |
| City: Virginia Beach |
| Phone: (757) 473-5237 |
| Comments: An innovative engineering wonder. Formed from an existing landfill, this 68-foot high and 800-foot long mountain now offers paddleboats, a skateboard bowl and ramp, playgrounds, and picnic areas. Its a great place to sled during rare snowfalls or fly kites on windy days. |

| |
|--|
| Name: Seashore State Park |
| Address: Shore Drive |
| City: Virginia Beach |
| Phone: (757) 481-2131 |
| Comments: 20 miles of hiking and biking trails through 2,770 acres of woodlands and beach. Registered national Landmark. Campground open April-December. |

| |
|---|
| Name: Nauticus, The National Maritime Center |
| Address: 1 Waterside Drive |
| City: Norfolk |
| Phone: (757) 664-1000 |
| Comments: A 120,000 square-foot educational and interactive science center. It features more than 150 computer and video interactives, large format films, exotic aquaria, touch pools and shark petting. Open year-round, Tuesday - Saturday 1000-1700; Sundays 1200-1700. |

| |
|--|
| Name: The Virginia Zoo |
| Address: 3500 Granby Street |
| City: Norfolk |
| Phone: (757) 624-9937 |
| Comments: Open year round, 1000 to 1700 daily. Located on 55 acres, the Virginia Zoo is inhabited by more than 350 animals. Also featured: a botanical conservatory, children's hands-on farm yard, and nocturnal habitat. |

| |
|---|
| Name: Norfolk Botanical Garden |
| Address: Airport and Azalea Gardens Roads |
| City: Norfolk |
| Phone: (757) 441-5830, info: (757) 640-6879 |
| Comments: The city's spectacular botanical garden serves as the site for the annual International Azalea Festival and possesses one of America's top rose garden displays. This 175-acre garden can be toured on foot, by trackless train. From May through October the gardens can be toured by canal boat. Open daily from 0900 - 1700. |

| |
|---|
| Name: Virginia Air & Space Center |
| Address: 600 Settlers Landing Road (Exit 267 off I-64) |
| City: Hampton |
| Phone: (757) 727-0900 or (800) 296-0800 |
| WWW Link: http://www.vasc.org/ |
| Comments: The Center's hand-on exhibits offer a unique experience as they entertain as well as educate. Visitors are able to see, touch, read and hear about the role of Hampton Roads as a haven for shipping, seafood, and shipbuilding, as well as its role as a primary military defense post, and a pioneer in aviation space exploration. The Center is also the official visitor center for Hampton's NASA Langley Research Center. The Center is open daily from 1000 - 1700. IMAX theater open daily and evenings Thursday - Sunday. |

| |
|--|
| Name: Norfolk Tides |
| Address: Harbor Park |
| City: Norfolk |
| Phone: (757) 622-2222 |
| WWW Link: http://www.norfolktides.com |
| Comments: Norfolk's New York Met's AAA farm team. |

| |
|--|
| Name: Virginia Marine Science Museum |
| Address: 717 General Booth Blvd. |
| City: Virginia Beach |
| Phone: (757) 425-FISH (3474) |
| E-Mail: vmsm@norfolk.infi.net |
| WWW Link: http://www.vmsm.org |
| Comments: Explore the depths of the Atlantic Ocean; walk under the waves of the Chesapeake Bay; see the life of a salt marsh firsthand, and stroll through a coastal plains river. The Virginia Marine Science Museum, one of the most highly attended museums in the state, also features more than 60 hands-on exhibits. |

| |
|---|
| Name: Virginia Roadsters |
| Address: War Memorial Stadium |
| City: Hampton |
| Comments: High-level women's fast pitch softball. |

| |
|--|
| Name: Virginia Sports Hall of Fame |
| Address: 420 High Street |
| City: Portsmouth |
| Phone: (757) 393-8393 |
| Comments: Sports artifacts and memorabilia from Virginia superstars dating back to 1918. A daily key pass buys admission to 4 Portsmouth museums at one price. |

Military Related and Civic Organizations

For more information on this subject:
Click to search for other local organizations.
<http://www.zip2.com/bizsearch/>

Hampton Roads has a number of military related and civic organizations. Some are listed below.

| |
|--|
| Name: Fleet Reserve Assn. |
| POC: Norm Gapter |
| Address: 357 Edwin Drive Kempsville Branch #99 |
| City: Virginia Beach |
| Phone: (757) 499-6650 |

| |
|--|
| Name: Retired Affairs Office |
| Address: Navy Family Service Center |
| City: Norfolk |
| Phone: (757) 444-2102 |

| |
|--|
| Name: The Retired Officers Association (TROA) |
| POC: Fred Garner, president |
| City: Virginia Beach |
| Phone: (757) 498-7867 |

| |
|---|
| Name: Virginia Beach Jaycees |
| Address: 468 S. Independence Blvd. |
| Phone: (757) 499-8822 |

Shopping

For more information on this subject:
Click to search for local businesses.
<http://www.zip2.com/bizsearch/>

In addition to several military exchanges, Hampton Roads has numerous malls in the area. See list below. Small shops and boutiques abound in Virginia Beach's Oceanfront area and Norfolk's historic Ghent district.

| |
|---|
| Name: Chesapeake Square Mall |
| Address: Taylor Road & Portsmouth Blvd. |
| City: Portsmouth |
| Phone: (757) 488-9636 |
| Proximity to site: 25 miles |
| Comments: Major stores in the mall are Belk, Sears, Montgomery Ward, and JC Penney. |

| |
|---|
| Name: Greenbrier Mall |
| Address: Greenbrier Parkway |
| City: Chesapeake |
| Phone: (757) 424-7300 |
| Proximity to site: 15 miles |
| Comments: Major stores include Sears, Belk, Hechts. |

| |
|---|
| Name: Lynnhaven Mall |
| Address: Lynnhaven Parkway |
| City: Virginia Beach |
| Phone: (757) 340-9340 |
| Proximity to site: 5 miles |
| Comments: Major Stores include Belk, Montgomery Wards, Hechts, JC Penney. |

| |
|--|
| Name: Mac Arthur Center |
| Address: 300 Monticello Avenue |
| City: Norfolk |
| Phone: (757) 627-6000 |
| Proximity to site: 25 miles |
| Comments: A new, upscale shopping center near the waterfront in downtown Norfolk. Anchor stores are Nordstroms and Dillards. A multi-screen theater, children's play center and variety of specialty stores are also included. |

| |
|---|
| Name: Military Circle Shopping Center |
| Address: Virginia Beach Blvd. & Military Highway |
| City: Norfolk |
| Phone: (757)461-0777 |
| Proximity to site: 13 miles |
| Comments: Major stores are JC Penney, Belk, and Hechts. |

| |
|--|
| Name: Navy Exchange Mall |
| Address: Outside Main Gate - NAS Oceana |
| City: Virginia Beach |
| Phone: (757) 425-4200 |
| Comments: Hours: Monday - Saturday 0900-2100 Sunday 0930-1800. Barber shop, hair salon, flower shop, food court and personalized services available at Exchange Mall location. |

| |
|---|
| Name: Pembroke Mall |
| Address: Independence & Virginia Beach Blvds. |
| City: Virginia Beach |
| Phone: (757) 497-6255 |
| Proximity to site: 10 miles |
| Comments: Major stores in the mall are Sear and Uptons. |

State and Community Social Service Agencies

For more information on this subject:
Visit Virginia's official web site.
<http://www.state.va.us>

The following community social service agencies provide assistance to military families.

| |
|--|
| Name: Office of Human Affairs of Hampton Roads |
| Address: P.O. Box 37 |
| City: Newport News, VA 23607 |
| Phone: (757) 245-3721/247-0379 |
| FAX: (757) 245-8337 |
| Comments: Provides contact with a variety of social service organizations throughout the Hampton Roads area. Many of the services focus on the Peninsula (Newport News and Hampton)area. |

| |
|---|
| Name: Virginia Beach Social Services |
| Address: 3432 Virginia Beach Blvd. |
| City: Virginia Beach |
| Phone: (757) 437-3200 |
| Comments: Provides financial aid services, Medicaid screening, Aid to Families with Dependent Children, foster care, adoption, food stamps, employment assistance, child protective and adult protective services, day care, fuel assistance with allotted funding, companion services. |

| |
|--|
| Name: WIC - Women, Infants and Children |
| Address: Building 531, NAS Oceana |
| City: Virginia Beach |
| Phone: (757) 491-5928 |

Non-Profit Social Service Agencies

For more information on this subject:
Visit The Fleet & Family Support Center
<http://www.ffscnorva.navy.mil/>

These listings represent a sampling of the Non-Profit Social Service Agencies in our area. For assistance with locating additional services or targeting the specific organization that best matches your need, please call the Relocation Specialists at the Fleet & Family Support Center 757-433-2912.

| |
|--|
| Name: Alcoholics Anonymous - Tidewater Intergroup |
| Address: 4968 Euclid Road, Suite C-1 |
| City: Virginia Beach |
| Phone: (757) 490-3980 |

| |
|--|
| Name: American Cancer Society, Hampton Roads Division |
| Address: 2730 Ellsmere Avenue |
| City: Norfolk |
| Phone: (757) 853-6638 |

| |
|---|
| Name: American Heart Association - Tidewater Council |
| Address: 360 Southport Circle, Suite 104 |
| City: Virginia Beach |
| Phone: (757) 671-8636 |

| |
|--|
| Name: American Red Cross |
| Address: 829 Lynnhaven Parkway |
| City: Virginia Beach |
| Phone: (757) 486-1908 |
| Comments: For the American Red Cross Branch on board NAS Oceana, call 425-8955 |

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| Name: Big Brothers/Big Sisters of Tidewater |
| Address: 5690 Greenwich Road |
| City: Virginia Beach |
| Phone: (757) 490-5437 |

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|--|
| Name: United Way of South Hampton Roads |
| Address: 100 East Main Street |
| City: Norfolk |
| Phone: (757) 853-8500 |

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|--|
| Name: Catholic Mass |
| POC: Catholic Chaplan Lewis E. Brown |
| Address: Chapel of the Good Shephard, Bldg. 330 |
| City: NAS Oceana |
| Phone: (757) 433-2871/2369 |
| DSN Phone: 433-2871 |
| Comments: Catholic Director of Religious Education is Mrs. Hovancik. Mass: Weekdays - 1130; Saturday - 1700; Sunday - 0730, 0900, 1215. Provide religious, marital and pre-marital counseling. |

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|---|
| Name: Protestant Service |
| POC: Protestant Chaplain Gary R. Pollitt |
| Address: Chapel of the Good Shephard, Bldg. 330 |
| City: NAS Oceana |
| Phone: (757) 433-2871/2369 |
| DSN Phone: 433-2871 |
| Comments: Worship Services: Sunday - 0800 and 1030. Provide religious, marital and pre-marital counseling. |

Religious Activities

For more information on this subject:
search local listings
<http://www.zip2.com/bizsearch/>

There are numerous churches, synagogues, and mosques representing many denominations located throughout the Hampton Roads area. A directory of churches in the area is published each Saturday in the Virginian-Pilot. In addition, a complete listing can be found in the Yellow Pages of the telephone directory.

The Chaplains of the Chapel of the Good Shepherd at NAS Oceana extend to you their warmest welcome to the NAS Chapel Community. Please accept their invitation to attend worship services and activities sponsored by the Command Religious Program. The Chaplain's ministry includes worship services, life counseling, fellowship activities, individual office appointments and pastoral visits.

Community Transportation

For more information on this subject:
visit the Virginia Department of Transportation
[http://www.vdot.state.va.us\](http://www.vdot.state.va.us/)

Hampton Roads is served by two airports:
Norfolk International Airport in Norfolk. The various facilities at the airport can be reached through the Administration telephone number which is (757) 857-3351

Newport News/Williamsburg International Airport in Newport News. Main telephone number is (757) 877-0221.

The following airlines service these airports:

American.....(800) 433-7300
Continental..(800) 523-3273
Delta.....(800) 221-1212
Northwest....(800) 225-2525
TWA.....(800) 221-2000
United.....(800) 241-6522
USAir.....(800) 428-4322

GROUND TRANSPORTATION - Airport Shuttle provides door-to-door service 24 hours daily to most of Southeastern Virginia. For more information and rates, call 857-1231. Six on-site Rental Car Agencies, as well as Taxi Service, are also available.

Long-Term Parking costs \$0.75 per hour; maximum of \$5.00 per day. Short-Term Parking is \$1.00 per hour up to 14 hours; \$14.00 per day maximum. For further information, call (757) 857-3340.

The following car rental companies are available at the Norfolk airport:

Avis.....(757) 855-1944
 Budget.....(757) 855-1038
 Dollar.....(757) 855-1988
 Hertz.....(757) 857-1261
 National.....(757) 857-5385
 Thrifty.....(757) 491-0666

Taxi Services

Beach/Coastal Taxi..(757) 486-6585
 Diamond/Yellow Cab..(757) 460-0607

TRT (Tidewater Regional Transport) has one bus, #37, that regularly serves NAS Oceana. There is a scheduled stop near the galley and one just off base behind the commissary. The bus runs hourly from about 0700 to about 2330. See a Navy Family Service Center Relocation or Information and Referral Specialist or any TRT bus for a timetable. Bus #37 connects NAS Oceana with Lynnhaven Mall, the Oceanfront, and Dam Neck. It also connects with other TRT lines. The fare is \$1.50 and multiple ride discount tickets are available at ITT and many area businesses.

MWR provides a free on base shuttle, connecting frequently accessed areas of the base including medical, dental, bowling center, AIMD and others. It runs from about 0600 to about 1400 weekdays. Call 433-2560 for more information.

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| Name: AMTRAK |
| Address: 9304 Warwick Boulevard |
| City: Newport News, VA |
| Phone: (757) 245-3589 or (800) 872-7245 |
| Comments: Bus service is available between the train station in Newport News and the Radisson Hotel in Virginia Beach. Reservations are required for this service which is offered exclusively for AMTRAK riders. Passengers must have a ticket or ticket stub to board. |

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| Name: GREYHOUND/TRAILWAYS |
| Address: 1017 Laskin Road |
| City: Virginia Beach, VA 23451-6314 |
| Phone: (757) 422-2998 or 1-800-231-2222 |

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|---|
| Name: TRT - Tidewater Regional Transit |
| Address: 220 Saratoga Street |
| City: Soffolk, VA 23923-2486 |
| Phone: (757) 640-6300 |
| Comments: Local Transportation/Bus System TDD Transit Helpline for hearing impaired is 1-800-828-1120 (Fax #) Hours of operation: Monday - Friday 0730 - 1700. To receive current reports on traffic conditions and planned bridge openings, call the Virginia Department of Transportation Traffic Information Hotline 1-800-423-1843 TRT provides TROLLEY transportation in Spring and Summer from 1st to 42nd Streets on Atlantic Avenue (2 blocks from the ocean, from the Dome on 19th Street and Pacific Avenue south on General Booth Boulevard, from the Dome to Lynnhaven Mall via the 44 expressway. Call (757) 428-3388 for more details. Trolleys are also available for tour rentals. |

Education

Education Overview

For more information on this subject:
 NAS Oceana's website
<http://www.nasoceana.navy.mil/college.htm>

Navy College Office Services and Programs

The Navy college Office (NCO) at Naval Air Station Oceana is located in Bldg. 531, on the corner of "E" Avenue and Laser Road. It is open from 9:00am - 4:00pm Monday - Friday, phone 433-3129. The Navy college Office at Dam Neck Annex is located at Bldg. 199 on Regulus Avenue, open 9:00am - 4:00pm Monday -Friday, phone 492-6183. the Navy College Office publishes a monthly newsletter, which provides updated information on all services available through the office.

COUNSELING: The Navy College counselors provide academic and vocational counseling which may include: referral to an on base or local school representative; use of the DANTES testing program; information on financial aid such as Tuition Assistance, Veterans' Benefits; information on career and vocational choices; descriptive materials on

college and vocational correspondence courses; referral to the navy College Learning Center; information on distance learning degree programs; enrollment in to SOCNAV-2 and SOCNAV-4 college degree programs.

Group Counseling sessions are available throughout the month. College Orientation Workshop is every Tuesday at 1100. Career and Degree Planning Workshop - Classes are scheduled several times a year. We offer the Myers-Briggs Type Indicator and the Self-Directed Search Interest Inventory during the workshop to help you. Additional Counseling Services include the Strong Interest and Skills Confidence Inventory (SII); Kuder Occupational Interest Inventory (KII); Career Assessment Inventory (CAI); and the Self Directed Search (SDS); DISCOVER is a computerized career Guidance system available in the NCO Resource Room.

NAVY COLLEGE LEARNING CENTER

Tuition-free, computer based courses offered in Language Arts, mathematics, reading, and basic science. The courseware covers skills through high school and preparation for college. In addition, there are courses that can enhance work skills, such as applied math, data skills, reading for information, and writing in the workplace. The center offers special preparation courses for the ASVAB, SAT, and ACT. The center is open to all active duty, reserve, retired personnel, and their adult family members and Delayed Entry Personnel. Contact the center for enrollment forms and more information, Bldg. 531, Suite N106 or call 433-2284.

SMART (Sailor/Marine American Council on Education Registry Transcript)

The SMART is an electronic transcript available for each Sailor and Marine, approved by American Council on Education (ACE), to validate military occupational experience and training. SMART lists occupations held, Navy schools completed with ACE recommended credit, Marine Correspondence courses, college-level exams completed, and other learning experiences. Sailors may request an unofficial SMART by logging on the Navy College web site or by visiting the Navy College Office. An official SMART is required for college enrollment and may be ordered through the Navy college Office or by using the SMART Official Transcript request form.

RATING ROADMAPS

Rating Roadmaps identify the American Council on Education (ACE) recommended college credit for Navy training and rate specific work experience

across a Navy career in a specific rating, divided into four subgroups: Aviation Specialties, Deck Specialties, Construction Specialties, and Engineering Specialties.

UNITED SERVICES MILITARY APPRENTICESHIP PROGRAM

This program allows active duty personnel to receive recognition for skills learned through one's rate. A Certificate of Completion of Apprenticeship is awarded jointly by the Department of the Navy and the Department of Labor. Interested individuals should call: DSN 922-4940 EXT. 307/312/347/348 or Commercial: (850) 452-4940 EXT. 307/312/347/348. Individuals may email the program at NETPDTC.USMAP@cnet.navy.mil or check their web site at the link below.

NAVY COLLEGE PROGRAM FOR AFLOAT COLLEGE EDUCATION (NCPACE)

The Navy sponsors tuition free college courses taught to any seagoing UICs. There are two platforms offered - Instructor and technology based. All seagoing UICs on the base may request technology-based programs for their personnel to be offered in their workspaces. Interested commands should contact the Navy college Office at 433-3129.

VIRGINIA TIDEWATER CONSORTIUM

The Consortium has a representative on several local bases to provide information concerning local members of Tidewater Community college, Thomas Nelson Community college, Old Dominion University, Regent University and Norfolk State University. Consortium personnel may be reached at CEP 87 on the Norfolk Naval Station at 489-3329 and at NAVAMPHIBASE Little Creek at 363-3944.

FOREIGN CREDENTIAL EVALUATION

Navy college has a listing of organizations offering services to review transcripts from foreign institutions and equate that experience to a standard applied to institutions in the United States.

NAVY COLLEGE CENTER

The Navy college Center is a new service located at Naval Education and Training Professional Development and Technology Center. The center is staffed 14 hours a day, seven days a week to answer questions about the Navy College Program and help sailors with the SMART. They can be reached by e-mail at ncc@smtp.cnet.navy.mil or by telephone at 1-877-253-7122, DSN 922-1828.

NAVY COLLEGE RATING PARTNERSHIPS

In an effort to make degrees even more accessible to Sailors, the Navy has developed partnerships with colleges and universities from all over the country, providing Associate and Bachelor degrees while maximizing credit from military ratings and service schools. This program also provides distance-learning courses in a variety of formats including videotape, paper, Internet, and CD-ROM.

DEFENSE ACTIVITY FOR NON-TRADITIONAL EDUCATION SUPPORT (DANTES)

The mission of DANTES is to support the voluntary education functions of the Office of the Secretary of Defense, including all the military services and the Reserve components. DANTES provides nontraditional education programs to include Examination programs, Independent Study, External Degree Programs, Nationally Accredited Distance Learning Programs, Service-members' opportunity colleges, and Military Evaluations. DANTES provides the Navy College with reference publications, manuals and handbooks, audiovisual training aids, posters and brochures.

EXAMINATION PROGRAM

Many testing services are available to military personnel through Navy College: General Education Development (GED) Exam; Scholastic Assessment Test (SAT); American College Test (ACT); CLEP General and Subject Exams; DANTES Subject Standardized Tests (DSST's); Excelsior College Exams (ECE); professional certification exams and PRAXIS. The Navy College Office has sample test materials for the CLEP, DSST and ECE. Students may access many of these materials on the web at the link below. The office can scan score almost all of the CLEP and DSST exams and is an official test site for ECI exams. Students can call the center at 433-2296.

OTHER PROGRAMS AVAILABLE:

- * Distance Learning Programs
- * DANTES Independent Study Program
- * External Degree programs
- * Nationally Accredited Distance Learning Programs - primarily vocational and technically oriented courses.
- * Certification Exams - allow selected professionals to obtain certification in their field, translating military training into civilian qualifications.

SERVICE MEMBER'S OPPORTUNITY COLLEGE (SOC)

SOC is a network of more than 860 colleges and universities whose policies and programs are designed to help meet the higher education needs of

service members. SOC has developed a degree program known as SOCNAV, which encompasses a group of associate and bachelor degree networks designed to meet the special needs of naval personnel. Local institutions who are members of SOC include: Tidewater Community College, Thomas Nelson Community College, Saint Leo University, Embry-Riddle Aeronautical University, ECPI, College of Technology, Norfolk State University and Old Dominion University.

ON-BASE EDUCATIONAL PROGRAMS

ECPI, COLLEGE OF TECHNOLOGY

Offers undergraduate courses leading to certificates in fiber Optics, A+ computer certification, and the Microsoft Certified System Engineer (MCSE) on base. POC at NAS Oceana is 491-5755, Monday, Wednesday, Friday 0900-1700 and Tuesday 1300-1700.

EMBRY-RIDDLE UNIVERSITY

AERONAUTICAL

Offers certificates in Airframes and Power Plants and Safety, Associated degrees in Professional Aeronautics and Aviation Maintenance Management, Bachelor degree programs in Technical Operations, Aviation Business Administration and professional Aeronautics, and a Master's degree in Aeronautical Science with specializations in aviation management, operations, aeronautics and safety. POC at NAS Oceana - 437-8061, Monday - Thursday 0900-1700 and Friday 0900-1500, Bldg. 531, Suite N103.

SAINT LEO UNIVERSITY

Offers undergraduate courses leading to an Associate of Liberal Arts, Bachelor of Arts in Business Administration, Criminology, Psychology, Human Resources Administration, Sociology and Religion. Business Administration students may select a Specialization in Management, Marketing, Health Services Management Accounting, or Technology Management. A Bachelor of Science in Computer Information Systems is also offered. POC: at NAS Oceana - 428-8395, Monday - Thursday, 0900-1700 & Friday 0900-1200, Bldg. 531, suite N105.

OLD DOMINION UNIVERSITY

Offers graduate programs on the base, including a Bachelor of Science, Occupational and Technical Studies, Technology Education, Teacher Certification, and a Master of Science in Education, leading to teacher certification. POC: at NAS Oceana - 491-5109; Tuesday/Thursday, bldg.531, rm.100, at Dam Neck - 492-8109; Monday, Walker

Hall; at NAB Little Creek - 363-3885; on Wednesday, Bldg. 3007.

TIDEWATER COMMUNITY COLLEGE

Offers courses towards various associated degree programs, including a unique Associate of Applied Science in Electronics Engineering Technology, offered in accelerated semesters, enabling students to complete the degree in two years or less. The degree is transferable to Old Dominion University's Bachelor of Science in Electronics Engineering Technology. POC: at NAS Oceana - 491 4385, Mondays, Tuesdays and Thursdays, 0900-1500, Bldg. 531, Suite 100. POC: at Dam Neck - 492-8109 Wednesday 0900-1500 Bldg. 199, Room 144.

TROY STATE UNIVERSITY

Offers graduate courses leading to a master's degree in Education Business Administration, Human Resources Management, Management, and Public Administration. An EMBA (Executive MBA) is offered through distance learning. POC: at NAS Oceana - 425-2066, Monday - Friday 1200-1600, Bldg. 531, Suite 100 and at Dam Neck - 492-8127, Monday - Thursday 0830-1130, Bldg.199.

ON-BASE SCHEDULES

Programs and courses on the base are offered in accelerated terms, varying in length from 8 week to 16 week semesters. Some of the schools offer special weekend programs. All of the undergraduate institutions offer 8-9 week terms, five times per year. Accelerated graduate programs are offered in 9-10 week cycles.

STUDENT RESOURCES

Navy College Office, Resource Room, Bldg. 531, Suite 101b. The Resource Room has computers with INTERNET connection for student use, CAGIS (computerized guidance information system); and student references. The Resource Room is open Mondays-Fridays 0900-1600. Call 433-3129 for more information.

OTHER SCHOOLS

SOUTHERN ILLINOIS UNIVERSITY

Offers a Bachelor of Science degree in Workforce Education and Training. Enrollment is open to all active duty personnel and civil service personnel who have a technical training and at least two years of work experience in an occupational specialty. POC: at Dam Neck - 422-4352; Location: FCTC, Bldg.199, rm. 141.

NORFOLK STATE UNIVERSITY

Offers a Bachelor's degree in Interdisciplinary Studies and a Master of Science in Counseling at Naval Station Norfolk. POC: 423-8929 Location: Bldg. CEP 87, Naval Station Norfolk.

FLORIDA INSTITUTE OF TECHNOLOGY

Offers graduate courses leading to a Master's degree in Systems Management and Contract and Acquisition Management with various concentrations and a certificate in computer networking. POC: at Dam Neck - 492-8109; Tuesday, Walker Hall and at Naval Station, Norfolk 440-9005, Bldg. CEP 87.

THE ACADEMIC SKILLS LEARNING CENTER

(ASLC) is the latest resource added to the Navy Campus at NAS Oceana. The program is self paced, computer based instruction. It is monitored by professional educators who act as facilitators. The program includes full review and instruction in math from arithmetic through calculus; the sciences including chemistry, physics, biology and earth science; social studies including economics, history and geography as well as many other modules. Students may use the ASLC to prepare for college, for CLEP or DSST exams, the SAT or ACT, retaking the ASVAB or for personal development. The ASLC is open to all active duty, reserve and retired personnel and their adult family members. Call 433-2284 LOCATION: Building 531, Room 106, NAS Oceana

FINANCIAL ASSISTANCE PROGRAMS: There are a number of federally funded programs that assist students in pursuing higher education.

- * NAVY TUITION ASSISTANCE PROGRAM
- * VIETNAM ERA GI BILL
- * VETERANS' EDUCATIONAL ASSISTANCE PROGRAM, VEAP
- * MONTGOMERY GI BILL
- * OTHER FINANCIAL AID

The Federal and State Government sponsor several programs.

- * PELL GRANT
- * LOAN PROGRAMS

NAVY TUITION ASSISTANCE PROGRAMS

Navy Tuition Assistance (TA) is provided to all active duty personnel. This program pays up to 75% within allowable caps for college or vocational courses, and 100% for high school courses. The present program allows for the following caps on

Tuition Assistance: no more than \$250 per credit and no more than \$3500 per fiscal year.

Veterans' Educational Assistance Program, VEAP: Individuals entering the service between 1 January 1977 and 30 June 1985 were eligible to participate in VEAP, if they are presently enrolled or have been previously enrolled. VEAP is a contributory program, with personnel depositing between \$25.00 and \$100.00 per month by payroll deduction. Individuals were permitted to deposit up to \$2,700 and were matched 2 to 1 by the Navy for a total fund of up to \$8,100. Individuals who disenrolled may re-enroll provided the contribution is made before leaving active duty. VEAP may be used after the first period of obligated service has been completed.

Montgomery G.I. Bill: Those entering active duty after 30 June 1985 will incur a reduction in pay of \$100 per month for 12 months, unless they elect not to participate in this program. This is a one-time, irrevocable decision which must be made at the time the individual initially enters active duty. Benefits may be used in-service after the completion of 2 years active duty. Personnel must have earned a high school diploma or equivalent by the end of their first enlistment and must receive an honorable discharge.

Specific academic applications for benefits may be obtained from the Navy Campus or the institution. Personnel have ten (10) years from the last date of discharge to utilize the benefits. The toll free number to the VA in Roanoke is 1-(800)827-1000 or call 1-888-GIBILL1.

OTHER FINANCIAL AID. The federal and state government sponsor several programs. Interested students should work with the financial aid office at their chosen institution to determine eligibility. Additional details on other sources of financial aid may be found in references on the Navy Campus, including DISCOVER; Need a Lift; College Blue Books, Five Federal Aid Programs, etc.

COLLEGE CREDIT FOR MILITARY EXPERIENCE. The American Council on Education publishes a Guide to the Evaluation of Educational Experiences in the Armed Forces, or ACE Guide, every two years. The Guide recommends college credit for various service schools, rate or MOS etc. The guide is available in the Navy Campus and is utilized in the DD 295, Military Credit Evaluation Workshop. Most colleges and universities utilize the recommendations toward degree requirements.

Many military and spouses clubs offer scholarships available to dependents in Hampton Roads. See your Navy Campus Education Center for information or check the reference "Need a Lift".

THE FOLLOWING IS NOT ASSOCIATED WITH NAVY COLLEGE

CAREER COUNSELOR

The command Career Counselor, located in building 230, is the central point of assistance for all military personnel assigned to NAS Oceana and tenant commands. Advice and assistance for professional and career development, counseling on reenlistment, training, separation, retirement, and commissioning programs are readily available. If you are planning on a career in the Navy or transitioning to a civilian environment, plan wisely and far ahead - contact your career counselor. Phone 433-3419

CAREER INFORMATION AND TRAINING COURSE

The NAS Oceana Career Information and Training Course is designed to provide E-5 and above personnel with the training which will allow them to supply accurate basic career information to those personnel for whom they are responsible. For further information and reservations contact the NAS Oceana Retention Program Manager at 433-3419/2805.

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| Name: Examination Program |
| WWW Link: http://voled.doded.mil/dantes/exam/index.htm |

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|---|
| Name: Navy College Office |
| POC: Carol Berry |
| Address: 902 (Building 531) |
| City: Virginia Beach |
| Phone: (757) 433-3129 |
| FAX: (757) 433-3200 |
| DSN Phone: 433-3129 |
| DSN FAX: 433-3200 |
| WWW Link: http://www.navycollege.navy.mil |
| Comments: Active Duty personnel should visit the Navy College Office serving their installation. Navy College assists military with off-duty education afloat/ashore. |

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|---|
| Name: United States Military Apprenticeship Program |
| WWW Link: http://www.cnet.navy.mil/nnaps/index.htm |

Public and DODDS Schools

For more information on this subject:
See the American School Directory
<http://www.asd.com>

Admission Requirements for Public Schools: Any child who will be 5 years old by September 30th is eligible for kindergarten. All first-time and transfer students must provide the following:

- *Birth Certificate
- *Social Security Number
- *A physical examination performed by a physician within a year of enrollment (requirements vary slightly with different school systems)
- *A series of 4 DPT and 3 polio immunizations - Immunizations against measles, mumps and rubella - one after the first birthday and the second prior to entry into kindergarten or into grade one, if the child has not attended kindergarten.
- *Children entering sixth grade must have second measles shot before they can attend school.

Immunization Policy: Immunization records must include day, month and year of vaccinations. If a student cannot show this written proof when school starts in September, that student may be denied admission to school under Virginia state law.

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|---|
| Name: Chesapeake Public Schools |
| Address: 312 Cedar Road |
| City: Chesapeake |
| Phone: (757) 547-0153 |
| Comments: Special Programs include Honors Programs; Gifted and Talented; Vocational TV and Radio Class; Special Education for Physically, Intellectually, and Behaviorally Handicapped; Adult Education, Lab Pre-School and Alternative Schools. 28 Elemenatary, 8 Junior High and 6 Senior High Schools. |

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|--|
| Name: Norfolk Public Schools |
| POC: 800 East City Hall Ave |
| Phone: (757) 441-2578 |
| WWW Link: http://www.nps.k12.va.us/ |
| Comments: 35 Elementary, 8 Middle, and 5 Senior High Schools. |

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|--|
| Name: Virginia Beach Public Schools |
| Address: 2512 George Mason Drive |
| City: Virginia Beach |
| Phone: (757) 427-4326 |
| E-Mail: tlove@vbcps.k12.va.us |
| WWW Link: http://www.vbschools.com |
| Comments: Special Programs include Vocational Technical, Career Development, Center for Effective Learning, Gifted and Talented, Adult Education and Open Campus. 54 Elementary, 16 Middle, and 13 High Schools. Virginia Beach Public Schools are on a block schedule. Contact school district at www.vbschools.com for more information on block schedules. Virginia Beach Public Schools offer a variety of magnet school programs, also. Contact www.vbschools.com or (757)563-1255 for special programs, magnet school applications and magnet school application deadlines. |

Private Schools

For more information on this subject:
See the American School Directory
<http://www.asd.com>

In the entire Hampton Roads area there are close to 1,000 private pre-school, kindergarten, elementary and secondary schools. Some are independent private educational institutions; others are church related schools. There are Catholic, Christian, Hebrew and even Quaker schools. The waiting lists, entrance requirements, tuition, fees, and dress codes vary from school to school. For more information on private schools in Virginia Beach and the entire Hampton Roads area consult the yellow pages or check with a church of your denomination. Information on private schools and their accreditation can also be obtained by calling Gloria Dalton at 804-225-2757 or Carolyn Hodgins at 804-225-4551 at the State Board of Schools in Richmond.

Colleges and Universities

Residency Requirements for In-State Tuition:

Dependents who are not bona fide legal residents of Virginia will be charged the full out-of-state tuition rate at state colleges and universities.

A Virginia resident is one who has been domiciled in and has been an actual bona fide resident of Virginia for a period of at least one year. Normally, the intent of domicile is evidenced through the filing and payment of state income tax, voter registration, automobile registration and driver's license. Specific requirements can be obtained from college admissions offices. However, military personnel and their families who establish residency may be immediately eligible for in-state tuition rates. Affected individuals are strongly encouraged to speak with the domicile office of the school they wish to attend.

Non working spouses and dependent children may qualify as in-state students if the military sponsor has established legal domicile in Virginia for at least a year. Working spouses may become Virginia residents by satisfying domicile requirements, including the payment of Virginia income tax on at least \$8700. This qualification also entitles children for in-state status if the working non-military parent claims them as dependents for tax purposes.

Active duty personnel using Navy Tuition Assistance funds to pay for classes at area schools will continue to pay the in-state rate. Requests for Navy Tuition Assistance may be initiated at the Navy College Office serving the member's duty station.

Personnel using any other type of payment such as G.I. Bill benefits will pay out-of-state charges unless they are Virginia residents. The one-year waiting period to establish residency may be waived for active duty members who choose to pay Virginia income tax. To initiate payment of Virginia income tax, members should contact the disbursing office maintaining their pay record and complete a DD 2058 in duplicate. For additional information on obtaining a waiver, contact the school's admissions office.

Following is a partial listing of schools in the area. Contact Navy Campus for further information.

| |
|---|
| Name: Averitt College |
| Address: 5029 Corporate Woods Suite 250 |
| City: Virginia Beach, VA 23462 |
| Phone: 757-497-0438 or 888-757-1100 |

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|---------------------------------------|
| Name: Bluefield College |
| Address: P.O. Box 10280 |
| City: Virginia Beach, VA 23450 |
| Phone: 757-412-2992 |

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|--|
| Name: Christopher-Newport College |
| Address: 1 University Place |
| City: Newport News, VA 23606 |
| Phone: 757-594-7000 |

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|--|
| Name: College of William and Mary |
| City: Williamsburg, VA 23185 |
| Phone: 757-221-4000 |

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|---|
| Name: ECPI - Electronic Computer Programing Institute |
| Address: 5555 Greenwich Road |
| City: Virginia Beach, VA 23462 |
| Phone: (757) 490-9090 |

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|--|
| Name: Eastern Virginia Medical School |
| POC: Admissions Office |
| Address: 700 Olney Road |
| City: Norfolk, VA 23507 |
| Phone: (757) 446-560 |

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|---|
| Name: Embry Riddle Aeronautical University |
| POC: Navy Campus |
| Address: NAS Norfolk, NAS Oceana |
| Phone: (757) 440-5078, (757) 437-8061 |
| FAX: (757) 433-3200 |
| Comments: Degrees Offered: 3 Bachelors, 1 Masters Program and 2 Associates |

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|--|
| Name: Florida Institute of Technology |
| Address: Building CEP 87 Naval Station Norfolk |
| City: Norfolk, VA 23511 |
| Phone: 757-440-9005 |

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|---|
| Name: George Washington University |
| Address: One Enterprise Parkway |
| City: Hampton, VA 23666 |
| Phone: 757-623-3904 |

| |
|---------------------------------|
| Name: Hampton University |
| City: Hampton, VA 23668 |
| Phone: (757) 727-5328 |

| |
|---|
| Name: ITT Technical School |
| Address: 863 Glenrock Road #100 |
| City: Norfolk, VA 23529 |
| Phone: (757) 466-1260 |

| |
|---|
| Name: Johnson and Wales University |
| Address: 2428 Alameda Avenue |
| City: Norfolk, VA |
| Phone: 757-853-3508 |

| |
|---|
| Name: Navy College Office |
| POC: Carol Berry |
| Address: 902 E Avenue |
| City: Virginia Beach, VA 23460-2193 |
| Phone: (757) 433-3129 |
| FAX: (757) 433-3200 |
| DSN Phone: 433-3129 |
| DSN FAX: 433-3200 |
| Comments: Active Duty personnel should visit the Navy College Office serving their installation. Navy College assists military with off-duty education afloat/ashore. |

| |
|--|
| Name: Norfolk State University |
| POC: Admissions Office |
| Address: 2401 Corpew Avenue |
| City: Norfolk, VA 23450 |
| Phone: (757) 823-8600 |
| Comments: Degrees Offered: 7 Associate, 50 Bachelors, 15 Masters |

| |
|---|
| Name: Old Dominion University |
| POC: David Radcliffe |
| Address: Hampton Blvd. |
| City: Norfolk, VA 23529 |
| Phone: (757) 683-3000 |
| Comments: Degrees Offered: 66 Bachelors, 61 Masters, and 21 Doctorates. |

| |
|---|
| Name: Paul D. Camp Community College |
| Address: 100 N College Drive |
| City: Franklin, VA 23851 |
| Phone: (757) 569-6700 |

| |
|--|
| Name: Regent University |
| POC: Admissions Office |
| Address: 1000 Regent University Drive |
| City: Virginia Beach, VA 23464 |
| Phone: (757) 579-4000 |

| |
|--|
| Name: Southern Illinois University |
| POC: Navy Campus Office, Dam Neck |
| Address: Bldg. 572, FCTCL |
| City: Virginia Beach, VA 23461-2098 |
| Phone: (757) 422-4352 |
| FAX: (757) 422-0249 |
| Comments: Bachelor Degree in Work Force Education and Development. |

| |
|--|
| Name: St. Leo College |
| POC: All Navy Campus Offices |
| Phone: (757) 428-8395 |
| Comments: Associate of Arts degree in Liberal Arts and Bachelor degrees offered in 13 different majors |

| |
|--|
| Name: Thomas Nelson Community College |
| Address: Box 9407 Briarfield Station |
| City: Hampton, VA 23670 |
| Phone: 757-825-2800 |

| |
|--|
| Name: Tidewater Community College |
| POC: 4 Campuses |
| Address: 1700 College Crescent |
| City: Virginia Beach, VA |
| Phone: (757) 427-7100 or (757) 491-4385 |
| Comments: Chesapeake Campus 547-9271; Portsmouth Campus 484-2121; Norfolk Campus 683-9414. |

| |
|---------------------------------------|
| Name: Tidewater Tech |
| POC: 2697 Dean Drive |
| City: Virginia Beach, VA 23456 |
| Phone: (757) 340-2121 |

| |
|--|
| Name: Troy State University |
| POC: All Navy Campus Offices |
| Phone: (757) 451-8203 or (757)425-2066 |
| FAX: (757) 451-8156 |
| Comments: Degrees Offered in 5 Masters Programs. |

| |
|---|
| Name: University of Virginia |
| POC: Hampton Roads Graduate Center |
| Address: 421 Pembroke Four |
| City: Virginia Beach, VA 23462 |
| Phone: (757) 552-1890 |

| |
|---|
| Name: Virginia Polytechnical Institute |
| POC: Hampton Roads Graduate Center |
| Address: 421 Pembroke Four |
| City: Virginia Beach, VA 23462 |
| Phone: (757) 552-1880 |

| |
|--|
| Name: Virginia Wesleyan College |
| POC: Admissions Office |
| Address: Wesleyan Drive |
| City: Virginia Beach, VA 23455 |
| Phone: (757) 455-3200 |

Adult or Continuing Education

Adult Learning Centers are located in Virginia Beach, Norfolk, Chesapeake, and Portsmouth. The centers offer a variety of adult education classes as well as GED testing, ESL (English as a Second Language) and High School Completion Courses. For information call:

Virginia Beach campus at (757) 473-5091
 Norfolk campus at (757) 441-5216
 Chesapeake campus at (757) 482-5680
 Portsmouth campus at (757) 393-8822.

| |
|--|
| Name: Educational Opportunity Center |
| Address: 121 College Place, Suite 200 |
| City: Norfolk, VA 23510 |
| Phone: (757) 683-2312 |
| FAX: (757) 683-2315 |
| E-Mail: eocva@aol.com |
| WWW Link: http://www.vtc.odu.edu |
| Comments: The Education Opportunity Center has satellite locations in Chesapeake, Norfolk, Portsmouth, Suffolk, Virginia Beach, Hampton, Newport News, and York County. Services include referrals to Adult Basic Education and GED classes; College catalogue and brochure library; fees and tuition information; assistance in completing college and financial aid applications; computerized scholarship search; referrals to community agencies. |

| |
|---|
| Name: Navy College Learning Center |
| POC: Sarah Daigle |
| Address: NAS Oceana Building 531, Suite 106 |
| City: Virginia Beach |
| Phone: (757) 433-2284 |
| DSN Phone: 433-2284 |
| Tuition: free to active duty, family members, retirees and reservists |
| Comments: Offers computerized, individually paced courses for: College Entrance Exam preparation ASVAB Writing Skills Improvement Math and English Review GED preparation SAT/ACT preparation Advanced Mathematics CLEP/DSST Test preparation Offers flexible scheduling and attendance to accommodate your work and operational schedule. Open Monday - Thursday 0930-1830 Friday 1000-1400. |

Special Education

For more information on this subject:
 Visit Virginia's official web site
<http://www.state.va.us>

For information on special education classes, contact the State Department of Education in Richmond, the Parent Resource Center, or local school districts listed below.

| |
|--|
| Name: Public School Special Education |
| POC: State Department of Education |
| Address: 101 N. 14th Street |
| City: Richmond, VA 23216 |
| Phone: (804) 225-2020 |
| Comments: For information from each of the local school districts use the following telephone numbers: Virginia Beach.....(757) 427-4425 Norfolk.....(757) 441-2491 Chesapeake.....(757) 494-7664 |

Employment

Employment Overview

Virginia Beach is part of the Hampton Roads Metropolitan Statistical Area. More than 600,000 civilians are employed in Hampton Roads. Employment opportunities are available in manufacturing, transportation, trade, finance, services, communications, public utilities, wholesale and retail trade and government. The local unemployment rate is usually less than the nation as a whole.

Hampton Roads is considered the financial center of Southeastern Virginia with 40 banks and savings and loans doing business here along with 80 plus credit unions. Norfolk Southern Corp., one of the nation's busiest railroads, is located in Norfolk along with Norfolk International Airport. The two together provide excellent transportation for finished goods in and out of the area and raw materials into the area.

Federal Civilian Employment for Spouses

For more information on this subject:
<http://www.ffscnorva.navy.mil/>

Contact your FFSC Spouse Employment Assistance Program for information, or refer to the numbers listed below.

| |
|---|
| Name: Spouse Employment Preference |
| POC: Human Resources Office |
| Address: HRO, Code 20, 487 East C Street |
| City: Norfolk, VA 23411-3997 |
| WWW Link: http://www.usajobs.opm.gov |
| Comments: For regional information on civil service job availability call 396-7800. |

Permanent Employment Resources

For more information on this subject:
 contact FFSC of Hampton Roads
<http://www.ffscnorva.navy.mil/>

The Fleet & Family Support Center Oceana has employment counselors, local and national job postings, internet and other computer services as well as a library of career information available for job seekers.

| |
|--|
| Name: MWR Recreational Services |
| Address: Building 531, NAS Oceana |
| City: Virginia Beach |
| Phone: 433-2572 |
| Comments: Information for locations at other Hampton Roads bases: FCTCL Dam Neck - 433-2572 NAB Little Creek - 462-4624/4622 (Recording 462-4623) Naval Base Norfolk - 444-8079 |

| |
|--|
| Name: Spouse Employment Program, FFSC |
| POC: Monday Milledge |
| Address: 1896 Laser Road, Suite 120 (Building 531 NAS Oceana) |
| City: Virginia Beach |
| Phone: 433-2912 |
| FAX: 433-1329 |
| DSN Phone: 433-2912 |
| DSN FAX: 433-1329 |
| E-Mail: milledgem@oceana.nfsc.hr.navy.mil |
| Comments: Hours of operation are Monday - Thursday 0800-1700; Friday 0800-1400. No appointment needed. |

| |
|---|
| Name: Transition Assistance Program, FFSC |
| POC: Rodney Pastore |
| Address: 1896 Laser Road, Suite 120 Building 531 NAS Oceana |
| City: Virginia Beach |
| Phone: 433-2912 |
| FAX: 433-1329 |
| DSN Phone: 433-2912 |
| DSN FAX: 433-1329 |
| E-Mail: pastorer@oceana.nfsc.hr.navy.mil |
| Comments: Hours of operation are Monday - Thursday 0800-1700, Friday 0800-1400. |

| |
|--|
| Name: Virginia Beach City Employment Office |
| POC: Municipal Center |
| Address: 2396 Court Plaza Drive, Suite 200 |
| City: Virginia Beach, VA 23456 |
| Phone: 427-4157 |
| E-Mail: humres@city.virginia-beach.va.us |
| WWW Link: http://www.virginia-beach.va.us/ |
| Comments: Other area offices: Chesapeake City Employment Office - 382-6492/6416 Norfolk City Employment Office - 664-4486 Portsmouth City Employment Office - 393-8622/398-0682 |

| |
|--|
| Name: Virginia Employment Commission Office |
| Address: 502 Viking Drive |
| City: Virginia Beach |
| Phone: 431-3900 |
| E-Mail: vaemploy@aol.com |
| WWW Link: http://www.vec.state.va.us/ |
| Comments: Hours of operation daily 0830-1600. Provides job listings and placement. |

| |
|--|
| Name: Virginia Employment Commission Office |
| Address: Navy Family Service Center Norfolk |
| City: Norfolk, VA |
| Phone: 440-4024/5 |

Temporary Employment Resources

For more information on this subject:
contact FFSC of Hampton Roads
<http://www.ffscnorva.navy.mil/>

There are many temporary employment agencies located in Virginia Beach and throughout the Hampton Roads area. For more information, addresses and phone numbers consult the yellow pages, internet search sites or visit The Fleet & Family Support Center Oceana's Career Development Resource Center.

Non-Paid or Volunteer Opportunities

For more information on this subject:
contact FFSC of Hampton Roads
<http://www.ffscnorva.navy.mil/>

For information on volunteer opportunities in Hampton Roads, contact the organizations below.

| |
|---|
| Name: Fleet & Family Support Center |
| POC: Jody Flavin, Volunteer Program Manager |
| Address: 1896 Laser Road, Suite 120 (Building 531, NAS Oceana) |
| City: Virginia Beach |
| Phone: (757) 433-2912 |
| FAX: (757) 433-1329 |
| DSN Phone: 433-2912 |
| DSN FAX: 433-1329 |
| E-Mail: flavinj@oceana.nfsc.hr.navy.mil |
| WWW Link: http://www.ffscnorva.navy.mil/ |
| Comments: Fleet & Family Support Center Oceana extends an invitation to share your time and talents as a Fleet & Family Support Center Center volunteer. Our volunteers are crucial to extending programs to more military families in Hampton Roads. Volunteers bring life experience in a mobile military life-style and can offer special empathy with single service members and military family members. As an FFSC volunteer, you can increase your marketable job skills and make new friends, while feeling good about helping others. Hours of operation Monday - Thursday 0800-1700, Friday 0800-1400. |

| |
|---|
| Name: Volunteer Hampton Roads |
| POC: Volunteer Program Manager |
| Address: 129 West Virginia Beach Boulevard Suite 202 |
| City: Norfolk, VA |
| Phone: (757) 624-2400 |
| Comments: Hours of operation Monday - Friday 0900-1700. |

Chambers of Commerce

| |
|---|
| Name: Chamber of Commerce of Hampton Roads |
| Address: 420 Bank Street P.O. Box 327 |
| City: Norfolk |
| Phone: (757) 622-2312 |
| E-Mail: pnemetzg@hrccva.com |
| WWW Link: http://www.hrccva.com |
| Comments: Monday - Friday 0830 - 1700 |

| |
|---|
| Name: Chesapeake Chamber of Commerce |
| Address: 400 Volvo Parkway |
| City: Chesapeake |
| Phone: (757) 664-2591 |

| |
|--|
| Name: Hampton Roads Chamber of Commerce |
| Address: 4512 Virginia Beach Blvd. |
| City: Virginia Beach |
| Phone: (757) 622-2312 |
| Comments: Monday - Friday 0830 - 1700 For assistance with hotel reservations call 1-800-VABEACH |

Private Sector Employment

For more information on this subject:
Contact FFSC of Hampton Roads
<http://www.ffscnorva.navy.mil/>

Some of the larger employers in the area are listed below. A more complete listing and lots of good employment, job search, and area job market information is available at the Fleet & Family Support Oceana's Career Development Center.

| |
|--|
| Name: Anheuser-Busch |
| Address: 1 Busch Garden Blvd |
| City: Williamsburg, VA 23187 |
| Phone: (757) 253-3600 |
| Comments: Brewery, Theme Park and Resort |

| |
|--|
| Name: Bank of America |
| Address: #1 Commercial Place |
| City: Norfolk, VA 23501 |
| Phone: (757) 441-4770 |
| Comments: Locations on base and throughout the Hampton Roads area. |

| |
|--|
| Name: Farm Fresh, Inc. |
| Address: 853 Chimney Hill Shopping Center |
| City: Virginia Beach, VA 23452 |
| Phone: (757) 306-7006 |
| Comments: Grocery Chain |

| |
|--|
| Name: Food Lion |
| POC: Human Resources Department |
| Address: 1505 Lynnhaven Parkway |
| City: Virginia Beach 23456 |
| Phone: (757) 427-9130 |
| Comments: Grocery chain. |

| |
|--|
| Name: Newport News Shipbuilding |
| Address: 4101 Washington Avenue |
| City: Newport News, VA 23607 |
| Phone: (757) 380-2000 |
| Comments: Shipbuilding, Repair |

| |
|---|
| Name: Sentara Health System |
| POC: Human Resources Department |
| Address: 6015 Poplar Hall Drive, Suite 314 |
| City: Norfolk, VA 23502 |
| Phone: (757) 455-7000 |
| Comments: Health Care Facilities |

| |
|--|
| Name: USAA |
| Address: 5800 Northampton Blvd. |
| City: Norfolk, VA |
| Phone: (757) 893-4900 |
| Comments: Insurance and Financial Products |

| |
|---------------------------------------|
| Name: Verizon |
| Address: 741 Monticello Avenue |
| City: Norfolk, VA 23510 |
| Phone: 1-800-621-9900 |
| Comments: Utility |

| |
|--|
| Name: Virginia Beach Public Schools |
| POC: Personnel Department |
| Address: 2512 George Mason Drive |
| City: Virginia Beach, VA 23456 |
| Phone: (757) 427-4326 |
| E-Mail: nsoscia@city.virginia-beach.va.us |

Government Employment

For more information on this subject:
Visit the federal jobs web site
<http://www.usajobs.opm.gov>

Many additional resources to help in your job search are available through the Career Development Resource Center at Fleet & Family Support Centers.

| |
|---|
| Name: Human Resources Office |
| Address: HRO, Code 20, 487 East C St. |
| City: Norfolk, VA 23411-3997 |
| Phone: (757) 441-3355 |
| Comments: All area HRO offices at area bases are satellites of main Norfolk office. The regional telephone number for federal government job information is (757) 441-3355; DSN 961-7800; toll free 1-800-407-6711. |

| |
|---|
| Name: Virginia Beach City Employment Office |
| POC: Human Resources Department |
| Address: Virginia Beach Municipal Center 2396 Court Plaza Drive, Suite 200 |
| City: Virginia Beach, VA 23456 |
| Phone: (757) 427-4157 |
| E-Mail: humres@city.virginia-beach.va.us |
| WWW Link: http://www.virginia-beach.va.us |
| Comments: Other area city employment offices: Chesapeake City Employment Office: (757) 382-6492/6416 Norfolk City Employment Office: (757) 664-4486 Portsmouth City Employment Office: (757) 393-8622/398-0682 |

| |
|---|
| Name: Virginia Employment Commission Office |
| Address: 5145 East Virginia Beach Boulevard |
| City: Virginia Beach, VA |
| Phone: (757) 455-3900 |
| Comments: Information on most State and local government jobs is available through the VEC. |

Professional or Occupational Licensing

For more information on this subject:
Visit Virginia's official web site.
<http://www.state.va.us>

Some commonly referenced licensing organizations are listed. For more listings see government listings in the yellow pages, Virginia's official web site, or licensing agencies in you current state of residence.

| |
|--|
| Name: Attorney |
| POC: Virginia Board of Bar Examiners |
| Address: Shockoe Center, Suite 225 11 South Twelfth Street |
| City: Richmond, VA 23219 |
| Phone: (804)775-0500 |
| FAX: (804) 775-0502 |
| WWW Link: http://www.vsb.org |

| |
|--|
| Name: Dental Licensure and Certification |
| POC: Virginia Board of Dentistry |
| Address: 6606 West Broad Street FL #4 |
| City: Richmond, VA 23230 |
| Phone: (804) 662-9906 |
| E-Mail: denbd@dhp.state.va.us |
| Comments: The Board of Dentistry handles licensure and certification for Dental Hygienists and Dentists. |

| |
|---|
| Name: Education Certification |
| POC: Dept of Education, Teacher Certification |
| Address: P.O. Box 6Q |
| City: Richmond, VA 23516 |
| Phone: (804) 225-2021 |
| Comments: The Department of Education handles the certification process for: Public School Administrators School Guidance Counselors School Social Workers Teachers |

| |
|---|
| Name: Emergency Medical Technician (EMT) |
| POC: Division of Emergency Medical Services |
| Address: Virginia State Department of Health 1500 Main Street |
| City: Richmond, VA 23219 |
| Phone: (804) 371-3500/800-523-6019 |
| FAX: (804) 371-3543 |
| E-Mail: mash@vdh.state.va.us |

| |
|--|
| Name: Home Business |
| POC: Commissioner of Revenue |
| Address: City of Norfolk, P.O. Box 2260 |
| City: Norfolk, VA 23501 |
| Phone: (757) 441-2781 |

| |
|---|
| Name: Insurance Agent |
| POC: State Corporation Commission |
| Address: Bureau of Insurance / Box 1157 PO Box 1197 |
| City: Richmond, VA 23218 |
| Phone: in VA 1-800-552-7945 |
| Comments: Outside Virginia call (804) 371-9741 |

| |
|---|
| Name: Journeyman |
| POC: Department of Housing and Community Development |
| Address: 501 N. 2nd Street |
| City: Richmond, VA 23219 |
| Phone: (804) 371-7078 |
| FAX: (804) 371-7093 |
| E-Mail: wbeachly@dhcd.state.va.us |

| |
|---|
| Name: Librarian |
| POC: Human Resource Manager |
| Address: Virginia State Library 800 East Broad Street |
| City: Richmond, VA 23219-8000 |
| Phone: (804) 692-3500 |
| FAX: (804) 6923587 |

| |
|---|
| Name: Medical Licensing, Board of Medicine |
| POC: Division of Certification |
| Address: 6606 West Broad Street 4th Floor |
| City: Richmond, VA 23230 |
| Phone: (804) 662-9908 |
| FAX: (804)662-9943 |
| E-Mail: medbd@dhp.state.va.us |
| Comments: This Department does the licensing and certification for: Acupuncturists Chiropractors Correctional Health Assistants Licensed Professional Counselors Occupational Therapists Optometrists Pharmacists Physical Therapists Physicians Physicians Assistants Podiatrist Respiratory Therapist Speech Pathological and Audiologists |

| |
|--|
| Name: Nursing Licensure, Board of Medicine |
| POC: Division of Certification |
| Address: 6606 West Broad Street 4th Floor |
| City: Richmond, VA 23230 |
| Phone: (804) 662-9111 |
| E-Mail: nursebd.@dhp.state.va.us |
| Comments: This department does the licensing and certification for: Registered Nurses Licensed Practical Nurse Nurse Practitioners Nurse Aide (C.N.A.) |

| |
|--|
| Name: Psychologists and School Psychologists |
| POC: Board of Psychology Dept of Health Professions |
| Address: 6606 West Broad Street |
| City: Richmond, VA 23230 |
| Phone: (804) 662-9913 |
| FAX: (804) 662-9943 |
| E-Mail: psy@dhp.state.va.us |

| |
|--|
| Name: Social Work, Board of Social Work |
| POC: Department of Health Professions |
| Address: 6606 West Broad Street |
| City: Richmond, VA 23230 |
| Phone: (804) 662-9914 |
| FAX: (804) 662-9943 |
| E-Mail: bsw@dhp.state.va.us |

| |
|---|
| Name: State Licensing/Department of Commerce |
| POC: Enforcement Division / Commonwealth of Virginia |
| Address: 600 West Broad St. |
| City: Richmond, VA 23230-4917 |
| Phone: (804) 786-7831 |
| E-Mail: dpor@dpor.state.va.us |
| Comments: The Department of Commerce issues licenses and is responsible for disciplining most of the businesses and occupations that the Virginia General Assembly has determined should be regulated in order for the public safety, health, and welfare to be protected. Businesses and occupations regulated by the department include: Accountants (CPA) Architects Asbestos Related Occupations Auctioneers Barbers Branch Pilots Boxers Child Care Providers Contractors Cosmetologists Employment Counselors & Agencies Professional Engineers Geologists Harbor Pilots Hearing Aid Dealers & Fitters Interior Designers Certified Landscape Architects Opticians Polygraph Examiners Private Security Services Real Estate Agents Real Estate Appraisers Real Estate Brokers Soil Scientists Sports Agents Land Surveyors Waste Management Facility Operators Water & Wastewater Works Operators Wrestlers |

| |
|---|
| Name: Substance Abuse Counselor |
| POC: Virginia Board of Professional Counselors |
| Address: 6606 West Broad Street |
| City: Richmond, VA 23230 |
| Phone: 1-888-817-8283/(804) 662-7328 |
| E-Mail: coun@dhp.state.va.us |

| |
|--|
| Name: Veterinarian |
| POC: Virginia Board of Veterinary Medicine |
| Address: Department of Health Professionals 6606 West Broad Street |
| City: Richmond, VA 23230 |
| Phone: (804) 662-9915 |
| E-Mail: opt.bd@dhp.state.va.us |
| Comments: The board provides licensure and regulations for: Veterinarians Veterinary Assitants Veterinary Technicians |

Networking Opportunities

For more information on this subject:
Contact FFSC of Hampton Roads
<http://www.ffscnorva.navy.mil/>

The military spouse who is seeking to develop a personal career will be confronted with the challenges of the mobile military lifestyle. Networking before you move, as well as after you arrive, can sometimes be the key to a successful job search. Some tips for your career move include:

- * Request a local telephone directory or visit local web sites.
- * Check to see if your present employer has a facility in our area.
A transfer may be possible.
- * Talk about the move. Friends,relatives or co-workers may have ideas.
- * Subscribe to newspapers in the Hampton Roads Area.
- * Check with the State of Virginia immediately for requirements if you are
in a licensed or certified position.
- * Contact local chapters of professional organizations.
- * Join a business/service organization for camaraderie and networking.
- * For help in targeting specific organizations that best match your
career needs, please contact the Spouse Employment Specialist,
at the FFSC. (757-433-2912)
- * Contact our local Chambers of Commerce for local business listings.
- * FFSC Oceana maintains a list of professional and trade associations
that regularly meet in the Hampton Roads area.
- * The "Business Weekly" insert of the Monday edition of the Virginian-Pilot

newspaper lists meetings open to members and guests.

* Fleet & Family Support Centers of Hampton Roads sometimes conduct networking

sessions and invite successful job search candidates and recruiters to

attend these sessions. Contact an FFSC Oceana Employment Specialist for details.

Medical And Dental

Medical and Dental Overview

With the opening of the Charette Health Center in March 1999, Portsmouth Naval Medical Center became the largest naval medical facility in the world. The completion of the move into the new facility should be complete in April 1999. This new facility will nearly double the capacity of the Portsmouth Naval Medical Center.

Portsmouth Naval Medical Center provides a comprehensive range of emergency, outpatient and inpatient health care services to active duty Navy and Marine Corps personnel, their families and the many retired military members in the Hampton Roads area. Portsmouth Naval Medical Center has the only military emergency room on the southside of Hampton Roads.

Medical clinics, spread throughout Hampton Roads serve all Navy and Marine Corps installations. Personnel should visit the health care facility nearest them to obtain information on the availability of services. Those clinics are Oceana Branch Medical Clinic (NAS Oceana), Admiral Joel T. Boone Clinic (NAB Little Creek), Sewells Point Branch Medical Clinic (Norfolk Naval Base), a branch clinic at Norfolk Naval Shipyard, a branch clinic at Yorktown Naval Weapons Stations and two NAVCARE Clinics: NAVCARE 4 (Virginia Beach) and NAVCARE 3 (Norfolk).

The Branch Medical Clinic at NAS Oceana provides primary health care to the Active Duty personnel assigned to NAS Oceana and its tenant commands, family members of active duty personnel, retired military personnel and their family members, and Civil Service employees requiring care associated with occupational health issues.

Newly reporting Active Duty members must check into Medical Records for a medical record screening and (CHCS) Composite Health Care System computer entry.

Medical Services/Directory - on Installation

For more information on this subject:

Visit the TRICARE homepage.

<http://www.tricare.osd.mil/>

| Portsmouth Naval Medical Center | Yes/No |
|---------------------------------|--------------------|
| Allergy Clinic | yes * |
| Anesthesia/Pain Clinic | yes |
| Angiography | yes |
| Audiology | yes |
| Cardiology | yes |
| Clinical Nutrition | yes |
| Colposcopy | yes |
| CT Scan | yes |
| Dental | yes * Dermatology |
| Endocrinology | yes |
| Fluoroscopy | yes |
| Gastroenterology | yes |
| Gynecology | yes |
| Hematology | yes * Hemodialysis |
| Immunization | yes |
| Infectious Disease | yes |
| Infertility | yes |
| Internal Medicine | yes |
| Nephrology | yes |
| Neurology | yes * Neurosurgery |
| Neuro-Psychiatry | yes |
| Obstetrics | yes * |
| Occupational Therapy | yes |
| Ophthalmology | yes |
| Optometry | yes * |
| Oral Maxillofacial | yes |
| Orthopedics | yes |
| Ostomy | yes |
| Otolaryngology | yes |
| Pediatrics | yes |
| Physical Therapy | yes * |
| Plastic Surgery | yes |
| Proctology | yes |
| Psychiatry | yes * Psychology |
| yes * Pulmonary | yes |
| Radiation-Oncology | yes |
| Radiology | yes |
| Rheumatology | yes |
| Surgery - General | yes |
| Urology | yes |

* Only Seeing Active Duty

EYE CLINIC: Oceana Clinic (APPOINTMENT ONLY)

Call Portsmouth Naval Medical Center (757-953-7800)

and request an appointment at BRMEDCLIN NAS Oceana.

For a laser, radio frequency, NDI, and driver's license eye exam call (757) 314-7157 for information or

1-800-931-9501 for an appointment

HEALTH PROMOTIONS OFFICE: Oceana Clinic

hours of operation: Monday-Friday 0730-1500

walk in service for serial blood pressure check ups, smoking cessation follow-ups.

PEDIATRIC PARTNERSHIP CLINIC: Oceana Clinic (APPOINTMENT ONLY)

telephone 1-800-931-9501 for follow-ups only

hours of operation: Monday-Friday 0800-2000 Saturday 0800-1600

Evaluates children from birth to 14 years of age. Beneficiaries

MUST be DEERS eligible. Well Baby appointments are made 2 weeks in advance.

PHARMACY: Oceana Clinic

telephone (757) 314-7000 (757) 314-7041 (757) 314-7042

hours of operation: Monday-Friday 0730-2030 Saturday 0730-1630

Civilian prescriptions will only be filled from 0730-1630 Monday-Saturday.

Civilian prescriptions may still be dropped off after 1630, but they

cannot be picked up until after 1000 the next business day.

See detail listing for prescription refill information.

Medical Services/Directory - on Installation

| <i>Clinic</i> | <i>POC</i> | <i>Number</i> |
|--|---------------------------------|---------------------------------|
| Dermatology Clinic | Oceana Clinic | APPOINTMENT ONLY 1-800-931-9501 |
| EFMP Coordinator | Boone Clinic | (757) 314-7332 |
| EFMP Coordinator | Portsmouth Naval Medical Center | (757) 953-5833 or (757)322-9148 |
| EFMP Coordinator | Sewells Point Clinic | (757) 314-6259/6402 |
| EFMP Coordinator | Yorktown | (757) 314-6110 |
| EFMP Coordinator | Oceana Clinic | (757) 314-7181 |
| Emergency | Boone Clinic | (757) 462-7858 |
| Emergency | Dam Neck Clinic | (757) 492-6432 |
| Emergency | Oceana Clinic | (757) 433-2222 |
| Emergency | Sewells Point Clinic | (757) 444-2674 |
| Emergency | Portsmouth Naval Medical Center | (757) 953-5064 |
| Health Benefits Advisor | Boone Clinic | (757) 462-7987 |
| Health Benefits Advisor | Sewells Point Clinic | (757) 314-6200/6235 |
| Health Benefits Advisor | Portsmouth Naval Medical Center | (757) 953-5300/7377/7387 |
| Health Benefits Advisor | Oceana Clinic | (757) 314-7000/7130 |
| Obstetrics Clinic (ACTIVE DUTY - APPOINTMENT ONLY) | Oceana Clinic | 1-800-931-9501 |
| Overseas Screening | Oceana Clinic | 1-800-931-9501 |
| Pharmacy Refill Service | Boone Clinic | (757) 462-8242 |
| Pharmacy Refill Service | Dam Neck Clinic | (757) 314-7200 |
| Pharmacy Refill Service | Oceana Clinic | (757) 314-7151/7154 |
| Pharmacy Refill Service | Portsmouth Naval Medical Center | (757) 953-5538 |
| Pharmacy Refill Service | Sewells Point Clinic | (757) 314-6200 |

Health Benefits Advisor, Wellness, and CHAMPUS/TRICARE Programs

For more information on this subject:
 Visit the TRICARE home page.
<http://www.tricare.osd.mil/>

TRICARE

"Tri-Service Coordinated" Health Care refers to the coordination between the military hospital commanders of the NAVAL Medical Center Portsmouth, McDonald ARMY Community Hospital at Fort Eustis, and the 1st Medical Group Hospital at Langley AIR FORCE base plus the coordination of resources among military hospitals, clinics and civilian sources. All branches of the uniformed services are covered by TRICARE.

TRICARE Service Centers offer military medical appointments, civilian network referrals, benefits information, and claims assistance. TRICARE Service Center number is 1-800-931-9501. TRICARE Prime enrollees in Sentara operated sites should call (757) 468-1871 for appointments.

Since 1 October 1992, uniformed services families have had two options when health care is not available in a military treatment facility: the TRICARE Network (called TRICARE EXTRA) or basic TRICARE and Medicare benefits. Patients pay less when using the TRICARE EXTRA network. Patients who use TRICARE Network Providers pay a smaller cost share percentage than they do with TRICARE STANDARD. For outpatient care, Active Duty family members pay 15% (instead of 20%) and Retirees, survivors and their families pay 20% (instead of 25%) of the negotiated rate (which is smaller than TRICARE allowable). The annual TRICARE deductible still applies.

Non-Availability Statement (NAS) requirements still apply. Network providers file TRICARE claims and are restricted from billing TRICARE patients for any charges above the negotiated rate. MEDICARE patients can also use the TRICARE network but their MEDICARE cost share remains the same.

Patients who are enrolled in TRICARE PRIME will have their own primary care manager (physician or group of physicians or facility) to handle all of their general health care needs and authorize specialty care with specific providers. TRICARE patients who are enrolled in this voluntary program will pay only a small fee per visit, not a cost share percentage and no

deductible. Enrollment in TRICARE PRIME is available to families of all Active Duty members, retirees and TRICARE eligible families. Retirees and family members of retirees must pay a TRICARE Prime enrollment fee each year of \$230 for one person and \$460.00 for two or more people.

NOTE: Beginning 1 October 1999, families of personnel E-4 and below just entering military service will automatically be enrolled in TRICARE PRIME. If these family members prefer a different plan, they will have to opt out of TRICARE PRIME. Contact your Health Benefits Advisor for more information.

Priority Appointments - TRICARE PRIME enrollees will have priority for appointments in the military hospital and Prime clinics immediately following active duty personnel.

Added Coverage - TRICARE PRIME includes some benefits TRICARE Standard may not normally cover. These are preventive benefits.

TRICARE Prime Lower Costs - For authorized Civilian Health Care:

NO DEDUCTIBLE!! E-4 and below E-5 and Above Retirees

| | | | |
|----------------|-------|-------|-------|
| Office Visit | 6.00 | 12.00 | 12.00 |
| Emergency Room | 10.00 | 30.00 | 30.00 |
| Prescriptions | 5.00 | 5.00 | 9.00 |

No co-pay for added preventive benefits

Ambulance Requests Dial.....(on base only)433-2222

TRICARE.....1-800-931-9501

TRICARE Regions 2 & 5 claims processing center....1-800-493-1613

DEERS.....1-800-538-9552

| |
|--|
| Name: Health Benefits Advisor |
| POC: Mary Frankenburg |
| Address: BLDG 285 NAS Oceana Branch Medical Clinic |
| City: Virginia Beach 23460 |
| Phone: (757) 314-7129/7130 |
| Comments: TRICARE Claims are filed with Palmetto Government Benefits Administrators TRICARE Region 2, to reach their office, Call 1-800-493-1613. Contact hours for the Oceana Clinic are Monday-Friday 0700-1545 |

| |
|--|
| Name: Smoking Cessation |
| POC: Health Promotions Office |
| Address: BLDG 285 NAS Oceana Branch Medical Clinic |
| City: Virginia Beach 23460 |
| Phone: (757) 314-7086 |

| |
|---|
| Name: Weight Management - Nutrition |
| POC: Health Promotions Office |
| Address: BLDG 285, NAS Oceana Branch Medical Clinic |
| City: Virginia Beach 23460 |
| Phone: (757) 314-7086 |
| Comments: Weight Management - Nutrition |

Community Hospitals

Area hospitals are listed below.

| |
|--|
| Name: Bon Secours DePaul Medical Center |
| Address: Granby St & Kingsley Lane |
| City: Norfolk |
| Phone: (757) 889-5000 |
| Proximity to site: 20 miles |

| |
|--|
| Name: Chesapeake General Hospital |
| Address: 736 Battlefield Blvd.North |
| City: Chesapeake |
| Phone: (757) 312-8121 |
| Proximity to site: 25 miles |

| |
|---|
| Name: Children's Hospital of the Kings Daughters |
| Address: 601 Childrens Land |
| City: Norfolk |
| Phone: (757) 668-7000 |
| Proximity to site: 15 miles |

| |
|---|
| Name: Lake Taylor City Hospital |
| Address: 1309 Kempsville Road |
| City: Norfolk |
| Phone: (757) 461-5001 |
| Proximity to site: 17 miles |
| Comments: Serves chronically and terminally ill patients. |

| |
|--------------------------------------|
| Name: Maryview Medical Center |
| Address: 3636 High St |
| City: Portsmouth |
| Phone: (757) 398-2200 |
| Proximity to site: 22 miles |

| |
|---|
| Name: Norfolk Community Hospital |
| Address: 2539 Corprew Avenue, |
| City: Norfolk |
| Phone: (757) 628-1400 |
| Proximity to site: 18 miles |

| |
|---------------------------------------|
| Name: Sentara Bayside Hospital |
| Address: 800 Independence Blvd |
| City: Virginia Beach |
| Phone: (757) 363-6100 |
| Proximity to site: 17 miles |

| |
|--------------------------------------|
| Name: Sentara Leigh Hospital |
| Address: 830 Kempsville Road, |
| City: Virginia Beach |
| Phone: (757) 466-6000 |
| Proximity to site: 17 miles |

| |
|---|
| Name: Sentara Norfolk General Hospital |
| Address: 600 Gresham Drive |
| City: Norfolk |
| Phone: (757) 668-3000 |
| Proximity to site: 15 miles |

| |
|--|
| Name: Virginia Beach General Hospital |
| Address: 1060 First Colonial Road |
| City: Virginia Beach |
| Phone: (757) 481-8000 |
| Proximity to site: 5 miles |

Dental Services/Directory - on Installation

Most TRI-CARE appointments are now booked through one central operator at 1-800-931-9501

Central Appointments:
NAS Oceana.....(757) 314-7000/7190/7191

Dam Neck Clinic.....(757) 314-7200
 Portsmouth NavMedCtr.....(757) 953-5324
 Boone Clinic (NAB Little Creek.....(757) 314-7300/464-7980
 Sewells Point (NB Norfolk).....(757) 314-6200/6000

Family Member Dental Plan

For more information on this subject:
 Visit the TRICARE home page.
<http://www.tricare.osd.mil/>

As space for family members is sometimes not immediately available, sponsors are encouraged to enroll in the Family Member Dental Plan (FMDP) and use the benefits available in this insurance coverage. For more information regarding FMDP, contact the Health Benefits Advisor at (757) 314-7000/7130 or Family Member Dental Plan at (800)866-8499.

Housing

Housing Overview

For more information on this subject:
 Visit Navy Housing Welcome Center of Hampton Roads
<http://www.nnhwc.com>

Virginia Beach and the surrounding communities are supportive of the requirements for housing of military personnel assigned to the Hampton Roads area. Off-base housing is available within reasonable commuting distance from any of the bases here. Generally, rental rates are slightly above the national average with the average unfurnished apartment ranging from \$450-500 for an efficiency to \$1275-1500 for a four bedroom per month. Prices are dependent on facilities available. There are also many homes in the Hampton Roads area for rent with prices ranging from \$550-700 to about \$1,800 a month. Home purchase prices range from \$60,000 on up to \$2.2 million. Virginia Beach's average home purchase price is \$130,000.

Before military members seek off-base accommodations, they are required to check in with the Housing Office, 4000 Paul Jones Circle, Virginia Beach, just outside of NAS Oceana's main gate. The Housing Office provides both government and community housing information. Experienced, knowledgeable personnel will assist you with off-base rental and sales listings of houses and apartments as well as application procedures for on-base housing. **ASK ABOUT THE SET-ASIDE PROGRAM!!!**

Housing Allowances

Personnel authorized to live in civilian housing receive Basic Allowance for Housing (BAH). The rate is based on pay grade and dependency status.

Housing Allowances

| | |
|--|---|
| Housing allowance information is available from the Per Diem, Travel and Transportation Allowance Committee's Web Site: | |
| Rates and Allowances Home Page | http://www.dtic.mil/perdiem/rateinfo.html |
| Basic Allowance for Housing | http://www.dtic.mil/perdiem/bah.html |
| Overseas Housing Allowance | http://www.dtic.mil/perdiem/allooha.html |

Government Housing

For more information on this subject:
 Visit Navy Housing Welcome Center Hampton Roads
<http://www.ffscnorva.navy.mil/>

Procedure for Advanced Housing Application: Upon receipt of PCS orders, you may send a copy of your orders and a copy of your Page 2 with a Housing Application. It will be put in a holding file. Once you actually arrive in this area and check in, you have 30 calendar days from your "report no later than date" to check in to the housing office and activate your

application. Your application, if activated, will be back dated to your date of detachment from the last duty station.

Procedure for housing application upon arrival: Bring your PCS orders and Page 2 to the Housing Office and fill out an application within 30 days of your "report no later than date". Your application will be back dated to the date of detachment from the last duty station. If application is submitted after 30 days from report date, you will be placed on the list as of the date you apply. Call (757) 433-2195 or DSN 433-3465 for current waiting list information.

If the spouse submits the housing application, he/she will also need to bring a power of attorney from the service member.

In NAS Oceana family housing units there is a limit of one (1) pet per family/unit, and no waterbeds are allowed in enlisted quarters. Bedroom entitlement policy allows 1 bedroom per child. As no 2 bedroom officer

units are available, officers with 1 child may be housed in 3 bedroom units.

Enlisted personnel with 1 child will be housed at an alternate site.

Housing Assets

E-1 through E-9 3 bedroom units 400

E-1 through E-9 4 bedroom units 200

Officer housing units 45

| |
|---|
| Name: Combined Bachelor Housing |
| POC: Customer Service |
| Address: BLDG 536 NAS Oceana |
| City: Virginia Beach, VA 23460 |
| Phone: (757) 433-2574 |
| FAX: (757) 433-2784 |
| DSN Phone: 433-2574 |
| DSN FAX: 433-2784 |
| Comments: Billeting for Bachelor Officer and Enlisted Personnel |

| |
|--|
| Name: Housing Welcome Center, NAS Oceana Site |
| POC: Ella |
| Address: 4000 Paul Jones Circle |
| City: Virginia Beach, VA 23460 |
| Phone: (757) 433-2195/3464 |
| FAX: (757) 433-2600 |
| DSN Phone: 433-3464 or 433-2195 |
| E-Mail: ellao@NNHWC.com |
| WWW Link: http://www.nnhwc.com |
| Comments: HOURS: Monday - Friday 0800-1615 |

| |
|--|
| Name: Norfolk Navy Housing Welcome Center |
| POC: Customer Service |
| Address: 7924 14th Street |
| City: Norfolk, VA 23505 |
| Phone: (757) 445-2832 or 1-800-628-7510 |
| FAX: (757) 445-6935 |
| Comments: HOURS: Monday-Friday 0800-1815; Saturday 0800-1615 |

Community Housing

For more information on this subject:

Visit Navy Housing Welcome Center of Hampton Roads

<http://www.nnhwc.com>

For assistance and information regarding local housing sales and rental contracts contact your local Navy Housing Welcome Center.

THE VIRGINIA LANDLORD TENANT ACT: Before signing a lease, visit the Navy Housing Welcome Center to have the lease reviewed. They will also assist

you in determining what you can afford to pay for rent or mortgage. Any

lease a military member signs must have a military clause, allowing for

release from the lease for a PCS move of 35 miles or more out of the area.

You are still required to give 30 to 60 days written notice and will lose

all or part of the security deposit if you have been in residence under one year. You will not, however, be

held responsible for rent through the expiration of the original lease. **MAKE CERTAIN YOUR LEASE HAS THIS CLAUSE!!** Landlords are also required to

return what is due of your security deposit, with interest, to you within 30 days after you vacate the rental unit. If they withhold any money due to

damages, they must provide a list of damages and how much they charged for each repair. Remember

also that most leases are written to renew automatically if you do not

give the landlord sufficient notice.

give the landlord sufficient notice.

THE RENTAL PARTNERSHIP PROGRAM (RPP)

If you do plan to rent an apartment, the housing RPP provides

the military member an opportunity to rent off base often with reduced

initial set-up costs. Visit the Navy Housing Welcome Center for

information on this program.

RPP apartments are offered at a discounted rate. Military

personnel with a minimum of 1 year on orders in the Hampton Roads area

in all pay grades are eligible. Provisions of the military clause apply. Participating complexes are

evaluated to meet required standards. Rental

payments by allotment are required, with initial payment by certified check or money order.

Personnel interested are asked to bring in a copy of orders, a recent LES, and if single, permission to live off base.

Utilities

IMPORTANT NOTE:

It is recommended that you obtain a letter of credit from utility companies with which you have had prior service before coming to the Hampton Roads area. Often these letters can eliminate sizable deposits required by utility companies in Hampton Roads.

Utilities (Average Monthly Cost)

| | |
|-----------------|----------|
| Efficiency..... | \$105.00 |
| 1 Bedroom..... | \$125.00 |
| 2 Bedrooms..... | \$140.00 |
| 3 Bedrooms..... | \$210.00 |
| 4 Bedrooms..... | \$230.00 |

Two telephone companies serve Virginia Beach - To find out which company will handle your local service call (757) 455-2200. Also check with your banking or financial institution. Many of these institutions offer Utility Deposit Guarantee Programs.

| |
|---|
| Name: Bell Atlantic Telephone |
| Phone: (757) 954-6222 New Service |
| Comments: Collect calls are accepted. |

| |
|---------------------------------------|
| Name: Cox Cable |
| Address: 5200 Cleveland Street |
| City: Virginia Beach |
| Phone: (757) 224-1111 |

| |
|---|
| Name: GTE Telephone - Virginia Beach |
| Phone: 1-800-483-4300 |

| |
|--|
| Name: Public Utilities - Water/Sewage |
| City: Virginia Beach |
| Phone: (757) 427-4631 |
| Comments: Hook-up Fee: \$20 included in first bill |

| |
|---|
| Name: Virginia Natural Gas |
| Address: 5100 E. Virginia Beach Blvd |
| City: Norfolk |
| Phone: (757) 466-5550 |
| Comments: Ask about the Utility Deposit Guarantee Program |

| |
|---|
| Name: Virginia Power Company |
| City: All Hampton Roads cities |
| Phone: 1-888-667-3000 |
| Comments: Ask about the Utility Deposit Guarantee Program |

Relocation Services

Relocation Services Overview

For more information on this subject:

Visit Navy Family Service Centers of Hampton Roads

<http://www.familyservicecenter.org>

The section provides information on the assisting agencies onboard NAS Oceana to make your arrival to, or departure from, the air station smoother. There is information on temporary lodging, household goods shipments, POV shipments, and other relocation topics.

Relocation Assistance

For more information on this subject:

Visit Fleet & Family Support Centers

<http://www.ffscnorva.navy.mil/>

PRE-MOVE PLANNING ASSISTANCE: Fleet & Family Support Center's provide an array of services to assist you during your transition from one duty station to another. Among these is this SITES guide. Other services include: Welcome Aboard Packages, Tripmaker route planning for travel, Lending Locker (portable mattresses, cribs, car seats, tables and chairs, and kitchen items for temporary free loan) Chamber of Commerce information, various CONUS/OCONUS intallation video tapes, foreign language audio tapes, general information and referral, individual counseling and workshops.

Workshops include the Smooth Move Workshop, providing information on relocation adjustment, change management, household goods pack out, Do-It-Yourself (DITY) Move requirements, military entitlements and allowances and more. The Overseas Transfer Workshop includes many of the topics covered in the Smooth Move Workshop plus

information on culture shock, overseas screening process, passports, transportation, shipping POVs, pet quarantines and regulations, and the Antiterrorism Brief.

In Transit Emergencies

To minimize potential problems in transit make certain that you hand carry all important documents. Do not pack them with your household goods. These should include insurance papers, orders, medical records, etc. If you have a telephone number for your sponsor and/or your gaining command, carry these somewhere where you will have easy access to them

Should you encounter an emergency enroute to NAS Oceana and need assistance, you can call your sponsor or the NAS Oceana Quarterdeck (757) 433-2366/2367. The Command Duty Officer can provide guidance. You may also call Fleet & Family Support Center toll free at 1-877-433-NAVY or the Hampton Roads Area 24 Hour Information and Referral Hotline at 1-800-FSC-LINE.

The American Red Cross is always available for emergency aid nearly anywhere in the world. Contact the nearest chapter (phone numbers are usually listed in the white pages of the local phone directory). They can sometimes help with emergency financial assistance and contacting individuals that will need to know where you are and what's happening.

Financial Preparedness

For more information on this subject:
Visit Fleet & Family Support Centers
<http://www.ffscnorva.navy.mil/>

NOTE: Newcomers into the area need to be aware that consumer protection laws in Virginia are not as stringent as some other parts of the country. There are no usury laws in the state of Virginia, which means there is no cap on the interest rates business can charge you on credit or purchases. Read all contracts carefully and consult a Command Financial Specialist, Fleet & Family Support Center Financial Educator or Navy Legal Assistance before signing any credit contract or making any purchase you do not completely understand.

DISLOCATION ALLOWANCE (DLA): Active duty personnel with families are entitled to a dislocation allowance to offset some of the hidden costs of closing one home and setting up another. Single service members are only eligible to receive DLA when they are not assigned to permanent

government quarters at their new base. Costs covered by DLA can include rent deposits, utility hookups, etc. DLA is approximately equal to 2.5 times BAH. DLA is not payable on separation or retirement orders or for service members moving to their first permanent duty station. DLA does not require repayment.

MILEAGE ALLOWANCE IN LIEU OF TRANSPORTATION (MALT): Service members receive a MALT when they drive to a new assignment. The allowance is computed on federal tables of the mileage between the old and new duty stations. MALT is also paid to those going overseas if they drive from their stateside location to the port of embarkation for transcontinental plane or ship, or from the port of debarkation to the new duty station. The mileage allowance for the service member alone is \$.15 per mile, and \$.02 additional for each dependent up to a combined (service member and dependents) total of \$.20 per mile. If the dependents are traveling without the service member, then the first dependent draws \$.15 per mile, and \$.02 additional for each dependent up to a combined (all dependents included) total of \$.20 per mile. (More than two vehicles require advance approval.)

PER DIEM ALLOWANCE: Along with DLA and MALT, food and lodging costs are allotted when making a PCS move. The allowance is paid at a per diem rate for you and your dependents. POV travel at the rate of 350 miles a day is used to determine how many days per diem will be paid. Travel time is computed according to federal mileage tables. The per diem is a flat amount. Service members receive \$50 per day plus \$37.50 a day for their spouse and each dependent at least 12 years old, and \$25 a day for each dependent under 12. When a spouse travels separately, the spouse receives \$50 a day; the per diem for other dependents traveling separately is \$37.50 family members over 12 years of age or \$25 under 12 years of age. Per diem may be drawn up to 10 days in advance of travel.

TEMPORARY LODGING EXPENSE (TLE) ALLOWANCE: This allowance is for PCS transfers within the United States. TLE provides service members up to \$110 a day for ten days to offset temporary housing costs incurred locally before departing an old duty station or after reporting to a new station. A maximum of 5 days TLE is authorized for overseas transfers. Actual TLE is computed on a complex formula that takes into account federal government per diem rates for the area and availability of cooking facilities. Single service members must receive a non-availability

statement from the BOQ/BEQ to be eligible. Partial TLE may be drawn for staying with friends or family. TLE cannot be drawn in advance.

ADDITIONAL BENEFITS:

House Hunting Leave-Permissive travel for house hunting can be authorized by your CO. This free time off is excused by no cost TAD orders and cannot exceed ten days, five of which may be work days. House hunting leave can be authorized before you transfer or after you report to a new command.

Proceed time is an administrative absence not charged as leave (normally four days). It can be granted to personnel ordered to or from ships, or to mobile units having a sea/shore rotation code of 2 or 4, or from an "all other tours," and to or from overseas accompanied tours.

For specific information regarding what moving expenses are tax deductible, please contact the VITA coordinator at the Fleet & Family Support Center or another certified tax preparer.

Exceptional Family Member Program (EFMP)

For more information on this subject: Visit Navy Family Service Center of Hampton Roads <http://www.familyservicecenter.org>

The Exceptional Family Member Program is designed to identify family members with long-term health care, psychological, or special education needs.

Exceptional Family Member Program enrollment is mandatory for those family members who:

- *are challenged by a long-term psychological, physical, emotional, or intellectual condition

- *require ongoing special medical care or special education not

generally available in isolated areas or overseas locations.

RELOCATION TIPS: PRIOR TO LEAVING YOUR AREA:

- *Contact Social Security Administration to see if SSI benefits are transferable.

- *Obtain consults (including prescriptions for therapies) from any specialists

your family members are seeing at your current Medical Treatment Facility.

- *Ensure that you have copies of all medical records.

- *Ask to see you child's confidential and cumulative folders of school records.

Make changes and update this file.

Ask for removal of any records that are no longer appropriate.

- *Request copies of all school records 60 days prior to transfer.

- *Contact the Parent Training and Information Center in your new state.

THE EXCEPTIONAL FAMILY MEMBER PROGRAM SUGGEST THAT SERVICE MEMBERS WITH SCHOOL-AGE CHILDREN CARRY THESE DOCUMENTS WHEN THEY PCS:

- *A copy of the child's Individualized Education Plan (IEP) or Individualized

Family Service Plan (IFSP)

- *A summary of education activities and performances for the current school

year

- *Medical and diagnostic records maintained by the previous school

- *Notes to/from school or medical personnel

- *Homework and classwork samples

| |
|---|
| Name: EFM Program |
| POC: Wanda Williams |
| Address: Portsmouth Naval Medical Facility |
| City: Portsmouth |
| Phone: (757) 953-5833/5900 |

| |
|--|
| Name: EFM Program - Information & Referral Navy Family Service Center Oceana |
| POC: Jody Flavin |
| Address: 1896 Laser Road, Suite 120 Building 531 NAS Oceana |
| City: Virginia Beach 23460 |
| Phone: (757) 433-2912 |
| FAX: (757) 433-1329 |
| DSN Phone: 433-2912 |
| DSN FAX: 433-1329 |
| E-Mail: flavinj@oceana.nfsc.hr.navy.il |
| WWW Link: http://www.familyservicecenter.org |

| |
|-------------------------------------|
| Name: EFM Program NAS Oceana |
| POC: HMI Mays |
| Address: Sick Call, BLDG 285 |
| Phone: (757) 314-7126 |

Household Goods In-Bound Shipments

Upon reporting to NAS Oceana or one of its tenant commands contact the Personal Property Office in Norfolk to handle incoming shipments of household goods. The Personal Property Office in Norfolk is a

centralized office for the entire Hampton Roads Virginia area.

Information:

Inbound Last Name A-K.....(757) 444-7585
DSN.....564-7585
Inbound Last Name L-Z.....(757) 444-7241
DSN.....564-7241

Quality Control.....(757) 444-4484/4485
DSN.....564-4484/4485

Claims.....(757) 444-3363/3393
DSN.....564-3393/3394

Household Goods Out-Bound Shipments

Outbound Shipments.....(757) 444-3363/3393

DSN.....564-3363/3393

Quality Control.....(757) 444-4484/4485

This information is designed for military personnel and family members who are preparing for shipment of household goods. It is based on entitlements found in Joint Federal Travel Regulations (JFTR) and the IT'S YOUR MOVE booklet by the American Forces Information Service, Department of Defense, 1987.

Generally, the Permanent Change of Station (PCS) and arrangement of household goods begin once the service member receives orders from the Personnel Support Detachment (PSD) and a destination site has been determined. Specific arrangements for personal property shipment normally begin at the local transportation office.

Each pay grade has its own weight allowance, (see table under HHG Weight Allowances) which is the maximum weight that can be moved at government expense under JFTR. The allowance includes the combined weight of household goods shipped, placed in storage or sent as unaccompanied baggage. Anything exceeding the maximum weight allowances must be paid by the service member. All shipments can be weighed before destination delivery and can be coordinated with the local transportation office. NOTE: Some locations may have reduced weight allowances, check with your transportation office, sponsor, or Navy Family Service Center Relocation Specialist.

DOCUMENTS NEEDED: Bring 6 copies of orders (and amendments, if any are required) to the Personal Property Office to assure having sufficient copies to cover each type of shipment. Service members can appoint someone to conduct their shipment plans for them. The appointment must be in writing, and a copy must be furnished to the transportation office when arranging the shipment.

STORAGE: The government provides two types of storage: Temporary and Non-Temporary. Temporary storage can be for up to 90 days. It can be used at either origin, en route, or at destination. An additional 90-day emergency extension can be obtained by submitting a formal request in writing. Service members are expected to pay for any temporary storage time exceeding the 180 day period. Non-Temporary storage is long-term storage authorized in specific cases, such as an overseas assignment.

SHIPMENT ITEMS: Household furnishings, appliances, equipment, clothing, personal effects, professional books, papers and equipment, and spare parts for a privately owned vehicle, including a motorcycle may be shipped. Be sure to set up a counseling appointment with your local personal property office once new PCS orders are in hand for a smooth coordination of all shipment arrangements. In the Hampton Roads area all shipments are handled by the Personal Property Office (PPO) near the Norfolk Naval Base.

HOUSEHOLD GOODS SHIPMENTS: Personal Property Office is located in the Personnel Support Mall at Naval Base Norfolk, just off Hampton Blvd, behind the Pizza Hut, BLDG SDA 336. Telephone: (757) 444-3363/3393.

Household Goods Claims

The Claims Office is located on Hampton Boulevard (Behind the Child Care Center) near the gate of Navy Base Norfolk. Hours of operation are Monday - Friday 0800-1430. Or call in: Mon-Fri 0800-1300 (757)444-3363/3393.

Household Goods Weight Allowances

The following are weights and allowances for all pay grades, with and without dependents. Note that in some overseas locations weight allowance may be reduced.

Household Goods Weight Allowances

| <i>Grade</i> | <i>Allowance w/Dependents</i> | <i>Allowance wo/Dependents</i> |
|--------------|-------------------------------|--------------------------------|
| E1 | 5,000 | 1,500 |
| E2 | 5,000 | 1,500 |
| E3 | 5,000 | 2,000 |
| E4 | 8,000 | 7,000 |
| E5 | 9,000 | 7,000 |
| E6 | 11,000 | 8,000 |
| E7 | 12,500 | 10,500 |
| E8 | 13,500 | 11,000 |
| E9 | 14,500 | 12,000 |
| W-1 | 12,000 | 10,000 |
| W-2 | 13,500 | 12,500 |
| W-3 | 14,500 | 13,000 |
| W-4 | 17,000 | 14,000 |
| O-1 | 12,000 | 10,000 |
| O-2 | 13,500 | 12,500 |
| O-3 | 14,500 | 13,000 |
| O-4 | 17,000 | 14,000 |
| O-5 | 17,500 | 16,000 |
| O-6+ | 18,000 | 18,000 |

POV In-Bound Shipments

Upon reporting to NAS Oceana or one of its tenant commands, contact NTMC Military POV Processing Center in Portsmouth to handle incoming shipments of POVs. The NTMC Military POV Processing Center Portsmouth is a centralized office for the entire Hampton Roads area for shipping and receiving POVs.

| |
|--|
| Name: NTMC Military POV Processing Center |
| Address: 3015 Airline Boulevard |
| City: Portsmouth, VA |
| Phone: (757) 465-1107 |

POV Out-Bound Shipments

The NTMC Military POV Processing Center is the central office for the entire Hampton Roads area for shipping and receiving POVs.

| |
|--|
| Name: NTMC Military POV Processing Center |
| Address: 3015 Airline Boulevard |
| City: Portsmouth, VA |
| Phone: (757) 465-1107 |

POV Claims

| |
|---|
| Name: POV Claims Office |
| POC: NTMC Military POV Processing Center |
| Address: 3015 Airline Boulevard |
| City: Portsmouth |
| Phone: (757) 465-1107 |

Pet Boarding/Kennels

For more information on this subject:
Click for access to local listings
<http://www.zip2.com/bizsearch/>

There are more than 30 kennels and pet boarding facilities listed in the South Hampton Roads telephone listings. Prices for boarding vary from around \$10 per day to more than \$30 depending on services offered. Many facilities offer second pet discounts and military discounts, so comparison shopping can save significant amounts of money. Many kennels are also listed in local internet business directories.

Pet Licensing

All dogs and cats over the age of four months must be licensed in the city of Virginia Beach. Applications can be obtained at any of the City Treasurer offices, (757) 427-4445. You must show your pet's rabies vaccination form. The cost is \$10.00; if you have written proof your pet has been

spayed or neutered you pay only \$2.00. Dogs and cats are required to have Rabies Vaccination.

Pet Quarantines

There are no pet quarantines in the state of Virginia.

Veterinary Services

There are two military veterinarian offices in the area. See below.

| |
|--|
| Name: Fort Story Veterinarian |
| Address: Bldg 533, Solomon Road |
| City: Virginia Beach |
| Phone: (757) 422-7734 |
| Comments: Hours: M-F 800-1200, 1300-1530 |

| |
|---|
| Name: Norfolk Naval Base Veterinarian |
| Address: Bldg. U-121, First St., Gate 3 |
| City: Norfolk |
| Phone: (757) 445-0921/0922 |
| Comments: Hours: 0800-1530 Mon-Fri; Call for appointment. |

Pet Transportation

For more information on this subject:
Visit the ASPCA's web site.
<http://www.aspc.org/>

For information on booking flights with your pets contact Navy Personnel Transport Office. For general information on travel with pets, contact the American Society for the Prevention of Cruelty to Animals (ASPCA).

| |
|--|
| Name: American Society for the Prevention of Cruelty to Animals |
| Address: 441 East 92nd Street |
| City: New York, NY 10028 |
| WWW Link: http://www.aspc.org |

| |
|--|
| Name: Navy Personnel Transport Office |
| Address: Building A-48, Room 344 Navy Base Norfolk |
| City: Norfolk, VA |
| Phone: (757) 444-2514 |

PCS Reporting Procedures

If you are reporting to NAS Oceana or one of its Tenant Commands, you will report to NAS Oceana Administration Building 230. If you are reporting to

one of the squadrons or wings located on NAS Oceana, you will report directly to that squadron. Should you not know where your squadron is located, check with the Quarterdeck at the NAS Oceana Administration Building and they will give you directions. If you are checking into a squadron that is out to sea, report to the wing command or NAS Oceana Administration for more information. The phone number is (757) 433-2456 and is manned 24 hours a day. The DSN number is the same.

Separation Procedures

For more information on this subject:
Visit Navy Family Service Center of Hampton Roads
<http://www.familyservicecenter.org>

Separations from the military are handled by Personnel Support Detachment (PSD), BLDG 326 on NAS Oceana. When paperwork is received, call (757) 433-2757 to begin the process necessary for separation from active duty. Be sure to attend a TAP (Transition Assistance Program) as soon as you know you are separating and take advantage of all the separation services offered through Navy Family Service Centers.

| |
|--|
| Name: Transition Assistance Management Program |
| POC: Cassandra Zimmerman |
| Address: 1896 Laser Road, Suite 120 Building 531 NAS Oceana |
| City: Virginia Beach 23460 |
| Phone: (757) 433-2912 |
| FAX: (757) 433-1329 |
| DSN Phone: 433-2912 |
| DSN FAX: 433-1329 |
| E-Mail: zimmermanc@oceana.nfsc.hr.navy.mil |
| Comments: The Regional TAP program is offered at Naval Base Norfolk. See your Command Career Counselor for request chit and quota information. |

Billeting

For more information on this subject:
For hotel, motel and other rental information
<http://www.vbfun.com>

For billeting information, Navy Lodge and campground locations, see below. For reservations and information in the Hampton Roads area concerning cost, location, and pet restrictions at motels and hotels, call 1-800-VABEACH or visit the many Virginia Beach web sites on the internet.

| |
|---|
| Name: BILLETING OFFICE |
| POC: Combined Bachelor Housing |
| Address: Bldg 536, NAS Oceana |
| Phone: (757) 433-2574 |
| FAX: (757) 433-2784 |
| DSN Phone: 433-2574 |
| E-Mail: nasocbh@aol.com |
| Comments: Billeting information and reservations for officers and enlisted personnel. |

| |
|--|
| Name: Dam Neck Navy Lodge |
| Address: FCTC Dam Neck 1697 Regulus Avenue |
| City: Virginia Beach |
| Phone: (757) 437-8100 |

| |
|--|
| Name: Little Creek Campground |
| Address: Little Creek Amphibious Base |
| City: Norfolk |
| Phone: (757) 462-7516 |
| Comments: 40 sites available year round, water and electricity available on all sites, dump station and complete shower and restroom facilities. |

| |
|--|
| Name: Little Creek Navy Lodge |
| Address: Amphibious Base |
| City: Norfolk |
| Phone: (757) 462-6215, (800) NAVY-INN |
| Comments: Check-In: 1500-1800; Check-Out: 1200 NO PETS |

| |
|--|
| Name: Norfolk Navy Lodge |
| Address: Hampton Blvd. |
| Phone: (757) 489-2656, (800) NAVY-INN |
| Comments: Check-In: 1500-1800; Check-Out: 1200 NO PETS |

| |
|---|
| Name: Sea Mist Campground |
| POC: MWR |
| Address: FCTCLANT Dam Neck |
| City: Virginia Beach, VA |
| Phone: (after 1600) 757-492-7545 |
| DSN Phone: MWR 492-6264 |

Unaccompanied PCS

Every effort is made to assist the single service member upon arrival at NAS Oceana. Currently the BEQ has sufficient space for PCS arrivals. You must check in with the BEQ, even if you plan to live off base. Officers should call the BOQ as soon as possible to make reservations. There is currently a

waiting list. Billeting for "Geographic Bachelor" officers is extremely limited.

For telephone numbers see BILLETING category above.

Support Services

Support Services Overview

For more information on this subject:
Visit The Fleet & Family Support Center
<http://www.ffscnorva.navy.mil/>

The Fleet & Family Support Center of Hampton Roads offer a wide range of support services for military members, dependents, and retirees. Services include counseling, crisis intervention, education and training support, sexual assault victim intervention and a host of related family services. The "Family Centers" listing has an overview of programs offered and contact information. For further information on services listed please contact the Relocation or Information and Referral Specialist at your Hampton Roads Fleet & Family Support Center.

Norfolk International Airport has a military information booth to help guide and direct service members and their families.

The following phone numbers are staffed 24 hours a day. To receive assistance with ship's information, ombudsman phone numbers, crisis intervention and after hours Navy and Marine Corps Relief Society assistance, call:

444-NAVY (444-6289) on the southside (Norfolk, Virginia Beach, Chesapeake, Portsmouth)
244-NAVY (244-6289) on the peninsula (Hampton, Newport News, Yorktown)
1-800-FSC-LINE outside of the Hampton Roads, Virginia area.

Family Centers

For more information on this subject:
Visit Fleet & Family Support Center
<http://www.ffscnorva.navy.mil/>

COUNSELING: Licensed counselors offer short-term counseling and crisis intervention for active duty military personal and marital counseling for military couples. Military family members are referred to appropriate mental health providers in the community. Crisis debriefs for commands and

family support groups, group therapy and education sessions are also offered.

DEPLOYMENT SUPPORT: Programs offered include pre-deployment briefs for single sailors, couples, and children, mid-deployment programs for family support groups, shipboard return and reunion and homecoming program support.

EDUCATION AND TRAINING: Providing a variety of educational and life skills programs including family violence education, suicide prevention briefs, anger and stress management programs, parent and youth education services.

EXCEPTIONAL FAMILY MEMBER PROGRAM: Information and Referral for this program is provided at all Hampton Roads Navy Family Service Centers. In addition, Fleet & Family Support Center Norfolk has an EFMP point of contact who can be reached at (757) 444-2102. A point of contact is also available at Naval Medical Center Portsmouth at (757) 953-5833.

FINANCIAL PROGRAMS: In addition to providing Command Financial Specialist Training (CFS), Fleet & Family Support Center Financial Educators conduct many workshops including Saving and Investing, Car Buying, and Checking Account Management. Financial Educators are also available to answer personal financial and tax questions.

INFORMATION AND REFERRAL: Resource specialists provide information on adoption, special education, active duty single parenting, educating new military spouses and more. Individual assessment and referral to appropriate community agencies is also provided.

OMBUDSMAN SUPPORT: Basic and advanced ombudsman training, coordination and support of the Hampton Roads Ombudsman Assembly, ship's and contact information for ombudsmen and family members provided.

PARENTING EDUCATION: Programs for parents of children from infant to teen years, all with an emphasis on the unique needs of the military family.

RELOCATION ASSISTANCE: Information, education, and assistance for both incoming and outgoing personnel. Workshops for moving within the US and overseas, sponsor and sponsor coordinator training, orientation for newcomers to the area and foreign born spouses. Temporary loans of basic household goods are also available to

transferring personnel. Also available is a large library of information on various military installations, the SITES database, and Welcome Aboard packages.

SEXUAL ASSAULT VICTIM INTERVENTION (SAVI): Fleet & Family Support Center's provide victim advocacy, education and training for leadership and advocates, and Sexual Assault Awareness and Risk Reduction trainings for commands.

SPOUSE EMPLOYMENT: As part of the Career Development Resource Center, the spouse employment program offers assistance and resources to military family members. Computerized job searches including the DORS and TBB programs, resume counseling, workshops to assist in the job search process including Career Planning, Interview Techniques and Resume Writing are all available.

TRANSITION ASSISTANCE: A five-day regional seminar for separating or retiring military personnel which covers job search strategies, career planning, stress management, financial and retirement planning is offered. Spouses are encouraged to attend. In addition, transitioning service members have access to all the valuable resources of the Career Development Resource Centers at each of the Hampton Roads Fleet & Family Support Centers.

VOLUNTEER OPPORTUNITIES: Fleet & Family Support Centers of Hampton Roads offer a variety of volunteer opportunities as well as referrals to volunteer organizations in the local community.

| |
|--|
| Name: Dam Neck Fleet & Family Support Center |
| Address: 488 Sparrow Street Suite 126 |
| City: Virginia Beach, VA 23461 |
| Phone: (757) 492-7150 |
| FAX: (757) 492-7158 |
| DSN Phone: 492-7150 |
| DSN FAX: 792-7158 |
| WWW Link: http://www.ffscnorva.navy.mil/ |
| Comments: Hours Mon-Thur 0800-1700 Fri 0800-1400 |

| |
|--|
| Name: Little Creek Fleet & Family Support Center |
| Address: 1450 D Street, Building 3129 |
| City: Norfolk, VA 23521-5000 |
| Phone: (757) 462-7563/8101 |
| FAX: (757) 462-8262 |
| DSN Phone: 253-7563/8108 |
| DSN FAX: 253-8262 |
| WWW Link: http://www.ffscnorva.navy.mil/ |
| Comments: Hours of operation: Monday - Friday 0800 - 1630 |

| |
|--|
| Name: Oceana Fleet & Family Support Center |
| Address: 1896 Laser Road, Suite 120 |
| City: Virginia Beach, VA 23460-2281 |
| Phone: (757) 433-2912 |
| FAX: (757) 433-1329 |
| DSN Phone: 433-2912 |
| DSN FAX: 433-1329 |
| WWW Link: http://www.ffscnorva.navy.mil/ |
| Comments: Hours of operation: Mon - Thurs 0800-1700 Fri 0800-1430 |

| |
|--|
| Name: Newport News Fleet & Family Support Center |
| Address: 4101 Washington Ave Newport News Shipyard |
| City: Newport News, VA 23607 |
| Phone: (757) 688-NAVY |
| WWW Link: http://www.ffscnorva.navy.mil/ |
| Comments: Hours of operation: Monday - Friday 0800-1600 |

| |
|--|
| Name: Portsmouth Fleet & Family Support Center |
| Address: Building 67 Norfolk Naval Shipyard |
| City: Portsmouth, VA 23709 |
| Phone: (757) 396-1255 |
| WWW Link: http://www.ffscnorva.navy.mil/ |

| |
|--|
| Name: Norfolk Fleet & Family Support Center |
| Address: 7928 14th Street, Suite 102 |
| City: Norfolk, VA 23505-1219 |
| Phone: (757) 444-2102/444-NAVY (6289) |
| FAX: (757) 445-2495 |
| DSN Phone: 564-2102 |
| DSN FAX: 564-2495 |
| WWW Link: http://www.ffscnorva.navy.mil/ |
| Comments: Toll Free Phone Number: 1-800-FSC-LINE (1-800-372-5463) 24 Hours a day. Hours of operation: Monday - Friday 0800-1600 |

| |
|--|
| Name: Yorktown Fleet & Family Support Center |
| Address: Yorktown Naval Weapons Station Gate 3 Building 799 |
| City: Yorktown, VA 23691-5000 |
| Phone: (757) 887-4606 |
| FAX: (757) 887-4800 |
| DSN Phone: 953-4606 |
| DSN FAX: 953-4800 |
| WWW Link: http://www.ffscnorva.navy.mil/ |

| |
|---|
| Name: Northwest Fleet & Family Support Center |
| Address: 1320 Northwest Boulevard, Suite 100, Northwest Naval Security Group Activity |
| City: Chesapeake, VA 23322-4094 |
| Phone: (757) 421-8770 |
| FAX: (757) 421-8782 |
| DSN Phone: 564-8770 |
| WWW Link: http://www.ffscnorva.navy.mil/ |
| Comments: Hours of operation: Mon - Wed 0800-1700 Thurs 0930-1830 Fri 0800-1430 |

Information and Referral

For more information on this subject:
Visit Navy Family Service Center of Hampton Roads
<http://www.familyservicecenter.org>

NAVY FAMILY SERVICE CENTERS: In the Hampton Roads Area call 24 hours a day, 444-NAVY (6289). Outside of Hampton Roads call 1-800-FSC-LINE (372-5463). Family Centers listed in the previous section can be of assistance during business hours, providing a wealth of information on military and community resources in the Hampton Roads Area.

THE AMERICAN RED CROSS: Provides emergency communications between service members and their families, loans and grants for emergency travel, and emergency food grants.

- Information.....(757) 446-7700
- Emergencies-Nights and Weekends.....(757) 446-7756
- Little Creek Amphibious Base.....(757) 464-7581
- Naval Station Norfolk.....(757) 440-1111

Naval Air Station Oceana.....(757) 425-8955

NAVY AND MARINE CORPS RELIEF SOCIETY:
Provides interest free loans to military personnel and their families for emergency travel, basic living requirements and necessary vehicle repairs. Other services and programs offered include budgeting and financial education, budgeting for baby classes, visiting nurses and a variety of volunteer opportunities. For after hours assistance, use the 24 hour assistance numbers found above for Navy Family Service Centers.

FCTC Dam Neck.....(757) 492-6005
(by appointment only)

Little Creek Amphibious Base.....(757) 462-9364

Naval Station Norfolk.....(757) 423-8830

Naval Air Station Oceana.....(757) 425-5789

| |
|--|
| Name: Adictions Rehabilitation Department |
| Address: (757) 444-3433/3278 (Oceana) (757) 462-8148/7524 (Little Creek) |
| Phone: (757) 444-1107/1105 (Norfolk) |

| |
|--|
| Name: Child Abuse Hotline |
| City: Virginia Beach, VA |
| Phone: (757) 431-3372 |
| Comments: National Hotline: 1-800-4-A-CHILD (422-4453) Virginia Hotline: 1-800-552-7096 |

| |
|--|
| Name: Navy Family Advocacy Programs (after hours) |
| POC: Portsmouth Naval Hos Quarter Deck |
| Phone: (757) 953-5008 |
| Comments: During duty hours call: Little Creek Amphibious Base.....(757)462-4277 Naval Station Norfolk.....(757)444-2230 Naval Air Station Oceana.....(757)433-2555 |

| |
|---|
| Name: RESPONSE (Rape Information/Assistance Hotline) |
| Phone: (757) 623-2115 |
| Comments: Sexual Assault/Violence: (757) 463-2000 |

| |
|--|
| Name: Runaway Hotline |
| Phone: 1-800-231-6946 |
| Comments: Runaway Hotline: (757) 498-HELP (4357) |

| |
|---|
| Name: Spouse Abuse Hotline - Women in Crisis |
| Phone: (757) 625-5570 |

| |
|---|
| Name: Suicide Prevention & Crisis Intervention Hotline |
| Phone: (757) 399-6393 |
| Comments: Hours: 24 Hours a Day |

Financial Assistance Programs

For more information on this subject:

Visit Navy Family Service Center of Hampton Roads
<http://www.familyservicecenter.org>

Financial assistance programs are available to military personnel and their families for a variety of cricumstances. Consult your Command Financial Specialist, Navy Family Service Center Financial Educator or the Navy and Marine Corps Relief Society for detailed information about services available.

Your Command Financial Specialist (CFS) or Command Master Chief is your first point of contact for financial information. Your CFS can provide information, financial counseling and referral to other agencies.

It is strongly recommended that newly enlisted personnel, new junior officers, and newly married service members meet with their CFS or a Navy Family Service Center Financial Educator to develop a spending plan before financial difficulties arise. Navy Family Service Centers also present a wide variety of educational workshops to help you in your financial planning. These include classes in car buying, saving and investing, checking account management and more.

In addition to education programs, Navy Family Service Centers of Hampton Roads also coordinate the Volunteer Income Tax Assistance Program (VITA). Training for VITA volunteers is held in January of each year.

See your Command Financial Specialist or the "Family Centers" section of this booklet for contact information.

Emergency Assistance

For more information on this subject:

Visit the home page of the American Red Cross
<http://www.redcross.org/>

The Navy and Marine Corps Relief Society can provide financial emergency assistance based upon

need, through either loans or, when there is a particular hardship, grants. Categories of financial assistance include: basic living expenses (food, shelter, utilities), medical expenses not covered by TRICARE, dental expenses not covered by Dependent Dental Plan, funeral expenses, emergency transportation, essential car repairs, pay and allotment problems, disasters, and assistance for widows, mothers and children.

The American Red Cross can also help in times of emergency. Quick communications with home about family emergencies is available 24 hours a day, 7 days a week. This includes verification of death or serious illness of immediate family members, birth announcements to fathers deployed overseas, and health and welfare reports resulting from a lack of communication over a long period of time.

The Red Cross also offers financial assistance for military personnel and their immediate families in the form of interest free loans, or grants when a loan would place a greater hardship on the family.

Contact information for these organizations may be found in the "Information and Referral" section of this booklet.

Family Advocacy

Family Advocacy is a Department of Defense initiative for the prevention, education, intervention and treatment of child physical abuse, child sexual abuse, spouse abuse and sexual assault. The goal of the program is to provide victims with resources and assistance, strengthen families and keep valuable service members in the Navy.

| |
|--|
| Name: Family Advocacy, Little Creek |
| POC: Paul Finch |
| Address: NAB Little Creek 1450 D Street, Building 3129 |
| City: Norfolk, VA 23521 |
| Phone: (757) 462-4277 |
| FAX: (757) 462-7404 |
| DSN Phone: 253-4277 |
| DSN FAX: 253-7404 |

| |
|--|
| Name: Family Advocacy, Norfolk |
| POC: Reception |
| Address: TM-3 7918 Blendy Road, Suite 100 |
| City: Norfolk, VA 23521 |
| Phone: (757) 444-2230 |
| FAX: (757) 445-8888 |
| DSN Phone: 546-2230 |
| DSN FAX: 564-8888 |

| |
|--|
| Name: Family Advocacy, Oceana |
| POC: Paul Finch |
| Address: Building 531, NAS Oceana |
| City: Virginia Beach, VA 23460 |
| Phone: (757) 433-2555/2558 |
| FAX: (757) 433-2472 |
| DSN Phone: 433-2555 |
| DSN FAX: 433-2472 |

Single Member Services

Numerous programs and services exist which are specifically aimed at the needs of single sailors. Many of these are offered through MWR. All programs offered by Navy Family Service Centers are available to single as well as married service members.

| |
|---|
| Name: MWR Dam Neck |
| Address: 488 Sparrow Drive, Suite 203 FCTCLANT Dam Neck |
| City: Virginia Beach, VA 23461-1916 |
| Phone: (757) 492-6264 |

| |
|--|
| Name: MWR Liberty Program (Norfolk) |
| Address: Devary Hall, Building C-9 Naval Station Norfolk |
| City: Norfolk, VA 23511 |
| Phone: (757) 444-0981 |

| |
|---|
| Name: MWR Little Creek |
| Address: NAB Little Creek Building 3624 |
| City: Norfolk, VA 23521 |
| Phone: (757) 462-7095 |

| |
|--|
| Name: MWR, Oceana |
| Address: Building 531, NAS Oceana |
| City: Virginia Beach, VA 23460 |
| Phone: (757) 433-2560 |

Support Groups

For more information on this subject:

Visit Navy Family Service Center of Hampton Roads
<http://www.familyservicecenter.org>

Navy Family Service Centers of Hampton Roads can provide information on and referral to numerous support groups within the military and civilian communities. Contact your nearest Navy Family Service Center Information and Referral Specialist or Intake Counselor for information on groups available to meet your needs. Below is a detailed listing of some of the support groups available in the area.

| |
|-----------------------------------|
| Name: Alcoholics Anonymous |
| Address: 4968 Euclid Road |
| City: Virginia Beach |
| Phone: (757) 490-3980 |

| |
|---|
| Name: We Care Support Group (EFMP) |
| POC: Peggy |
| Address: Camp Allen/Norfolk Crossing Recreation Center |
| City: Norfolk, VA |
| Phone: (757) 440-5958 |
| Comments: The group meets the second Monday of each month at 7:00 p.m. For more information on the EFM program you may also contact Wanda Williams at (757) 953-5833. |

Morale, Welfare, and Recreation

Hampton Roads area Navy MWR facilities cover a huge range of activities. In addition to the usual services such as gym and bowling facilities, movie theaters and so on, Hampton Roads Navy facilities offer several 9 and 18 hole golf courses, a sailing club and riding stables. For information on services available, reservations for tee times, equipment rentals, ball fields, pool parties and picnic areas, opening hours of gyms, fitness centers, beaches and fitness trails contact one of the MWR offices below.

Information on camping facilities, base recycling programs, and youth programs can also be found through MWR. For additional phone numbers and contact information, look in the Commonly Referenced Numbers section of this SITES guide.

| |
|---|
| Name: MWR, Dam Neck |
| Address: 488 Sparrow, Suite 203 FCTCLANT Dam Neck |
| City: Virginia Beach, VA 23461-1916 |
| Phone: (757) 492-6264 |

| |
|---|
| Name: MWR, Little Creek |
| Address: Building 3624 Naval Amphibious Base Little Creek |
| City: Norfolk, VA 23521 |
| Phone: (757) 462-7095 |

| |
|--|
| Name: MWR, Norfolk |
| Address: Devary Hall, Building C-9 Naval Station Norfolk |
| City: Norfolk, VA 23511 |
| Phone: (757) 444-0981 |

| |
|--|
| Name: MWR, Oceana |
| Address: Building 531 Naval Air Station Oceana |
| City: Virginia Beach, VA 23460 |
| Phone: (757) 433-2560 |

Chapel Services and Programs

Chaplains are available during working hours, weekdays from 0800 to 1630, for religious counseling and personal conferences. Appointments are preferred. For special services (including marriages, baptisms, dedications, etc.) an appointment should be made at the earliest possible date to receive the necessary counseling and preparation in addition to having sufficient time to reserve facilities.

Area chapels provide Catholic, Protestant, Jewish and Islamic Services. Contact the chapels below for more information.

For after hours emergencies contact:
 NAB Little Creek ..(757) 462-7385
 NB Norfolk.....(757) 332-2365
 NAS Oceana.....(757) 433-2366

| |
|--------------------------------|
| Name: Chapel by the Sea |
| Address: FCTC Dam Neck |
| Phone: (757) 492-6602 |

| |
|--|
| Name: Chapel of the Good Shepherd |
| Address: Naval Air Station Oceana |
| Phone: (757) 433-2871/2369 |

| |
|---------------------------------------|
| Name: Commodore Levy Chapel |
| Address: Naval Station Norfolk |
| Phone: (757) 444-7361 |

| |
|--|
| Name: David Adams Memorial Chapel |
| Address: Naval Station Norfolk |
| Phone: (757) 444-4361 |

| |
|---|
| Name: Immaculate Conception Chapel |
| Address: Naval Station Norfolk |
| Phone: (757) 444-2110 |

| |
|---|
| Name: Navy Amphibious Base Chapel |
| Address: Naval Amphibious Little Creek |
| Phone: (757) 462-7427 |

| |
|---|
| Name: Our Lady of Victory Chapel |
| Address: Naval Station Norfolk |
| Phone: (757) 444-7361 |

Drug and Alcohol

For more information on this subject:
 Visit Navy Family Service Centers of Hampton Roads
<http://www.familyservicecenter.org>

For information on Drug and Alcohol support services in the Hampton Roads area contact your Navy Family Service Center Information and Referral Specialist.

Legal Assistance

Navy Legal Service Office Detachment can assist military personnel and their families with a variety of legal issues including; adoptions, notarizations, powers of attorney, and wills. They can also review documents and provide advice, but not legal representation, on a broad range of legal topics including contracts, consumer problems, leases, landlord/tenant disputes, insurance matters, personal injury, non-support, separation and divorce, local traffic matters, general tax issues and civilian criminal matters. Appointments are recommended for dealing with most matters.

| |
|--|
| Name: Navy Legal Service Office, Dam Neck |
| Address: Building 522, FCTCLANT Dam Neck |
| City: Virginia Beach, VA 23461 |
| Phone: (757) 492-6792/7178 |

| |
|---|
| Name: Navy Legal Service Office, Little Creek |
| Address: Barnum Hall, Naval Amphibious Base Little Creek |
| City: Norfolk, VA |
| Phone: (757) 462-7332 |

| |
|--|
| Name: Navy Legal Service Office, Naval Base Norfolk |
| Address: Building A-50, Naval Station Norfolk |
| City: Norfolk, VA |
| Phone: (757) 444-4496/97 |

| |
|---|
| Name: Navy Legal Service Office, Oceana |
| Address: Building 320 Naval Air Station Oceana |
| City: Virginia Beach, VA |
| Phone: (757) 433-3137 |

Child And Teen Services

Child and Teen Services Overview

The Hampton Roads area offers an abundance of activities and programs for all age groups. You can explore on base options through MWR and the Oceana Community Center. Community activities are listed in local phone directories and include Boy Scouts, Girl Scouts, YMCA's and neighborhood recreation centers. There is undoubtedly a club or organization to meet your interests in the Virginia Beach area - just ask!

| |
|---|
| Name: Information and Referral |
| POC: Jody Flavin |
| Address: Navy Family Service Center Oceana |
| City: Virginia Beach 23460 |
| Phone: (757) 433-2912 |
| FAX: (757) 433-1329 |
| DSN Phone: 433-2912 |
| DSN FAX: 433-1329 |

New Parent Program

Contact the Naval Medical Center Portsmouth (757) 953-5861 or the Branch Medical Clinic at NAS Oceana (757) 314-7052.

Child Care Programs - on Installation

For more information on this subject:
 Visit Navy Family Service Center of Hampton Roads
<http://www.navy.mil/homepages/vfa-81/main/nfsc.htm>

Child care programs are offered through the Child Development Center and the Youth Center. See below.

| |
|--|
| Name: Child Development Center Care |
| POC: Darcie Lyle |
| City: Virginia Beach, VA 23460-2281 |
| Phone: (757) 433-3164 |
| FAX: (757) 433-2809 |
| DSN Phone: 433-3164 |
| DSN FAX: 433-2809 |
| E-Mail: harlowed@nasoceana.navy.mil |
| Comments: The CDC offers child care for ages 6 weeks to 12 years. Center is certified by the Department of Defense. Program does include developmental curriculum. Over age 6 children go to the Youth Activities program. |
| Programs offered: Full day Waiting List (call) Part day - preschool yes Drop in care when available yes Summer Fun yes |
| Care Type: Infant yes Toddler yes Pre-school yes Kindergarten yes |

| |
|---|
| Name: Hampton Roads Resource and Referral Office |
| POC: John Hammer |
| Address: Mid-Atlantic Region Child Care Resource and Referral Office 1565 Piersey Street |
| City: Norfolk, VA 23511 |
| Phone: (757) 444-3670 or 444-7420 |
| FAX: (757) 444-2314 |
| E-Mail: jwhammer@nsn.cmar.navy.mil |
| Comments: -Fast and convenient referral service by phone, fax, e-mail or in person. -Computer print out based on family needs: child's age, available hours and a variety of locations in the Hampton Roads area. -Information about subsidized rates according to a sliding scale for military families. |

| |
|--|
| Name: Youth Center |
| POC: Cathy Mead |
| Address: 875 D. Ave |
| Phone: (757) 433-3976 |
| FAX: (757) 433-2443 |
| E-Mail: meadc@nasoceana.navy.mil |
| Comments: For children over 6 years old. Summer programs and many activities. Call for information. Hours: 0730-1600 |

Child Care Programs - Community

Many home and center based day care options exist in Virginia Beach. The Hampton Roads Resource and Referral Office at Naval Base Norfolk (444-0995) can provide extensive information on child care options. Also, check with churches and the local yellow pages for information. Your Navy Family Service Center Information and Referral Specialist can provide more information and ideas on finding child care.

| |
|--|
| Name: Family Child Care in Military Housing |
| Address: Building 531, NAS Oceana |
| Phone: 433-2188 |
| Comments: Regulated and monitored by military authority. Residents of military housing who want to do child care in their own home on a regular or full-time basis must pass a background investigation; have fire, safety, and health inspections; complete mandatory training; and be monitored regularly. |

Things To Do - Clubs and Social

Boy Scouts of America: (757) 497-2688 Boys Clubs Inc.: (757) 468-2255

Girl Scouts of America: (757) 486-9737 Girls Clubs Inc.: (757) 490-6037

See Table of Contents heading: SUPPORT SERVICES for a listing of MWR facilities and activities on base. See Table of Contents heading: LOCAL COMMUNITY for events and activities in the community.

Things To Do - Recreation and Sports

See Table of Contents heading: LOCAL COMMUNITY for events calendar, cultural attractions, and recreational opportunities in the community. See Table of Contents heading:

SUPPORT SERVICES for a listing of MWR facilities and activities on base. In addition, Hampton Roads is home to many professional and college sports teams. The Virginia Beach Parks and Recreation Department offers a wide variety of recreational and sports activities for children from pre-school through teen years.

| |
|---|
| Name: Virginia Beach Parks and Recreation Department |
| Address: Various locations around Virginia Beach |
| Phone: (757) 563-1100 |

Schools

See Table of Contents heading EDUCATION for school information.

School Age Care

Most Virginia Beach Public Elementary Schools have after school programs. Please contact the individual school for details. Also see table of contents heading SUPPORT SERVICES "Moral, Welfare, and Recreation" for information on other child care programs. Don't forget to check with Navy Family Service Center's Information and Referral Specialist's for a wealth of information on this topic.

Religious Programs

For more information on this subject:
For local listings visit
<http://www.zip2.com/bizsearch/>

See Table of Contents heading: LOCAL COMMUNITY for Religious Activities in the community. See Table of Contents heading: SUPPORT SERVICES for religious programs on base. Nearly every religious denomination is represented in the Hampton Roads area. Check your local telephone directory in your new neighborhood to find the place of worship of your choice.

Special Events

See Table of Contents heading LOCAL COMMUNITY for events Calendar

Sponsorship and Support

Contact Youth Services for programs and activities supportive of newly arriving children and teens.

Youth Employment

Contact Navy Family Service Center at (757) 433-2912 for employment assistance and information.

Summer Teen Workshop topics include: how to fill out a job application, where to look for employment, work and health permits, employer expectations, career exploration, and how to keep a job.

Contact MWR at (757) 433-3976 to find out about their "Rent a Teen" program.

Youth Centers

Armed Forces YMCA, MWR, and Navy Family Services at the Oceana Community Center offer many classes and enrichment programs for all ages. There are arts, crafts, and cooking classes to name but a few. Call for a schedule.

| |
|--|
| Name: MWR Youth Programs |
| POC: Cathy Mead |
| Address: Building 531 NAS Oceana |
| City: Virginia Beach, VA 23460 |
| Phone: (757) 433-3976 |

| |
|---|
| Name: Oceana Community Center |
| POC: Parent Resources/ Education |
| Address: 1200 S. Birdneck Rd. |
| City: Virginia Beach |
| Phone: (757) 433-2055 |
| FAX: (757) 433-2886 |

For Teens Only

Contact JJ Moore at MWR for Teen Programs - 433-2498.

Survival Tips For First Termers

Survival Tips for First Termers Overview

For more information on this subject:
Visit Navy Family Service Center of Hampton Roads
<http://www.familyservicecenter.org>

Your sponsor, Navy Family Service Center at your current duty station and at NAS Oceana work together to make your move smoother.

| |
|---|
| Name: Navy Family Service Center Oceana |
| POC: MaryBeth Calabrese |
| Address: 1896 Laser Road, Suite 120 |
| City: Virginia Beach, VA 23460 |
| Phone: (757) 433-2912 or 1-877-433-NAVY |
| FAX: (757) 433-1329 |
| DSN Phone: 433-2912 |
| DSN FAX: 433-1329 |
| E-Mail: calabresem@oceana.nfsc.hr.navy.mil |

Before You Move

For more information on this subject:

Visit Navy Family Service Center of Hampton Roads
<http://www.familyservicecenter.org>

As soon as you receive your orders, visit the Relocation Assistance Program at your Family Service Center. They have an extensive array of services and resources available for you including a SITES (Standard Installation Topic Exchange Service) booklet on your new duty station, information and classes on planning a move, Welcome Aboard Packets, videos of your new area, overseas orientations, lending locker items and more.

NOTE: If you get married before you PCS, you **MUST** inform your commander and follow the procedures exactly as you are given them. The military **WILL NOT PAY** for your spouse's travel and housing if you do not follow proper procedures.

NOTE: For overseas assignments family member's travel must be approved through Personnel channels prior to travel. Make sure you are on **ACCOMPANIED** orders before making arrangements to move your family.

Contact the Household Goods Office for an appointment with a counselor to schedule your household goods move. During your counseling session your counselor will provide a great deal of valuable information. Pay attention to details, take notes, ask questions and follow directions. Failure to adhere to guidelines can be costly in time and money.

Notify your landlord, rental agent or Housing Office of your Permanent Change of Station (PCS) orders and anticipated date of departure. If there is a military clause in your lease, you must give this notification in writing.

Request a sponsor at your new duty station. This person can be your vital link to your new home.

Your sponsor can send you specific information on your new location and assist you when you arrive.

Begin a calendar for your move. Include items to remember - change of address cards, school records for your children, travel arrangements for our pets, etc. Notify friends, relatives, creditors, local post office, and etc. of your upcoming move.

Have your spouse contact employment assistance at Family Service Center to update his/her resume and to search for job leads in your new area.

This is by no means everything you'll have to remember! Check with the Relocation Assistance Program at your Family Service Center, they can provide you with complete checklists and many helpful publications to assist you with remembering all the details. Better yet, attend a Smooth Move or Overseas Transfer Workshop given by your Family Service Center.

After You Arrive

For more information on this subject:

Visit the Norfolk Navy Housing Welcome Center
<http://www.nnhwc.com>

Contact the Relocation Assistance Program at the Navy Family Service Center! They have all the information you'll need once you arrive at your new duty station, from housing availability, how to register your children in the local schools, to making an appointment for your spouse with the Spouse Employment Specialist at the Family Service Center. Use the Lending Locker for temporary household items while awaiting arrival of your household goods.

Contact the housing office **BEFORE** making any arrangements for civilian housing. They have extensive information and resources about civilian housing in the area. Also, rental/lease agreements are extremely important and are sometimes complicated. The housing office can look over your lease agreement and make sure it meets your requirements. If you haven't already done so, now is the time to put your name on the waiting list for base housing. (You will need a copy of your orders and your page 2!)

Notify the Personal Property Office of your new address. Check on the status of your household goods. Have they arrived? Are they in storage? How much storage time are you entitled to? How do you

file a claim if there is damage? All are important questions to ask now that you've arrived!

Once you've found the perfect home and your worldly possessions have arrived, the job of getting acquainted with your new neighborhood begins. Contact utility companies to make arrangements for connections.

On moving in day, if you have small children, you might want to make arrangements for child care. Older children may be of help by checking off boxes as they come in, or unpacking the special box of their belongings and setting up their room.

Be at your home BEFORE the movers arrive. Have an idea of where you want things placed - the movers will only place your sofa one time! Check your belongings carefully and make sure to note on the inventory any damaged or missing items so you can file a claim at the Personal Property Office.

So many things to remember! You will find that services and procedures vary from base to base. When getting acquainted with your new base, be sure to find out: speed limits, local consumer protection laws, location of medical facilities, procedures for emergency and walk-in care, check cashing limits, procedures and hours of operation of the exchange and commissary.

Most important, remember help is just a phone call away. When in doubt...ask. The Relocation Assistance Program staff will assist in finding resources.

| |
|--|
| Name: Relocation Assistance Program |
| POC: MaryBeth Calabrese |
| Address: Navy Family Service Center Oceana 1896 Laser Road, Ste 120 (Building 531) |
| City: Virginia Beach, VA 23460 |
| Phone: 757-433-2912 |
| FAX: 757-433-1329 |
| DSN Phone: 433-2912 |
| DSN FAX: 433-1329 |
| E-Mail: calabresem@oceana.nfsc.hr.navy.mil |

Reporting Procedures

If you are reporting to NAS Oceana or one of its Tenant Commands you will report to NAS Oceana Administration Building 230. If you are reporting to one of the squadrons or wings located on NAS Oceana, you will report directly to that squadron. Should you not know where to find that squadron,

check with the Quarterdeck at the NAS Oceana Administration Building. It is manned 24 hours a day at (757) 433-2456. The personnel there can tell you which building/hanger your command occupies. If you are checking into a squadron that is at sea, check in with the wing command or NAS Oceana Administration for more information.

Travel Planning

Be very careful of taking advanced pay for vacations enroute to your new duty station. This money will be taken out of your pay at the new duty station just when you may need it most for setting up your new house.

Get copies of orders for your family with all family members listed. ENSURE CONCURRENT TRAVEL IS AUTHORIZED by the gaining command. If it is not authorized, housing and travel cost for your family will not be reimbursed.

The physical process of moving from one location to another can be a sort of holiday or a chaotic series of gas station stops. As you plan your trip, try to limit your daily journey to distances your family can tolerate. It could save you and your family some uncomfortable, restless miles. Confirm your travel reservations before you leave. If you are traveling with pets, be sure that the hotels you've chosen accept pets on the premises. If they don't, you need to make kennel arrangements with each hotel in advance.

Check with Relocation Assistance Program, many have travel planner programs that can help you plan your route and lodging information.

When you are on the road, remember to keep track of all expenses. Many are tax deductible if you file a "long" tax form. Keep all receipts. It's a good idea to get a notebook or file folder to keep track of travel expenses and records.

Hints for traveling with kids: Infants have few concerns outside their immediate environment. They take the "cues" from you. If you are angry, frustrated or on edge, they will be too.

Young children do best when kept on the same eating and sleeping routine. Introduce new sights and sounds with patience. Including them in the planning to help decrease their fear of the unknown.

Elementary school children may be losing their first friends. Allow time for goodbyes, and for expressions of sadness.

Balance your day, making time for a romp in the park or other relaxing activities. Small children may be much more cooperative in the car after a bit of time out of the car to stretch and run.

*Packing pointers: take one small bag per person. Let each child pack a small backpack with their own favorite toys, books, crayons. Keep it small, but let them choose. Don't forget a first aid kit. Tuck in a nylon folding suitcase for bringing souvenirs along.

Vehicle Ownership

Insurance: All drivers must present evidence of insurance. The insurance must cover the vehicle and the driver and be for the following amounts: Public Liability \$25,000 (injury or death of one person); \$50,000 (injury or death of two or more persons); \$20,000 (property damage). Lesser amounts are acceptable provided that they meet the minimum requirements of the state from which the registered owner of the vehicles has been transferred, until current policy expires.

For additional information concerning vehicles: Refer to Table of Contents: Installation - Regulations

Housing and Billeting

For Housing information: refer to Table of Contents: HOUSING

For Billeting and temporary lodging information: refer to Table of Contents: RELOCATION - Billeting

Money Matters

CONSUMER AWARENESS AND PROTECTION - When relocating to another state, it is important to acquaint oneself with the local consumer protection regulations. Virginia is a Commonwealth, and as such its residents are subject to different standards and laws than what may be in effect in other states. Be aware of your legal rights. Virginia does not have Plain English Contract Laws and it may take a lawyer to explain some contracts. Virginia also does not have a "cooling off period", so most any contract you sign is binding from the moment of signing. There are only a few contracts that the state allows you to cancel after a specified period of time. It is usually never longer than three days from the date of the contract, and Saturday is considered a business day. Door-to-door sales, telephone solicitations, home improvement (if your home is pledged as security), and health spa memberships are each allowed three days, from the date printed on the contract. Campground memberships and time shares are allowed seven days. Condominium sales are allowed ten days. NAS Oceana Legal Office is available to review contracts before signature.

THE VIRGINIA LANDLORD TENANT ACT: See description of this law in COMMUNITY HOUSING Section.

At A Glance

Facility/Services Summary

| <i>--Officer and Enlisted Population--</i> | | | |
|--|------|--|-------|
| Active Duty Officer | 764 | Active Duty Warrant Officer | 10 |
| Guard Reserve Officer | 0 | Guard Reserve Warrant Officer | 0 |
| Retired (Officer and Enlisted) | 45 | Foreign Service Officers | 0 |
| Active Duty Enlisted | 7860 | Guard Reserve Enlisted | 0 |
| Foreign Service Enlisted | 0 | | |
| <i>--Civilians--</i> | | | |
| Civil Service | 843 | Wage Grade | 300 |
| Non-Appropriated Funds | 633 | Family Members -on and off Installation- | 14000 |
| <i>--Family Services--</i> | | | |
| Family Centers | 2 | Teen Centers | 1 |
| Child Day Care | 1 | Family Child Care Certified Homes | 60 |
| Total Child Capacity | 85 | Total Child Capacity | 280 |
| Average Waiting List Time -Months- | 8 | | |
| <i>--Other Services--</i> | | | |
| Commissary | 1 | Exchanges | 1 |
| Shoppettes | 1 | Gas Stations | 2 |
| Movie Theaters | 0 | Banks and Credit Unions | 2 |
| McDonalds/Burger King | 1 | Other i.e. Exchange concessionaires | 10 |

Housing Summary

| <i>--Officer Housing--</i> | | | |
|----------------------------------|------|----------------------------------|-----|
| Senior Officer Waiting | 0 | Senior Officer 3 Bed Room | 12 |
| Senior Officer 4 Bed Room | 12 | Senior Officer Other | 0 |
| Company Grade Officer Waiting | 0 | Company Grade Officer 2 Bed Room | 0 |
| Company Grade Officer 3 Bed Room | 12 | Company Grade Officer 4 Bed Room | 12 |
| Company Grade Officer Other | 0 | BOQ | 230 |
| <i>--Enlisted Housing--</i> | | | |
| Senior Enlisted Waiting | 0 | Senior Enlisted 3 Bed Room | 36 |
| Senior Enlisted 4 Bed Room | 36 | Senior Enlisted Other | 0 |
| Enlisted Waiting | 0 | Enlisted 2 Bed Room | 0 |
| Enlisted 3 Bed Room | 36 | Enlisted Other | 0 |
| BEQ | 3273 | Transient Lodging Facilities | 0 |

Education Summary

| <i>Name</i> | <i>Numbers</i> |
|-----------------------|----------------|
| Elementary School | 0 |
| Jr High/Middle School | 0 |
| High School | 0 |

Local Community Summary

| <i>Type of Housing</i> | <i>Avg.</i> | <i>Low</i> | <i>High</i> |
|-----------------------------|-------------|------------|-------------|
| Apartment Rent | 675 | 525 | 1025 |
| House Rent | 795 | 650 | 1600 |
| House Price - Single Family | 130 | 70 | 210 |
| Townhouse/Condominium Price | 80 | 60 | 115 |

Medical and Dental Summary

| <i>--Medical Facilities--</i> | | | | | |
|-------------------------------|---|------------------------------|---|------------------|---|
| Medical Treatment Facilities | N | Number of Beds | 0 | Medical Clinic | 1 |
| Alcohol | Y | Allergy | Y | Audiology | Y |
| Cardiology | Y | Coronary care | Y | Dermatology | Y |
| Dietary | Y | Emergency room | Y | Endocrinology | Y |
| Family Practice | Y | General surgery | Y | Gynecology | Y |
| HIV Unit | Y | Hematology | Y | Immunization | Y |
| Infect Disease | Y | Intensive Care | Y | Laboratory | Y |
| Mental Health | Y | Neonatal Intensive Care Unit | Y | Nuclear Medicine | Y |
| Nephrology | Y | Neurology | Y | Neurosurgery | Y |
| Obstetrics | Y | Oncology | Y | Ophthalmology | Y |
| Optometry | Y | Orthopedics | Y | Otolaryngology | Y |
| Pathology | Y | Pediatrics | Y | Physical Therapy | Y |
| Podiatry | Y | Primary Care | Y | Radiology | Y |
| Rheumatology | Y | Urology | Y | | |
| <i>--Dental Facilities--</i> | | | | | |
| Dental Clinics | 1 | Adolescent | Y | Endodontics | Y |
| General Dentistry | Y | Oral Surgery | Y | Orthodontics | Y |
| Pedodontist | Y | Periodontics | Y | | |

Relocation and Support Services Summary

| <i>--Military Clubs--</i> | | | |
|--------------------------------------|---|--------------------------------|---|
| Officers Club | 1 | Non-Commissioned Officers Club | 1 |
| Enlisted Club | 1 | | |
| <i>--Recreation--</i> | | | |
| Arts and Crafts | 1 | Automobile Hobby Centers | 1 |
| Bowling Centers | 1 | Recreational Centers | 1 |
| Libraries | 1 | Music and Theater Locations | 0 |
| <i>--Physical Fitness/Sports--</i> | | | |
| 9 Hole Golf Courses | 1 | 18 Hole Golf Courses | 1 |
| Gyms/Physical Fitness Centers | 2 | Jogging Paths | 1 |
| Tennis Clubs/Courts | 6 | Tennis Courts - Lighted | 2 |
| Swimming Pools - Public | 2 | | |
| <i>--Nature/Outdoor Activities--</i> | | | |
| Outdoor Recreation Centers | 0 | Campgrounds | 0 |
| Fishing Areas | 0 | Horse Stables | 1 |

APPENDIX

Disclaimer

Presentation of direct or indirect links to products, services or vendors does not constitute endorsement by the Department of Defense. We have provided links to these sites because they have information that may be of interest to our users. These links are presented for informational purposes only. You are encouraged to thoroughly investigate and evaluate items of interest prior to entering into contractual obligations.