

Fleet Cyber Command/U.S. Tenth Fleet, Suffolk, Virginia



Congratulations on your orders to Fleet Cyber Command/U.S. Tenth Fleet, Suffolk, Virginia!

While the idea of moving to a new location can be overwhelming, this Welcome Aboard Package contains a wealth of information to help your relocation and is designed to answer some of your questions. Look through the provided material and suggested websites to help familiarize yourself (and your family) with your new home. Using all your resources can help reduce culture shock and stress, keeping morale high during the first few weeks of your arrival and throughout your time in the Hampton Roads area to make this a tour you enjoy!

If you have not done so already, please visit your local Fleet and Family Support Center (FFSC). They can provide you with additional information on travel pay, entitlements, and allowances, arranging a successful move, and vacating your current residence in an organized and orderly manner. We are all here to help with every aspect of your relocation so please do not hesitate to ask your sponsor questions.

In this package you will find information on local activities and areas, housing opportunities, and command related information. Additional resources are also identified throughout this package and can be accessed through the internet.

Again, congratulations on your orders to Fleet Cyber Command/10th Fleet, Suffolk, Virginia.

Very Respectfully,

Command Sponsorship Coordinator

Fleet Cyber Command/10th Fleet

Suffolk, Virginia

115 Lakeview Parkway

Suffolk, VA 23435

Informational Websites

Fleet Cyber Command (FCC)/ U.S. Tenth Fleet

FCC Webpage: <http://www.public.navy.mil/fcc-cl0f/Pages/home.aspx>

The official website of Fleet Cyber Command/ U.S. Tenth Fleet

Military Installations: www.militaryinstallations.dod.mil

*Follow the prompts to search for installations in the Hampton Roads Area. *Note: The DoD Suffolk Complex is not listed.*

Welcome to Hampton Roads: <http://www.hamptonroadschamber.com/page/our-military/>

Discover military friendly employment, housing and activities in Hampton Roads.

Hampton Roads Area

Naval Station Norfolk and Surrounding areas:

http://www.militaryinstallations.dod.mil/MOS/f?p=132:CONTENT:::NO::P4_INST_ID,P4_INST_TYPE:5005,INSTALLATION

This is the center of the Hampton Roads area and has information on vehicles, education, schools, housing, childcare, FFSC and more.

Naval Station Norfolk Fleet and Family Support Center (FFSC):

http://www.militaryinstallations.dod.mil/MOS/f?p=MI:CONTENT:0:::P4_INST_ID,P4_CONTENT_TITLE,P4_CONTENT_EKMT_ID,P4_CONTENT_DIRECTORY:5005,FamilyCenter,30.90.210.30.30.0.0.0.26

This website outlines the services provide by the FFSC Located at Naval Station Norfolk (NSN) and the specific programs offered at that location.

Successful Relocation

Moving Checklist:

http://www.militaryinstallations.dod.mil/MOS/f?p=MI:CONTENT:0:::P4_INST_ID,P4_CONTENT_TITLE,P4_CONTENT_EKMT_ID,P4_TAB:320051,State Moving Checklist,30.200.140.0.0.0.0.0.0,MO

This webpage provides an easy to follow checklist of what action items to do prior to relocating to a new location. There are some additional resources to aid in planning a successful move.

FLEET AND FAMILY SUPPORT CENTER (FFSC), NAVAL STATION NORFOLK

Fleet and Family Support Center (FFSC) Resources

For information about a specific class, the monthly schedule, or to register for a class, please visit 7928 14th Street, Suite 102 Norfolk, VA 23505 or call 757-444-2102.

Services Provided by All FFSCs

Deployment Support:

Assists you and your family during all phases of the deployment cycle, providing workshops and services to help meet the challenges of deployment such as education briefings for deploying members and families, support services, morale calls and service-specific programs.

Relocation Assistance:

Relocation services include, but are not limited to, relocation workshops that help you prepare for a move, information on installations and communities worldwide and, where offered, a loan closet for basic household items. Relocation assistance also includes assistance with in-transit emergencies

Personal Financial Management:

Provides information, education and one-on-one financial counseling to assist you and your family in maintaining your financial readiness.

Employment Assistance:

Offers comprehensive information, tools and resources to support career exploration, training and licensing, and employment readiness.

Family Life Education:

Provides information and education to assist you and your family in developing resilience skills that can help as you navigate your mobile military lives.

Information and Referral:

Assists you in identifying and clarifying needs to determine appropriate forms of assistance and in locating services and programs available both on and off your installation.

The Transition Assistance Program:

Prepares separating, retiring and demobilizing service members (and their families) with the information, skills and knowledge necessary for a successful transition from military to civilian life.

FLEET AND FAMILY SUPPORT CENTER (FFSC), NAVAL STATION NORFOLK

Specific Programs Offered at FFSC Norfolk

Counseling and Support

Short term counseling and crisis intervention for active duty and their family members

Family Advocacy Program (FAP)

Located in Building U111, and may be reached at 757- 444-2230. FFSC Norfolk FAP counselors provide Family Violence prevention and identification educational workshops for commands designed to strengthen families by increasing skills to cope with family challenges and interpersonal relationships.

Volunteers Program

Provide opportunities within FFSC Norfolk for individuals to provide responsive, proactive, and customer oriented services to our military members and their families

Sexual Assault Prevention and Response (SAPR)

Provides victim advocates, resource information and counseling referrals for victims, SAPR provides command support with SAPR Advocate and POC training as well as the SAPR Advocates Forum. SAPR is housed at FFSC Norfolk and can be reached at 757-444-2230. After hours 757-438-3504.

Domestic Abuse Victim Advocate (DAVA)

Services are available to victims of Domestic Abuse. DAVA provides assessment, evaluation, information, education, limited transportation and case coordination. DAVA is located at FFSC Norfolk and can be reached at 757-444-2102. After hours assistance (4:00 pm – 7:00am) can be reached at 757-438-4180, or on the National Violence Hotline 1-800-799-SAFE

Exceptional Family Member Program (EFMP)

Provides liaisons, resources and application counseling as well as command POC training and informational briefs. EFMP Liaisons can be reached at 757-444-2102 or 757-953-7805

New Parent Support Home Visitation Program (NPSPHV)

Provides information, instruction and resources to expecting families and families with children up to three years of age. New Parent Support Staff at Naval Station Norfolk are located at Building U111 and can be reached at 757-444-2320

Getting to Know You and Your Needs Questionnaire

Fleet Cyber Command Suffolk Prospective Gain Questionnaire

No.	Question	Yes	No	N/A
1	Are you married?			
2	Do you have children?			
3	Will your dependents accompany you?			
4	If yes to question 3, how many?			
5	Is your spouse an American Citizen?			
6	If no to question 5, what is your spouse's citizenship?			
7	Do you have all of the documentation for your spouse if he/she is a naturalized citizen (i.e. naturalization paperwork, marriage certificate, etc.)?			
8	Do your orders reflect the correct number of dependents that are on your most up-to-date Page 2? Note: If not, contact your detailee IMMEDIATELY for an ORDMOD!			
9	If single parent or dual military, have you completed a family care plan?			
10	Have you obtained a <u>signed copy</u> of your Transfer Evaluation, Extension Letter, and/or Performance Memorandum to provide upon check-in?			
11	If you are married, will your spouse be seeking employment while stationed in the area?			
12	If you have children, will they need to attend daycare? <i>*Obtain Childcare Registration information for the Military Child Development Center (CDC) from https://militarychildcare.cnmc.navy.mil/mcc-consumer/home/viewhome.action</i>			
13	If you have children, what grade level are they in school? <i>*See Daycare and School information section of this package for the desired district's information.</i>			
14	Do you have a Government Travel Charge Card (GTCC)?			
15	Do you have any pets?			
16	Do you understand that you may only travel on the military flight with a maximum of two pets, and that all costs associated with them are your personal responsibility? (The govt. will not reimburse these expenses.)			

PREPARING FOR RELOCATION

Moving Checklist – Pre-Arrival to Hampton Roads Area

AS SOON AS ORDERS ARE RECEIVED:

- ☐ Make at least 10 copies of your Permanent Change of Station (PCS) orders and Dependent Entry Approval Letter.
- ☐ Discuss and plan your move with your spouse and children.
- ☐ Contact sponsor assigned by command at next duty station by utilizing the e-mail located on the first page of your orders.
- ☐ Visit Military INSTALLATIONS website for PCS information regarding next duty station and utilize the “Plan My Move” resources. (www.militaryinstallations.dod.mil)
- ☐ Visit your local Fleet and Family Support Center to attend a Smooth Move Workshop and reserve Hospitality Kit.
- ☐ Set your date of transfer.
- ☐ Collect shot records and make copies.
- ☐ Make appointments for Dental, Medical, and Immunizations.
- ☐ Make financial plans and preparations.

AT LEAST 3 MONTHS BEFORE MOVE:

- ☐ Check to make sure Tourist and No Fee Passport(s) (If needed), Military ID card(s), and State Driver’s License(s) are not going to expire soon.
- ☐ Contact your local Personal Property Office to schedule pack out. Bring a copy of PCS orders.
- ☐ Contact TRICARE Health Benefits Advisor for any changes.
- ☐ Contact local housing office or landlord and file Intent-to-Vacate Quarters.
- ☐ Reserve room(s) at Navy Lodge for last night(s) prior to departure.
- ☐ Make arrangements for lodging at next duty station, check to see if sponsor can assist in locating local information.

PREPARING FOR RELOCATION

AT LEAST 4-8 WEEKS BEFORE MOVE:

- ☐ Start Command/Base Checkout Sheet
- ☐ Notify child's current school registrars regarding child's transfer.
- ☐ Prepare the requisite documents and records to register your child for school in the area of New Duty Station.
- ☐ Change your address at the Post Office or at www.usps.gov for subscriptions and bills.
- ☐ Request your letters of reference from employers or volunteer organizations.
- ☐ If using any type of storage company for the duration of your tour, inform the long term storage of plans, including estimated date of return to area.

AT LEAST 1-2 WEEKS BEFORE MOVE:

- ☐ Contact the utility companies to terminate services and pay final bill.
- ☐ Contact the phone and internet companies to terminate services and pay final bill.
Don't forget to separate their equipment and turn it in to avoid additional costs.
- ☐ Contact cell phone service provider to cancel plan or change telephone number if desired.
- ☐ Check-out of medical and transfer your family members' medical records to Naval Medical Center Portsmouth or Little Creek Branch Health Clinics.
- ☐ Arrange for childcare and pet care for moving day.

Moving Checklist – Arrival to Hampton Roads Checklist

- ☐ Contact your sponsor and ensure that they have put in a visitor request for your arrival date.
- ☐ Check-in at your BLDG 115 Quarter Deck with designated sponsor or escort.
- ☐ Visit the FCC Admin in BLDG 115 with sponsor to obtain check-in sheet and materials regarding your pay and entitlements.
- ☐ Get information on the next available Command Indoctrination Course from your sponsor.
- ☐ Contact Norfolk Housing Office or FFSC on Naval Station Norfolk to obtain available housing information.

PREPARING FOR RELOCATION

- ☐ Contact Personal Property Office and to inquire about the arrival of your household goods and/or your express shipment.
- ☐ Check-in at the Branch Health Clinic and Tricare Office at Little Creek Base or Naval Medical Center Portsmouth, Dental Check is at Boone Clinic on Little Creek
- ☐ Visit a FFSC for information and referral regarding available resources and services on Family Employment Readiness Program (FERP) and/or spousal employment opportunities.
- ☐ Register your children for school using, either in person or using the online registration
- ☐ Keep in contact with your command assigned sponsor for assistance upon and after your arrival.

Common Questions about School Transitioning

How do I choose a school?

Choosing the right school for children is a priority for many military families. Finding the right educational setting for each child requires a careful examination of the available options, whether you live on and off the installation. "Choosing a School for Your Child," (<https://www2.ed.gov/parents/schools/find/choose/index.html>) a publication from the U.S. Department of Education, offers checklists and questions to assist parents in making the right choices.

How do I find out about schools near my new duty station?

Several quality online tools are available. Military OneSource (<http://www.militaryonesource.mil/>) is a free service offered by the Department of Defense to service members and their families to help with a broad range of concerns including education, parenting and child care, relocation and the concerns of families with special-needs members. An educational consultation (http://www.militaryonesource.mil/confidential-help/specialty-consultation?content_id=282884) with a specialty consultant is available, free of charge, and can help you address specific educational needs and goals.

How can I help plan for a successful transition?

Parents often want to know about the availability of extracurricular activities and sports, or the availability of advanced classes for their children. While there are other sources that can provide some information on these topics, it is usually best to get this information by contacting the schools directly.

Obtaining Daycare and School Information

Military Child Care

Link: <https://militarychildcare.cnic.navy.mil/mcc-consumer/home/viewhome.action>

This secure Department of Defense website provides a single gateway for you to find comprehensive information on military-operated or military-approved child care programs worldwide. With MilitaryChildCare.com, you create an account and maintain a family profile that you can access at any time from any location.

The profile stores your basic information such as sponsor name, contact information, family type, and child data. With this profile you can conduct a customized search for a wide range of child care options, request care across services, submit unlimited requests for care, and remain on waitlists for a preferred program even after being offered care by another program

School Districts

The Naval Station Norfolk area is served by 5 public school districts. Placement is based on the location of your residence. A number of private schools are also available.

- [Norfolk Public Schools](http://www.npsk12.com/) (<http://www.npsk12.com/>)
- [Virginia Beach Public Schools](http://vbschools.com/) (<http://vbschools.com/>)
- [Chesapeake Public Schools](http://www.cpschools.com/index.php) (<http://www.cpschools.com/index.php>)
- [Portsmouth Public Schools](http://www.pps.k12.va.us/) (<http://www.pps.k12.va.us/>)
- [Suffolk Public Schools](http://www.spsk12.net/) (<http://www.spsk12.net/>)

Youth Services

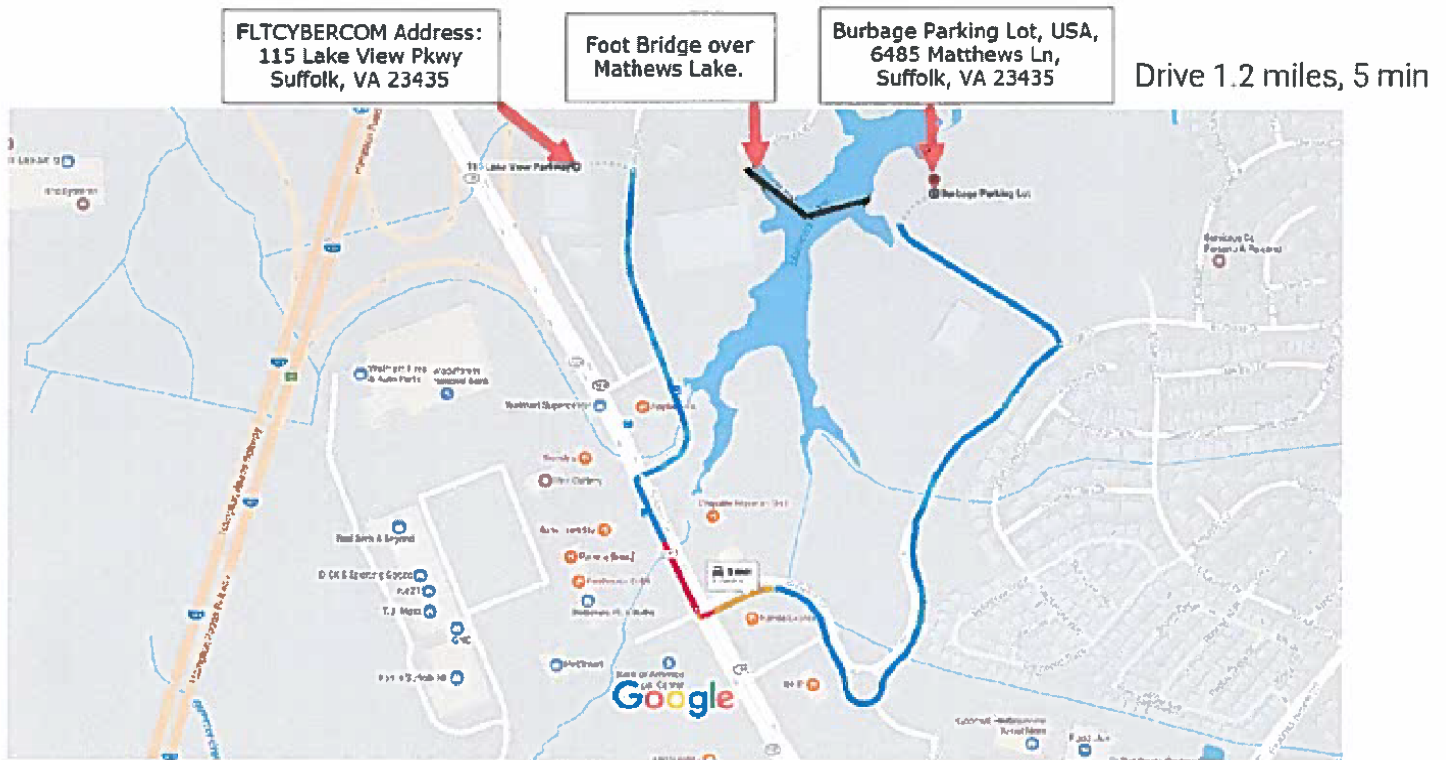
Contact 1-866-628-9232 or visit the [website](#) to learn more about our Youth Services programs.

https://cnic.navy.mil/regions/cnrma/ffr/support_services.html

Mid-Atlantic Region Child and Youth Programs (CYP) provide developmental child care and youth recreational programs and services for eligible children and youth ages 4 weeks to 18 years of age. Programs and services are specifically designed and operated to meet the unique needs of the military mission and service members and their families.

Map of Suffolk Compound to Burbage Parking Lot

Parking is very limited on the compound/ base where Fleet Cyber Command is located. In the event you are unable to find a parking spot, there is an overflow parking lot called Burbage Parking Lot. It is about a 5 minute drive from the compound. There is a foot bridge over Mathews Lake that takes you to the rear of the compound. Entry is only permitted via scanning your compound badge and entering your associated badge PIN. If you are unable to park on the compound on the day of your check in, please contact your sponsor prior to parking in Burbage so that arrangements can be made to follow you to or pick you up from Burbage seeing you won't have your badge until you visit security during your check-in process.



115 Lake View Pkwy

Suffolk, VA 23435

- ↑ 1. Head south on Lake View Pkwy
0.3 mi
- ↩ 2. Turn left onto College Dr
0.1 mi
- ↩ 3. Turn left onto Burbage Dr
0.2 mi
- 📍 4. At the traffic circle, take the 2nd exit and stay on Burbage Dr
0.4 mi
- ↩ 5. Turn left
0.2 mi

Burbage Parking Lot

USA, 6485 Matthews Ln, Suffolk, VA 23435

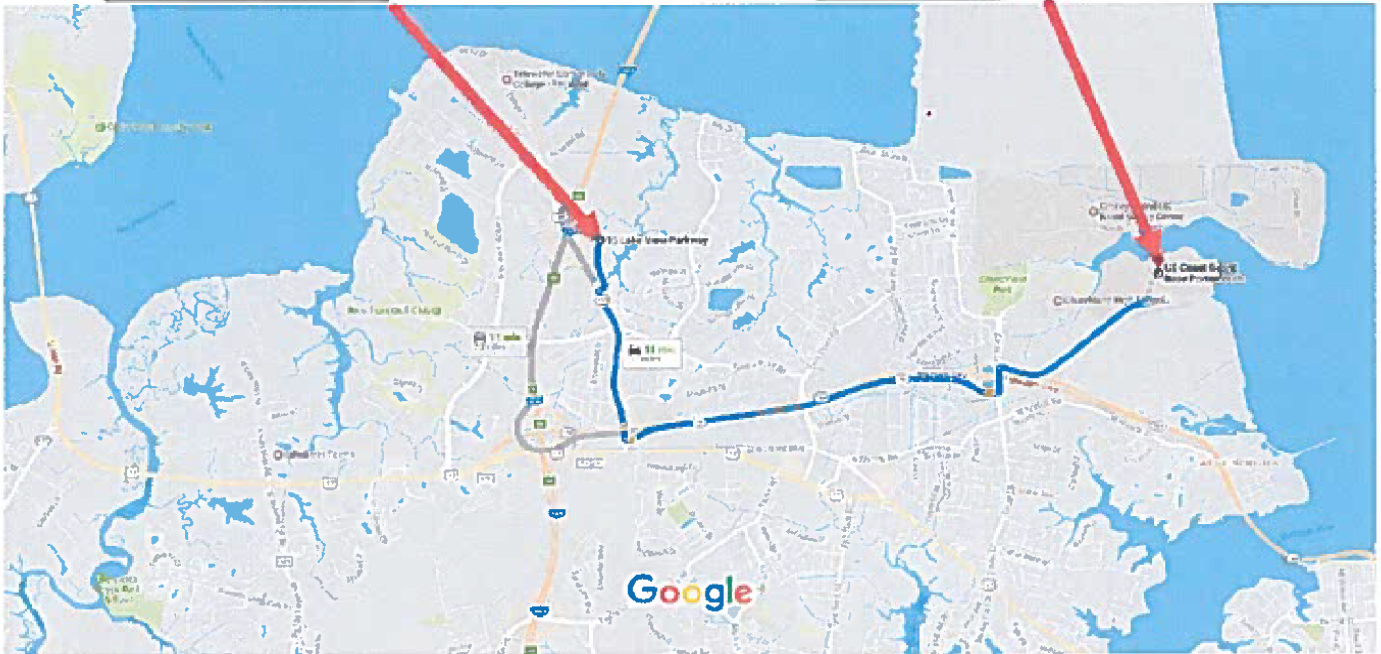
Direction from FLTCYBERCOM to Coast Guard Base

The compound on which Fleet Cyber Command is located does not have a gym facility. The Coast Guard Base's Gym is used for divisional and command PT.

FLTCYBERCOM Address:
115 Lake View Pkwy
Suffolk, VA 23435

US Coast Guard Base
Portsmouth, 4000
Coast Guard Blvd,
Portsmouth, VA 23703

Drive 4.6 miles, 10 min



15 Lake View Pkwy

Suffolk, VA 23435

- ↑ 1. Head southwest on Lake View Pkwy 0.4 mi
- ↩ 2. Turn left onto College Dr 1.1 mi
- ↗ 3. Turn left to merge onto VA-164 E toward Downtown/Portsmouth 2.2 mi
- ↘ 4. Take the exit toward Cedar Ln 0.3 mi
- ↩ 5. Turn left onto Cedar Ln 0.2 mi
- ↘ 6. Turn right onto Coast Guard Blvd 1.2 mi

US Coast Guard Base Portsmouth

4000 Coast Guard Blvd, Portsmouth, VA 23703

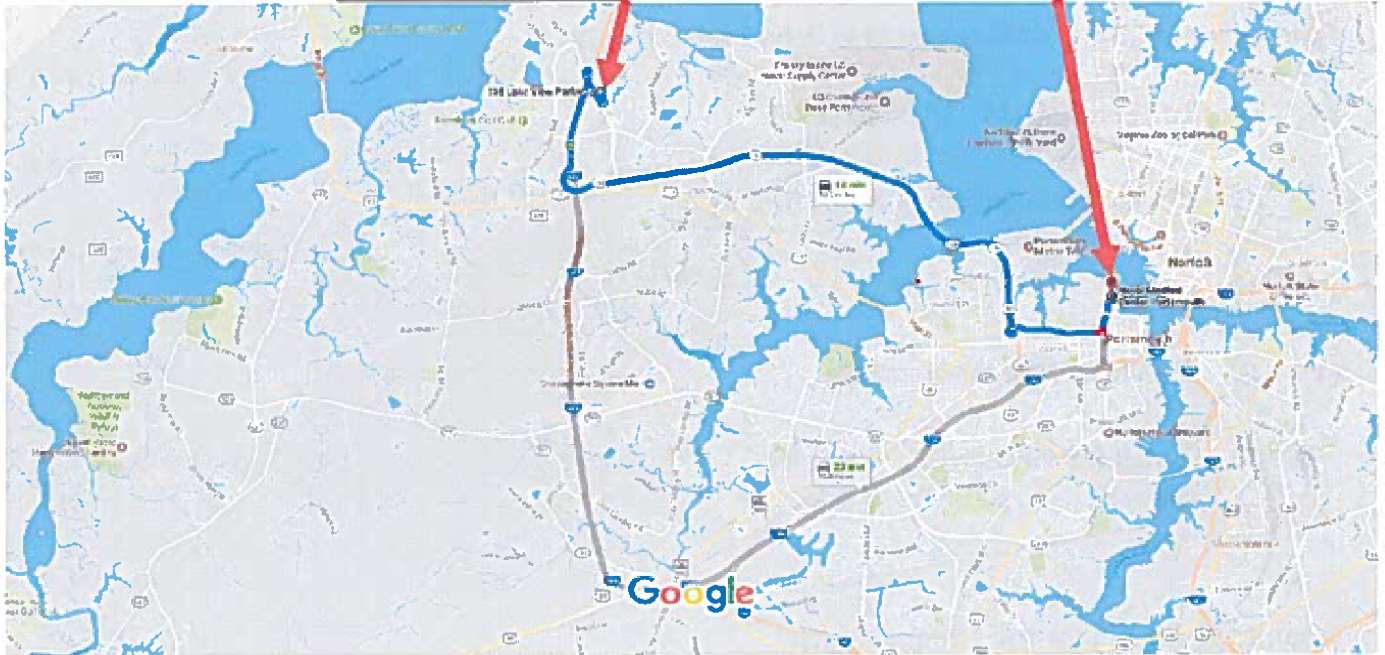
Directions from FLTCYBERCOM to Naval Medical Center Portsmouth

Upon checking in, you have the option to either have medical services at Naval Medical Center Portsmouth (NMCP) or Boone Health Clinic on Little Creek Base in Virginia Beach. The directions below are from FLTCYBERCOM to NMCP.

FLTCYBERCOM
115 Lake View Pkwy
Suffolk, Va 23435

Naval Medical Center Portsmouth
620 John Paul Jones Circle
Portsmouth, VA 23708

Drive 12.0 miles, 18 min



115 Lake View Pkwy

Suffolk, VA 23435

Get on I-664 S from College Dr

2 min (0.9 mi)

↑ 1. Head south on Lake View Pkwy

0.2 mi

➡ 2. Turn right toward College Dr

295 ft

➡ 3. Turn right onto College Dr

0.4 mi

⤴ 4. Use the right lane to merge onto I-664 S via the ramp to Chesapeake

0.2 mi

Take VA-164 E to VA-141 S/London Blvd in Portsmouth. Take the VA-141 S/London Blvd exit from US-58 W


10 min (9.3 mi)

⤴ 5. Merge onto I-664 S


1.1 mi

➡ 6. Use the right 2 lanes to take exit 9 to merge onto VA-164 E toward Portsmouth

7.2 mi

- 


7. Continue onto US-58 W/VA-164

0.7 mi
- 


8. Exit onto VA-141 S/London Blvd toward Downtown/Portsmouth

0.3 mi


Follow London Blvd and Effingham St to John Paul Jones Cir

- 


9. Merge onto VA-141 S/London Blvd

7 min (1.8 mi)
- 


10. Continue straight onto London Blvd

302 ft
- 


10. Continue straight onto London Blvd

1.2 mi
- 


11. Turn left onto Effingham St

0.4 mi
- 

12. Turn right onto Williamson Dr

463 ft
- 

13. Turn left onto John Paul Jones Cir

 Destination will be on the right

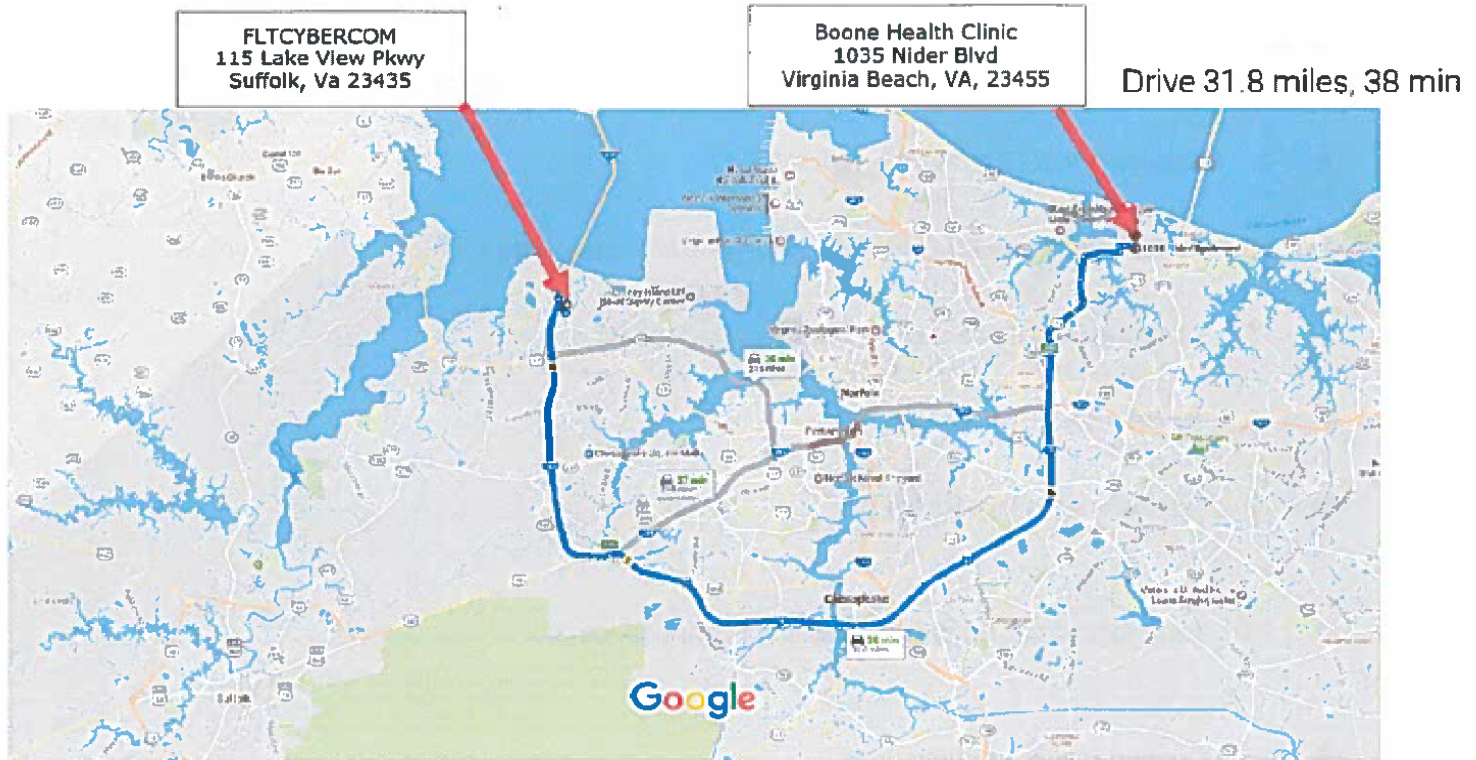
236 ft

Naval Medical Center Portsmouth

620 John Paul Jones Cir, Portsmouth, VA 23708

Directions from FLTCYBERCOM to Boone Health Clinic

Upon checking in, you have the option to either have medical services at Naval Medical Center Portsmouth or Boone Health Clinic on Little Creek Base in Virginia Beach. Dental Check-in must be at Boone Health Clinic. The directions below are for the Toll Free route from FLTCYBERCOM to Boone Health Clinic



15 Lake View Pkwy

Suffolk, VA 23435

Get on I-664 S from Lake View Pkwy and College Dr

- | | | |
|---|--|----------------|
| ↑ | 1. Head southwest on Lake View Pkwy | 3 min (1.0 mi) |
| | | 0.3 mi |
| ➤ | 2. Turn right toward College Dr | 295 ft |
| ➤ | 3. Turn right onto College Dr | 0.4 mi |
| ⤴ | 4. Use the right lane to merge onto I-664 S via the ramp to Chesapeake | 0.2 mi |

Follow I-664 S and I-64 W to US-13 N/Northampton Blvd in Norfolk. Take exit 282 from I-64 W

- | | | |
|---|---|------------------|
| ⤴ | 5. Merge onto I-664 S | 26 min (26.7 mi) |
| | | 8.2 mi |
| ➤ | 6. Use the right 2 lanes to take exit 15B for I-64 toward Chesapeake/VA Beach | 0.6 mi |
| ↑ | 7. Continue onto I-64 W | 17.6 mi |

- 8. Use the right lane to take exit 282 to merge onto US-13 N/Northampton Blvd toward Bridge-Tunnel/Chesapeake Bay

0.3 mi

Continue on US-13 N/Northampton Blvd. Take Diamond Springs Rd and Shore Dr to Nider Blvd in Virginia Beach

10 min (4.2 mi)

- ⤴ 9. Merge onto US-13 N/Northampton Blvd

1.1 mi

- ⤵ 10. Use the left 2 lanes to turn left onto Diamond Springs Rd

0.7 mi

- ⤴ 11. Continue straight to stay on Diamond Springs Rd

0.6 mi

- 12. Turn right onto Shore Dr

1.0 mi

- ⤵ 13. Turn left onto Helicopter Rd

0.2 mi

- 14. Turn right at the 1st cross street onto Amphibious Dr

0.2 mi

- ⤴ 15. Continue onto Amphibious Dr

0.3 mi

- 16. Turn right onto Nider Blvd

ⓘ Destination will be on the right

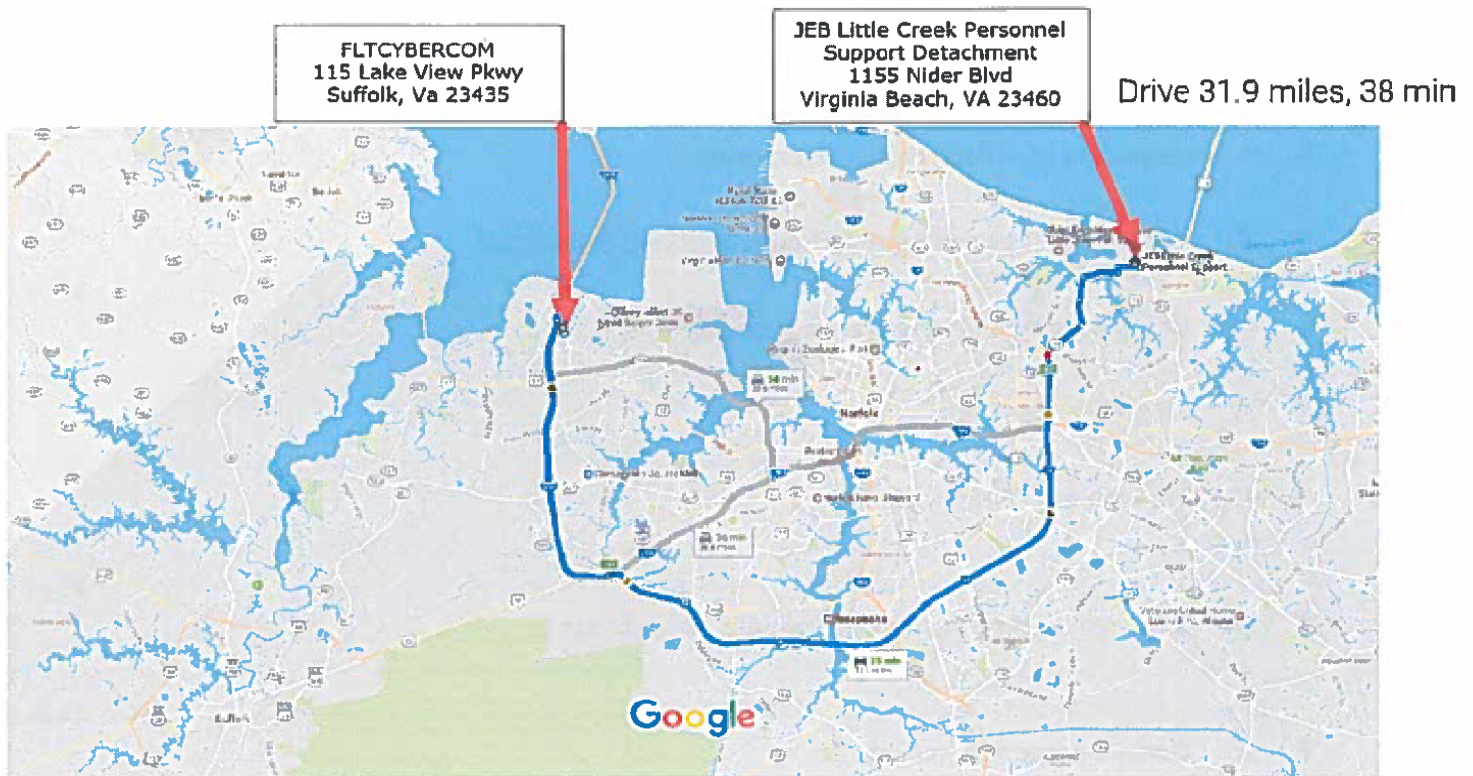
367 ft

1035 Nider Blvd

Virginia Beach, VA 23459

Directions from FLT CYBERCOM to Little Creek PSD

JEB Little Creek PSD is our command's PSD location. The directions below are for the Toll Free route from FLT CYBERCOM to Little Creek PSD.



115 Lake View Pkwy

Suffolk, VA 23435

Get on I-664 S from College Dr

- | | | |
|---|--|----------------|
| ↑ | 1. Head south on Lake View Pkwy | 2 min (0.9 mi) |
| | | 0.2 mi |
| ➤ | 2. Turn right toward College Dr | 295 ft |
| ➤ | 3. Turn right onto College Dr | 0.4 mi |
| ⤴ | 4. Use the right lane to merge onto I-664 S via the ramp to Chesapeake | 0.2 mi |

Follow I-664 S and I-64 W to US-13 N/Northampton Blvd in Norfolk. Take exit 282 from I-64 W

- | | | |
|---|---|---------|
| ⤴ | 5. Merge onto I-664 S | 8.2 mi |
| ➤ | 6. Use the right 2 lanes to take exit 15B for I-64 toward Chesapeake/VA Beach | 0.6 mi |
| ↑ | 7. Continue onto I-64 W | 17.6 mi |

8. Use the right lane to take exit 282 to merge onto US-13 N/Norhampton Blvd toward Bridge-Tunnel/Chesapeake Bay

0.3 mi

Continue on US-13 N/Norhampton Blvd to your destination in Virginia Beach

11 min (4.3 mi)

9. Merge onto US-13 N/Norhampton Blvd

1.1 mi

10. Use the left 2 lanes to turn left onto Diamond Springs Rd

0.7 mi

11. Continue straight to stay on Diamond Springs Rd

0.6 mi

12. Turn right onto Shore Dr

1.0 mi

13. Turn left onto Helicopter Rd

0.2 mi

14. Turn right at the 1st cross street onto Amphibious Dr

0.2 mi

15. Continue onto Amphibious Dr

0.3 mi

16. Turn left onto Nider Blvd

0.2 mi

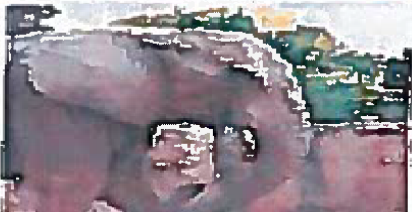
17. Turn left

 Destination will be on the left

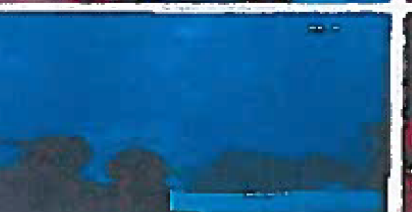
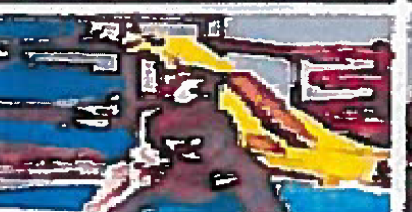
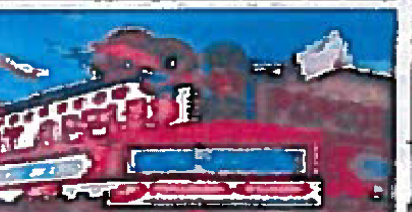
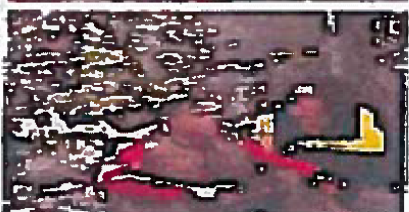
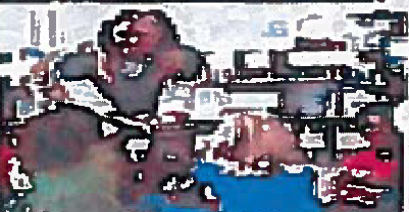
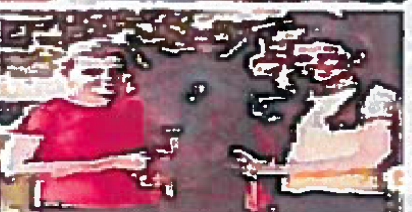
217 ft

JEB Little Creek Personnel Support Detachment

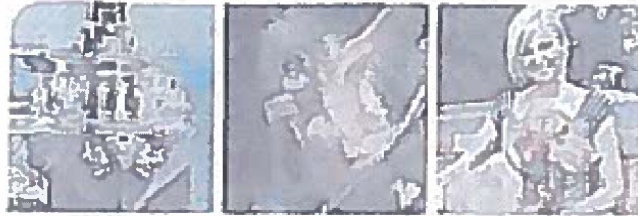
bldg 3510 23459 2732, 1155 Nider Blvd, Virginia Beach, VA 23460



Free and Inexpensive Things to Do in Hampton Roads



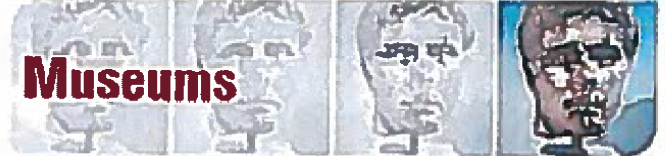
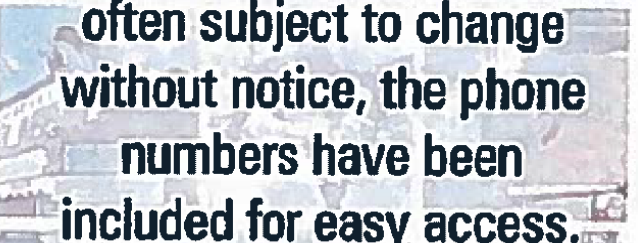
FLEET &
FAMILY
SUPPORT
CENTERS
MID ATLANTIC



**This brochure contains
a comprehensive listing
of free and inexpensive
recreational opportunities
in the Hampton Roads area.
It is however, not intended
to be all-inclusive.**



**Since operating hours
and admission fees are
often subject to change
without notice, the phone
numbers have been
included for easy access.**



Museums

- **The Children's Museum of Virginia, Portsmouth** 393-5258
- **The Lightship Museum, Portsmouth** 393-8591
- **The Portsmouth Naval Shipyard Museum, Portsmouth** .. 393-8591
- **Portsmouth Art & Cultural Center, Portsmouth** 393-8543
- A Key Pass may be purchased which will cover admission to these four museums for one person (good for 30 days).
Call 393-5111 for information.

Air Power Park, 413 W. Mercury Blvd., Hampton (FREE) .. 726-0650
(Self-guided tour)

Atlantic Wildfowl Heritage Museum (free; Virginia Beach) 437-8432

Battleship Wisconsin
(Berthed at Nauticus) 664-1000
(Entry cost included in price of admission to Nauticus)

The Casemate Museum, Fort Monroe
(FREE; Located in Hampton) 788-3391

Chrysler Museum, Norfolk
(Closed Mondays) 664-6200

The Hampton Roads Naval Museum
(FREE; Located inside Nauticus) 444-8971/322-2987

MacArthur Memorial Museum, Norfolk
(FREE; donations accepted, Closed Mondays) 441-2965

Mariner's Museum, Newport News
(Military discount) 596-2222

Museum of the Albemarle
(FREE; Elizabeth City, NC; Closed Sunday & Monday) ... 252-335-1453

Nauticus, The National Maritime Center
Norfolk Waterfront (Military discount) 664-1000

North Carolina Aquarium, Roanoke Island 252-475-2300

Old Coast Guard Station, Virginia Beach 422-1587

Riddick's Folly House Museum, Suffolk
(A/D discount; Closed Monday & Tuesday) 934-0822

The U.S. Army Transportation Museum,
Fort Eustis (FREE; Located in upper Newport News;
Closed Mondays) 878-1115

Virginia Air and Space Museum/Hampton Roads History Center,
Hampton (Family Memberships available; Military discounts)....
727-0900

Virginia Aquarium and Marine Science Center, Virginia Beach
(Family Memberships available) 385-FISH

Virginia Living Museum, Newport News 595-1900
(Family memberships available; Military discounts)

Virginia Sports Hall of Fame, Portsmouth 393-8031
(Military discount)

Virginia War Museum, Newport News
(Active duty military discount on admission) 247-8523

Morale, Welfare, & Recreation Dept.



Cheatham Annex ITT Office	887-4350
Midway Manor Youth Center	444-1007
JEB Little Creek ITT Office	462-7793
JEB Little Creek Youth Center	462-8718
NAS Oceana ITT Office	433-3301
NAS Oceana, Dam Neck Annex Liberty Center	492-6806
NAS Oceana, Dam Neck Annex ITT Office @ The Dunes	492-7053
NAS Oceana Youth Center	433-3976
NSA HR - Portsmouth ITT Office	953-5095
Naval Station Norfolk ITT Office	445-6663/6664
NSA HR - Headquarters, Youth Center	444-8259
Norfolk Naval Shipyard, Portsmouth Youth Center	396-1990/2506
NSA HB - Northwest Annex ITT Office	421-8250
NSA HR - Northwest Annex Youth Center	421-8004/8258
MVYS Yorktown ITT Office	887-4350/4609
MVYS Yorktown Youth Center	887-4310

*Information, Tickets, & Tours (ITT)

MVYR website: www.discovermvyr.com

Recreation Centers Virginia Beach



Bayside Center, 4500 First Court Road	385-5930
Bow Creek Center, 3427 Clubhouse Road	385-5960
Great Neck Center, 2521 Shorehaven Drive	385-5940
Kempville Center, 800 Monmouth Lane	(Closed for Renovation.

Re-opens early 2017)

Princess Anne Center, 1400 Nimmo Pkwy	385-5950
Seatack Center, 141 South Birdneck Road	385-5920
Williams Farm	385-2950

Annual Fees for Facility Use Cards: Month-to-month membership available.

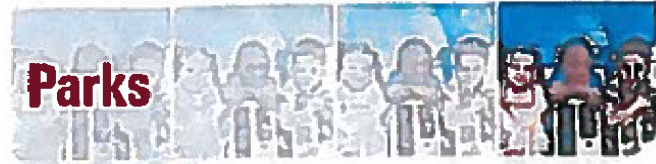
Children 2 and under	free with parent's card
Children age 3-8	\$29.00 per year
Youth age 9-17	\$34.00 per year
Adult age 18-59	\$83.00 per year
Senior Resident (60 and up)	\$67.00 per year

City Parks and Recreation Dept.



Chesapeake (Main Office)	382-8411
Hampton	727-6348
Newport News	928-1400
Norfolk	441-2400
Portsmouth	393-8481
Suffolk	514-7250
Virginia Beach	385-0400/1100 Admin.
York County	890-3500

Parks



Bayville Farms Park, Virginia Beach	
(Handicapped and therapeutic course)	460-7569
City Park, Chesapeake	312-0243
City Park, Portsmouth	465-2937
City View Park, Virginia Beach	479-0106
First Landing/Seashore State Park, Virginia Beach	412-2300
Gosnell's Hope Park, Hampton	850-5116
JT's Grommet Island Beach Park, Virginia Beach	385-5110
Playground for Every BODY, wheelchair accessible;	
(Located at the Virginia Beach Oceanfront)	
Mount Trashmore, Virginia Beach	473-5237
Munden Point Park, Virginia Beach	426-5296
Newport News Park, Newport News	886-7912
Northwest River Park, Chesapeake	421-7151
PETA's Ben Arthur Dog Park, Norfolk	622-7382/962-8302
(Open 24 hours: Free)	
Princess Anne Athletic Complex, Virginia Beach	385-0458
Redwing Park, Virginia Beach	437-2038
Sandy Bottom Nature Park, Hampton	825-4657
Sleepy Hole Park, Suffolk	514-7285

Historic Houses



Adam-Thoroughgood House, Virginia Beach	
(Closed Monday)	460-7588
Ferry Plantation House, Virginia Beach	473-5182
Heritage Foundation Museum, Norfolk	423-2052
Hill House, Old Towne, Portsmouth	
(Open April-Dec.)	393-0241
Francis Land House and History Park, Virginia Beach	385-5100
Lynnhaven House, Virginia Beach	460-7109
Moses Myers House, Norfolk	333-1087
Upper Wolfspare, Virginia Beach	491-3490
Willoughby-Baylor House, Norfolk	
(Includes Norfolk History Museum)	333-1091

Beaches



Beckree Beach, Hampton	
City Beach Park, Norfolk	
Community Beach Park, Norfolk	
Huntington Park, Newport News	
Fort Story Beach, Virginia Beach	
JEB Little Creek Beach, Virginia Beach	
Ocean View Beach, Norfolk	

Resort Oceanfront and Boardwalk, Virginia Beach
Sandbridge Beach, Virginia Beach
Sandbridge/Little Island Park, Virginia Beach
Seabreeze Beach, NAS Oceana Dam Neck Annex, Virginia Beach



Miscellaneous

Beach Events feature family entertainment and festivals at the Virginia Beach oceanfront, 425-3111, www.beachstreetsusa.com.

Festevents is a non-profit organization that manages, for the City of Norfolk, the production of year-round special events and programs on the downtown Norfolk waterfront. Many of the festivals and entertainment are free and open to the public. Events are usually held at Town Point Park, and yearly schedules are available from the Festevents Office, 441-2345.

The Tide (HRT) Norfolk Lightrail. For more information call 222-6100.

Tidewater Winds Concert Band (free). For more information call 480-0953.

Trolley Tours for Norfolk, Portsmouth, and Virginia Beach sites are available. Call 222-6100 for fares and locations.

Virginia Beach Annual Neptune Festival at the oceanfront features an airshow (held earlier in September at NAS Oceana), entertainment, a parade and fireworks the last week in September. For more information call 498-0215, www.neptunefestival.com



Other Places of Interest

Backbay National Wildlife Refuge, Virginia Beach..... 301-7329
Bear Pack Acres Animal Education Center, Franklin 516-8774
Blackbird Gap Farm, Hampton (open Wed-Mon; FREE) 727-6739
Colonial Williamsburg 1-888-965-7254

(Discount tickets available at ITT Offices)

Contemporary Art Center of Virginia, Virginia Beach 425-0000
Cornituck Sound Ferry (FREE)..... 1-800-BY-FERRY (Option 1)
Great Dismal Swamp National Wildlife Refuge, Suffolk 986-3705
Gum Tree Farm, Chesapeake 421-9700
Holler Creek Wildlife Preserve, Portsmouth..... 686-8684
Jamestown Settlement, Williamsburg..... 1-757-253-4838

(ITT rates available at bases)

NASA Langley Research Center, Visitor's Center, Hampton
 (Now located at the Virginia Air and Space Museum) 727-0900
Norfolk Botanical Garden..... 441-5830
Old Cape Henry Lighthouse Fort Story, Virginia Beach
 (Admission free in uniform) 422-9421
Virginia Zoological Park, Norfolk..... 441-2374
Wright Brothers National Memorial, Kill Devil Hills, NC... 252-473-2111

City Public Libraries — books, films, exhibits, video tapes, audio tapes, and records

Chesapeake 410-7100
Hampton 727-1154
Newport News (Admin)..... 926-1350
Norfolk 684-7323
Portsmouth 393-8501
Virginia Beach 385-0150
Yorktown 890-3377

(Bi-monthly "Update" newsletters are available in each Virginia Beach library listing activities offered.)

Shopping Malls

Chesapeake Square Mall, Greenbrier Mall..... Chesapeake
MacArthur Center Mall.

The Gallery at Military Circle Mall Norfolk
Patrick Henry Mall..... Newport News
Loudstown Commons, Lynnhaven Mall,

Pembroke Mall Virginia Beach
Peninsula Town Center (formerly Coliseum Mall) Hampton
Williamsburg Premium Outlets Williamsburg

Malls also host craft shows, antique shows, exhibits, etc.

Society for the Prevention of Cruelty to Animals

Norfolk 622-3319
Peninsula (has petting zoo) 595-1399
Virginia Beach 427-0070

Naval Station Norfolk Tours:

Website: www.cnrc.navy.mil/regions/cnrm/installations/es-norfolk/about/installation-guide/visitor-information.html

Movie Theaters:

Discount movie tickets to area theaters (including AMC and Regal Cinemas) are available at the ITT offices.

JEB Little Creek Base Theater (\$3.00 movies)..... 462-7534
NAS Oceana Base Theater (\$3.00 movies) 433-2495

Base Tours

NAS Oceana (June-September)..... Check website
Email: OceanaPAO@navy.mil
Website: www.cnrc.navy.mil/regions/cnrm/installations/nas_oceana/about/visitor_information.html
NAVSTA Norfolk 444-7955



Universities

Christopher Newport University, Newport News
College of William & Mary, Williamsburg
Hampton University, Hampton
Norfolk State University, Norfolk
Old Dominion University, Norfolk
Paul D. Camp Community College, Franklin/Suffolk
Regent University, Virginia Beach
Tidewater Community College, area campuses
Thomas Nelson Community College, Hampton
Virginia Wesleyan College, Virginia Beach



Chesapeake Parks, Recreation, & Tourism
1224 Progressive Drive
Chesapeake, VA 23320
382-6411; (888) 889-5551

Hampton History Museum and Visitor Center
120 Old Hampton Lane
Hampton, VA 23669
727-1610

Newport News Visitor Information Center
13560 Jefferson Avenue
Newport News, VA 23603
886-7777; (888) 493-7386

Norfolk Convention and Visitors Bureau
Visit Norfolk
232 East Main Street #A
Norfolk, VA 23510
664-6620, (800)368-3097

Portsmouth Convention and Visitors Bureau
505 Crawford Street, Suite 2
Portsmouth, VA 23704
393-5327, (800)767-8782

Portsmouth Visitor's Information Center
6 Crawford Parkway
Portsmouth, VA 23704
393-5111

Virginia Beach Convention & Visitors Bureau
2100 Parks Avenue
Virginia Beach, VA 23451
437-4919, (800) 822-3224



Little Creek/Fort Story	(757) 462-7563
Newport News	(757) 488-6289
Norfolk	(757) 444-2102
Northwest	(757) 421-8770
Ocean/Dom Neck	(757) 433-2912
Portsmouth	(757) 953-7801
Yorktown	(757) 887-4606

www.cnlc.navy.mil/navymenu



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Military Installation	Commissary www.commissaries.com www.commissaries.com/rewards		Exchange www.mynavyexchange.com/ www.shopmyexchange.com/	
	Telephone	Hours of Operation	Telephone	Hours of Operation
Coast Guard Exchange <i>Chesapeake</i>			965-3884/3880	Mon - Sat: 0900-2100 Sun: 1100-1800
Fort Eustis Army Post <i>Newport News</i>	878-5966/5608	Mon: Closed Tues-Wed: 0900-1900 Thurs: 0900-2000 Fri & Sat: 0900-1900 Sun: 0900-1800	887-0293	Mon-Sat: 0900-2000 Sun & Holidays: 1000-1800
Joint Expeditionary Base Little Creek-Fort Story <i>Virginia Beach</i>	464-3561	Mon-Sat: 0900-2000 Sun: 0900-1900	369-3218 (Customer Service)	Mon-Sat: 0900-2100 Sun: 0900-1900 Holiday Hours vary
Joint Expeditionary Base Little Creek-Fort Story at Fort Story <i>Virginia Beach</i>	None	None Nearest facility is JEB Little Creek or NAS Oceana	425-0001	Mini Mall Shoppette: Mon-Fri: 0700-1900 Sat: 0900-1900 Sun: 1000-1800
Langley Air Force Base <i>Hampton</i>	764-4194/7604	Mon-Fri: 0900-1900 Sat: 0800-1900 Sun: 0900-1800	766-1282	Mon-Sat: 0900-2000 Sun: 1000-1800 Holidays: 0900-1700
Naval Air Station Oceana <i>Virginia Beach</i>	428-2502/2931 Automated Options	Mon-Fri: 0900-2100 Sat: 0800-2100 Sun: 0800-2100	425-4260/4261 (Customer Service)	Mon-Sat: 0900-2100 Sun: 0900-2100 Holidays: 0900-2100
Naval Air Station Oceana Dam Neck Annex <i>Virginia Beach</i>	None	None Nearest facility is NAS Oceana	492-7780	Mon-Fri: 0730-2100 Sat-Sun: 0900-1900 Holidays: 1000-1500
Naval Medical Center Portsmouth <i>Portsmouth</i>	None	None Nearest facility is NNSY Portsmouth	Bldg. 256 397-5857 Bldg. 3 397-5858	Mon-Fri: 0700-1800 Sat-Sun: 1000-1800 Mon-Fri: 0600-1900 Sat-Sun: 1000-1500
Naval Station Norfolk <i>Norfolk</i>	423-3188	Thurs: 0900-2000 All other days: 0900-1900	440-2000/2200	Mon-Sun: 0900-2100 Holidays: 0900-1800
Naval Support Activity Norfolk Northwest Annex <i>Chesapeake</i>	None	None	421-8254	Mon-Fri: 0600-2000 Sat: 0900-1800 Sun: 0900-1800
Naval Weapons Station <i>Yorktown</i>	None	None Nearest facility is Fort Eustis Army Post	887-0690	Mon-Thurs: 0700-1900 Fri & Sat: 0700-2000 Sun: 1000-1800
Norfolk Naval Shipyard Scott Center Annex <i>Portsmouth</i>	673-9259	Mon: Closed Tues-Sat: 0900-1900 Sun: 0900-1700	391-3400	Mon-Sat: 0900-2000 Sun: 0900-1800

Naval Medical Center Portsmouth

Health Benefit Advisor Office

Also known as Beneficiary Counseling & Assistance Coordinators

Building 3, 3rd Floor, 620 John Paul Jones Circle, Portsmouth, VA 23708

Monday – Friday; 7 a.m. – 4 p.m. Phone: (757) 953-2610/2611

Services Available:

- Program, Benefit & Eligibility Information
- Claims & Debt Collection Information & Assistance
- Prime Enrollment Information & Assistance
- Help with Solving Health Care Access-Related Problems

TRICARE information & assistance is also available at these locations:

Sewells Point Branch Health Clinic

Norfolk Naval Base
1721 Taussig Boulevard
Norfolk, VA 23511
(757) 953-8708
Monday – Friday, 7:30 a.m. – 3:30 p.m.

Adm Joel T. Boone Branch Health Clinic

Naval Amphibious Base Little Creek
1035 Nider Boulevard
Norfolk, VA 23521
(757) 953-8183/8185
Monday – Friday, 7:30 a.m. – 3:30 p.m.

Oceana Branch Health Clinic

Naval Air Station Oceana
1550 Tomcat Boulevard
Virginia Beach, VA 23460
(757) 953-3933 (Option 7)
Monday – Friday, 7:00 a.m. – 3:20 p.m.

Yorktown Branch Health Clinic

Naval Weapons Station Yorktown
P.O. Box 90
Yorktown, VA 23291
(757) 953-8441
Monday – Friday, 7:30 a.m. – 3:30 p.m.

Northwest Branch Health Clinic

Naval Communications Station NW
4501 Relay Road
Chesapeake, VA 23322
(757) 953-6246
Monday – Friday, 7:30 a.m. – 3:30 p.m.

TRICARE Prime Clinic Virginia Beach

2100 Lynnhaven Parkway, Suite 201
Virginia Beach, VA 23456
(757) 953-6710/6711
Monday – Friday, 7 a.m. – 3:45 p.m.

TRICARE Prime Clinic Chesapeake

1011 Eden Way North, Suite 8
Chesapeake, VA 23320
(757) 953-6382
Monday – Friday, 7:30 a.m. – 4 p.m.

TRICARE Service Center

Health Net Federal Services, LLC
Naval Medical Center Portsmouth
Building 249, Portsmouth, VA 23708
(877) TRICARE (877-874-2273)
Monday – Friday, 7:30 a.m. – 4:30 p.m.
www.healthnetfederalservices.com

TRICARE Appointments

Hampton Roads Appointment Center – 1-866-MIL-HLTH (1-866-645-4584)

Internet Resources

TRICARE—www.tricare.mil

DEERS—www.tricare.mil/DEERS

Pharmacy—www.express-scripts.com/TRICARE

Naval Medical Center—www.med.navy.mil/sites/nmco/Pages/default



NEW PARENT SUPPORT



WE SUPPORT YOU!

We can help expectant and new parents make a smooth transition to becoming a family. New Parent Support Program is available to military members and their families.



Little Creek/Fort Story (757) 462-7563
 Newport News (757) 688-6289
 Norfolk/Portsmouth (757) 444-2102
 Northwest (757) 421-8770
 Oceana/Dam Neck (757) 433-2912
 Yorktown (757) 887-1606
 New London (860) 694-3383
 San Diego Springs (518) 836-0200 ext. H6
www.cnic.navy.mil/navylife

HOME VISITATION PROGRAM



This program is FREE and voluntary.

02WV571328

Do You Have Questions About:

- Labor and delivery
- Breast feeding
- Soothing a crying baby
- Child care
- WIC
- Food stamps
- Managing stress
- Bedtime routines
- Healthy eating habits
- Promoting healthy infant and toddler development
- Discipline techniques
- Potty training
- Community resources and more!

Contact your FFSC for a schedule of available parenting programs.

FFSC provides other parenting programs to help moms and dads manage the challenges associated with raising children of various ages and stages - from how to handle a toddler's tantrums to how to talk to your teenager.

Our New Parent Support Home Visitors are standing by to answer your questions.

NEW PARENT
SUPPORT HOME
VISITATION
PROGRAM

We can meet you in the privacy of your home.

Visit
www.CNIC.navy.mil/navylifema
for more information and
to register.

Rental Partnership Program

The Rental Partnership Program (RPP) is an agreement between the Housing Services Center (HSC) and community housing landlords and is designed to provide service members with suitable and affordable off-base housing and in defraying some of the costs incurred by relocation. Housing units which are offered in the RPP are evaluated, inspected and qualified to meet the highest standards by Navy HSC. The RPP is available to both families and unaccompanied service members.

Tenant Eligibility and Requirements

Generally, all full-time active duty service members married or single are eligible to participate in RPP: ##Service member is required to have a minimum of six months to one-year left on End of Active Obligated

Service (EAOS) and Projected Rotation Date (PRD).

If single, service member E-4 and below with less than 4 years of active duty, service member must have approval from their current command to live off-base and receive BAH signed by an E-7 or above with rank/rate clearly stated.

To get started with finding properties in the RPP, the service member should come to the HSC with their orders and most recent Leave and Earnings Statement (LES) to be properly counseled on their eligibility and requirements.

Benefits to the Tenant

The program offers service members special rental benefits which include:

- Homes are inspected by our HSC's and pre-approved as suitable and affordable for military members.
- Discount of 5% on rental rates.
- Waived or reduced security deposit.
- No administrative fee and application fee may not exceed \$50.
- Rent payment by allotment or automatic payment.
- Lease cannot be denied to a service member due to a negative credit check (only a poor reference from a previous landlord).

To register or for more information:

Peninsula:

Family & Community Housing
Housing Service Center
1970 Von Steuben Drive
Newport News, VA 23603
Hours: Mon-Fri 0800-1600
DSN: 953-7806
Commercial: (757) 847-7806, Fax: (757) 847-7822

Email: YorktownHousing@navy.mil

South Side:

Housing Service Center Information
Building SDA-337
7924 14th St.
Norfolk, VA 23505
Phone Numbers:
DSN: 565-2832
Commercial: (757) 445-2832

Email: NSANorfolkHousing@navy.mil
or NWAnnexHousing@navy.mil

1st Month Rent FREE!!!



LINCOLN MILITARY HOUSING

Every Mission Begins at Home®

The Lincoln Military Housing difference reaches well beyond your doorstep. Our commitment to our residents and their families just begins with your home. It continues with FREE monthly events, activities, contests and trips specifically planned for your family's enjoyment. We understand the challenges and joys of being a military family and make it our goal to help alleviate the stress and exemplify the benefits; all while sharing these experiences with other military families!

Move in today, and get your first month rent FREE! *

*Offer applies to new resident who move in as of October 31, 2015. Special cannot be combined with other move in specials. Offer cannot be used for residents transferring within housing. Restrictions apply; must move in to a vacant home in one of the following neighborhoods: Coventry Trace, Hampton Redoubt, Willoughby Bay, Queens Way, Castle Acres, Norwich Manor, Jona Forces, Saint College, Stanley Court, Sandpiper Crescent, or Wadsworth Shores.

