

STANDARD INSTALLATION  
TOPIC EXCHANGE SERVICE



RELOCATION INFORMATION FOR

MCRD San Diego  
California

Information Date  
March 06, 2000

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

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## **Installation**

### **Installation Overview**

Marine Corps Recruit Depot, Western Recruiting Region, San Diego, California 92140-5023.

The Marine Corps Recruit Depot (MCRD) is located in the southern-most major metropolitan area of California, approximately 125 miles south of Los Angeles and 12 miles north of the Mexico border.

**IF YOU ARRIVE BY AIR:** The Marine Corps Recruit Depot is located +/- 3 miles from Lindbergh International Airport. You can get directions from the Travelers Aid Society desk, located in the East Terminal, during normal airport operating hours, Monday through Friday 0800-1700 hours; after that time, the desk is staffed by military personnel until the airport closes at 2300 hours.

**CURFEW HOURS AT LINDBERGH INTERNATIONAL AIRPORT:** No restrictions on inbound flights. Outbound flights are prohibited between the hours of 2330 to 0630. Travelers Aid is available for anyone who is either searching for someone, or looking for a place to stay, to even renting a car! The phone number is 619-231-2278/7361.

Westwind Express is a military DoD shuttle located in the West Terminal. Fare and schedule information may be obtained by calling 619 693-6828. Generally, the fare from the airport to MCRD will be about \$6.00. Family rates mean that the second person is charged 1/2 price, and children 3 and under ride free. Reservations are required for pick-up from the San Diego military bases.

Taxi rates from the airport to the base vary between \$8.00-\$13.00. It is important that you negotiate the rate for the total cost BEFORE you get into the taxi.

**IF YOU ARRIVE BY AUTO:** The Marine Corps Recruit Depot is located on the west side of Interstate 5 (I-5) which runs North/South. At the Old Town Avenue exit, turn right on Witherby and go for about 2 blocks until you arrive at the main gate.

**IF YOU ARE TAKING A LOCAL BUS:** Bus routes, fares and schedules may be obtained by calling 619 233-3004.

....A BIT OF HISTORY ABOUT MCRD: United States Marines have been stationed in San Diego since July 1914; however, a permanent Marine Corps base was not established until (then) Colonel Joseph H. Pendleton, USMC, campaigned to establish such a base in the area. Groundbreaking on 232.24 acres took place on 2 March 1919. Construction and occupation of the base took place from 1919 through 1926. On 1 December 1921, Pendleton (now a General), placed it into commission as the Marine Advanced Expeditionary Base, San Diego. In 1923, the Marine Recruit Depot for the west coast relocated from Mare Island Navy Shipyards in Vallejo, California, to its new home at the San Diego Marine Base. On 1 March 1924, the base that had been developed as a result of the vision and efforts of General Pendleton became, officially, Marine Corps Base, San Diego, and would be known by that name for the next twenty-four years. The base now consisted of approximately 388 acres, of which some 367.76 acres had been reclaimed tidal area. Throughout World War II, the principal activity of the base, recruit training, overshadowed all other functions. After the war, the recruit training detachment remained the principal tenant. Official recognition of this fact occurred on 1 January 1948 when Marine Corps Base, San Diego, became the Marine Corps Recruit Depot, Western Recruiting Region, San Diego.

### **Must Know Items**

All personnel checking in to MCRD, San Diego, must report to the Consolidated Administration Personnel Center (CPAC), Building 622, Room 129. All check-ins must be in the Service "A" uniform throughout the check-in process. If you arrive after working hours or on the weekend, report to the Staff Duty Office, Building 31 (lower level across from Room 117). The Staff Duty Office phone number is DSN 524-8700, or commercial 619 524-8700.

If you require any personalized assistance prior to check-in, please call the CPAC during regular working hours (0730-1630) at 619 524-6098/6099, or DSN 524-6098/6099.

Please contact the Community Service Center for any other assistance concerning the relocation of your family (619-524-5298/1158, DSN 524-5298/1158, toll-free 1-888-718-3027).

Many new arrivals, particularly married members who live on the economy, are not accustomed to the high cost of living in San Diego. The situation is even more critical to married E1-E4 servicemembers.

Rental rates continue to be much higher than the national average. All members should develop a family budget PRIOR to departing their old duty stations. This service is available without cost at all Community Service Centers and Navy/Marine Corps Relief offices.

Because the waiting list for military housing can be 4-41 months, junior ranking married members should consider temporarily leaving dependents with relatives and living in barracks. This will allow the member to "work down" the housing waiting list. Members with pets will be somewhat limited in the rental market since many apartment owners still insist on "no pets" or "cats only". Affordable rents can be found in outlying areas, but the commute to the Marine Corps Recruit Depot can be 30-45 minutes. Rents vary dramatically and are influenced by many factors; (i.e., proximity to beaches, crime, commute).

Seat belts are mandatory both on and off military installations in the State of California. Drivers and all passengers over four years old are required to be restrained by seatbelts. Children less than four years old, and under 40 pounds, must be properly secured and fastened using federally authorized safety seats.

Generally, out-of-state license plates will be valid until their expiration date. The California Department of Motor Vehicles (DMV) has a special form to be filled out by the service member to receive a military rate on basic annual registration fees and

annual vehicle fees. A person cannot be a resident of one state, have a driver's license from another state, and register the car in a third state. IF YOU ARE GOING TO REGISTER YOUR CAR IN CALIFORNIA, YOU MAY HAVE TO PAY AN ADDITIONAL TRANSPORTATION FEE OF \$300.00, AND SOME VEHICLES MAY REQUIRE FITTING WITH EMISSION CONTROL DEVICES.

To operate a motorcycle, a special license endorsement is required. Contact the DMV office (619-565-6691 or 619-688-0227)for more information about this and other state laws.

To make reservations at a Navy Lodge, call 1-800-NAVY-INN (1-800-628-9466). There are 2 Navy Lodges and one Marine Lodge (858) 271-7111)in the San Diego area, be sure to call to verify rates:

Naval Station San Diego: \$45.00 per night (Double bed, microwave and refrigerator)  
\$51.00 per night (2 Double beds & kitchenette)

Naval Air Station North Island (Naval Base Coronado): \$50.00 per night (2 Queen beds & kitchenette) \$56.00 per night \*(2 Queen beds, microwave and refrigerator) (\*new area)

Marine Corps Air Station Miramar: \$42.00 per night (2 Double beds & kitchenette)

**Must Know Items**

<b>--Installation--</b>	
Site Name	MCRD San Diego
Last Updated	March 06, 2000
State/Territory	California
County	San Diego
ZIP Code	92140
Service	USMC
Host Command	Marine Corps Recruit Depot/Western Recruiting Rgn
Physical Size	600
<b>--Personnel--</b>	
FSC/ACS Director	LtCol Mitchel N. Ahiers, USMC
Relocation Assistance Manager	Marry Young
Relocation Assistance Specialist	Jim Yost
<b>--Phones--</b>	
DSN Country Code	
DSN Number	524-5298/1158
Commercial Country Code	
Commercial Area Code	619
Commercial Number	-524-5298/1158
FAX DSN Country Code	
FAX DSN Number	524-0675
FAX Commercial Country Code	
FAX Commercial Area Code	619
FAX Commercial Number	-524-0675
<b>--Official Mailing Address--</b>	
Street Line 1	Director MCCA (RAP)
Street Line 2	4025 Tripoli Avenue
City	San Diego
State/Territory	CA
ZIP Code	92140-5023
<b>--Deliverable Address--</b>	
Street Line 1	
Street Line 2	
City	
State/Territory	
ZIP Code	
E-Mail	

**Geographically Separated or Satellite Locations**

MCRD is the nearest military installation with a Community Service Center (FSC) able to serve

personnel assigned to the Naval Training Center San Diego (1 mile away), and the Naval Hospital San Diego (6 miles away). Please refer to the Record Listings for more details.

### Geographically Separated or Satellite Locations

<i>Satellite</i>	<i>Command</i>	<i>Distance</i>	<i>Associated Site Name</i>
Naval Medical Center	USN	6 Miles	MCRD San Diego
Naval Training Center	USN	1 Mile	MCRD San Diego

### Nearby Installations (Listed Separately in SITES)

There are other bases in San Diego, well within an hour's commute, but they do not have Community Service Centers (FSC). Other facilities include the Naval Amphibious Base, Coronado; Naval

Command, Control & Ocean Surveillance Center and Point Loma Complex; naval medical commands, hospitals, clinics and miscellaneous medical activities, and the Naval Training Center which is closed, with the exception of miscellaneous medical activities.

### Nearby Installations (Listed Separately in SITES)

<i>State/Country</i>	<i>Site Name</i>	<i>Service</i>	<i>Distance</i>
California	Camp Pendleton	USMC	36 Miles
California	MCAS Miramar	USMC	14 Miles
California	Naval Base Coronado	USN	10 Miles
California	Naval Base Point Loma	USN	4 Miles
California	Naval Station San Diego	USN	6 Miles

### Regulations

For information on Base regulations regarding traffic, vehicle checks, accidents, criminal offenses, crime stop, restricted areas, and photography, please visit Military Police Division. There are many DMV branches in the area.

<b>Name:</b> ID Card Section
<b>POC:</b> Military Personnel Tech
<b>Address:</b> Building 31, Room 117
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-8741; DSN 524-8741
<b>Comments:</b> Hours of operation - Monday through Friday 0730-1630.

<b>Name:</b> Driver's License/Vehicle Registration (California)
<b>POC:</b> Department of Motor Vehicles
<b>Address:</b> 3960 Normal Street
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 688-0227
<b>Comments:</b> There are many DMV branches in San Diego County.

<b>Name:</b> Fishing/Hunting/Boat Licenses (California)
<b>POC:</b> Fish & Game Department
<b>Address:</b> 4949 Viewridge Ave
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 467-4201

<b>Name:</b> Pass Section
<b>POC:</b> Military Police Division, MCRD
<b>Address:</b> Building 614
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-4200; DSN 524-4200
<b>Comments:</b> Hours of operation - Monday through Friday 0730-1630.

### Commonly Referenced Numbers

Please call the Information and Referral Specialist at the Community Service Center, Building 26, DSN 524-6078, commercial 619 524-6078, or toll-free 1-888-718-3027 if you do not find the telephone number you need when referring to the Record Listings of Commonly Referenced Numbers.

### Commonly Referenced Numbers

<i>Name</i>	<i>Commercial</i>	<i>DSN</i>
American Red Cross	619 524-5727	
Bachelor Quarters - Permanent Personnel (Officer/Enlisted)	619 524-6451	524-6451
Bachelor Quarters - Transient Personnel (Officer/Enlisted)	619 524-4401	524-4401
Barber Shop	619 524-4432	
Bay View Club (SNCO and Officers' Club)	619 524-6878	524-6878
Bayview Housing Convenience Store	619 470-4089	
Cabrillo Housing Convenience Store	619 278-2760/0720	
Career Resource Office	619 524-6780/1283/5732; Toll-Free 1-888-718-3027	524-6780/1283/5732
Chaplain	619 524-8821/8820	524-8821/8820
Child Development Center	619 524-4430/1218	524-4430/1218
Community Service Center (MCRD)	619 524-5728; Toll-Free 1-888-718-3027	524-5728
Community Service Center (Relocation Assistance Office/Lending Locker)	619 524-5298/1158; Toll-Free 1-888-718-3027	524-5298/1158
Consolidated Personnel Administration Center (CPAC)	619 524-6098/524-6099	524-6098/524-6099
Counseling Services	619 524-5728; Toll-Free 1-888-718-3027	524-5728
Education	619 524-6865	524-6865
Finance	619 524-1748	524-1748
Fleet Store	619 544-2132/2248	
Gateway Housing Office	619 524-6830	524-6830
Imperial Beach Outlying Field Commissary	619 437-9478	
Imperial Beach Outlying Field Exchange	619 424-2900	
Legal Assistance Office	619 524-4110	524-4110
MCAS Miramar Commissary	619 537-4513	
MCAS Miramar Exchange	619 695-7200	
MCAS Miramar Jet-Mart Convenience Store	619 695-7293	
MCRD Exchange	619 297-2500	
MCRD Marketplace	619 297-2500 ext 242	
MCRD Museum	619 524-6038/6448	524-6038/6448
MCRD Officer of the Day	619 524-8700/8055	524-8700/8055
Marine Corps Community Services	619 524-6769/619 297-2500	524-6769
Marine Corps West Credit Union	619 524-1129	524-1129
Military Personnel Flight Information	619 524-1011	524-1011
Murphy Canyon Housing Convenience Store	619 627-4070/4073	
NAS North Island Commissary	619 545-6566	
NAS North Island Exchange	619 522-7215/7227	
NAS North Island Touch and Go	619 522-7277	

Convenience Store		
NAVCARE Clairemont Mesa Information	619 569-6664	
NAVCARE Oceanside Information	760 941-5223	
NAVCARE Southbay Information	619 585-0188	
Naval Amphibious Base Convenience Store	619 522-7414/7431	
Naval Station Housing Office	619 556-8443	
Naval Station San Diego Commissary	619 556-7199	
Naval Station San Diego Exchange	619 544-2100	
Navy/Marine Corps Relief Society	619 524-5734	
Recreation Center (Bowling Alley)	619 524-4448	524-4448
San Diego Naval Medical Center (EMERGENCY)	619 532-8275	
Security/Military Police	619-524-4202	524-4202
Transportation Management Office	619 524-5364	524-5364
Travel (Official)	619 524-5362	524-5362

## Major Unit Listing

The mission of the Marine Corps Recruit Depot is to provide reception, processing, and recruit training for male enlisted personnel upon their initial entry into the Marine Corps; provide schools for training officers and enlisted personnel for the training of recruits; conduct other schools as directed; provide rifle and pistol marksmanship training for Marines stationed in the southwest and for personnel of other services, as requested; and conduct training for reserve Marines as directed.

### TENANT COMMANDS LOCATED AT MCRD:

Recruiters School: Provides entry level training for those selected Marines (SNCOs and NCOs) assigned to Recruiters School to qualify for MOS 8411; and provides further assignment to recruiting duty within the United States.

Branch Medical Clinic: Provides medical care for personnel undergoing recruit training, and active duty permanent personnel.

Branch Dental Clinic: Provides dental care for personnel undergoing recruit training, and active duty permanent personnel.

12th Marine Corps District: To procure applicants for enlistment in the regular and reserve establishment, and such other additional missions as may be assigned by the Commandant of the Marine Corps.

U. S. Coast Guard: PACAREA TACLET was established to support at-sea drug interdiction operations conducted by U. S. Navy platforms. The Department of Defense is charged with being the lead agency for the detection and monitoring of maritime and airborne drug smuggling. However, because the Navy lacks authority to make arrests, seizures, or to conduct searches for evidence of violations of civil law, PACAREA TACLET provides qualified law enforcement personnel to embark in Navy ships to perform at-sea boardings of vessels subject to U. S. jurisdiction in order to detect and suppress violations of U. S. law.

## Major Unit Listing

<i>Unit</i>	<i>Command</i>	<i>Point of Contact</i>	<i>Commercial</i>	<i>DSN</i>	<i>Fax</i>
First Recruit Training Battalion		Administration	619 524-1946/1950	524-1946/1950	
Headquarters and Service Battalion		Administrative Chief	619 524-1980	524-1980	
Recruit Training Regiment Headquarters		Administration	619 524-1775/1777	524-1775/1777	
Second Recruit Training Battalion		Administration	619 524-4312/4316	524-4312/4316	
Support Battalion, RTR		Administration	619 524-1790	524-1790	
Third Recruit Training Battalion		Administration	619 524-4330/4335	524-4330/4335	
Weapons and Field Training Battalion		Administrative Chief	760 725-2551/2552	365-2551/2552	

### Transportation

The Motor Transportation Office, Building 231, supports the movement of Marine Corps recruits, and the command elements of MCRD. The Motor Transportation Office also provides government licensing support to Depot unit personnel.

<b>Name:</b> Motor Transport Division
<b>Address:</b> Building 231
<b>City:</b> MCRD San Diego, CA 92140
<b>Phone:</b> 619 524-4224

<b>Name:</b> SATO (Business)
<b>Address:</b> Building 118
<b>City:</b> MCRD San Diego, CA 92140
<b>Phone:</b> 619 295-7286/524-5254
<b>Comments:</b> Hours: 0730-1630. Point of contact:

<b>Name:</b> SATO (Leisure)
<b>Address:</b> Building 16
<b>City:</b> MCRD San Diego, CA 92140
<b>Phone:</b> 619 295-7454
<b>Comments:</b> Hours: 0900-1700. Point of Contact Zara Asuncoin

### Commissary and Exchange Operations

For more information on this subject:  
Marine Corp Community Services  
<http://www.mccsmcrd.com>

There is no commissary on base; however, there are several commissaries in the area. The MCRD Exchange complex consists of several buildings and encompasses a diverse selection of goods and services. The Food Court offers a wide variety of choices to suit many tastes. Current information and notices of special events may also be obtained by accessing the Marine Corps Community Services website at (web link located above).

<b>Name:</b> The Market Place
<b>Address:</b> Building 16
<b>City:</b> MCRD San Diego, CA 92140
<b>Phone:</b> 619 297-2500 x226/242
<b>Comments:</b> Hours: 0700-2130 Monday through Friday; 0900-1900 Saturday and Sunday.

<b>Name:</b> Exchange
<b>Address:</b> Building 10
<b>City:</b> MCRD San Diego, CA 92140
<b>Phone:</b> 619 297-2500 x210/293
<b>Comments:</b> Hours: 0930-1800

<b>Name:</b> Dry Cleaners
<b>Address:</b> Building 9
<b>City:</b> MCRD San Diego, CA 92140
<b>Phone:</b> 619 524-1958
<b>Comments:</b> Hours: 0700-1730 Monday through Friday 0800-1300 Saturday

<b>Name:</b> Shoe Repair
<b>Address:</b> Building 16 (in the Exchange)
<b>City:</b> MCRD San Diego, CA 92140
<b>Phone:</b> 619 297-2500 X220
<b>Comments:</b> Hours: 0930-1800

mission in California was established in the area in 1769. In the mid-1800s trade and whaling spurred the growth of the San Diego area. During the same era the city was the capital of the Mexican territory of California. In 1846 it became part of American territory. San Diego was incorporated as a city in 1850.

San Diego's largest industries are manufacturing, the military, and tourism. The city's military status is indicated by the fact that it houses the largest naval complex in the western world; about one-sixth of the country's naval fleet and Marine Corps is stationed in the county. Recent additions to the area include large electronic, computer, and instrument facilities. Compared to other parts of Southern California, San Diego County is more dependent on wholesale trade and durable goods production.

People living in the city and county of San Diego sometimes say they live in "paradise". The weather is very temperate year-round. The freeways are "user friendly" .... though San Diego is large, you can usually get where you want to go in no more than 20 minutes. The terrain is moderately hilly. San Diego residents enjoy a multitude of activities and events, with attractions to please virtually everyone.

## Local Community

### Local Community Overview

The area that is now San Diego was claimed by Spain as early as 1542 when Juan Rodriguez Cabrillo sailed into San Diego Bay. The area was a stopping point for Spanish ships for over two centuries. The first

### Time Zone Chart

The local time zone for California is Pacific Standard Time (PST).

**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

San Diego has an extremely mild climate with sunshine 70% of the time. Sea breezes can turn the evenings cool, even during the summer. Daily

differences in high and low temperatures average ten degrees in the summer, and less than 20 degrees in the winter. January is the wettest month, while July is the driest.

## Climate

<i>Month</i>	<i>High</i>	<i>Low</i>	<i>Humidity</i>	<i>Precipitation</i>
January	66.8	66.2	70/56	1.80
February	66.5	66.7	73/58	1.53
March	66.3	52.8	75/59	1.77
April	68.4	55.6	75/58	.77
May	69.1	59.1	77/64	.19
June	71.6	61.9	81/66	.07
July	76.2	65.7	82/65	.02
August	77.8	67.3	81/66	.10
September	77.1	65.6	79/65	.24
October	74.6	60.9	75/61	.37
November	69.9	63.9	73/57	1.45
December	66.1	48.8	72/55	1.55

### Events Calendar

There are SO many things to do and see in San Diego....you can try something new everyday! Please refer to the Record Listings for more details.

<b>Name:</b> Christmas Season Parade of Lights
<b>Address:</b> San Diego Bay
<b>City:</b> San Diego, CA
<b>Proximity to site:</b> 2 Miles
<b>Comments:</b> Bundle up, bring hot chocolate and snacks, and watch the colorfully lit, decorated and musically equipped boats go by as you sit on the bank of the San Diego Bay.

<b>Name:</b> Street Scenes Festival
<b>Address:</b> Gaslamp District
<b>City:</b> San Diego, CA
<b>Proximity to site:</b> 3 Miles
<b>Comments:</b> Held each year in August/September. Lots of music, food and fun!

<b>Name:</b> Julian Apple Festival
<b>POC:</b> Chamber of Commerce
<b>City:</b> Julian, CA
<b>Phone:</b> 760 765-1857
<b>Proximity to site:</b> 60 Miles East of MCRD
<b>Comments:</b> The Julian Apple Festival is held during October and November each year. Julian is a rustic, pretty, little town. The shops are quaint and fun to visit, and the restaurants serve delicious food, (reasonably priced). Be sure to try the apple pie they are noted for!

<b>Name:</b> Cabrillo Monument Festival
<b>Address:</b> Point Loma at the end of Catalina Boulevard
<b>City:</b> San Diego, CA
<b>Proximity to site:</b> 7 Miles
<b>Comments:</b> The Cabrillo Monument Festival commemorates the founding of San Diego. The monument is open year-round from 0900-sunset. The exhibits celebrate the era of Cabrillo's arrival in 1542. The restored lighthouse offers a glimpse of life a century ago. Sensational ocean and harbor views.

### Cultural Attractions

There are museums and theaters galore in San Diego County. Live entertainment of every kind is well represented in this cosmopolitan community. Please refer to the Record Listings for more details.

<b>Name:</b> Old Town State Historic Park
<b>Address:</b> Off Hwy 5 at Old Town Avenue
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 220-5422
<b>Proximity to site:</b> 1/2 Mile from MCRD Main Gate

<b>Name:</b> Balboa Park
<b>Address:</b> Park Boulevard
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 239-0512
<b>Proximity to site:</b> 2 Miles east of MCRD
<b>Comments:</b> This huge wonderland of attractions is for all ages and interests. It houses many of San Diego's museums, performing arts, and our world-famous zoo. Each Tuesday a different group of museums offer free admission.

<b>Name:</b> Gaslamp Quarter
<b>Address:</b> 444 4th Avenue
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 233-5227
<b>Proximity to site:</b> 5 Miles south of MCRD
<b>Comments:</b> The Gaslamp Quarter was officially recognized as a National Historic District in 1980, and as an entertainment district in 1989. This is 16 1/2 blocks of Victorian charm, with most of the buildings dating back at least 100 years. You will find coffee shops, restaurants, clubs, theaters, art galleries and other unique shops to enjoy.

<b>Name:</b> San Diego Convention Center
<b>Address:</b> Downtown near the waterfront
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 525-5000
<b>Proximity to site:</b> 4 Miles south
<b>Comments:</b> This 760,000 square foot facility overlooks San Diego Bay and is host to numerous events such as car shows, boat shows, and concerts, all open to the public.

<b>Name:</b> Old Globe Theatre
<b>Address:</b> PO Box 2171
<b>City:</b> San Diego, CA 92112--2171
<b>Phone:</b> 239-2255
<b>Proximity to site:</b> 2 Miles east of MCRD

<b>Name:</b> MCRD Museum
<b>Address:</b> Bldg 26, MCRD
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 524-6448
<b>FAX:</b> 619 524-0076
<b>Proximity to site:</b> On the Recruit Depot
<b>Comments:</b> Hours: Monday through Friday 8-4, Saturday 10-2. Open to the public, no charge to enter. Artifacts from 1846 to present.

## Recreation Opportunities

Outdoor recreation is a way of life in San Diego. All forms of team and individual sports are available for all age groups. Golf, tennis, bicycling, kite flying, walking, running, rollerblading, and horseback riding are very popular. There are 70 miles of public beaches to be enjoyed, with equipment rentals available at most locations for such activities as surfing, boating, windsurfing and diving. Water temperatures vary from 58 degrees in winter to about 70 degrees during the summer. The Mission Bay

Park area is especially popular for water sports and picnics.

<b>Name:</b> International Visitor Information Center
<b>Address:</b> 1st Avenue & F Street (Horton Plaza)
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 236-1212
<b>Proximity to site:</b> 3 Miles south
<b>Comments:</b> Visitor Information Center representatives can give you lots of information about San Diego. Some booklets can be purchased for a small fee. Please include a self-addressed stamped envelope when requesting information by mail.

<b>Name:</b> San Diego County Parks & Recreation Department
<b>Address:</b> Various
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 694-3049

<b>Name:</b> San Diego Zoo
<b>Address:</b> Balboa Park
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 234-3153
<b>Proximity to site:</b> 2 Miles east of MCRD
<b>Comments:</b> The world-famous San Diego Zoo and Wild Animal Park (which is a part of the zoo), have reputations as the finest zoo and wild animal park in the world. They hold the world's largest and most complete aggregation of animals, and are well known for their successful efforts in the preservation of many endangered species. You may wish to call for additional information of special events held throughout the year at the zoo and park, some of which are held during evening hours.

<b>Name:</b> Wild Animal Park
<b>Address:</b> 15500 San Pasqual Valley Road
<b>City:</b> Escondido, CA
<b>Phone:</b> 760 480-0100
<b>Proximity to site:</b> 25 Miles north

<b>Name:</b> Sea World
<b>Address:</b> 1720 South Shores Road
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 226-3901
<b>Proximity to site:</b> 5 Miles north
<b>Comments:</b> Home of SHAMU, the lovable killer whale! This marine park features many shows and educational exhibits, and is home to the largest collection of sharks in the world. They present fireworks displays on summer evenings!

<b>Name:</b> Stephen Birch Aquarium Museum
<b>Address:</b> Scripps Institute of Oceanography
<b>City:</b> La Jolla, CA
<b>Phone:</b> 619 534-FISH
<b>Proximity to site:</b> 15 Miles north
<b>Comments:</b> This new center features over 3,000 fish, the largest oceanographic exhibit in the United States, outdoor tide pool, and spectacular view of the La Jolla coastline.

<b>Name:</b> Seaport Village
<b>Address:</b> West Harbor Drive and Kettner
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 235-4014
<b>Proximity to site:</b> 4 Miles south
<b>Comments:</b> Hugging the waterline of beautiful San Diego Bay, Seaport Village is a treasure of 75 unique shops, fine restaurants and fast eateries. It even has a carousel!

<b>Name:</b> Qualcomm Stadium
<b>Address:</b> Mission Valley (I-8 at I-15)
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 525-8282
<b>Proximity to site:</b> 7 Miles east
<b>Comments:</b> Home of baseball's San Diego PADRES, football's San Diego CHARGERS, and the San Diego State University AZTECS! This is also the site of concerts, swap meets, motorcross and other events.

<b>Name:</b> MCRD Tickets and Tours
<b>Address:</b> Exchange Mall MCRD
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-6774/DSN 524-6774

## Military Related and Civic Organizations

San Diego is a "military town" and is well represented by military related civic organizations. Please refer to the Record Listings for more details.

<b>Name:</b> USO
<b>Address:</b> 303 "A" Street
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 235-6503
<b>Proximity to site:</b> 3 Miles

<b>Name:</b> YMCA
<b>Address:</b> 500 West Broadway, Suite B
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 232-7451
<b>FAX:</b> 232-0560
<b>Proximity to site:</b> 2 Miles

<b>Name:</b> Military Parish Visitors
<b>POC:</b> Pat Kellenbarger
<b>City:</b> South Bay / North County, CA
<b>Phone:</b> 619 421-7261/792-2205/338-4149

<b>Name:</b> Navy/Marine Corps Relief Society
<b>Address:</b> Building 270, Naval Station San Diego
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 556-8283/8284 Com'l 619-238-1587/8/9
<b>Proximity to site:</b> 6 Miles south

<b>Name:</b> Red Cross
<b>Address:</b> Building 28, MCRD
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-5727

<b>Name:</b> USO
<b>Address:</b> LINDBERGH Field
<b>City:</b> San Diego, CA
<b>Phone:</b> 619-296-3192
<b>Proximity to site:</b> 1 Mile

<b>Name:</b> Navy/Marine Corps Relief Society
<b>Address:</b> Building 26, Marine Corps Recruit Depot
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619-524-5734

## Shopping

San Diego is a shopper's paradise. U. S. made and foreign imported goods are available in convenient locations and in great variety. Every community features at least one large covered or open air mall

with major department stores and many smaller shops and retailers.

<b>Name:</b> Fashion Valley Mall
<b>Address:</b> Hwy 163 & Friars Road
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 297-3381
<b>Proximity to site:</b> 4 Miles east
<b>Comments:</b> Hours: 1000-2100 Monday through Saturday; 1100-1900 Sunday  Major stores: I Magnin, Neiman-Marcus, Nordstroms. Open air shopping center with mix of 140 specialty shops, restaurants and theaters. Six major department stores.

<b>Name:</b> Grossmont Center
<b>Address:</b> 5500 Grossmont Center Drive
<b>City:</b> La Mesa, CA
<b>Phone:</b> 619-466-5306 (Information)
<b>Proximity to site:</b> 10 miles east
<b>Comments:</b> Major retailers include Macy's and Montgomery Ward.

<b>Name:</b> Horton Plaza - Retail & Entertainment Center
<b>Address:</b> 4th & Broadway
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 238-1596
<b>Proximity to site:</b> 2 Miles south
<b>Comments:</b> Hours: 1000-2100 Monday through Friday; 1000-1900 Saturday; 1100-1900 Sunday  Major stores: Planet Hollywood, The Limited, Broadway, Banana Republic, Laura Ashley, Benetton, Victoria's Secret, Abercrombie & Fitch, Casual Corner, FAO Swartz, and MUCH more! This is a unique shopping center in downtown San Diego. It is especially pretty during the holidays.

<b>Name:</b> Mission Valley Center
<b>Address:</b> 1640 Camino Del Rio North
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 296-6375
<b>Proximity to site:</b> 4 Miles east
<b>Comments:</b> Hours: 1000-2100 Monday through Saturday; 1100-1800 Sunday  Major stores: Montgomery Wards, Brooks Brothers, Macy's Furniture, May Co. Approximately 150 distinctive stores and restaurants.  A new 20-plex movie theater opened in December 1995 next to this shopping center.

<b>Name:</b> Parkway Plaza Shopping Center
<b>Address:</b> 415 Fletcher Parkway
<b>City:</b> El Cajon, CA
<b>Phone:</b> 619 579-7795
<b>Proximity to site:</b> 17 Miles east
<b>Comments:</b> This is the largest shopping mall in San Diego County.  **THERE ARE MANY OTHER SHOPPING CENTERS IN THE COUNTY**

<b>Name:</b> Plaza Bonita
<b>Address:</b> 3030 Plaza Bonita Road
<b>City:</b> National City, CA
<b>Phone:</b> 619 267-2850
<b>Proximity to site:</b> 8 Miles south
<b>Comments:</b> Hours: 1000-2100 Monday through Saturday; 1100-1800 Sunday  Major stores: J. C. Penneys, Robinson-May, Mervyns. There are over 140 specialty stores and "food park" eateries.

### State and Community Social Service Agencies

If the telephone number you need is not listed, please call the Information and Referral Specialist at Family Services, Building 26, DSN 524-6078 or commercial 619 524-6078 for assistance.

<b>Name:</b> Food Stamps
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 514-6885
<b>Comments:</b> Money for food is provided to families who qualify for the program.

<b>Name:</b> Women, Infants & Children (WIC)
<b>Address:</b> 5821 University Avenue
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 583-6051/6052
<b>Comments:</b> Temporary assistance for women, infants and young children who have nutritional needs. You must call for an appointment.  You may request that services be provided at the WIC Outreach Clinic held at MCRD. Forms may be obtained from the Information & Referral Office at the Family Service Center (building 26), or the Red Cross Office (building 28).

<b>Name:</b> San Diego County Department of Social Services
<b>POC:</b> General Information Line
<b>Address:</b> 7949 Mission Center Court
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 514-6885

<b>Name:</b> S.H.A.R.E.
<b>City:</b> San Diego, CA
<b>Phone:</b> 1-800-773-7427
<b>Comments:</b> Food co-op available to local military. For 2 hours of volunteer work and \$14.00, you receive about \$25.00-\$30.00 worth of food packages.

<b>Name:</b> Legal Aid Society of San Diego
<b>Address:</b> 110 South Euclid Avenue
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 262-0896

### Non-Profit Social Service Agencies

There are numerous non-profit social service agency resources in San Diego County. Please call the Information & Referral Specialist at the Family Service Center for additional assistance.

<b>Name:</b> Armed Services YMCA
<b>Address:</b> 500 West Broadway
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 232-1133
<b>Proximity to site:</b> 2 Miles south
<b>Comments:</b> Events vary monthly.

<b>Name:</b> Navy-Marine Corps Relief Society (MCRD)
<b>Address:</b> Family Service Center, Bldg. 26, MCRD
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-5734
<b>Comments:</b> Hours: 0900-1300 Monday through Friday

<b>Name:</b> Navy-Marine Corps Relief Society (Main Office)
<b>Address:</b> Naval Station 32nd St., Bldg 270
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 238-1587

<b>Name:</b> Red Cross (Main Office)
<b>Address:</b> 3650 5th Avenue
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 291-2620

<b>Name:</b> USO
<b>Address:</b> 303 "A" Street
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 235-6503
<b>Proximity to site:</b> 3 Miles south

### Religious Activities

Almost all denominations are represented in San Diego County, including: Buddhist, Catholic, Christian, Christian Science, Episcopal, Greek Orthodox, Jehovah's Witnesses, Jewish, Latter Day Saints, Lutheran, Muslim, Non-Denominational, Presbyterian, United Methodist, and many others.

Check your local telephone directory to find the worship community of your choice.

Chaplains assigned to Marine Corps Recruit Depot (MCRD) are available to perform sacraments, ordinances, and services for military personnel, and civilian employees of MCRD and their family members.

<< DEPOT SERVICES >>  
GROUP: TIME: LOCATION:

Al/Islam 0830-1100 RTR Chaplains Office, Bldg 28  
 Buddhist 0800-1000 RTR Chaplains Office, Bldg 28  
 (1st & 3rd Sundays) Catholic Mass 0815-0915  
 Depot Theater, Bldg 30 Christian Science 0730-0900  
 RTR Chaplains Office, Bldg 28 Church of Christ 0730-0900  
 Bldg 30, Room 1 Jewish 1745-1830 RTR Chaplains Office,  
 Bldg 28 (Fridays) LDS Mormon 0730-1100 Bldg 626,  
 Room 106 Lutheran-Episcopal 0815-0945 Depot Chapel,  
 Bldg 8 Orthodox 0830-1050 RTR Chaplains Office,  
 Bldg 28 (1st, 3rd, & 5th Sundays) Pentecostal-Charismatic  
 0830-1030 Bldg 626, Room 108 Protestant 1000-1100 Depot  
 Theater, Bldg 28 (Recruits) Protestant 1030-1130  
 Depot Chapel, Bldg 8 (Community) Roman Catholic  
 0815-0915 Depot Theater, Bldg 28 7th Day Adventist  
 0730-0845 RTR Chaplains Office, Bldg 28 (Saturdays)

<b>Name:</b> MCRD Religious Ministries
<b>POC:</b> Depot Chaplain
<b>Address:</b> Building 31
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 524-8820
<b>Comments:</b> Arrangements for counseling, baptisms, weddings, and funerals may be made by calling 524-8820. Office hours: 0730-1630.

### Community Transportation

<b>Name:</b> San Diego International Airport (Lindbergh Field)
<b>Address:</b> Harbor Drive, west of downtown
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 231-2100
<b>Proximity to site:</b> Airport runways parallel MCRD. About a 2-mile drive to the terminals.
<b>Comments:</b> Call individual airlines for additional information.

<b>Name:</b> Metropolitan Transit System (MTS) - Bus
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 233-3004 for route information
<b>Comments:</b> Fares vary from 50 cents to \$2.75, depending on distance to be traveled.

<b>Name:</b> Amtrak
<b>Phone:</b> 1-800-872-7245
<b>Comments:</b> The phone number provided is for general information and reservations. There are several authorized Amtrak ticket agents in San Diego.

<b>Name:</b> San Diego Red Trolley
<b>Address:</b> Downtown, East County and South County
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 231-8549

<b>Name:</b> Greyhound Bus Lines
<b>Address:</b> 120 West Broadway
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 239-3266
<b>Proximity to site:</b> 3 Miles
<b>Comments:</b> The phone number provided is for fare and schedule information.

<b>Name:</b> Airport Express
<b>City:</b> San Diego, CA
<b>Phone:</b> 1-800-873-2477
<b>Proximity to site:</b> Various
<b>Comments:</b> Sedans and vans. Round-trip and senior citizen discount rates. Ask for free hotel and meal voucher coupons!

<b>Name:</b> Coaster
<b>Phone:</b> 1-800-262-7837
<b>Proximity to site:</b> one mile
<b>Comments:</b> The Coaster railway system makes stops as far north as Oceanside and as far south as San Diego. Rates range from \$3.00-\$3.75 depending on distance to be travelled.

<b>Name:</b> Old Town Trolley
<b>Phone:</b> 619 298-8687
<b>Proximity to site:</b> One mile

## Education

### Education Overview

The following schools offer courses in Building 111 at MCRD:

National University San Diego City College  
 University of Redlands

Please contact the Education Office, Building 111, for additional information on colleges and universities in San Diego.

<b>Name:</b> Education Office (Lifelong Learning Center)
<b>POC:</b> Sgt Gutting
<b>Address:</b> Building 111
<b>City:</b> San Diego, CA 92140--5023
<b>Phone:</b> 619 524-6865
<b>FAX:</b> 619 524-6865
<b>Comments:</b> Hours: 0730-1100 and 1300-1630 Monday through Friday  Explore the wide range of programs and opportunities that are available for professional development, self-improvement, or leisure learning.

## Public and DODDS Schools

### MUST KNOW ENROLLMENT INFORMATION:

To enroll a child in school, he or she must reach the age of five by December 2nd of the year of enrollment. Enrollment requirements include a complete physical, a copy of the child's birth certificate, shot records, and proof of residence.

Proof of residence may be proved by your rent/lease agreement, or sometimes by a utility bill. It would be to your advantage to contact your school district, or even the school your child will be attending, to verify what they require.

School calendar schedules vary widely. Depending on where you decide to live, your child may attend a school on a regular September-June calendar schedule, or year-round, or 4-track system.

POINT OF INFORMATION: Please remember that when you see listings of "UNIFIED" school districts, it means that those districts educate both elementary and secondary school students; Kindergarten through 12th grade.

<b>Name:</b> Alpine Union School District
<b>Address:</b> 1323 Administration Way
<b>City:</b> Alpine, CA 91901--9401
<b>Phone:</b> 619 445-3236
<b>Proximity to site:</b> 30 Miles east

<b>Name:</b> Bonsall Union School District
<b>Address:</b> 31505 Old River Road, P. O. Box 3
<b>City:</b> Bonsall, CA 92003
<b>Phone:</b> 760 631-5200
<b>Proximity to site:</b> 52 Miles northeast

<b>Name:</b> Cajon Valley Union School District
<b>Address:</b> 189 Roanoke Road, P. O. Box 1007
<b>City:</b> El Cajon, CA 92020--4015
<b>Phone:</b> 619 588-3000
<b>Proximity to site:</b> 17 Miles east

<b>Name:</b> Cardiff School District
<b>Address:</b> 1888 Montgomery Avenue
<b>City:</b> Cardiff-by-the-Sea, CA 92007
<b>Phone:</b> 619 632-5890
<b>Proximity to site:</b> 22 Miles north

<b>Name:</b> Chula Vista Elementary School District
<b>Address:</b> 84 East "J" Street
<b>City:</b> Chula Vista, CA 91910--6199
<b>Phone:</b> 619 425-9600
<b>Proximity to site:</b> 7 Miles south

<b>Name:</b> Dehesa School District
<b>Address:</b> 4612 Dehesa Road
<b>City:</b> El Cajon, CA 92019--2922
<b>Phone:</b> 619 444-2161
<b>Proximity to site:</b> 17 Miles east

<b>Name:</b> Del Mar Union School District
<b>Address:</b> 225 Ninth Street
<b>City:</b> Del Mar, CA 92014--2716
<b>Phone:</b> 619 755-9301
<b>Proximity to site:</b> 18 Miles north

<b>Name:</b> Encinitas Union School District
<b>Address:</b> 101 South Rancho Santa Fe Road
<b>City:</b> Encinitas, CA 92024
<b>Phone:</b> 619 944-4300
<b>Proximity to site:</b> 24 Miles north

<b>Name:</b> Escondido Union Elementary School District
<b>Address:</b> 1330 East Grand Avenue
<b>City:</b> Escondido, CA 92027--1697
<b>Phone:</b> 760 432-2400
<b>Proximity to site:</b> 31 Miles north

**Name:** Fallbrook Union Elementary School District  
**Address:** 321 North Iowa Street, P. O. Box 698  
**City:** Fallbrook, CA 92028--2108  
**Phone:** 760 723-7000  
**Proximity to site:** 57 Miles north

**Name:** Jamul-Dulzura Union School District  
**Address:** 14581 Lyons Valley Road  
**City:** Jamul, CA 91935--9701  
**Phone:** 619 669-1400  
**Proximity to site:** 25 Miles southeast

**Name:** Lakeside Union School District  
**Address:** 12335 Woodside Avenue, P. O. Box 578  
**City:** Lakeside, CA 92040--3015  
**Phone:** 619 390-2600  
**Proximity to site:** 21 Miles east

**Name:** La Mesa-Spring Valley School District  
**Address:** 4750 Date Avenue  
**City:** La Mesa, CA 91941--2515  
**Phone:** 619 668-5700  
**Proximity to site:** 12 Miles east

**Name:** Lemon Grove School District  
**Address:** 8025 Lincoln Street  
**City:** Lemon Grove, CA 91945--5600  
**Phone:** 619 589-5600  
**Proximity to site:** 10 Miles east

**Name:** National School District  
**Address:** 1500 "N" Avenue, P. O. Box Y  
**City:** National City, CA 91950--4827  
**Phone:** 619 474-6791  
**Proximity to site:** 5 Miles south

**Name:** Rancho Santa Fe School District  
**Address:** 5927 La Granada, P. O. Box 809  
**City:** Rancho Santa Fee, CA 92067--0809  
**Phone:** 619 756-1141  
**Proximity to site:** 26 Miles north

**Name:** San Pasqual Union School District  
**Address:** 16666 San Pasqual Valley Road  
**City:** Escondido, CA 92027--9606  
**Phone:** 619 745-4931  
**Proximity to site:** 41 Miles north

**Name:** Santee School District  
**Address:** 9625 Cuyamaca Street, P. O. Box 719007  
**City:** Santee, CA 92072--9007  
**Phone:** 619 258-2300  
**Proximity to site:** 18 Miles east

**Name:** San Ysidro School District  
**Address:** 4350 Otay Mesa Road  
**City:** San Ysidro, CA 92173--1685  
**Phone:** 619 428-4476  
**Proximity to site:** 15 Miles south

**Name:** Solana Beach School District  
**Address:** 309 North Rios Avenue  
**City:** Solana Beach, CA 92075--1298  
**Phone:** 619 794-3900  
**Proximity to site:** 21 Miles north

**Name:** South Bay Union School District  
**Address:** 601 Elm Avenue  
**City:** Imperial Beach, CA 91932--2098  
**Phone:** 619 575-5900  
**Proximity to site:** 14 Miles south

**Name:** Vallecitos School District  
**Address:** 5211 Fifth Street  
**City:** Fallbrook, CA 92028--9796  
**Phone:** 619 728-7092  
**Proximity to site:** 57 Miles northeast

**Name:** Valley Center Union School District  
**Address:** 28751 Cole Grade Road  
**City:** Valley Center, CA 92082--0464  
**Phone:** 619 749-0464  
**Proximity to site:** 41 Miles northeast

**Name:** Escondido Union High School District  
**Address:** 240 South Maple Street  
**City:** Escondido, CA 92025--4182  
**Phone:** 760 480-3000  
**Proximity to site:** 31 Miles north

**Name:** Fallbrook Union High School District  
**Address:** South Mission Road & Stage Coach Lane,  
P. O. Box 368  
**City:** Fallbrook, CA 92028--0368  
**Phone:** 760 723-6300  
**Proximity to site:** 57 Miles north

**Name:** Grossmont Union High School District  
**Address:** MAIL ONLY: PO Box 1043  
**City:** La Mesa, CA 91944--1043  
**Phone:** 619 465-3131  
**Proximity to site:** 12 Miles east  
**Comments:**  
SITE LOCATION: 1100 Murray Drive, El Cajon,  
CA 92020-5664

<b>Name:</b> San Dieguito Union School District
<b>Address:</b> 710 Encinitas Boulevard
<b>City:</b> Encinitas, CA 92024--3357
<b>Phone:</b> 619 753-6491
<b>Proximity to site:</b> 24 Miles north

<b>Name:</b> Sweetwater Union High School District
<b>Address:</b> 1130 Fifth Avenue
<b>City:</b> Chula Vista, CA 91911--2896
<b>Phone:</b> 619 691-5500
<b>Proximity to site:</b> 7 Miles south

<b>Name:</b> Carlsbad Unified School District
<b>Address:</b> 801 Pine Avenue
<b>City:</b> Carlsbad, CA 92008--2439
<b>Phone:</b> 760 729-9291
<b>Proximity to site:</b> 33 Miles north

<b>Name:</b> Coronado Unified School District
<b>Address:</b> 555 "D" Avenue
<b>City:</b> Coronado, CA 92118--1714
<b>Phone:</b> 619 522-8911
<b>Proximity to site:</b> 4 Miles west

<b>Name:</b> Oceanside Unified School District
<b>Address:</b> 2111 Mission Avenue
<b>City:</b> Oceanside, CA 92054--2395
<b>Phone:</b> 760 757-2560
<b>Proximity to site:</b> 36 Miles north

<b>Name:</b> Poway Unified School District
<b>Address:</b> 13626 Twin Peaks Road
<b>City:</b> Poway, CA 92064--3098
<b>Phone:</b> 619 586-7500/748-0010
<b>Proximity to site:</b> 23 Miles north

<b>Name:</b> Ramona Unified School District
<b>Address:</b> 720 Ninth Street
<b>City:</b> Ramona, CA 92065--2399
<b>Phone:</b> 619 788-5000
<b>Proximity to site:</b> 36 Miles northeast

<b>Name:</b> San Diego Unified School District
<b>Address:</b> 4100 Normal Street
<b>City:</b> San Diego, CA 92103--2687
<b>Phone:</b> 619 293-8686
<b>Proximity to site:</b> 2 Miles east

<b>Name:</b> San Marcos Unified School District
<b>Address:</b> 1290 San Marcos Boulevard
<b>City:</b> San Marcos, CA 92069--4076
<b>Phone:</b> 760 744-4776
<b>Proximity to site:</b> 38 Miles north

<b>Name:</b> Vista Unified School District
<b>Address:</b> 1234 Arcadia Avenue
<b>City:</b> Vista, CA 92084--3404
<b>Phone:</b> 760 726-2170

## Private Schools

There are well over 200 private schools for children K - 12 in the San Diego area, each one having its own academic curriculum, special programs, tuitions, and fees. Check with the private school of your choice to obtain further information. Contact the following places for a list of private schools for children in the San Diego area:

<b>Name:</b> Education Office
<b>POC:</b> GySgt Ayala
<b>Address:</b> Building 111
<b>City:</b> San Diego, CA 92140--5023
<b>Phone:</b> 619 524-6865
<b>FAX:</b> 619 524-6865

<b>Name:</b> San Diego Chamber of Commerce
<b>Address:</b> 110 West "C" Street, Suite 1600
<b>City:</b> San Diego, CA 92101
<b>Phone:</b> 619 232-0124

<b>Name:</b> San Diego County Office of Education
<b>Address:</b> 6401 Linda Vista Road
<b>City:</b> San Diego, CA 92111
<b>Phone:</b> 619 292-3500

## Colleges and Universities

Contact the Education Office, Building 111, at MCRD for additional information or assistance regarding your particular college curriculum or the colleges in San Diego.

<b>Name:</b> California Western School of Law
<b>Address:</b> 225 Cedar Street
<b>City:</b> San Diego, CA 92101--3113
<b>Phone:</b> 239-0391
<b>Proximity to site:</b> 1 Mile east

<b>Name:</b> Chapman University
<b>POC:</b> Building 610, Room 206
<b>Address:</b> NAS North Island (Navy Campus), P. O. Box 181038
<b>City:</b> Coronado, CA 92178--1038
<b>Phone:</b> 619 435-6272
<b>Proximity to site:</b> 3 Miles west

**Name:** Christian Heritage College  
**Address:** 2100 Greenfield Drive  
**City:** El Cajon, CA 92019  
**Phone:** 619 441-2200/1-800-676-2CHC  
**Proximity to site:** 20 Miles east

**Name:** Cuyamaca College (part of Grossmont - Cuyamaca Community College District)  
**Address:** 900 Rancho San Diego Parkway  
**City:** El Cajon, CA  
**Phone:** 619-660-4000  
**Proximity to site:** 19 miles east

**Name:** Grossmont Community College  
**Address:** 8800 Grossmont College Drive  
**City:** El Cajon, CA 92020--1799  
**Phone:** 619 697-9090  
**Proximity to site:** 17 Miles east

**Name:** Miracosta Community College  
**Address:** One Barnard Drive  
**City:** Oceanside, CA 92056--3899  
**Phone:** 619 757-2121  
**Proximity to site:** 36 Miles north

**Name:** National University  
**Address:** MCRD Bldg 111  
**City:** San Diego, CA 92140  
**Phone:** 619 563-7481/1800-NAT-UNIV  
**Proximity to site:** on base

**Name:** Palomar Community College  
**Address:** 1140 West Mission Road  
**City:** San Marcos, CA 92067--1487  
**Phone:** 619 744-1150  
**Proximity to site:** 38 Miles north

**Name:** San Diego City College  
**Address:** 1313 12th Avenue  
**City:** San Diego, CA 92101  
**Phone:** 619 230-2472

**Name:** San Diego Mesa College  
**Address:** 7250 Mesa College Drive  
**City:** San Diego, CA 92111  
**Phone:** 619 627-2689

**Name:** San Diego Miramar College  
**Address:** 10440 Black Mountain Road  
**City:** San Diego, CA 92126  
**Phone:** 619 536-7854

**Name:** San Diego State University  
**Address:** 5300 Campanile Drive  
**City:** San Diego, CA 92116  
**Phone:** 619 594-5200  
**Proximity to site:** 10 Miles east

**Name:** Southern Illinois University at Carbondale  
**POC:** Building 610, Room 101  
**Address:** NAS North Island (Navy Campus)  
**City:** Coronado, CA 92178  
**Phone:** 619 435-3663/6445  
**Proximity to site:** 3 Miles west

**Name:** Thomas Jefferson School of Law  
**Address:** 2121 San Diego Ave  
**City:** San Diego, CA 92110  
**Phone:** 619 297-9700  
**Proximity to site:** 1 Mile east

**Name:** U. S. International University  
**Address:** 10455 Pomerado Road  
**City:** San Diego, CA 92131  
**Phone:** 619 271-4300/635-4772

**Name:** University of Laverne  
**POC:** Building 610, Room 107  
**Address:** NAS North Island (Navy Campus)  
**City:** Coronado, CA 92135  
**Phone:** 619 545-7201/1-800-876-4854  
**Proximity to site:** 3 Miles west

**Name:** University of Phoenix  
**Address:** 3870 Murphy Canyon Road  
**City:** San Diego, CA 92123  
**Phone:** 619 576-7469

**Name:** University of Redlands  
**Address:** 5333 Mission Center Road  
**City:** San Diego, CA 92108  
**Phone:** 619 284-9292/1-800-455-5064

**Name:** Webster University  
**Address:** 6480 Weathers Place, Suite 104  
**City:** San Diego, CA 92121  
**Phone:** 619 458-9310

**Name:** West Coast University  
**Address:** 9850 Carroll Canyon Road  
**City:** San Diego, CA 92131  
**Phone:** 619 790-8300/1-800-248-4WCO

<b>Name:</b> Western State University College of Law
<b>Address:</b> 350 Cedar Street
<b>City:</b> San Diego, CA 92101--3113
<b>Phone:</b> 619 239-0391

### Adult or Continuing Education

Contact the MCRD Education Office Building 111, for information about adult-continuing education courses and facilities in the San Diego area.

### Special Education

Federal and State laws require all public school districts to provide a "free, appropriate and individualized education for all handicapped children". Both Federal and State legislation mandate time lines for referral, assessment, certification, placement, and provisions of appropriate services to all students with exceptional needs.

The California Master Plan for Special Education is implemented in each district through a variety of educational programs for the learning handicapped, communicatively handicapped, physically handicapped, and severely handicapped. Instruction is given according to the needs of the student based on an individualized education plan. Parents participate in planning the specific educational program for their special education child.

In San Diego City Schools, about 10 percent of the total student enrollment (or over 12,000 students), receive some kind of special education services. Handicapping conditions range from the very mild, requiring only the occasional involvement of a resource teacher, to the severely impaired student who needs constant attention and care.

An individualized educational program is written for each special education student. The program is developed with the participation of the student's parents or guardian, who must approve the program. All special education teachers must be certified by the State of California for the specific instruction or services they provide to handicapped children.

The Special Education Parent Facilitator Program (SEPF) has been developed by San Diego City Schools to help parents of handicapped children, and facilitators are employed by the District to provide the education. The SEPF Program provides an important link between the home and the school for the purpose of improving services for the child.

A comprehensive range of services is provided for those students who have special needs. Students served vary from those who are minimally handicapped to those who are severely handicapped.

Additional information on San Diego City Schools is available by contacting:

<b>Name:</b> Chula Vista Elementary School District
<b>Address:</b> 84 East "J" Street
<b>City:</b> Chula Vista, CA 91911
<b>Phone:</b> 619 425-9600
<b>Proximity to site:</b> 7 Miles south

<b>Name:</b> Nat'l Info Ctr for Children & Youth with Handicaps
<b>Address:</b> P. O. Box 1492
<b>City:</b> Washington, DC 20013
<b>Phone:</b> 1-800-999-5599

<b>Name:</b> Exceptional Family Member Program (EFMP)
<b>POC:</b> Arleen Sinon, Information & Referral
<b>Address:</b> Family Service Center, Building 26
<b>City:</b> San Diego, CA 92140--5023
<b>Phone:</b> 619 524-6078

**Comments:**  
 If you wish to contact an Exceptional Family Member Program (EFMP) representative at the national level:

**MARINE CORPS PERSONNEL:**

Commandant Marine Corps (Code MHF)  
 ATTN: Belinda Sims, Manager  
 Exceptional Family Member Program  
 Washington DC 20380-0001  
 Comm: 703 696-1140  
 DSN: 426-2046  
 Fax: 703 696-1143

**NAVY PERSONNEL:**

Bureau of Naval Personnel (PERS 662D8)  
 Exceptional Family Member Program  
 Washington DC 20370-5000  
 Comm: 703 693-3308  
 DSN: 223-3308/3309/3310  
 Toll Free: 1-800-527-8830  
 Fax: 703 693-6471

<b>Name:</b> Communications & Public Affairs, San Diego City Schools
<b>Address:</b> 4100 Normal Street, Room 2227
<b>City:</b> San Diego, CA 92103
<b>Phone:</b> 619 293-8414

<b>Name:</b> Poway School District
<b>Address:</b> 13626 Twin Peaks Road
<b>City:</b> Poway, CA 92064--3098
<b>Phone:</b> 619 748-0010
<b>Proximity to site:</b> 23 miles north

## Employment

### Employment Overview

Prospects: The San Diego region has the nation's third highest concentration of biotechnology companies. With more than 250 bioscience companies employing over 21,000 people, San Diego has been called "Bio Tech Beach."

"Places Rated Almanac" recently ranked San Diego in the top 5 U.S. metropolitan areas to find a job compared to 351 North American metropolitan areas. The survey projects which metro areas will have the greatest percentage increase in new jobs between now and the year 2000.

A recent study by DRI/McGraw-Hill rated San Diego in the top 10 cities in the U.S. for job creation through the year 2000. The survey cited San Diego's strong growth in the high technology, software, biotechnology, and international trade industries.

Since 1992, employment has grown by more than 75,000 jobs.

### AREA EMPLOYMENT DEMOGRAPHICS (Largest area employers):

U. S. Government/Active Duty Military U. S. Government/Civilian Employees San Diego Unified School District County of San Diego University of California, San Diego City of San Diego Sharp HealthCare Scripps Institutions of Medicine and Science State of California U. S. Postal Service, San Diego Division Kaiser Permanente Medical Center Pacific Bell Company San Diego Gas & Electric Company National Steel & Shipbuilding Company Science Applications International Corporation Sweetwater Union High School District San Diego State University Solar Turbines, Inc. Wells Fargo Bank, N. A. Tri-City Medical Center

### Federal Civilian Employment for Spouses

The most convenient resource for a spouse seeking a new position in San Diego would be to visit the Career Resource Management Center at Community Service Center, Building 26, DSN 524-6780/5732/0035 or commercial 619 524-6780/5732/1283, toll-free 1-888-718-3027.

<b>Name:</b> Career Resource Center
<b>Address:</b> Bldg 26, Community Service Center
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-5732
<b>Comments:</b> Hours: 0730-1600

### Permanent Employment Resources

#### JOB LINES IN THE SAN DIEGO AREA:

County of San Diego 619 531-5764 City of San Diego 619 236-5750 San Diego City Schools 619 293-8002 Health Care (Children's Hospital) 619 576-5880 Health Care (Kaiser Hospital) 619 528-3071 Health Care (UCSC Medical Center) 619 543-6250 Utilities (SDG&E) 619 232-4155 Pacific Bell 1-800-924-JOBS Cox Cable 619 264-7051

<b>Name:</b> Family Member Employment Assistance Program
<b>Address:</b> Building 26
<b>City:</b> San Diego, CA 92140--5023
<b>Phone:</b> 619 524-6780/5732/1283
<b>FAX:</b> 619 524-0036
<b>Comments:</b> Hours: 0700-1700  Toll-Free Number: 1-888-718-3027.  Assistance is available to spouses of active duty, separating or retiring personnel, and relocating DoD civilian spouses.

<b>Name:</b> Employment Development Dept (EDD) for San Diego
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 645-2888
<b>Comments:</b> Register at any EDD office for job referrals.

<b>Name:</b> Employment Development Department (EDD) for San Diego at MCRD
<b>Address:</b> Building 26, Career Resource Office
<b>City:</b> San Diego, CA 92140--5023
<b>Phone:</b> 619 524-5732
<b>Comments:</b> Hours: 0900-1200 Tuesday and Thursday

<b>Name:</b> State Job Info Lines (24 Hours)
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 237-6163
<b>Comments:</b> Call for general information.

### Temporary Employment Resources

The Career Resource Office (CRO) at Family Services has an extensive network of resources for those looking for temporary work assignments. The CRO is located in Building 26.

<b>Name:</b> Kelly Temporaries
<b>Address:</b> 5030 Camino de la Siesta, Suite 100
<b>City:</b> San Diego, CA 92108
<b>Phone:</b> 619 298-7180

<b>Name:</b> Apple One
<b>Address:</b> 8304 Clairemont Mesa Boulevard, Suite 201
<b>City:</b> San Diego, CA 92111
<b>Phone:</b> 619 292-5755
<b>Comments:</b> Permanent and temporary employment opportunities.

<b>Name:</b> OMNI Express
<b>Address:</b> 7710 Balboa Avenue, Suite 227-C
<b>City:</b> San Diego, CA 92111
<b>Phone:</b> 619 974-9773
<b>Comments:</b> Temporary and permanent position opportunities.

<b>Name:</b> Alliance Staffing Associates
<b>Address:</b> 109501 Sorrento Valley Road
<b>City:</b> San Diego, CA 92121
<b>Phone:</b> 619 623-5499

<b>Name:</b> Manpower Temporary Services
<b>Address:</b> 2333 Camino Del Rio South
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 293-3606

<b>Name:</b> Volt Temporary Services
<b>Address:</b> 7490 Opportunity Road
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 279-5801

<b>Name:</b> Eastridge Temps
<b>Address:</b> 824 Camino Del Rio North, Suite 374
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 299-8610

### Non-Paid or Volunteer Opportunities

Non-paid and volunteer positions are available throughout San Diego in each community. Positions may be found in local schools, hospitals, the American Red Cross, Navy/Marine Corps Relief Society, and the Key Volunteer Network, to name a few.

<b>Name:</b> Retired Affairs Office
<b>POC:</b> Herb Palmtag /James Huffman/MGYSGT McIsaac (Ret)
<b>Address:</b> Building 26, Family Service Center
<b>City:</b> San Diego, CA 92140--5023
<b>Phone:</b> 619 524-5301
<b>Comments:</b> Mon., Tues., Wed. 0900-1200

### Chambers of Commerce

For the telephone number and address of your local Chamber of Commerce, please contact the Relocation Assistance Center at Family Services, Building 26, DSN 524-5298/1158, commercial 619 524-5298/1158, or toll-free 1-888-718-3027.

<b>Name:</b> Chamber of Commerce of San Diego
<b>Address:</b> 402 West Broadway, Suite 1000
<b>City:</b> San Diego, CA 92101
<b>Phone:</b> 619 232-0124

<b>Name:</b> Chamber of Commerce of Poway
<b>Address:</b> 12709 Poway Road
<b>City:</b> Poway, CA 92064
<b>Phone:</b> 619 748-0016
<b>Proximity to site:</b> 23 Miles north

<b>Name:</b> East County Chamber of Commerce
<b>Address:</b> 201 S. Magnolia Street
<b>City:</b> El Cajon, CA 92020
<b>Phone:</b> 619 440-6161
<b>Proximity to site:</b> 12 Miles east

<b>Name:</b> La Jolla Town Council
<b>Address:</b> 7734 Herschel Avenue, Suite F
<b>City:</b> La Jolla, CA 92037
<b>Phone:</b> 619 454-1444
<b>Proximity to site:</b> 12 Miles north

<b>Name:</b> Lemon Grove Chamber of Commerce
<b>Address:</b> 3443 Main Street
<b>City:</b> Lemon Grove, CA 91945
<b>Phone:</b> 619 469-9621
<b>Proximity to site:</b> 9 Miles east

<b>Name:</b> Imperial Beach Chamber of Commerce
<b>Address:</b> 600 Palm Avenue, Suite 115
<b>City:</b> Imperial Beach, CA 91932
<b>Phone:</b> 619 424-3151
<b>Proximity to site:</b> 14 Miles south

<b>Name:</b> Chula Vista Chamber of Commerce
<b>Address:</b> 233 Fourth Avenue
<b>City:</b> Chula Vista, CA 92919
<b>Phone:</b> 619 420-6602
<b>Proximity to site:</b> 7 Miles south

<b>Name:</b> Coronado Chamber of Commerce
<b>Address:</b> 1224 10th Street, Suite 103
<b>City:</b> Coronado, CA 92118
<b>Phone:</b> 619 435-9260
<b>Proximity to site:</b> 3 Miles west

### Private Sector Employment

Cross Reference: "Employment Overview".

### Government Employment

For additional information on city, county and Federal employment, please contact the Career Resource Office, Family Services, Building 26, DSN 524-6780/5732/1283, commercial 619 524-6780/5732/1283, toll-free 1-888-718-3027.

<b>Name:</b> Career Resource Office
<b>Address:</b> Building 26, Family Service Center
<b>City:</b> San Diego, CA 92140--5023
<b>Phone:</b> 619 524-6780/5732/1283; DSN 524-6780/5732/1283
<b>FAX:</b> 619 524-0036 DSN 524-0036
<b>Comments:</b> Hours: 0700-1700  Toll-Free: 1-888-718-3027.  Services/Programs: Public and private sector job listings, career counseling, skills testing, resume preparation classes, resume review, 5-day transition assistance program.

<b>Name:</b> City of San Diego
<b>POC:</b> Personnel Department
<b>Address:</b> 1200 3rd Ave Ste 300
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 236-6400
<b>Comments:</b> Hours: 0800-1700 Monday through Friday  Services/Programs: Various

<b>Name:</b> County of San Diego
<b>POC:</b> Department of Human Resources
<b>Address:</b> 1600 Pacific Highway, Room 207
<b>City:</b> San Diego, CA 92101
<b>Phone:</b> 619 531-5764
<b>Comments:</b> Hours: 0800-1700 Monday through Friday  Services/Programs: County government. Job hotline.

<b>Name:</b> Employment Development Department
<b>Address:</b> 6145 Imperial Avenue
<b>City:</b> San Diego, CA 92114
<b>Phone:</b> 619 266-4200
<b>Proximity to site:</b> 2 Miles south
<b>Comments:</b> Hours: 0800-1700  Services/Programs: Job listings, resume assistance, job search training.

<b>Name:</b> MCRD Civilian Personnel Office
<b>Address:</b> Building 7W
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-6915
<b>Comments:</b> Hours: 0730-1600

<b>Name:</b> MCRD Marine Corps Exchange Personnel
<b>Address:</b> Building 10, MCRD
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 297-2500 ext 216
<b>Comments:</b> Hours: 0730-1600 Monday through Friday Also serves special services and clubs.

<b>Name:</b> Non-Appropriated Funds (NAF)
<b>POC:</b> Margot Reis, MWR Personnel Director
<b>Address:</b> Building 10, MCRD
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 297-2500 ext.258
<b>Comments:</b> Non-appropriated positions at MCRD for recreational services.

### Professional or Occupational Licensing

Please contact the Information and Referral Specialist at the Family Service Center, Building 26, DSN 524-6078, commercial 619 524-6078, or toll-free 1-888-718-3027 if you need additional resource information on professional or occupational licensing in the City of San Diego, San Diego County, or the State of California.

<b>Name:</b> Registered/Practical Nurse
<b>POC:</b> California Board of Registered Nurses
<b>Address:</b> 1414 "K" Street, Suite 103
<b>City:</b> Sacramento, CA 95824
<b>Phone:</b> 916 322-3350
<b>Comments:</b> Organization: State Board Examiners

<b>Name:</b> Health Licensing
<b>Address:</b> 8885 Rio San Diego Drive
<b>City:</b> San Diego, CA
<b>Phone:</b> 1-800-824-0613

<b>Name:</b> Teacher Certification
<b>POC:</b> San Diego Department of Education
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 292-3581

<b>Name:</b> Child Care (Community Care Licensing)
<b>Address:</b> 8745 Aero Drive Ste 200
<b>City:</b> San Diego, CA 92123
<b>Phone:</b> 619 467-2367
<b>Comments:</b> Orientation seminar required for licensing.

<b>Name:</b> Home Business
<b>POC:</b> Small Business Administration
<b>Phone:</b> 619 557-7250

<b>Name:</b> Real Estate
<b>POC:</b> California Department of Real Estate
<b>Address:</b> 1350 Front Street
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 237-7345

<b>Name:</b> Cosmetology
<b>POC:</b> Small Business Administration
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 557-7250

<b>Name:</b> Direct Sales
<b>POC:</b> Small Business Administration
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 557-7250
<b>Comments:</b> Different licenses are required, depending on the type of business or products represented.

<b>Name:</b> Various Licensing Boards
<b>City:</b> San Diego, CA
<b>Phone:</b> 1-800-237-1811

<b>Name:</b> Department of Motor Vehicles
<b>Address:</b> 3930 Normal Street
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 688-0227

### Networking Opportunities

The Career Resource Office (CRO) is an excellent bet for newcomers who want to begin networking for new employment opportunities. The CRO is located in the Family Service Center, Building 26.

<b>Name:</b> Career Resource Office
<b>Address:</b> Building 26, Family Service Center
<b>City:</b> San Diego, CA 92140--5023
<b>Phone:</b> 619 524-6780/5732/1283; DSN 524-6780/5732/1283
<b>FAX:</b> 619-524-0036; DSN 524-0036
<b>Comments:</b> Hours: 0700-1700 Monday through Friday.  Toll-free: 1-888-718-3027.  The Career Resource Office has job postings in many fields, computers available for updating resumes and writing cover letters, a library of resource publications, and a number of workshops specifically geared to people looking for new employment.

## Medical And Dental

### Medical and Dental Overview

Located on Florida Canyon Drive, adjacent to Balboa Park, Naval Medical Center, San Diego, is the largest and most technologically advanced military medical treatment facility in the world.

Nicknamed the "Starship" of Navy Medicine, the hospital has played a vital role in the history of San Diego for more than 70 years. From the original tent dispensary established in 1917 to the high-tech, ultra-modern facility of the 1990's, the mission has remained constant -- to provide the finest medical care available.

There are almost half a million people in San Diego County eligible to receive care at the Naval Medical Center. This care is provided by a military staff of about 3,000 and approximately 1,200 civilians. A leader in the medical field, the hospital is a major teaching center, and also operates a network of clinics located at area military installations. Through these clinics, emergency and ambulatory care is provided to the active duty populations of all San Diego based ship and shore commands.

Throughout its proud history, Navy Medical Center San Diego has established itself as a leader in the field of medicine. That reputation for excellence continues today as the "superstar" staff propels the "starship" into the 21st century.

The following is a list of medical services provided through Naval Medical Center, San Diego:

Adolescent Alcohol Allergy Audiology  
Cardiology Coronary Care Dental Dermatology  
Dietary Emergency Room Endocrinology  
Gastroenterology General Surgery HIV Unit  
Hematology/Oncology Immunization Infectious  
Disease Intensive Care Unit Internal Medicine  
Labor & Delivery Laboratory Drug Screening Lab  
Neonatal ICU Nephrology Neurology Neuro-  
Surgery Obstetrics Ophthalmology Optometry  
Orthopedics Otolaryngology (ENT) Pediatrics

The Naval Dental Clinic, located at the Naval Medical Center, Building 1, 2nd Floor provides treatment for active duty members only.

The Branch Medical Clinic, located at the Naval Training Center, 2650 Stockton Road, Building 624, provides medical care for active duty members and CHAMPUS-eligible patients.

<b>Name:</b> EMERGENCY
<b>POC:</b> Naval Medical Center San Diego
<b>Address:</b> 34800 Bob Wilson Drive
<b>City:</b> San Diego, CA 92134--5000
<b>Phone:</b> 619 532-8275
<b>Proximity to site:</b> 6 Miles east

<b>Name:</b> Patient Locator
<b>POC:</b> Naval Medical Center San Diego
<b>Address:</b> 34800 Bob Wilson Drive
<b>City:</b> San Diego, CA 92134--5000
<b>Phone:</b> 619 532-6400
<b>Proximity to site:</b> 6 Miles east

<b>Name:</b> Staff Locator
<b>POC:</b> Naval Medical Center San Diego
<b>Address:</b> 34800 Bob Wilson Drive
<b>City:</b> San Diego, CA 92134--5000
<b>Phone:</b> 619 532-6400
<b>Proximity to site:</b> 6 Miles east

<b>Name:</b> Central Appointments
<b>POC:</b> Naval Medical Center San Diego
<b>Address:</b> 34800 Bob Wilson Drive
<b>City:</b> San Diego, CA 92134--5000
<b>Phone:</b> 1-800-453-0491
<b>Proximity to site:</b> 6 Miles east

<b>Name:</b> Exceptional Family Member Program Coordinator
<b>POC:</b> Naval Medical Center San Diego
<b>Address:</b> 34800 Bob Wilson Drive
<b>City:</b> San Diego, CA 92134--5000
<b>Phone:</b> 619 532-7291
<b>Proximity to site:</b> 6 Miles east

<b>Name:</b> Patient Administration
<b>POC:</b> Naval Medical Center San Diego
<b>Address:</b> 34800 Bob Wilson Drive
<b>City:</b> San Diego, CA 92134--5000
<b>Phone:</b> 619 532-8333
<b>Proximity to site:</b> 6 Miles east

<b>Name:</b> Customer Satisfaction Representative
<b>POC:</b> Naval Medical Center San Diego
<b>Address:</b> 34800 Bob Wilson Drive
<b>City:</b> San Diego, CA 92134--5000
<b>Phone:</b> 619 532-6370/6400
<b>Proximity to site:</b> 6 Miles east

<b>Name:</b> Health Benefits Advisor
<b>POC:</b> Naval Medical Center San Diego
<b>Address:</b> 34800 Bob Wilson Drive
<b>City:</b> San Diego, CA 92134--5000
<b>Phone:</b> 619 532-8328
<b>Proximity to site:</b> 6 Miles east

<b>Name:</b> Pharmacy
<b>POC:</b> Naval Medical Center San Diego
<b>Address:</b> 34800 Bob Wilson Drive
<b>City:</b> San Diego, CA 92134--5000
<b>Phone:</b> 619 532-8400

<b>Name:</b> Naval Dental Clinic (Central Appointments)
<b>POC:</b> Naval Medical Center San Diego
<b>Address:</b> 34800 Bob Wilson Drive, Building 1, 2nd Floor
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 532-8600
<b>Proximity to site:</b> 6 Miles east
<b>Comments:</b> Hours: 0730-1600

<b>Name:</b> Sickcall for Servicemembers
<b>POC:</b> Naval Training Center
<b>Address:</b> 2650 Stockton Rd. Bulding 624
<b>City:</b> San Diego, CA 92133
<b>Phone:</b> 619-524-4948
<b>Proximity to site:</b> 1 Mile west
<b>Comments:</b> Hours: 0800-1630 Monday, Tuesday, and Friday 0800-1830 Wednesday and Thursday

<b>Name:</b> Primary Care Group (same day Appointments)
<b>POC:</b> Naval Training Center
<b>Address:</b> 2650 Stockton Road, Building 624
<b>City:</b> San Diego, CA 92106
<b>Phone:</b> 619-524-1349
<b>Comments:</b> Hours: 0800-1630 Monday, Tuesday and Friday 0800-1830 Wednesday through Thursday

<b>Name:</b> Primary Care Group (Future Appointments)
<b>POC:</b> Naval Training Center
<b>Address:</b> 2650 Stockton Road, Building 624
<b>City:</b> San Diego, CA 92106
<b>Phone:</b> 619-532-8225
<b>Proximity to site:</b> 1 mile west
<b>Comments:</b> Hours: 0800-1630 Monday, Tuesday and Friday 0800-1830 Wednesday through Thursday

### Medical Services/Directory - on Installation

MCRD Branch Medical Clinic is located in Building 596, and offers the following services:

Acute Care Area    Audiology    Laboratory    Mental Health Unit    Optometry    Pharmacy    Physical Therapy    Podiatry    Radiology    Recruit Health Records    Recruit Processing    Recruit Sickcall    Sports Medicine    Staff Health Records    Staff Sickcall

### Medical Services/Directory - on Installation

<i>Clinic</i>	<i>POC</i>	<i>Number</i>
Acute Care Area		619 524-4079
Audiology		619 524-4047/0387
Central Appointment Line		619-524-1565
Laboratory		619 524-4059
Mental Health Unit		619 524-4051/4049
Optometry		619 524-4053/4054
Pharmacy		619 524-4057
Physical Therapy		619 524-4071
Podiatry		619 524-0383
Radiology		619 524-4061
Recruit Health Records		619 524-6069
Recruit Processing		619 524-4068/4070
Recruit Sickcall		619 524-0619
Sports Medicine		619 524-0578
Staff Health Records		619 524-5666
Staff Sickcall		619 524-4063

### Health Benefits Advisor, Wellness, and CHAMPUS/TRICARE Programs

The Tricare Health Benefits Advisor (HBA) is located at the Branch Medical Clinic, Naval Training Center, Primary Care Clinic, Building 624, 2nd Floor. You may wish to speak with the HBA by calling 619 524-0844.

CHAMPUS eligible beneficiaries in CA, HI, and Yuma, AZ have two additional healthcare options -- TRICARE Prime and TRICARE Extra. These are in addition to the traditional standard CHAMPUS benefit (now called TRICARE Standard). The three options are all part of the TRICARE Managed Care Program provided by the Department of Defense, through a contract awarded to Foundation Health Federal Services, Inc.

In the TRICARE program, Standard CHAMPUS benefits remain the same; however, they are now identified as TRICARE Standard benefits. Enrollment is not necessary as long as eligible beneficiaries are enrolled in DEERS.

TRICARE Extra is similar to TRICARE Standard with deductible and cost shares, however, after the deductible has been met TRICARE Extra features lower out-of-pocket expense and less paperwork. In order to receive the lower costs, patients must use a TRICARE Network Provider. For a Network Provider Directory, call 1-800-242-6788 or visit the TRICARE Service Center.

TRICARE Prime features no deductible, reduced out-of-pocket costs, less paperwork and expanded benefits. Enrollment is a requirement for this option. Eligible beneficiaries can enroll at a TRICARE Service Center or by mail. There is no fee for active-duty family members to enroll. The enrollment cut-off date is the 20th day of each month in order to be effective the first of the following month. Enrollment is for twelve months with annual re-enrollment required.

In areas where the TRICARE program is implemented, the priority for appointments at military medical treatment facilities (such as the Naval Medical Center, Branch Medical Clinics and the NAVCARE Prime Clinics) is as follows:

1. Active-duty service members
2. Active-duty family members enrolled in TRICARE Prime.
3. Retirees, their family members and survivors enrolled in TRICARE Prime.
4. Active-duty family members not enrolled in TRICARE Prime.
5. All other eligible persons.

Those eligibles not enrolled in TRICARE Prime may find it harder to get an appointment since priority is given to TRICARE Prime enrollees. If a beneficiary is unable to obtain care at a military facility, they will be subject to the higher costs associated with TRICARE Standard and Extra.

For family members currently enrolled in TRICARE Prime and PCS'ing to the San Diego area, there is no need to disenroll prior to your move. Effective 7/1/97, family members enrolled in other TRICARE regions are allowed to remain enrolled in

TRICARE Prime and transfer your enrollment upon arrival the San Diego area. Just simply visit the TRICARE Service Center or call 1-800-242-6788 and a representative will assist you.

To transfer your enrollment, family members need to select a new Primary Care Manager (PCM). In the San Diego area, you will find several military PCM sites to select from. The advantages to selecting a military PCM versus a civilian PCM is there are no copays, priority appointments, and the laboratory and pharmacy services are in the same facility.

For a list of the military PCM sites or more information call 1-800-242-6788 or visit one of the nearby Service Centers:

Naval Medical Center San Diego TRICARE Service Center 34800 Bob Wilson Drive, Bldg. 1 San Diego, CA 92134 M-F, 0730-1730

MCAS Miramar Beneficiary Service Office 45535 Hercules Road, Bldg 525 San Diego, CA 92145 M,Tu - 0730-1630 Th - 0730-1130

NAB Coronado Beneficiary Service Office Branch Medical Clinic Guadalcanal Street, Bldg. 506 San Diego, CA 92155 M - 1230-1630 Th - 0730-1600

Naval Station San Diego Beneficiary Service Office Bldg. 270 San Diego, CA 92136 M - 0800-1130 Tu, W, F - 0730-1600

FOR WELLNESS: Health Care Information Line (HCIL)

Available to all military beneficiaries, the HCIL is a free, 24-hour information line. Use it for fast, easy access to health information. When you call the HCIL you have the option to either listen to one of the hundreds of recorded health topics through the audiohealth library or to speak with a nurse. For a directory of all recorded health topics, visit the TRICARE Service Center for a HCIL brochure. NAVCARE Clinics provide primary health care services, including treatment for acute and routine illnesses and injuries, uncomplicated chronic care, preventive care such as physical exams, routine Pap smears, well baby physicals, school and sports exams, and immunizations. The clinics are open 365 days a year by appointment.

NOTE: TO RECEIVE TREATMENT AT A NAVCARE CLINIC, PATIENTS MUST BE

ENROLLED IN DEERS AND PRESENT A VALID MILITARY ID CARD.

The Well Baby Clinic is located at the Naval Medical Center San Diego, Building 2, 1st Floor and the Naval Training Center San Diego, Building 624 1st Floor.

The Immunization Clinic is located at the Naval Medical Center San Diego, Building 2, 1st Floor.

<b>Name:</b> Health Benefits Office
<b>POC:</b> Naval Medical Center San Diego, Bldg 1, 1st Floor
<b>Address:</b> 34800 Bob Wilson Drive
<b>City:</b> San Diego, CA 92134--5000
<b>Phone:</b> 619 532-8328
<b>Proximity to site:</b> 6 Miles east
<b>Comments:</b> Hours: 0730-1530

<b>Name:</b> Immunization Clinic
<b>POC:</b> Naval Medical Center San Diego, Building 2, 1st Floor
<b>Address:</b> 34800 Bob Wilson Drive
<b>City:</b> San Diego, CA 92134--5000
<b>Phone:</b> 619 532-6925
<b>Proximity to site:</b> 6 Miles east
<b>Comments:</b> Hours: 0730-1530 Monday through Friday. Closed for lunch from 1130-1300.  The Immunization Clinic is located adjacent to the Well Baby Clinic. Immunizations can be given at the Well Baby Clinic when the Immunization Clinic is closed.

<b>Name:</b> Oceanside NAVCARE Information/Appointments
<b>Address:</b> 1840 West Drive
<b>City:</b> Vista, CA
<b>Phone:</b> 760 941-5223 (info), 760 631-2226 (appts)
<b>Proximity to site:</b> 45 Miles north
<b>Comments:</b> Hours: 0700-2000 Monday through Friday 0700-1600 Saturday, Sunday and holidays For prescription refills, please call 760-941-5183.

<b>Name:</b> Primary Care Group (Appointments)
<b>POC:</b> Naval Training Center
<b>Address:</b> 2650 Stockton Road Building 624
<b>City:</b> San Diego, CA 92106--6000
<b>Phone:</b> 619-524-1349 (same day appts)
<b>Proximity to site:</b> 1 mile west
<b>Comments:</b> Hours: 0800-1630 Monday, Tuesday and Friday 0800-1830 Wednesday through Thursday 0800-1200 1st and 3rd Saturdays  For future appointments, please call 619-532-8225 (same hours as above).

<b>Name:</b> Southbay NAVCARE Information/Appointments
<b>Address:</b> 670 "L" Street
<b>City:</b> Chula Vista, CA
<b>Phone:</b> 619 585-0188 (info), 619 585-0099 (appts)
<b>Proximity to site:</b> 7 Miles south
<b>Comments:</b> Hours: 0700-2000 Monday through Friday 0700-1600 Saturday, Sunday and holidays

<b>Name:</b> TRICARE Outpatient Clinic Clairemont
<b>Address:</b> 8808 Balboa Ave.
<b>City:</b> San Diego, CA 92123
<b>Phone:</b> 619 569-6664 (appts) / 1-800-242-6788 (info)
<b>Proximity to site:</b> 10 Miles north
<b>Comments:</b> Hours: 0700-2000 Monday through Friday 0700-1600 Saturday, Sunday and holidays

<b>Name:</b> Well Child Clinic
<b>POC:</b> Naval Medical Center San Diego, Building 2, 1st Floor
<b>Address:</b> 34800 Bob Wilson Drive
<b>City:</b> San Diego, CA 92134--5000
<b>Phone:</b> 619 532-6900/9500
<b>Proximity to site:</b> 6 Miles east
<b>Comments:</b> Hours: 0800-1600 Monday through Friday  Appointments for routine well baby checks will be scheduled at 2 weeks, 2 months, 4 months, 10 months and 15 months. Appointments are made through the Central Appointment Desk

and many privately owned hospitals. You are never too far from a facility if you need emergency treatment.

<b>Name:</b> Coronado Hospital
<b>Address:</b> 250 Prospect Place
<b>City:</b> Coronado Island, CA
<b>Phone:</b> 619 435-6251
<b>Proximity to site:</b> 3 Miles west

<b>Name:</b> Grossmont Hospital (Sharp)
<b>Address:</b> 5555 Grossmont Center Drive
<b>City:</b> La Mesa, CA 91942
<b>Phone:</b> 619-465-0711
<b>Proximity to site:</b> 10 miles east

<b>Name:</b> Kaiser Permanente Hospital
<b>Address:</b> 4647 Zion Avenue
<b>City:</b> San Diego, CA 92137
<b>Phone:</b> 619 528-5000
<b>Proximity to site:</b> 5 Miles east
<b>Comments:</b> This is NOT a Tricare contracted facility.

<b>Name:</b> Mercy Hospital
<b>Address:</b> 4077 Fifth Avenue
<b>City:</b> San Diego, CA 92103
<b>Phone:</b> 619 294-8111
<b>Proximity to site:</b> 2 Miles south

<b>Name:</b> San Diego Hospice
<b>Address:</b> 4311 Third Avenue
<b>City:</b> San Diego, CA 92103
<b>Phone:</b> 619 688-1600

<b>Name:</b> Scripps Memorial Hospital
<b>Address:</b> 9888 Genessee Avenue
<b>City:</b> La Jolla, CA 92037
<b>Phone:</b> 619 457-4123
<b>Proximity to site:</b> 10 Miles north
<b>Comments:</b> Emergency room phone number: 619-626-6150.

<b>Name:</b> Sharp Memorial Hospital
<b>Address:</b> 7901 Front Street
<b>City:</b> San Diego, CA 92123
<b>Phone:</b> 619 541-3400
<b>Proximity to site:</b> 10 Miles north

## Community Hospitals

San Diego has a number of health maintenance organizations (HMO) owned and operated hospitals,

<b>Name:</b> UCSD Medical Center
<b>Address:</b> 200 W. Arbor Drive
<b>City:</b> San Diego, CA 92103
<b>Phone:</b> 619 543-6800, URGENT CARE: 619 543-3845

### Dental Services/Directory - on Installation

MCRD Branch Dental Clinic, building 595, provides service to recruits and permanent military personnel only. Services include:

General Dentistry    Oral Maxifacial    Endodontics  
Periodontics

### Dental Services/Directory - on Installation

<i>Clinic</i>	<i>POC</i>	<i>Number</i>
MCRD Branch Dental Clinic		619 524-4005

### Family Member Dental Plan

For more information on this subject:  
www.ucci.com  
http://www.ucci.com

The best dental care for family members is provided by the excellent TRICARE Dental Plan insurance. Don't be confused by the name, even if you are signed up for the TRICARE medical plan, you still have to sign up in your military personnel office (S-1).

The TRICARE Active Duty Family Member Dental Plan (FMDP) is administered by United Concordia Companies, Inc. in Camp Hill, PA. It is a voluntary comprehensive dental plan available to family members of all active duty Uniformed Services personnel. When the active duty member (sponsor) enrolls family members in the FMDP, a monthly premium is paid through payroll deduction. The plan has cost shares, maximums, and limitations similar to typical civilian dental group plans. The amount covered by the plan ranges from 100% to 50%, depending on the type of service. Family members must receive dental services in the United States, Canada, Guam, the US Virgin Islands, or Puerto Rico.

Detailed FMDP coverage and enrollment information are contained in the FMDP Benefit Booklet. Sponsors and family members may call United Concordia's toll free Customer Service Department at 1-800-866-8499 (or 1-800-891-1854 for hearing impaired) Monday-Friday 0800-2000 EST.

Additional information on the FMDP can be obtained through the local Health Benefits Advisor, or by contacting FMDP directly. For a list of dentists in your area, call the FMDP Dentist Locator at 1-800-866-8499 or your local Health Benefits Advisor.

<b>Name:</b> Family Member Dental Plan (FMDP)
<b>POC:</b> United Concordia
<b>Address:</b> PO Box 898218
<b>City:</b> Camp Hill, PA 17089--8218
<b>Phone:</b> 1-800-866-8499

## Housing

### Housing Overview

MCRD family housing information is available upon request by calling the Military Family Housing at DSN 524-6830, or commercial 619 524-6830.

To obtain housing information packages and more detailed housing information, call the Welcome Center at DSN 526-8443 or commercial 619-556-8443. The housing information package contains information on both military family housing and civilian rentals.

To apply for family housing, submit the local housing application form to COMNAVBASE. Include a copy of your transfer orders and a copy of your dependency page or Record of Emergency Data, (RED for Marine Corps, and Page 2 for Navy), showing the date of detachment from your present command. If you wish, you may fax the application DSN 524-8012 or commercial 619 524-8012. If the local housing application form is not available, a DD Form 1746 (Application for Assignment to Housing) is acceptable.

NOTE: At COMNAVBASE Military Family Housing, a video tape of each housing site is available for viewing. Please let the receptionist know that you would like to view one or more of the tapes.

The Housing Referral Office at COMNAVBASE provides computerized civilian rental listings and has

over 5,000 listings of houses, condos and apartments available for rent at any given time in the San Diego area. While visiting with a counselor, data on the kind of apartment, condo or home you are looking for, (as well as preferred locations, price range, amenities, etc.), is entered into a computer program, and if there are some "matches", a printout with addresses will be given to you so that you can go look at the properties. This service can really help you find a new home quickly.

If the servicemember has a family member in need of a physically challenged or wheelchair access unit, documentation from the family member's physician should be included, along with the housing application form and transfer orders.

\* THE CONTROL DATE (effective date of application) determines an individual's placement on the housing waiting list. The control date will usually be the date of detachment from last permanent duty station if application is made and received within 30 days of arrival at the San Diego duty station. The following exceptions apply:

**HOMEPORT CHANGE:** The control date will be the date the homeport change certificate is issued.

**SAN DIEGO SCHOOL ORDERS:** The control date as stated in the asterisk (\*) paragraph above will apply. Upon receipt of permanent duty station orders, personnel must submit a copy of the orders to the housing office before assignment to Military Family Housing (MFH) can be made.

The address for the Housing Referral Office at COMNAVBASE is:

Commander Naval Base (Code N7) Box 368114  
Military Family Housing 2625 LeHardy Street San Diego CA 92136-5182

**PROCEDURE FOR PRIORITY HOUSING REQUEST:** You must have a housing application on file with a copy of PCS orders to San Diego. Your request may be hand-carried or faxed to the MFH. The format to request priority housing is:

From: (Servicemember) To: Commander, Naval Base (Code N7), 2625 Lehardy St. San Diego, CA 92136-5182

Via: your Commanding Officer

Subj: Priority Housing

Encl: (1) Financial statement prepared by the Navy/Marine Corps Relief Society, Your Command Financial Specialist, or from Family Services. (2) Medical statement(s) from Doctor/Hospital (if applicable).

1. Servicemember needs (state the reason for requesting priority housing).

You must have your command endorse your request AND have a financial budget completed by either the Navy/Marine Corps Relief Society or the Family Service Center Financial Counselor AND a copy of your Record of Emergency Data (RED).

If you are requesting priority housing due to a "special needs" family member, enrollment into the Exceptional Family Member Program needs to be completed, and include a letter from Headquarters, Marine Corps stating the category of the special needs family member (Generally speaking, only Categories (4) and (5) are considered for priority housing.).

<b>Name:</b> MCRD Military Family Housing Office
<b>POC:</b> Marnie Goodson
<b>Address:</b> 3150 Barnett Avenue
<b>City:</b> San Diego, CA 92110
<b>Phone:</b> 619 524-6830 DSN 524-6830
<b>FAX:</b> 619 524-6832

<b>Name:</b> Military Family Housing Welcome Center
<b>POC:</b> COMNAVBASE San Diego
<b>Address:</b> 2625 LeHardy Street
<b>City:</b> San Diego, CA 92132--0058
<b>Phone:</b> 619 556-8443
<b>Proximity to site:</b> 5 Miles south

<b>Name:</b> Housing Referral Office
<b>POC:</b> COMNAVBASE Housing Welcome Center
<b>Address:</b> 2625 Lehardy Street
<b>City:</b> San Diego, CA 92136--5182
<b>Phone:</b> 619 556-8443
<b>Proximity to site:</b> 5 Miles south

### Housing Allowances

Basic Allowance for Housing (BAH) rates are available at the Housing Office or the Relocation Office, building 26, MCRD, or call 619-524-5298/1158; DSN 524-5298/1158; toll-free 1-888-718-3027.

The following 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 Regulation (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 shipments normally begin at the local transportation office. Each pay grade has its own weight allowance, which is the maximum weight that can be moved at government expense under JFTR. The allowance includes the 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.

**DOCUMENTS NEEDED:** Ten (10) copies of orders (and amendments, if any) are required to assure having 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 run 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** are household furnishings, appliances, equipment, clothing, personal effects, professional books, papers and equipment, and spare parts for a privately owned vehicle including a motorcycle.

Be sure to set up a counseling appointment with your local travel office once new PCS orders are in hand for a smooth coordination of all shipment arrangements.

### **Housing Allowances**

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

### **Government Housing**

Military Family Housing (MFH) in San Diego is the largest housing complex in the world; nevertheless, PLEASE BE AWARE OF SEVERAL THINGS:

1) San Diego is an expensive area to live in. Service members need to be PRUDENT and CONSERVATIVE with personal finances until they get into Military Family Housing.

2) Since there are long waiting lists for government quarters, military families should be prepared to occupy civilian housing for a period of time.

3) The average waiting times quoted throughout this SITES booklet are based on "best estimate" data from MFH. Waiting times are ONLY estimates and may be longer or shorter than quoted.

4) Since waiting times vary for each housing site and waiting list, please contact the Military Family Housing Office for the MOST current estimate for the housing site waiting list you have selected.

5) THE AVERAGE WAIT FOR ALL GRADES IS 18 - 24 MONTHS.

6) NOTE: MOST MILITARY FAMILY HOUSING SITES DO NOT ALLOW PETS.

**ATTENTION DRILL INSTRUCTORS ONLY:** For apartment-type housing without pets, the average waiting time for a 3-bedroom unit is 10-12 months; the average waiting time for a 2-bedroom unit without pets is 0-4 months. The average waiting time for the few units that allow pets is 24 months.

The COMNAVBASE San Diego Military Family Housing office represents over 8,000 housing units. E-1 through E-6 housing is available at 25 housing locations throughout San Diego. Waiting time for enlisted housing varies from 2 to 40 months. Average waiting time is 24 months.

Waiting time for officer housing varies from 2 to 32 months. Average waiting time is 18 months.

Enlisted Housing (COMNAVBASE):

E-1 through E-9 7,766 Units BEQ 1,890 Units

Officer Housing (COMNAVBASE):

WO-1 to O-3 370 Units O-4 through O-5 131 Units O-6+ 65 Units BOQ 168 Units

<b>Name:</b> COMNAVRESW San Diego Military Family Housing
<b>POC:</b> Housing Welcome Center
<b>Address:</b> 2625 LeHardy Street (on Naval Station)
<b>City:</b> San Diego, CA 92136--5182
<b>Phone:</b> 619 556-8443 or DSN 526-8443
<b>FAX:</b> 619 556-8012 or DSN 526-8012
<b>Proximity to site:</b> 5 Miles south
<b>Comments:</b> Hours: 0800-1700 Monday through Friday. Over 8,000 units for E-1 through officer rank.

<b>Name:</b> Military Family Housing Office (Gateway Village satellite office - adjacent MCRD)
<b>Address:</b> 3150 Barnett Avenue
<b>City:</b> San Diego, CA 92110
<b>Phone:</b> 619 524-6830 DSN 524-6830
<b>FAX:</b> 619 524-6832
<b>Comments:</b> Hours: 0800-1700 Monday through Friday. MCRD leases are reserved for Drill Instructors. All other MCRD permanently assigned military personnel are eligible for San Diego Military Family Housing through Naval Station.

<b>Name:</b> Permanent Personnel Quarters (MCRD)
<b>Address:</b> Building 625
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-6451

<b>Name:</b> Temporary Officer Quarters (MCRD)
<b>Address:</b> Building 619
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-4401

## Community Housing

There are several ways to tackle finding a new home in the San Diego area. If possible, try to drive around and explore the area a little bit before deciding on a specific area to live in.

One of the best ways to locate a new home is to visit the Gateway Housing Office on Barnett Avenue, or stop by the Housing Referral Office at the Housing Welcome Center at COMNAVBASE San Diego, about 5 miles south of MCRD. Visit one of the counselors and discuss the location you prefer, type of home (apartment, condo, house), number of bedrooms, baths, amenities, amount of rent you want to spend, etc. The Housing Referral Offices have computer listings of over 5,000 apartments, condos and homes available for rent in San Diego! The computer program will "match up" your requirements with properties currently available in San Diego and print out a list of places to see. The Housing Referral Offices also have a listing of nearly 1,000 condos and homes for sale in San Diego. Information on special programs such as the Set Aside and the Security Deposit Guarantee Program is available to assist eligible service members with move-in costs associated with renting in the civilian community.

You may wish to view videos of apartments and condos available in San Diego. We have these videos in the Relocation Assistance Office at MCRD, a monitor for viewing, or you may take a copy with you (no return necessary, no charge). The tapes are also available at no charge at the Housing Office at COMNAVBASE, from Blockbuster Video, Tower Records, or the Warehouse.

If you decide on an area you particularly like, you may wish to call the local Board of Realtors and request assistance in finding a realty company that will work with you to find a new home or condo to rent or purchase.

TIP: You may wish to contact the Police Department or Fire Department in the community that appeals to you and ask their advice regarding safety and crime problems in the neighborhood you are considering.

Cost of Rental Housing (Average):

	RENTAL \$	UTILITIES \$
Apartment (1 Bdrm)	\$ 625.00	\$50.00
Apartment (2 Bdrm)	\$ 700.00	\$70.00
Apartment (3 Bdrm)	\$ 950.00	\$80.00
Apartment (4 Bdrm)	\$1,150.00	\$90.00

Deposits are generally equal to one month's rent.

Some units require a security deposit equal to two month's rent. The Housing Referral Office has special programs to assist with security deposit installment payments and reduced rents.

The majority of three-bedroom units are single family homes rather than apartment units. Four-bedroom apartments are extremely rare.

Those landlords who accept pets may require an additional security deposit.

Home Purchase Prices (Average):

	HOME	/	CONDO
Home (2 Bdrm)	\$190,000.00		\$150,000.00
Home (3 Bdrm)	\$192,000.00		\$180,000.00
Home (4 Bdrm)	\$240,000.00		\$205,000.00

Housing Referral Office personnel will be happy to assist you in locating suitable, affordable housing in the community.

<b>Name:</b> Board of Realtors
<b>Address:</b> 2231 Camino Del Rio South
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 715-8000
<b>Proximity to site:</b> 2 Miles east

<b>Name:</b> Gateway Housing Satellite Office (MCRD)
<b>Address:</b> 3150 Barnett Avenue
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-6830 DSN 524-6830
<b>FAX:</b> 619 524-6832

<b>Name:</b> Housing Referral Office (COMNAVRESW)
<b>POC:</b> Housing Welcome Center
<b>Address:</b> 2625 LeHardy Street
<b>City:</b> San Diego, CA 92136--5182
<b>Phone:</b> 619 556-8443
<b>Proximity to site:</b> 5 Miles south

<b>Name:</b> Relocation Office (MCRD)
<b>POC:</b> Marry Young / Jim Yost
<b>Address:</b> Building 26
<b>City:</b> San Diego, CA 92140--5023
<b>Phone:</b> 619 524-5298/1158; DSN 524-5298/1158
<b>FAX:</b> 619 524-0675; DSN 524-0675
<b>Comments:</b> Toll-Free Number: 1-888-718-3027. Hours of operation: 0730-1700 Monday through Friday.

## Utilities

Utilities (water/sewage, gas/electric, telephone) average \$113.50 to \$144.75 per month (as of 6 Mar 98).

<b>Name:</b> Water/Sewage
<b>POC:</b> City of San Diego
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 515-3500
<b>Comments:</b> Rate-Cost: \$88.00 to \$100.00 every 2 months Hook-up fee: None Military waiver of deposit: Not available

<b>Name:</b> Gas and Electric
<b>POC:</b> San Diego Gas & Electric
<b>City:</b> San Diego, CA
<b>Phone:</b> 1-800-411-7343
<b>Comments:</b> Rate-Cost: \$60.00 to \$80.00 per month Hook-up fee: \$15.00 per meter if off \$ 5.00 per meter if on Military waiver of deposit: No 15% discount available if income is less than \$17,000 for 1-2 people, or less than \$20,000 for 3 people, or less than \$24,000 for 4 people (add \$4,000 to income for each additional member of household).  There are usually 2 meters (1 gas, 1 electric)

<b>Name:</b> Telephone
<b>POC:</b> Pacific Bell
<b>City:</b> San Diego, CA
<b>Phone:</b> 1-800-310-2355
<b>Comments:</b> Rate-Cost: \$9.50 to \$14.75 for base line service Hook-up fee: \$35.00 (can be paid in installments) Military waiver of deposit: No  If eligible for Universal Lifeline (income under \$17,000 for 1-2 people in household, or less than \$20,000 for 3 people, or less than \$24,000 for 4 people, or additional income of \$4,000 for each additional person in household). Rate-Cost: \$3-\$6 Hook-up: \$10  If bill is not paid on monthly basis, 1.5% is charged as a late fee for both baseline and universal lifeline service.

<b>Name:</b> Cable Television
<b>POC:</b> Cox Cable/Southwestern Cable
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 262-1122/695-3220
<b>Comments:</b> Rate-Cost: Cox Standard (68 channels)-\$30.95 per month Southwestern Cable Basic (8 channels)-\$11.32 per month Southwestern Cable Standard (64 channels)-\$33.95 per month Additional fees for premium channels There are several cable companies in the San Diego area. Depending on where you live, you may be able to "shop" companies for a "best price", as well as waiver of hook-up fees. Hook-up fee: \$15.50-Cox; \$20.00-Southwestern Military waiver of deposit: No

## Relocation Services

### Relocation Services Overview

The Relocation Assistance Program (RAP) is designed to assist military and DoD personnel and their families who are relocating to a new duty station, being deployed, or who are separating or retiring from service.

The RAP educates military and DoD personnel and their family members about relocating, enhancing their skills, to make the transition from one community to another as trouble-free and smooth as possible.

Pre-departure RAP information includes relocation circumstances and needs, sponsor at new location to include youth sponsor if desired, moving costs and entitlements, housing, child care, local employment assistance, cultural and community orientation, relocation stress management, and overseas assignment screening to ensure facilities are available to support the family, especially those with special needs.

The Standard Installation Topic Exchange Service (SITES) computer program provides 11 categories of information: Installation Local Community Education Employment Medical and Dental Housing Relocation Services Support Services Child and Teen Services Survival Tips for First Termers "At a Glance"

There are also many sub-categories of information to better acquaint personnel with their new

community. This computer information retrieval system has been designed for use by members of all of the Services, so information about military installations that have a Family Service Center or the equivalent is readily available to relocating service personnel and their families. The SITES program is updated 2 times a year.

"Welcome Aboard Packages" from Marine Corps, Navy, Army, Air Force and Coast Guard installations world-wide are available at the Relocation Office (RO). They may be checked out by the service member or by his/her spouse for a short period of time. Personnel at the RO will be happy to request a customized Welcome Aboard Package from another installation for you.

<b>Name:</b> Relocation Office
<b>POC:</b> Marry Young
<b>Address:</b> 4025 Tripoli Ave., Building 26, MCRD
<b>City:</b> San Diego, CA 92140--5023
<b>Phone:</b> 619 524-5298/1158; DSN 524-5298/1158
<b>FAX:</b> 619 524-0675; DSN 524-0675
<b>Comments:</b> Hours: 0730-1700 Monday through Friday  Toll-Free number: 1-888-718-3027

### Relocation Assistance

You are encouraged to visit the Relocation Assistance Program Office (RAP or RO) if you are anticipating a permanent change of station (PCS).

The Relocation Office is located in the Community Service Center, Building 26, DSN: 524-5298/1158, commercial 619 524-5298/1158, or toll-free 1-888-718-3027. Hours of operation are 0730-1700 Monday through Friday.

The RO has a world-wide library of welcome packages, videos of major Marine Corps bases, as well as a number of other informative videos. A RO staff member can prepare a SITES booklet for you, and request a Welcome Aboard Package or sponsor from your gaining command. If you are driving, may wish to have a "TripMaker" prepared for the drive across country.

The RO has a number of ways to help you prepare for a PCS. One of the best ways is for you to attend our "Smooth Move Brief", held regularly in the Community Service Center classroom, usually on a Wednesday afternoon from 1300-1500.

We will do our best to assist you in your preparations for a less stressful transfer if you will get in touch with our office at the earliest possible date.

The RO also oversees a lending locker for military personnel in transition. Lending locker items include card tables and folding chairs, dishes and utensils, pots and pans, playpens, carseats, high chairs, strollers, travelers futons, and small appliances such as toasters and coffee makers.

<b>Name:</b> Relocation Assistance Office
<b>POC:</b> Marry Young
<b>Address:</b> 4025 Tripoli Ave., Bldg 26 (MCRD)
<b>City:</b> San Diego, CA 92140--5023
<b>Phone:</b> 619 524-5298/1158; DSN 524-5298/1158
<b>FAX:</b> 619 524-0675; DSN 524-0675
<b>Comments:</b> Hours: 0730-1700 Monday through Friday. Lending Locker Hours: 0730-1600 Monday through Friday. Toll-Free Number: 1-888-718-3027

### In Transit Emergencies

If you experience an emergency while in transit to your new duty station, always call your new command to tell them about the situation and request advice if needed. If possible, look for the nearest military installation for assistance. Call AAA if you are a member, or ask the local information operator (411) for the name and phone number of a hospital, or ask for road service information, depending on the emergency.

\*\*\*NO MATTER WHERE YOU ARE, YOU CAN REACH A FAMILY SERVICE CENTER REPRESENTATIVE 24 HOURS A DAY BY CALLING 1-800-FSC-LINE\*\*\* The Family Service Center representative can give you information on Tricare (CHAMPUS) issues, information and referral, where your nearest military base is, or answer other questions and concerns.

If you are going overseas, call the 1-800 phone number on your orders if you experience an emergency you cannot deal with.

<b>Name:</b> FSC EMERGENCY HOT LINE
<b>POC:</b> Family Service Center Representative
<b>Phone:</b> 1-800-FSC-LINE
<b>Comments:</b> Available 24 hours a day

### Financial Preparedness

When anticipating a permanent change of duty station (PCS), if at all possible, you should start putting some money aside in a savings account to prepare for the move. You may wish to request an advance from your Finance Office to be used for temporary lodging, housing costs and deposits at your new duty station.

Financial counseling is available through the Navy/Marine Corps Relief Society located in the Family Service Center, Building 26, telephone 619 524-5734, or DSN 524-5734. You must call for an appointment.

The Personal Financial Management Program (PFMP) at the Family Service Center (FSC) offers numerous proactive financial assistance programs for single Marines and Marine families. Programs range from basic budget planning, banking skills, and car buying to life cycle financial planning, investing, home buying, and retirement planning. A financial advisor is available at the FSC to conduct unit workshops, group training, and one-on-one counseling. Emphasis is placed on:

Developing good financial management skills  
Financial planning for deployment  
How to avoid unscrupulous business scams  
How to prevent financial difficulties before they arise

Also included in the PFMP is information on debt management designed to assist Marines in arranging to pay off their debts. Clients are encouraged to work with their creditors to establish a workable repayment plan that fits within their household budget. The goal is to strengthen the capacity of Marines and their families to establish and maintain economic well-being.

<b>Name:</b> Marine Corps West Credit Union
<b>Address:</b> Building 9 (MCRD)
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-1129

<b>Name:</b> Finance Office
<b>POC:</b> Travel Section
<b>Address:</b> Building 29 (MCRD)
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-1728/1749

<b>Name:</b> Navy/Marine Corps Relief Society
<b>POC:</b> Mike Brown
<b>Address:</b> Building 26 (MCRD)
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-5734
<b>Comments:</b> Hours: 0900-1300

<b>Name:</b> Personal Financial Management Program
<b>POC:</b> MSGT Brian Nielsen
<b>Address:</b> Building 26 (MCRD)
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-6994; DSN 524-6994; Toll-free 1-888-718-3027
<b>FAX:</b> 619-524-0675; DSN 524-0675
<b>Comments:</b> Hours: 0730-1630 Monday-Friday. Appointments are recommended.

### Exceptional Family Member Program (EFMP)

The Exceptional Family Member Program (EFMP) was established in 1987 to assist service members in providing for special needs of their Exceptional Family Member, before, during, and after relocation required by a change of duty assignment.

An Exceptional Family Member is defined as an authorized family member (spouse, child, stepchild, adopted child, foster child, or a dependent parent) residing with the sponsor who possesses a physical, intellectual or emotional handicap and requires special medical or educational services.

If you have an Exceptional Family Member, enrollment in the EFMP is mandatory. The aim of the program is to assist assignment monitors at Headquarters Marine Corps in assigning Marines to an area where their Exceptional Family Member's special needs can be met.

The EFMP Coordinator at MCRD is located in the Family Service Center, Building 26. Call DSN 524-6078, commercial 619 524-6078, toll-free 1-888-718-3027.

<b>Name:</b> Exceptional Family Member Program (EFMP)
<b>POC:</b> Arleen Sinon, Coordinator
<b>Address:</b> Building 26 (MCRD)
<b>City:</b> San Diego, CA 92140--5023
<b>Phone:</b> 619 524-6078
<b>FAX:</b> 619 524-0675
<b>Comments:</b> Hours: 0730-1600 Monday through Friday.

### Household Goods In-Bound Shipments

On arrival in San Diego, contact the Navy Supply Center Personal Property Department at 619 556-MOVE to find out if your household goods have arrived -- even if you are not yet ready to accept delivery. Your records will be validated to ensure an accurate delivery address and phone number. The Personal Property Department is located in Building 3376 in the Commissary Complex on the "dry" side of COMNAVBASE San Diego. Hours are weekdays, except holidays, from 0730-1600. A minimum of five working days advance notice is required prior to delivery of goods.

The Traffic Management Office aboard MCRD, Building 129, telephone DSN 524-5360 or commercial 619 524-5360, provides traffic management and related services incident to household goods, passenger and freight movements.

<b>Name:</b> Navy Supply Center COMNAVBASE
<b>POC:</b> Personal Property Depart
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 556-MOVE
<b>Comments:</b> Hours: 0730-1600 Monday through Friday

<b>Name:</b> Traffic Management Office MCRD
<b>POC:</b> Transportation Chief
<b>Address:</b> Building 129
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-5365
<b>FAX:</b> 619 524-0870
<b>Comments:</b> Hours: 0730-1600. Closed for lunch from 1130-1300

<b>Name:</b> Traffic Management Officer
<b>Address:</b> Building 129
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-5364
<b>FAX:</b> 619 524-0870
<b>Comments:</b> Hours: 0730-1600

## Household Goods Out-Bound Shipments

The Personal Property section processes applications for shipment and/or storage of household goods, storage extensions, and Do It Yourself (DITY) moves; counsels service members, dependents included and DoD employees on shipping and storage entitlements. Appointments are required (except for emergencies), and can be made by calling 619-524-5360/5369. All personnel are required to have a copy of their orders signed from the order writing authority prior to scheduling an appointment. Upon receipt of PCS orders, please contact the Traffic Management Office (TMO) to schedule a counseling appointment. During the peak season (May-Sep) it is recommended that appointments be made at least 4-5 weeks prior to the desired household goods pick up date. This office requires all personnel to have (6) copies of orders for a household move and (5) copies of orders for a DITY move for each shipment.

### PASSENGER/PASSPORT/PET TRANSPORTATION (OFFICIAL TRAVEL):

Commercial Travel Office (Inside CONUS)  
Passenger Transportation Section (Outside CONUS)

The above offices process all air, bus and/or rail requests for personnel traveling under official PCS or Temporary Additional Duty (TAD) orders within and outside of the continental United States (CONUS).

Member/dependents who are on PCS overseas orders and instructed to apply for a no fee passport should go to the passenger transportation section. Processing of passports may take up to (8) weeks, so please contact TMO for more information at 524-5362/5367. If you are traveling under official travel orders IN CONUS, contact the Commercial Travel Office for reservations, Building 118, DSN 524-5254, or commercial 619 524-5254.

If you are traveling under official travel orders OUTSIDE CONUS, contact the Passenger Transportation Section, Building 129, DSN 524-5362/5367, or commercial 619 524-5362/5367.

For information on pet transportation IN CONUS, contact the Commercial Travel Office, and for information on pet transportation OUTSIDE CONUS, contact the Passenger Transportation Section.

The Commercial Travel Office(s) aboard the Depot provide a wide range of travel related services to both official and leisure travelers.

The Business/Official Travel Office, Building 118, DSN 524-5254, or commercial 619 524-5254, provides arrangements for official and leisure travel for military, dependents and civilians. Hotel and rental car reservations are also available.

The Leisure Travel Office, Building 16 (in the Exchange Complex), commercial 619 295-7454, can make arrangements for domestic and international travel including air, train, bus, hotels, and rental cars. In addition, they can assist international travelers in obtaining passports, visas and special passes such as BritRail and Eurail. They can arrange numerous tour and resort packages, both domestic and international, as well as independent tours and charter flights. They can also book passage on major cruise lines anywhere in the world, often at discounted rates. There is one important advantage of purchasing leisure travel aboard the Depot. A portion of every purchase is contributed to the Morale, Welfare and Recreation Fund which benefits all personnel at MCRD.

<b>Name:</b> Household Goods Appointment Desk (Outbound Shipments)
<b>POC:</b> Traffic Management Office
<b>Address:</b> Building 129
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-5360/5369
<b>FAX:</b> 619 524-0870
<b>Comments:</b> Hours: 0730-1600 Monday through Friday. Closed for lunch from 1130-1300.

<b>Name:</b> Commercial Travel Office (In CONUS)
<b>Address:</b> Building 118
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-5254
<b>Comments:</b> Hours: 0730-1600. Passenger/pet transportation office for official travel (In CONUS).

<b>Name:</b> Passenger Transportation Section (Outside CONUS)
<b>Address:</b> Building 129
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-5362/5367
<b>Comments:</b> Hours: 0730-1600. Closed for lunch from 1130-1300. Passenger/pet transportation office for official travel (Outside CONUS).

<b>Name:</b> Commercial Travel Office (CTO)
<b>POC:</b> Complex Manager
<b>Address:</b> Building 118
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-5254
<b>Comments:</b> Hours: 0730-1600 Monday through Friday

<b>Name:</b> Business/Official Travel Office
<b>Address:</b> Building 118
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-5254
<b>Comments:</b> Hours: 0730-1600

<b>Name:</b> Leisure Travel Office
<b>Address:</b> Building 16 (Exchange Complex)
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 295-7454
<b>Comments:</b> Hours: 0730-1600 Monday through Friday.

### Household Goods Claims

The Claims Office is located within the Household Goods Section, Building 129, DSN 524-5380, or commercial 619 524-5380. The Claims Office processes claims for any loss/damage of household goods. Upon delivery of your household goods, the Carrier is required to give you a DD Form 1840 (Joint Statement of Loss or Damage at Delivery). If any loss or damage is noted at the time of delivery, make sure that the Carrier annotates it on this form. If any loss or damage is noted after the Carrier departs your residence, note it on the reverse of the DD Form 1840. You have seventy (70) days from the date of delivery to turn in your DD Form 1840 (pink copy) to the Claims Office. The Claims Office operates on an appointment basis (except emergencies). If you have any problems or complaints about the Carrier, contact the Quality Control Section at Building 3376, Fleet Industrial Supply Center, COMNAVBASE, commercial 619 556-0421.

The following information is provided as a courtesy. Please check with the Traffic Management Office for the latest information:

### TABLE OF MAXIMUMS

The Armed Forces Schedule of Depreciation/Table of Maximums is a document jointly prepared by all the military services for standardization purposes. The list below is a partial listing of the 150 categories in this document and the maximum allowable for loss or damage compensation on that item. This listing is current as of the most recent revision of the Table of Maximums, which was published to be effective 15 June 1982.

### PER PER ITEM: ITEM: CLAIM:

Antiques (other than furniture)	\$ 1000	\$5,000
Bedspreads	\$ 400	\$2,000
Bicycles	\$ 750	
Books (including professional books)	\$3,000	
Cameras & Photographic Equipment	\$2,000	
Camping Equipment	\$2,500	
China (fine)	\$3,000	
Clothing: Age 15-and over	\$3,500	
Age 0-14	\$1,500	
Collections and hobbies	\$4,000	
Computers and accessories	\$4,000	
Crystal	\$4,000	
Firearms	\$2,000	
Furniture (includes brass furniture water beds and antiques)	\$3,000	
Furs	\$1,500	
Jewelry, costume	\$1,000	\$4,000
Jewelry, expensive (over \$100)	\$1,000	\$4,000
Linens, fine	\$ 400	\$2,000
Linens, ordinary household	\$ 400	\$2,000
Medical equipment	\$1,500	
Musical instruments (except pianos, organs)	\$1,500	
Pianos, organs	\$5,000	
Objects of Art (except paintings)	\$1,000	\$4,000
Paintings and pictures	\$1,000	\$3,000
Rugs	\$2,000	\$4,000
Sterling Silver	\$5,000	
Stereo items and all accessories	\$1,000	\$4,000
Televisions	\$1,500	
Tools	\$3,000	
All types not left in a vehicle for shipment	\$1,500	
Left in a vehicle for shipment	\$ 100	
Toys	\$ 750	
Typewriters	\$ 500	
Video recorders, video cameras and accessory equipment	\$1,000	\$2,500
Watches	\$ 500	
Wedding Gowns	\$1,000	

<b>Name:</b> Claims Investigating Officer/Appointments
<b>Address:</b> Building 129
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-5380
<b>Comments:</b> Hours: 0730-1600. Closed for lunch from 1130-1300.

<b>Name:</b> Quality Control Section
<b>POC:</b> Fleet Industrial Supply Center, COMNAVBASE
<b>Address:</b> Building 3376 (in the Commissary Complex)
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 556-0421
<b>Comments:</b> Hours: 0730-1600. After working hours, call 619 556-0421.

### Household Goods Weight Allowances

Weight allowance figures were taken from the Table of Joint Federal Travel Regulations Weight Allowances. There is one variable for the rank of E-4:

\* More than two years service \*\* Two years or less in service

### Household Goods Weight Allowances

Grade	Allowance w/Dependents	Allowance wo/Dependents
E1	5,000	1,500
E2	5,000	1,500
E3	5,000	2,000
E4	**7,000 / *8,000	**3,500 / *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

For information on inbound/outbound POV shipments, contact the Household Goods Section, Building 129, DSN 524-5369 or commercial 619 524-5369.

The following information is provided as a courtesy. Please check with the Traffic Management Office for the latest information.

VALIDITY OF OVERSEAS VEHICLE  
REGISTRATION / LICENSE:

STATE: REGISTRATION RECOGNIZED:  
LICENSE VALID:

ALABAMA	NO TRANSIT ONLY	NO
ALASKA	YES 10 DAYS	YES 90 DAYS
ARIZONA	NO TRANSIT ONLY	
ARKANSAS	NO TRANSIT ONLY	

NO CALIFORNIA	NO	NO
COLORADO	YES 45 DAYS	MIL 45 DAYS, DEP/CIV
CONNECTICUT	YES 60 DAYS	DELAWARE
FLORIDA	YES 60 DAYS	FLORIDA
GEORGIA	YES 30 DAYS	GEORGIA
HAWAII	YES 30 DAYS	HAWAII
IDAHO	NO IDAHO	YES 30 DAYS
ILLINOIS	YES 90 DAYS	MIL 45, CIV 30 DAYS
INDIANA	YES 90 DAYS	INDIANA
IOWA	NO IOWA	YES
KANSAS	NO KANSAS	
KENTUCKY	YES 30 DAYS	YES 90 DAYS
LOUISIANA	YES 15 DAYS	NO LOUISIANA
MAINE	TRANSIT ONLY	NO MAINE
MARYLAND	YES 30 DAYS	YES 30 DAYS
MASSACHUSETTS	TRANSIT ONLY	YES
MICHIGAN	45 DAYS	MICHIGAN
MINNESOTA	YES 7 DAYS	NO
MISSISSIPPI	YES 30 DAYS	YES 60 DAYS
MISSOURI	30 DAYS	MISSISSIPPI
		YES 30 DAYS

YES MONTANA YES TO GET TO DEST  
 YES 30 DAYS NEBRASKA YES 30 DAYS  
 YES 90 DAYS NEVADA YES 45 DAYS  
 NO NEW HAMPSHIRE MIL ONLY, 7 DAYS  
 NO NEW JERSEY YES 60 DAYS YES  
 60 DAYS NEW MEXICO YES 30 DAYS  
 YES 30 DAYS NEW YORK YES 30 DAYS  
 YES 30 DAYS NORTH CAROLINA NO  
 NO NORTH DAKOTA YES NO  
 OHIO MIL YES, DEP/CIV NO MIL YES,  
 DEP/CIV NO OKLAHOMA NO  
 NO OREGON YES 30 DAYS MIL 45  
 DAYS, DEP/CIV NO PENNSYLVANIA YES 45  
 DAYS YES 45 DAYS RHODE ISLAND  
 YES 30 DAYS YES 30 DAYS SOUTH  
 CAROLINA YES 90 DAYS YES 90 DAYS  
 SOUTH DAKOTA YES 90 DAYS YES 90  
 DAYS TENNESSEE YES 30 DAYS NO  
 TEXAS MIL 30 DAYS, DEP YES, NO CIV  
 TRANSIT ONLY UTAH MIL 60 DAYS  
 YES 60 DAYS VERMONT YES 30 DAYS  
 YES 30 DAYS AFTER ENTRY VIRGINIA  
 YES 30 DAYS YES 30 DAYS  
 WASHINGTON YES 90 DAYS NO  
 WEST VIRGINIA MIL 30 DAYS, DEP/CIV NO  
 MIL 30 DAYS, DEP/CIV NO WISCONSIN  
 TITLE & REGIS. IMMED. NO WYOMING  
 YES YES AMER. SAMOA YES 5  
 DAYS YES 30 DAYS PUERTO RICO  
 YES 120 DAYS YES 120 DAYS VIRGIN  
 ISLANDS YES YES

<b>Name:</b> Household Goods Section
<b>POC:</b> Traffic Management Office
<b>Address:</b> Building 129
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-5369
<b>Comments:</b> Hours: 0730-1600 Monday through Friday. Closed from 1130-1300.

<b>Name:</b> Traffic Management Office
<b>POC:</b> CWO Allen III
<b>Address:</b> Building 129
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-5364
<b>Comments:</b> Hours: 0730-1600

### POV Out-Bound Shipments

The following information is provided as a courtesy. Please check with the Traffic Management Office (TMO) for the latest information.

This information is designed for military and civilian personnel authorized to ship POVs at government expense. It is based on entitlements from Joint Federal Travel Regulations (JFTR), Volume I, for military members and Joint Travel Regulations (JTR), Volume II, for civilian employees. In addition, it contains information generally found in Department of Defense (DoD) 4500.34R, Personal Property Traffic Management Regulation (PPTMR). Check with your local TMO to determine the POV Processing Center you will use.

#### NUMBER OF POVs YOU MAY SHIP:

One POV owned by you or your dependent may be shipped at government expense. However, it must be for you or your dependent's personal use only. If you desire to make your own arrangements and ship an additional POV, consult your TMO for any restrictions which may apply. You may be required to pay an import duty on a second POV.

HAVE POV CLEAN (INSIDE AND OUT) ROLL UP ALL WINDOWS HAVE YOUR ID CARD READY EMPTY THE GLOVE COMPARTMENT HAVE SEVEN COPIES OF YOUR ORDERS DISCONNECT VEHICLE ALARMS HAVE YOUR COPY OF DD-788 (POV SHIPPING DOCUMENT) READY HAVE ONE SET OF KEYS FOR ALL LOCKS BE PREPARED TO INSPECT YOUR POV FOR LOSS OR DAMAGE

FOR ALL LOCKS: HAVE AVAILABLE THE MAKE, MODEL, COLOR, YEAR, SERIAL NUMBER, AND A VALID SAFETY INSPECTION FROM THE STATE OF REGISTRATION.

HOW TO GET A PRIVATELY OWNED VEHICLE (POV) LICENSE OVERSEAS:

\*JAPAN: NEED VALID LICENSE FROM U.S., INTERNATIONAL, OR MAJOR COMMAND; MUST VERIFY NEAR VISION AND GENERAL HEALTH; MUST BE 18; ATTEND FORMAL INDOCTRINATION ON JAPANESE TRAFFIC CONDITIONS AND LAWS; ATTEND SAFETY ORIENTATION; PASS TEST OF SIGNS AND LAWS; NOT POSSIBLE TO EXPORT TESTING TO CONUS.

\*EUROPE: ATTEND ORIENTATION CLASS; PASS TEST OF SIGNS AND LAWS; W/O PROOF OF VALID POV LICENSE, TAKE ROAD TEST. ON REQUEST WILL PROVIDE TESTING

MATERIAL TO CONUS INSTALLATION TO ADMINISTER POV TEST.

\*KOREA: U.S. LICENSE HONORED AS TEMPORARY PERMIT FOR 30 DAYS. BILINGUAL LICENSE IS REQUIRED; MUST BE 18; PASS TEST OF SIGNS AND LAWS; W/O VALID LICENSE FROM U.S., INTERNATIONAL, MUST TAKE ROAD TEST. NO EXPORT OF TEST TO CONUS.

<b>Name:</b> Oakland Army Base
<b>POC:</b> POV Processing Terminal
<b>City:</b> Oakland, CA
<b>Phone:</b> 510 466-3365/3366/3367
<b>Comments:</b> Hours: 0800-1630. DSN: 859-3365/3366/3367 1-800-446-0443

<b>Name:</b> Southern California Outport
<b>POC:</b> POV Processing Terminal
<b>Address:</b> 1620 S. Wilmington Avenue
<b>City:</b> Compton, CA
<b>Phone:</b> 310 604-1182/1296
<b>Comments:</b> Hours: 0800-1600. DSN: 833-3835

<b>Name:</b> MTMC Gulf Outport
<b>POC:</b> POV Processing Terminal
<b>Address:</b> 4400 Dauphine Street
<b>City:</b> New Orleans, LA
<b>Phone:</b> 504 678-1218/1228/1196
<b>Comments:</b> Hours: 0800-1200, 1300-1600. DSN: 678-1218 Monday through Friday. 1-800-972-9087

<b>Name:</b> MTMC POV Processing Center
<b>POC:</b> POV Processing Terminal
<b>City:</b> Pontoon Beach, IL
<b>Phone:</b> 1-800 275-3706 or 618 931-2777/2888
<b>Comments:</b> Hours: 0800-1600

<b>Name:</b> 1313th Medium Port Command
<b>POC:</b> POV Processing Terminal
<b>Address:</b> GSA Headquarters Building
<b>City:</b> Auburn, WA
<b>Phone:</b> 1-800-362-9244 or 206-804-8258
<b>Comments:</b> Hours: 0800-1600 Monday through Friday, 0900-1200 Saturday

<b>Name:</b> South Atlantic Outport
<b>POC:</b> POV Processing Terminal
<b>Address:</b> Naval Weapons Station, Building 238
<b>City:</b> North Charleston, SC
<b>Phone:</b> 803 743-5472 or 1-800-824-8496
<b>Comments:</b> Hours: 0800-1700. DSN: 563-5470

<b>Name:</b> Cape Canaveral Outport (Recording)
<b>POC:</b> POV Processing Terminal
<b>Address:</b> Cape Canaveral Air Force Station, Building 1062
<b>City:</b> Cape Canaveral, FL
<b>Phone:</b> 407 853-7712 or 1-800-862-9471
<b>Comments:</b> Hours: 0745-1145, 1300-1545. DSN: 467-7712/7714

<b>Name:</b> Cape Canaveral Outport (General Information)
<b>POC:</b> POV Processing Terminal
<b>Address:</b> Cape Canaveral Air Force Station, Building 1062
<b>City:</b> Cape Canaveral, FL
<b>Phone:</b> 407 853-7713
<b>Comments:</b> Hours: 0745-1145, 1300-1545. DSN: 323-7713

<b>Name:</b> Baltimore Outport
<b>POC:</b> POV Processing Terminal
<b>City:</b> Southeast Baltimore, MD
<b>Phone:</b> 1-800-631-5751/410 631-5751
<b>Comments:</b> Hours: 0800-1130, 1300-1600

<b>Name:</b> Military Ocean Terminal
<b>POC:</b> POV Processing Terminal
<b>Address:</b> 32nd Street
<b>City:</b> Bayonne, NJ
<b>Phone:</b> 201 823-6611/6612/6613
<b>Comments:</b> Hours: 0800-1145, 1300-1600 DSN: 247-6505

<b>Name:</b> Navy Supply Center
<b>POC:</b> POV Processing Terminal
<b>Address:</b> Norfolk Naval Base
<b>City:</b> Norfolk, VA
<b>Phone:</b> 804 444-4505/4636 or 1-800-358-4356
<b>Comments:</b> Hours: 0800-1200, 1230-1630. DSN: 564-4505/4636

## POV Claims

Refer to the POV Processing Terminals for information about POV claims.

## Pet Boarding/Kennels

Refer to the telephone directory for pet boarding/kennels in your neighborhood.

<b>Name:</b> El Cajon Valley Veterinary Hospital
<b>Address:</b> 560 North Johnson Avenue
<b>City:</b> El Cajon, CA 92020
<b>Phone:</b> 619 444-9491
<b>Comments:</b> Hours: 0800-1800 Monday through Friday 0800-1600 Saturday

<b>Name:</b> Paradise Valley Road Pet Hospital
<b>Address:</b> 8360 Paradise Valley Road
<b>City:</b> Spring Valley, CA
<b>Phone:</b> 619 475-9770
<b>Comments:</b> Hours: 0700-1900 Monday through Saturday 0900-1800 Sunday

## Pet Licensing

Call the San Diego Humane Society or a veterinarian in your new neighborhood for information about dog licensing, and licensing locations.

<b>Name:</b> San Diego Humane Society
<b>Address:</b> 887 Sherman
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 299-7012

<b>Name:</b> La Mesa Animal Control
<b>City:</b> La Mesa, CA
<b>Phone:</b> 619 462-3193

<b>Name:</b> National City Animal Control
<b>City:</b> National City, CA
<b>Phone:</b> 619 336-4411

<b>Name:</b> El Cajon Animal Control Office
<b>Address:</b> 1275 North Marshall Avenue
<b>City:</b> El Cajon, CA 92020
<b>Phone:</b> 619 448-7383

## Pet Quarantines

Pets are not quarantined, but it would be wise to get a health certificate for your pet(s) before moving to

California. Your veterinarian can advise you about required vaccinations.

TIP: If driving into the State of California, check with the U. S. Department of Agriculture if you plan to bring any plants or fruits into California. Many plants and fruits are not allowed to be brought into the State.

## Veterinary Services

There is only one military veterinary clinic in San Diego:

Army Veterinary Clinic Building 2248 Jupiter Street MCAS Miramar, CA 92145 619 537-6552; DSN 577-6552 (appointments)

Hours: Mon, Wed, Fri 0830-1600 Tues, Thurs 0830-1130

All animals are seen by appointment only.

There are numerous civilian veterinary clinics in the area, a few are listed below.

<b>Name:</b> El Cajon Valley Veterinary Hospital
<b>Address:</b> 560 North Johnson Avenue
<b>City:</b> El Cajon, CA 92020
<b>Phone:</b> 619 444-9491
<b>Comments:</b> Hours: 0800-1800 Monday through Friday 0800-1600 Saturday

<b>Name:</b> Emergency Animal Hospital & Referral Center
<b>Address:</b> 2317 Hotel Circle South (Mission Valley)
<b>City:</b> San Diego, CA
<b>Phone:</b> 619-299-2400
<b>Comments:</b> Centrally located just north of downtown San Diego.

<b>Name:</b> Paradise Valley Road Pet Hospital
<b>Address:</b> 8360 Paradise Valley Road
<b>City:</b> Spring Valley, CA
<b>Phone:</b> 619 475-9770
<b>Comments:</b> Hours: 0700-1900 Monday through Friday 0700-1700 Saturday

<b>Name:</b> Point Loma Veterinary Clinic
<b>Address:</b> 2158 Catalina Boulevard
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 222-4482

<b>Name:</b> SUBASE Veterinary Clinic
<b>Address:</b> Building 210
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 224-3080
<b>Comments:</b> Hours: 0830-1500 This is a civilian, not military clinic located on the installation.

### Pet Transportation

For PCS on government transport, Mrs. Mazzella at the Traffic Management Office, Building 129, DSN 524-5362/5367, or commercial 619 524-5362/5367, can give you details and requirements. Contact the airline companies for information about commercial travel.

<b>Name:</b> Traffic Management Office
<b>POC:</b> Mrs. Mazzella
<b>Address:</b> Building 129
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-5362/5367
<b>Comments:</b> Hours: 0730-1600. DSN: 524-5362/5367

### PCS Reporting Procedures

Submit your PCS claim and all pay or travel problems through your admin unit.

Ensure that you save the following documentation for submittal with your PCS travel claim:

\*Lodging receipt showing balance paid-in-full, dates of stay, and number of occupants for any TLE claims.

\*Original orders.

\*Detaching and reporting endorsements.

\*Availability of quarters endorsement.

\*Receipts for transportation expenses (airplane, bus, cab, etc.)

Change of Direct Deposit is rarely necessary or recommended. If desired, obtain a Form SF-1199A from the institution to which you want to transfer.

Fill out the form completely and submit it via your admin unit. DO NOT close your old account until you verify that your pay has started being deposited into your new account.

All personnel checking in to MCRD, San Diego, must report to the Consolidated Administration Personnel Center (CPAC), Building 622, Room 129. All check-ins must be in the Service "A" uniform throughout the check-in process. If you arrive after working hours or on the weekend, report to the Staff Duty Office, Building 31 (lower level across from Room 117). The Staff Duty Office phone number is DSN 524-8700, or commercial 619 524-8700.

If you require any personalized assistance prior to check-in, please call the CPAC during regular working hours (0730-1630) at 619 524-6098/6099, or DSN 524-6098/6099.

Please contact the Community Service Center for any other assistance concerning the relocation of your family (619-524-5298/1158, DSN 524-5298/1158, toll-free 1-888-718-3027).

TDY OR TAD INPROCESSING AND OUTPROCESSING: Contact the CPAC Personnel Chief, Building 622, Room 129, DSN 524-8130 or commercial 619 524-8130.

PORT CALLS (VISAS/PASSPORTS): Contact the CPAC Orders Section, Building 622, Room 129, DSN 524-6098/524-6099 or commercial 619 524-6098/524-6099.

<b>Name:</b> Consolidated Personnel Administration Center (CPAC)
<b>POC:</b> Orders Chief
<b>Address:</b> Building 622
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-4002
<b>Comments:</b> Hours: 0730-1630. DSN: 524-4002.

<b>Name:</b> CPAC (Port Calls/Visas/Passports/TDY or TAD Inprocessing/Outprocessing)
<b>POC:</b> Orders Chief
<b>Address:</b> Building 622, Room 129
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-6098/6099
<b>Comments:</b> Hours: 0730-1630. DSN: 524-6098/6099

## Separation Procedures

<b>Name:</b> Consolidated Personnel Administration Center (CPAC)
<b>POC:</b> Personnel Chief
<b>Address:</b> Building 622, Room 129
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-8130
<b>Comments:</b> Hours: 0730-1630. DSN: 524-8130

## Billeting

Billeting is very limited and is mostly used by active duty personnel on TAD.

<b>Name:</b> Bachelor Quarters (Enlisted)
<b>POC:</b> HQSVCBn 2nd Deck
<b>Address:</b> Building 619 MCRD
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-6087 DSN 524-6087

<b>Name:</b> Bachelor Quarters (Enlisted)
<b>POC:</b> HQSVCBn 3rd Deck
<b>Address:</b> Building 619 MCRD
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-6086 DSN 524-6086

<b>Name:</b> Bachelor Quarters (Enlisted)
<b>POC:</b> HQSVCBn 4th Deck
<b>Address:</b> Building 619 MCRD
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-6081 DSN 524-6081

<b>Name:</b> Bachelor Quarters (Enlisted)
<b>POC:</b> RTR
<b>Address:</b> Building 625 MCRD
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-6451 DSN 524-6451

<b>Name:</b> Bachelor Quarters (Officers)
<b>Address:</b> Building 312, MCRD
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-4401 DSN 524-4401

<b>Name:</b> Navy & Marine Corps Lodges
<b>Address:</b> Various
<b>City:</b> San Diego, CA
<b>Phone:</b> 1-800-NAVY INN / 619-271-7111 (MCAS Miramar)
<b>Comments:</b> There are 3 Lodges in San Diego:  Naval Station San Diego NAS North Island MCAS Miramar  Check-in time is usually 1500 hours and check-out time is usually 1200 hours. Rates vary from \$45.00 per night at Miramar, to \$51.00 per night at Naval Station, to \$56.00 per night at North Island. It is strongly recommended to call ahead for rates and availability.

## Unaccompanied PCS

If you are traveling without your family members, you may check in with the Billeting Office for lodging in bachelor quarters here on base.

<b>Name:</b> Bachelor Quarters (Permanent Personnel - Officers/Enlisted)
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-6451 DSN 524-6451

<b>Name:</b> Bachelor Quarters (Transient Personnel - Officers/Enlisted)
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-4401 DSN 524-4401

## Support Services

### Family Centers

The Family Service Center at MCRD, Building 26, is open from 0700-1700 Monday through Friday. We have many different programs; for example:

**INFORMATION & REFERRAL:** If you need information about non-profit and public agencies in San Diego County, financial resources, emergency resources.

**EXCEPTIONAL FAMILY MEMBER PROGRAM:** Information and assistance in processing the enrollment paperwork.

**INDIVIDUAL, COUPLE & FAMILY COUNSELING:** Anger Management, Stress

Management, Parenting Classes, Communication Classes, Women's Support Group, as well as individual, couple and family counseling.

**FAMILY ADVOCACY PROGRAM:** Programs for child and spouse abuse and battered spouses.  
**CAREER RESOURCE OFFICE:** Family Member Employment Assistance Program (FMEAP); Transition Assistance Program (TAP); workshops on job search related needs; resource library; computers and typewriters for your use.

**RELOCATION OFFICE:** Assistance in providing information when you are planning a permanent change of station (PCS)move; world-wide library of information on military installations; Marine Corps base videos; welcome packages; lending locker; automaps; internet access; and much more!

**PERSONAL FINANCIAL MANAGEMENT PROGRAM:** Financial assistance programs for single or married Marines. Programs range from basic budget planning, banking skills, and car buying to life cycle financial planning, investing, home buying, and retirement planning.

**NEW PARENT SUPPORT PROGRAM:** A family support program promoting positive parenting and healthy families through home visits, parenting classes and support groups. Families with children under six years of age are eligible to participate.

**EDUCATION OFFICE:** Information and tuition assistance for active duty service members.

**NAVY/MARINE CORPS RELIEF SOCIETY** (co-located with the Family Service Center): Financial counseling; interest-free loans or grants for emergency transportation, funerals, medical/dental bills, food, rent, utilities and essential vehicle repairs.

**AMERICAN RED CROSS OFFICE** (located in Building 28): Provides interest-free loans (through Navy-Marine Corps Relief Society) for emergency travel in conjunction with emergency leave orders. Additional assistance may be provided to avoid privation circumstances.

**RETIRED AFFAIRS OFFICE:** Available for counseling on all matters related to retirement, including retirement benefits, survivor benefits, pay issues, reporting the death of a retired service member.

**KEY VOLUNTEER OFFICE:** Serves as a communication link between the unit and its families,

assists in developing and maintaining a sense of community within the Marine Corps unit, and is a reliable source of information and referral. The Key Volunteer Network operates in support of and under direction of a Marine unit's Commanding Officer, with focus on areas which will benefit the families of that particular unit. Key Volunteers complete a standardized basic training course and serve in a network with trained Key volunteers and an active duty Family Readiness Officer (FRO).

**KEY VOLUNTEER TRAINING OFFERED MONTHLY**

- \* Quarterly tours of recruit training.
- \* Key Volunteer worksites/computers/internet access.
- \* Provides "Married to a Depot Marine" and "Married to a Recruiter" guides.

<b>Name:</b> American Red Cross, San Diego Chapter
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 542-7552
<b>Comments:</b> 24-hour Emergency contact telephone number.

<b>Name:</b> Career Resource Office
<b>POC:</b> Jody Forrest
<b>Address:</b> 4025 Tripoli Ave., Bldg 26
<b>City:</b> San Diego, CA 92140--5023
<b>Phone:</b> 619 524-6780/5732/1283 DSN 524-6780/573/12832
<b>FAX:</b> 619 524-0036 DSN 524-0035
<b>Comments:</b> Hours: 0700-1700 Monday through Friday Toll-free number: 1-888-718-3027

<b>Name:</b> Counseling
<b>POC:</b> Community Service Center
<b>Address:</b> 4025 Tripoli Ave., Bldg 26
<b>City:</b> San Diego, CA 92140--5023
<b>Phone:</b> 619 524-5728 DSN 524-5728; toll-free 1-888-718-3027
<b>FAX:</b> 619 524-0675 DSN 524-0675
<b>Comments:</b> Hours: 0730-1700 Monday through Friday

**Name:** Education Office  
**POC:** Sgt Gutting  
**Address:** Building 111  
**City:** San Diego, CA 92140--5023  
**Phone:** 619 524-6865 DSN 524-6865  
**FAX:** 619-524-0538 DSN 524-0538  
**Comments:**  
 Hours: 0730-1100 and 1300-1630 Monday through Friday

**Name:** Exceptional Family Member Program  
**POC:** Arleen Sinon, Coordinator  
**Address:** 4025 Tripoli Ave., Bldg 26  
**City:** San Diego, CA 92140--5023  
**Phone:** 619 524-6078 DSN 524-6078 Toll-free: 1-888-718-3027  
**FAX:** 619 524-0675 DSN 524-0675  
**Comments:**  
 Hours: 0730-1600 Monday through Friday.

**Name:** Family Advocacy  
**POC:** Community Service Center  
**Address:** 4025 Tripoli Ave., Bldg 26  
**City:** San Diego, CA 92140--5023  
**Phone:** 619 524-5728 DSN 524-5728 Toll-free 1-888-718-3027  
**FAX:** 619 524-0675 DSN 524-0675  
**Comments:**  
 Hours: 0730-1700 Monday through Friday

**Name:** Information and Referral Office  
**POC:** Arleen Sinon  
**Address:** 4025 Tripoli Ave., Bldg 26  
**City:** San Diego, CA 92140--5023  
**Phone:** 619 524-6078 DSN 524-6078 Toll-free: 1-888-718-3027  
**FAX:** 619 524-0675 DSN 524-0675  
**Comments:**  
 Hours: 0730-1600 Monday through Friday.

**Name:** Key Volunteer Office  
**POC:** Wendy Peterson  
**Address:** 4025 Tripoli Ave., Bldg 26  
**City:** San Diego, CA 92140--5023  
**Phone:** 619 524-0916 DSN 524-0916 Toll-free: 1-888-718-3027  
**FAX:** 619 524-0675 DSN 524-0675  
**Comments:**  
 Depot Key Volunteer Info Lines  
 1st BN 524-8084 Support BN 524-8087  
 2nd BN 524-8085 WFTBN 524-8088  
 3rd BN 524-8086 H&S BN 524-8089

**Name:** Navy/Marine Corps Relief Society  
**POC:** Mike Brown  
**Address:** 4025 Tripoli Ave., Bldg 26  
**City:** San Diego, CA 92140  
**Phone:** 619 524-5734 DSN 524-5734  
**FAX:** 619-293-3732  
**Comments:**  
 Hours: 0900-1500

**Name:** New Parent Support Program  
**POC:** Nancy Hotchkiss, Director  
**Address:** 4025 Tripoli Ave., Bldg 26  
**City:** San Diego, CA 92140  
**Phone:** 619 524-0805 DSN 524-0805 Toll-free-1-888-718-3027  
**FAX:** 619 524-0675 DSN 524-0675  
**Comments:**  
 Hours: 0830-1700

**Name:** Personal Financial Management Program (PFMP)  
**Address:** 4025 Tripoli Ave., Bldg 26  
**City:** San Diego, CA 92140  
**Phone:** 619 524-6994 DSN 524-6994 Toll-free: 1-888-718-3027  
**FAX:** 619 524-0675 DSN 524-0675

<b>Name:</b> Relocation Office
<b>POC:</b> Marry Young / Jim Yost
<b>Address:</b> 4025 Tripoli Ave., Bldg 26
<b>City:</b> San Diego, CA 92140--5023
<b>Phone:</b> 619 524-5298/1158 DSN 524-5298/1158
<b>FAX:</b> 619 524-0675 DSN 524-0675
<b>Comments:</b> Hours: 0730-1700 Monday through Friday. Lending Locker Hours: 0730-1600 Monday through Friday. Toll-Free Number: 1-888-718-3027

<b>Name:</b> Retired Activities Office
<b>POC:</b> Mike McIsaac MGySgt(Ret)
<b>Address:</b> 4025 Tripoli Ave., Bldg 26
<b>City:</b> San Diego, CA 92140--5023
<b>Phone:</b> 619 524-5301 DSN 524-5301
<b>FAX:</b> 619 524-0675 DSN 524-0675
<b>Comments:</b> Hours: 0900-1200 Monday, Wednesday, Friday

### Information and Referral

Arleen Sinon is the Information and Referral Specialist at the Community Service Center, Building 26. Visit or call DSN 524-6078, commercial 619 524-6078, toll-free 1-888-718-3027. Her hours are 0730-1600 Monday through Friday.

### Financial Assistance Programs

If you need financial assistance, make an appointment with the Navy/Marine Corps Relief Society, Building 26, DSN 524-5734 or commercial 619 524-5734. The Navy/Marine Corps Relief Society provides interest-free loans or grants for emergency transportation, funerals, medical/dental bills (patient's share), food, rent, utilities, essential vehicle repairs, as well as help when disaster strikes. Navy/Marine Corps Relief Society can also provide financial counseling.

The American Red Cross office provides interest-free loans through the Navy Marine Corps Relief Society for emergency travel in conjunction with emergency leave orders. Additional assistance may be provided to avoid privation and basic maintenance, including but not limited to food, shelter and clothing. Emergency communication is available 24 hours a day, 7 days a week by calling 619 524-5727. Workers obtain health and welfare reports, and provide short-term counseling and referrals as needed. Red Cross offers an extensive list of health and safety courses.

The Information and Referral Specialist at the Community Service Center, Building 26, DSN 524-6078 or commercial 619 524-6078 can assist you with information about community resources if you need financial assistance.

<b>Name:</b> American Red Cross Office
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 524-5727 DSN 524-5727

<b>Name:</b> Information and Referral Specialist
<b>POC:</b> Arleen Sinon
<b>Address:</b> 4025 Tripoli Ave., Bldg 26
<b>City:</b> San Diego, CA 92140--5023
<b>Phone:</b> 619 524-6078 DSN 524-6078 Toll-free 1-888-718-3027
<b>FAX:</b> 619 524-0675
<b>Comments:</b> Hours: 0730-1600 Monday through Friday

<b>Name:</b> Navy/Marine Corps Relief Society
<b>POC:</b> Mike Brown
<b>Address:</b> 4025 Tripoli Ave., Bldg 26
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-5734 DSN 524-5734
<b>FAX:</b> 619-293-3732
<b>Comments:</b> Hours: 0900-1500 Monday through Friday. You must make an appointment for assistance.

### Emergency Assistance

If you need financial assistance for emergency travel, funeral expenses or disaster relief, your request will be handled on a walk-in basis during our hours of operation at any Navy-Marine Corps Relief Society office. After hours and on weekends, the American Red Cross should be contacted.

The American Red Cross office provides interest-free loans through the Navy-Marine Corps Relief Society for emergency travel in conjunction with emergency leave orders. Additional assistance may be provided to avoid privation and basic maintenance, including but not limited to food shelter and clothing. Emergency communication is available 24 hours a day, 7 days a week by calling 619 524-5727. Workers obtain health and welfare reports, and provide short-term counseling and referrals as needed. Red Cross offers an extensive list of health and safety courses.

The Information and Referral Specialist at the Community Service Center, Building 26, DSN 524-

6078, commercial 619 524-6078, or toll-free 1-888-718-3027 can assist you with information about community resources if you need emergency assistance.

<b>Name:</b> Navy-Marine Corps Relief Society
<b>POC:</b> Mike Brown
<b>Address:</b> 4025 Tripoli Ave., Bldg 26
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-5734 DSN 524-5734
<b>FAX:</b> 619-293-3732
<b>Comments:</b> Hours: 0900-1500 Monday through Friday. Appointments may be made by calling or visiting our office. Assistance with emergency travel and funeral expenses are handled on a walk-in basis.

<b>Name:</b> American Red Cross
<b>POC:</b> Peggy Reiber
<b>Address:</b> Building 28
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 534-5727 DSN 524-5727
<b>FAX:</b> 619 524-0379
<b>Comments:</b> Hours: 0730-1630 Monday through Thursday; 0730-1430 Friday

<b>Name:</b> Information and Referral Specialist
<b>POC:</b> Arleen Sinon
<b>Address:</b> 4025 Tripoli Ave., Bldg 26
<b>City:</b> San Diego, CA 92140--5023
<b>Phone:</b> 619 524-6078 DSN 524-6078 Toll-free 1-888-718-3027
<b>FAX:</b> 619 524-0675 DSN 524-0675
<b>Comments:</b> Hours: 0730-1600 Monday through Friday.

## Family Advocacy

Counselors are available for personal and family problems, both adult and children.

The Family Advocacy Program (FAP) conducts support groups, parenting and family education classes, as well as programs for child and spouse abuse and battered spouses.

<b>Name:</b> Access & Crisis Line
<b>POC:</b> Suicide/Crisis Intervention
<b>City:</b> San Diego, CA
<b>Phone:</b> 1-800-479-3339
<b>Comments:</b> Provides 24-hour crisis and suicide intervention, as well as mental health referrals.

<b>Name:</b> Catholic Charities
<b>Address:</b> 349 Cedar Street
<b>City:</b> San Diego, CA 92101--3197
<b>Phone:</b> 619 231-2828
<b>Comments:</b> Counseling  Hours: 0800-1900 Monday through Friday  Provides individual, child and family counseling.  - Must conduct a phone assessment first; Hours: 12:30 - 2:00 p.m., Monday - Thursday.  - By appointment only.

<b>Name:</b> Child Abuse Hotline
<b>City:</b> San Diego, CA
<b>Phone:</b> 1-800-344-6000 or 858 560-2191

<b>Name:</b> Community Solutions
<b>POC:</b> Battered Women/Rape Crisis
<b>Address:</b> 4508 Mission Bay Drive
<b>City:</b> San Diego, CA 92109
<b>Phone:</b> 619-272-5777
<b>Comments:</b> Provides counseling, crisis intervention, and referrals.

<b>Name:</b> Crisis House
<b>Address:</b> 1034 North Magnolia Ave.
<b>City:</b> El Cajon, CA 92020
<b>Phone:</b> 619 444-1194
<b>FAX:</b> 619-444-1422
<b>Comments:</b> Hours: 0900-1700 Monday, Tuesday, Thursday and Friday 1300-1700 Wednesday Provides needs assessment, problem solving and case management to assist clients in becoming self-sufficient.

<b>Name:</b> Domestic Violence Referral & Information Hotline (YWCA)
<b>City:</b> San Diego, CA
<b>Phone:</b> 1-888-305-SAFE (7233)

<b>Name:</b> Family Advocacy Center
<b>Address:</b> 3602 Hochmuth Avenue
<b>City:</b> San Diego, CA 92140--5000
<b>Phone:</b> 619 524-0465 DSN 524-0465
<b>FAX:</b> 619 524-0464 DSN 524-0464
<b>Comments:</b> Hours: 0730-1630 Monday through Friday.

### Single Member Services

There are so many wonderful things to do in San Diego. Take advantage of the recreational, educational and cultural opportunities available in this area!

<b>Name:</b> Auto Hobby Shop
<b>Address:</b> Building 174
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-5240

<b>Name:</b> Bayview Restaurant
<b>Address:</b> MCRD
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-6878

<b>Name:</b> Boathouse
<b>Address:</b> Building 131
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-5269/6890

<b>Name:</b> Camping Section
<b>Address:</b> Building 239
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-6180

<b>Name:</b> Fitness Center
<b>Address:</b> Building 13
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-4427

<b>Name:</b> Handball & Racquetball Courts
<b>Address:</b> Building 313
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-4427

<b>Name:</b> Library
<b>POC:</b> Becky Young
<b>Address:</b> Building 7W
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-1850/1849

<b>Name:</b> Officers/SNCO Club
<b>Address:</b> Building 132
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-6878

<b>Name:</b> Recreation Center
<b>Address:</b> Building 590
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-4446

<b>Name:</b> Recreation Section
<b>Address:</b> Building 13
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-1716

<b>Name:</b> Single Marine Program
<b>POC:</b> Alex De Los Santos
<b>Address:</b> Bldg. 590
<b>Phone:</b> (619) 524-8240

<b>Name:</b> Tickets & Tours
<b>Address:</b> Building 16
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-6774

<b>Name:</b> USO
<b>Address:</b> 303 'A' Street
<b>City:</b> San Diego, CA 92101--4280
<b>Phone:</b> 619 235-6503
<b>Comments:</b> A wide variety and a full shedule of programs and activities.

<b>Name:</b> YMCA
<b>POC:</b> Downtown Branch
<b>Address:</b> 500 West Broadway, Suite B
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 232-7451
<b>Comments:</b> Call for program descriptions and hours of operation.

### Support Groups

The United Way INFO LINE is an automated telephone system designed to provide information and telephone numbers to health and human care

services available in San Diego County. If you wish to speak with an Information Specialist, there can be a 3-minute wait if you call at a busy time of the day.

The Information and Referral Office at the Family Service Center can provide needed information about support groups in San Diego County.

<b>Name:</b> United Way Info Line
<b>City:</b> San Diego and El Cajon, CA
<b>Phone:</b> 619 230-0997

<b>Name:</b> United Way Info Line
<b>City:</b> North County Coastal, CA
<b>Phone:</b> 619 943-0997

<b>Name:</b> United Way Info Line
<b>City:</b> North County Inland, CA
<b>Phone:</b> 619 740-0997

<b>Name:</b> United Way Info Line
<b>City:</b> South County and La Mesa, CA
<b>Phone:</b> 619 425-0997

<b>Name:</b> Information and Referral Office
<b>POC:</b> Arleen Sinon
<b>Address:</b> 4025 Tripoli Ave., Bldg 26
<b>City:</b> San Diego, CA 92140--5023
<b>Phone:</b> 619 524-6078 DSN 524-6078 Toll-free: 1-888-718-3027
<b>FAX:</b> 619 524-0675 DSN 524-0675
<b>Comments:</b> Hours: 0730-1600 Monday through Friday.

## Morale, Welfare, and Recreation

For more information on this subject:  
Marine Corp Community Services  
<http://www.mccsmcrd.com>

The Marine Corps Community Services (formerly MWR) program at MCRD supports and enhances the quality of life for Marines, their families, retired military and all others involved with the Marine Corps family.

We offer shopping at our Exchange; state of the art equipment in our community recreation and fitness centers; leisure time activities, which include fun runs, sporting events, and an expanded food court to accommodate a variety of dining tastes.

For more information, visit our web site (web link located above).

<b>Name:</b> Athletic Section
<b>Address:</b> Building 239
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-6058/0548

<b>Name:</b> Auto Hobby Shop
<b>Address:</b> Building 174
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-5240

<b>Name:</b> Boathouse
<b>Address:</b> Building 131
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-6890/5269

<b>Name:</b> Camping Section - Gear Issue Point
<b>Address:</b> Building 239
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-6180

<b>Name:</b> Gym & Fitness Center - Issue Point
<b>Address:</b> Building 13
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-4427

<b>Name:</b> Handball & Racquetball Courts
<b>POC:</b> Reservations
<b>Address:</b> Building 313
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-4427

<b>Name:</b> Leisure Travel Office
<b>Address:</b> Building 16 (Exchange Complex)
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-7454

<b>Comments:</b> Hours: 0900-1700 Monday through Friday  The Leisure Travel Office can make arrangements for domestic and international travel including air, train, bus, hotels, and rental cars. In addition, they can assist international travelers in obtaining passports, visas and special passes such as BritRail and Eurail. They can arrange numerous tour and resort packages, both domestic and international, as well as independent tours and charter flights. They can also book passage on major cruise lines anywhere in the world, often at discounted rates.
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<b>Name:</b> Library
<b>Address:</b> Building 7W
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-1850/1849
<b>Comments:</b> The MCRD library is located in a lovely, historical building on the parade deck. It has an excellent selection of current books, videos, and reference material. Computers, copy machine, and microfiche reader are available, as well as audio and video rooms. There is a well-stocked children's room complete with stuffed toys. In addition to the Commandant's Reading List, there is an extensive Professional Military Education collection in its own area.

<b>Name:</b> Officers/SNCO Club
<b>POC:</b> MCCS
<b>Address:</b> Building 132
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 296-6323

<b>Name:</b> Recreation Section
<b>Address:</b> Bldg 13
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619-524-1716

<b>Name:</b> Tickets & Tours
<b>Address:</b> Building 16
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-6774

### Chapel Services and Programs

Please refer to Section II - Local Community - "Religious Activities".

<b>Name:</b> MCRD Religious Ministries
<b>POC:</b> Depot Chaplain
<b>Address:</b> Building 31
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-8820 DSN 524-8820
<b>Comments:</b> Arrangements for counseling, baptisms, weddings, and funerals may be made by calling 524-8820. Office hours: 0730-1630.

### Drug and Alcohol

The Substance Abuse Control Center (SACC) performs alcohol screenings for active duty personnel and dependents. They offer weight clinics and other programs. Call for further information.

The Drug Demand Reduction Program offers proactive drug prevention services. The office is in the Community Service Center.

<b>Name:</b> Drug Demand Reduction Program
<b>POC:</b> Community Service Center
<b>Address:</b> Bldg. 26
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619-524-4793

<b>Name:</b> Substance Abuse Control Center (SACC)
<b>Address:</b> Building 6W
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-1912 DSN 524-1912
<b>Comments:</b> Hours: 0730-1630 Monday through Friday

### Legal Assistance

Located in Building 12, 1st Floor, licensed attorneys provide a wide range of legal services, including uncontested divorces, legal separations and annulments, nonsupport, indebtedness and bankruptcy advice, powers of attorney (Special & General), contracts, basic will and estate planning, adoptions and guardianships, name changes, landlord-tenant relations, notarization of documents, living will and medical powers of attorney, minor criminal matters, consumer affairs, child custody, paternity, insurance, Soldiers & sailor Relief act, basic tax advice, civil suits, small claims court advice, immigration & naturalization and electronic tax filing.

Clients are normally seen Monday through Thursday by appointment; however, walk-in clients are seen on an emergency basis.

Because of conflict of interest considerations, the Legal Assistance Office cannot assist both spouses in a marital dissolution or domestic dispute. The Legal Assistance Office will assist the first spouse to make an appointment or walk in to the office.

A California notary public is available Monday through Thursday on a walk-in basis. On Fridays, the notary sees clients only by appointment.

Eligible legal assistance clients are active duty and retired military personnel and their dependents.

<b>Name:</b> Legal Assistance Information
<b>POC:</b> Staff Judge Advocate (SJA)
<b>Address:</b> Building 12, 1st Floor
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-4111 DSN 524-4111
<b>Comments:</b> Hours: 0730-1630 Monday through Friday  For an appointment, please call 619-524-4110 or DSN 524-4110.

<b>Name:</b> Child Development Center
<b>POC:</b> Marry Young, Director
<b>Address:</b> Buildings 216 and 638
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-4430/1244 DSN 524-4430/1244
<b>FAX:</b> 619 524-0477
<b>Comments:</b> Hours: 0630-1800 Monday through Friday

<b>Name:</b> Devil Dog Kids Club
<b>POC:</b> MWR - Marketing
<b>Address:</b> Building 10
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-6770 DSN 524-6770
<b>Comments:</b> Call for information on upcoming events!

## Child And Teen Services

### Child and Teen Services Overview

MCRD CHILD DEVELOPMENT CENTER

Program Offered: Yes/No: Rate (\$):

Full Day Yes See comments below Part Day -  
Preschool No Part Day - School Age Yes  
Hourly Care Yes Special Needs Care As  
Needed (Review Board Requirement)

Waiting Care Type: Yes/No: Rate (\$): List:

Infant No (See comments below) Toddler  
Yes 8-12 Mos Pre-School Yes 0-2 Mos  
School-Age Yes 3-6 Mos

Weekly Fees: From \$50.00 to \$94.00 per child per week.

Hourly/Drop-In Rates: \$2.00 per hour.

A sliding scale for parent fees was implemented by the Child Development Center (CDC) as prescribed by the Department of Defense (DoD). Weekly fees for each child will include meals and will be based on combined annual family income. The fees will be derived from the adjusted gross income on the most recent Leave and Earnings Statement (LES).

The "Devil Dog Kids Club" is now up and running at MCRD! For more information and to sign up, contact the MWR Marketing Department, Building 10, MCRD, San Diego.

### New Parent Program

The New Parent Support Program promotes positive parenting and healthy families through a staff of caring home visitors who have special training and expertise in a variety of topics for parents and young families. The New Parent Support Program serves families with children from newborn to 6 years old.

<b>Name:</b> New Parent Support Program (NPSP)
<b>POC:</b> Nancy Hotchkiss, Director
<b>Address:</b> 4025 Tripoli Ave., Bldg 26
<b>City:</b> San Diego, CA 92140--5023
<b>Phone:</b> 619 524-0805 DSN 524-0805 Toll-free 1-888-718-3027
<b>FAX:</b> 619 524-0675 DSN 524-0675
<b>Comments:</b> Hours: 0830-1700 Monday through Friday

### Child Care Programs - on Installation

MCRD CHILD DEVELOPMENT CENTER

Program Offered: Accredited Program

Full Day Yes Part Day - Preschool Yes  
Part Day - School Age No Hourly Care Yes  
Special Needs Care As Needed (Review Board Requirement)

Waiting List: Yes (6mos-1yr)

Infant(0-12 Mos) No Pre-Toddler(12-23Mos) No  
Toddler (2-3 Years) Pre-School Yes School-Age No

Weekly Fees: From \$54.00 to \$101.00 per child.

Hourly/Drop-In Rates: \$3.00 per hour.

A sliding scale for parent fees was implemented by the Child Development Center (CDC) as prescribed by the Department of Defense (DoD). Weekly fees for each child will include meals and will be based on combined annual family income. The fees will be derived from the adjusted gross income on the most recent Leave and Earnings Statement (LES). \*Infants and Pre-Toddlers care for in Family Child Care.

<b>Name:</b> Child Development Center
<b>POC:</b> Cheryl Freeman, Director
<b>Address:</b> Buildings 216 and 638
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-4430/ DSN 524-4430/
<b>FAX:</b> 619 524-0488
<b>Comments:</b> Hours: 0630-1800 Monday through Friday

### Child Care Programs - Community

Please contact Marry Young, Director of the MCRD Child Development Center, Building 216, DSN 524-4430/1244 or commercial 619 524-4430/1244 for more information about child care programs in our community.

<b>Name:</b> Child Development Center (CDC)
<b>POC:</b> Marry Young, Director
<b>Address:</b> Buildings 216 and 638
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-4430/1244 DSN 524-4430/1244
<b>FAX:</b> 619 524-0477
<b>Comments:</b> Hours: 0630-1800 Monday through Friday

<b>Name:</b> Military Resource & Referral Representative
<b>POC:</b> Laura Cutler
<b>Address:</b> Building 3320 (COMNAVBASE)
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 556-8491/7466
<b>Comments:</b> Hours: 0900-1600 Monday through Friday. A 24-hour answering machine can take your call if a representative is not available.  Call for information on the location of homes, space availability, and child care rates.

<b>Name:</b> Naval Medical Center Child Development Center
<b>POC:</b> Bobbie Norby, Building 26, 1st Floor
<b>Address:</b> 34800 Bob Wilson Drive
<b>City:</b> San Diego, CA 92134--5000
<b>Phone:</b> 619 532-7977
<b>Comments:</b> Hours: 0600-1800  This Child Development Center is geared to provide service to active duty medical center personnel. Age range is 6 weeks old to 5 years old.

<b>Name:</b> Civilian Resource and Referral
<b>POC:</b> YMCA
<b>City:</b> San Diego, CA
<b>Phone:</b> 1-800-481-2151
<b>Comments:</b> Representatives are available 0800-1600 Monday through Thursday, and 0800-1200 Friday. An answering machine is available 24-hours a day to leave a message.

<b>Name:</b> Children's Waiting Room - Naval Medical Center San Diego
<b>POC:</b> Monica Morales, Building 2, 1st Floor
<b>Address:</b> 34800 Bob Wilson Drive
<b>City:</b> San Diego, CA 92134--5000
<b>Phone:</b> 619 532-6665
<b>Comments:</b> Hours: 0730-1900 Monday through Friday  Cost: \$2.50 per hour (1 hour minimum)  The Children's Waiting Room is an hourly fee drop-in center for dependent children of parents attending hospital appointments. Reservations can be made up to one week in advance. Walk-ins are accepted on a space available basis. <b>REQUIRED:</b> Shot records and proof of dependent status. Please call for additional rules and regulations.

<b>Name:</b> Boy Scouts of America
<b>Address:</b> 1207 Upas Street
<b>City:</b> San Diego, CA 92134
<b>Phone:</b> 619 298-6121

<b>Name:</b> Girl Scouts
<b>Address:</b> 1231 Upas Street
<b>City:</b> San Diego, CA 92134
<b>Phone:</b> 619 298-8391

<b>Name:</b> YMCA
<b>POC:</b> Downtown Branch
<b>Address:</b> 500 West Broadway , Suite B
<b>City:</b> San Diego, CA 92134
<b>Phone:</b> 619 232-7451

### Things To Do - Clubs and Social

The "Devil Dog Kids Club" is sponsored by the Marine Corps Community Services at MCRD. There are all sorts of events and contests throughout the year, many with themes related to holidays, such as Christmas, Easter and the 4th of July. Children up to 12-13 would enjoy being "Devil Dog Kids".

"Discovery Zone Children's Indoor Play Centers": There are 2 "DZ" play centers in San Diego. They have been exclusively built for children 12 years old and under. "DZ's provide a safe indoor play environment ....Crawl through a maze of tubes and tunnels! ....Conquer an obstacle course! ....Swim through an ocean of balls! ....Climb an incredible blue mountain! ....Cruise down a maze of slides! ....Discovery Zone Playcenters are probably 10 times bigger than similar play areas at places such as McDonald's and Burger King. They have fully-stocked snack bars, and arcade games are played with tokens. Socks must be worn to play .... and parents play free!

<b>Name:</b> Devil Dog Kids Club
<b>POC:</b> MCCA - Marketing
<b>Address:</b> Building 10
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-6770

<b>Name:</b> Discovery Zone
<b>Address:</b> 315 North Magnolia
<b>City:</b> El Cajon, CA 92020
<b>Phone:</b> 619 579-1900
<b>FAX:</b> 619 579-0373
<b>Comments:</b> Directions: Take Hwy 8 east to the Magnolia exit. Turn right. Go straight through the light and make a left by the Blockbuster Video. It's behind the video store.

<b>Name:</b> Discovery Zone
<b>Address:</b> 510 Broadway
<b>City:</b> Chula Vista, CA 91910
<b>Phone:</b> 619 427-1291
<b>Comments:</b> Directions: Take Hwy 5 south and exit on "H". Take a left on "H" and go to Broadway. Turn left and Discovery Zone will be on your right, behind Blockbuster Video.

### Things To Do - Recreation and Sports

San Diego County is very large, so after your parents decide where your family is going to live, call your local City Hall to inquire about recreation and sports opportunities in your neighborhood.

Most cities have wonderful programs all year long for children of all ages, and include such programs as pee-wee softball for very young children, to softball programs for older kids.

Many cities have community swimming pools and swim programs for all ages.

Check out your closest golf course to see if they provide lessons and sponsor junior golfers.

### Schools

#### MUST KNOW ENROLLMENT INFORMATION:

To enroll a child in school, he or she must reach the age of five by December 2nd of the year of enrollment. Enrollment requirements include a complete physical, a copy of the child's birth certificate, shot records, and proof of residence.

Proof of residence may be proved by your rent/lease agreement, or sometimes by a utility bill. It would be to your advantage to contact your school district, or even the school your child will be attending, to verify what they require.

School calendar schedules vary widely. Depending on where you decide to live, your child may attend a school on a regular September-June calendar schedule, or year-round, or 4-track system.

POINT OF INFORMATION: Please remember that when you see listings of "UNIFIED" school districts, it means that those districts educate both elementary and secondary school students; Kindergarten through 12th grade.

There are well over 200 private schools for children K - 12 in the San Diego area, each one having its own academic curriculum, special programs, tuitions, and fees. Check with the private school of your choice to obtain further information. Contact the following places for a list of private schools for children in the San Diego area:

Education Office (MCRD) 619 524-6865 San Diego Chamber of Commerce 110 West "C" Street, Suite 1600 San Diego CA 92101 619 232-0124 San Diego County Office of Education 6401 Linda Vista Road San Diego CA 92111 619 292-3500

Contact the Education Office, Building 111, at MCRD for additional information or assistance regarding your particular college curriculum or the colleges in San Diego.

Federal and State laws require all public school districts to provide a "free, appropriate and individualized education for all handicapped children". Both Federal and State legislation mandate time lines for referral, assessment, certification, placement, and provisions of appropriate services to all students with exceptional needs.

The California Master Plan for Special Education is implemented in each district through a variety of educational programs for the learning handicapped, communicatively handicapped, physically handicapped, and severely handicapped. Instruction is given according to the needs of the student based on an individualized education plan. Parents participate in planning the specific educational program for their special education child.

In San Diego City Schools, about 10 percent of the total student enrollment, or over 12,000 students, receive some kind of special education services. Handicapping conditions range from the very mild, requiring only the occasional involvement of a resource teacher, to the severely impaired student who needs constant attention and care.

An individualized educational program is written for each special education student. The program is developed with the participation of the student's parents or guardian, who must approve the program. All special education teachers must be certified by the State of California for the specific instruction or services they provide to handicapped children.

The Special Education Parent Facilitator Program (SEPF) has been developed by San Diego City

Schools to help parents of handicapped children, and facilitators are employed by the District to provide the education. The SEPF Program provides an important link between the home and the school for the purpose of improving services for the child.

Additional information on San Diego City Schools is available by contacting:

Communications and Public Affairs San Diego City Schools 4100 Normal Street, Room 2227 San Diego CA 92103 619 293-8414

Poway School District 13626 Twin Peaks Road Poway CA 92064-3098 619 748-0010

A comprehensive range of services is provided for those students who have special needs. Students served vary from those who are minimally handicapped to those who are severely handicapped.

Cross Reference to Category EDUCATION for complete listings of schools at all grade levels in San Diego County.

### School Age Care

The Child Development Center (CDC) at MCRD can care for school age children. Contact Marry Young, Director of the CDC for cost-rate and waiting list information.

You may wish to contact Laura Cutler at the Military Resource and Referral Office, Child Development Center, COMNAVBASE San Diego, for information on the location of homes, space availability, and child care rates.

<b>Name:</b> Child Development Center (CDC)
<b>POC:</b> Marry Young, Director
<b>Address:</b> Buildings 216 and 638
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-4430/1244 DSN 524-4430/1244
<b>FAX:</b> 619 524-0477
<b>Comments:</b> Hours: 0630-1800 Monday through Friday

<b>Name:</b> Military Resource & Referral Office
<b>POC:</b> Laura Cutler, Child Development Center COMNAVBASE, Building 3320
<b>Address:</b> Naval Station San Diego
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 556-8491/7466
<b>Comments:</b> Hours: 0900-1600 Monday through Friday (24 hour answering machine when representative not available).

## Religious Programs

Cross reference the category COMMUNITY, Religious Activities.

## Special Events

You can stay busy every day of the year in San Diego County! There are a wealth of special events and activities available, with something to please everyone!!

For a "sampling" of special events in San Diego, cross reference the category LOCAL COMMUNITY Events Calendar.

## Sponsorship and Support

The "Devil Dog Kids Club" is probably your best bet for making contact with your first new friends in San Diego.

Remember that San Diego is a very big city, and you will find new friends in your new neighborhood and new school.

Getting involved in sports and clubs at school and through youth programs supported by your city offices will get you back into the swing of things with new friends and new activities.

## Youth Employment

Teenagers looking for employment opportunities should visit the Career Resource Office (CRO) at the Family Service Center, Building 26. The CRO has job postings in many different fields, offering full-time and part-time positions.

You may wish to use the computers in the CRO to write letters of introduction and update your resume.

The CRO has a vast employment resource library, and the staff will be pleased to assist you in your job search strategies.

Work-age children of service members are very welcome to visit the CRO, Building 26, DSN 524-6780/5732/1283 or commercial 619 524-6780/5732/1283, for assistance in their pursuit of temporary and permanent position opportunities.

## Youth Centers

There are no youth centers at MCRD, however, the "Devil Dog Kids Club" is probably your best bet for making contact with your first new friends in San Diego.

San Diego is a very big city, and you will find new friends in your new neighborhood and new school. Getting involved in sports and clubs at school and through youth programs supported by your city offices will get you back into the swing of things with new friends and new activities.

## For Teens Only

Teenagers will love San Diego!

San Diego County is very large, so after your parents decide where your family is going to live, call your local City Hall to inquire about recreation and sports opportunities in your new neighborhood.

Most cities have wonderful programs all year long for all ages, community swimming pools, and swim programs.

Check out your closest golf course to see if they provide lessons and sponsor junior golfers.

There are sporting events galore, beaches, and employment opportunities so you can save for that FIRST CAR!

The YMCA, downtown branch, sponsors numerous activities. Call them at 619 232-7451 for program descriptions and hours of operation. They are located at 500 West Broadway, Suite B.

## Survival Tips For First Termers

### Survival Tips for First Termers Overview

First term Marines, whether single or married, will always find friendly assistance at the Community Service Center, Building 26, telephone 619 524-5728, DSN 524-5728, or toll-free 1-888-718-3027.

Staff members in the Relocation Assistance Office, 619 524-5298/1158, DSN 524-5298/1158, or toll-free 1-888-718-3027 and the Information and Referral

Office, 619 524-6078, DSN 524-6078, or toll-free 1-888-718-3027 have a wealth of information at their fingertips regarding MCRD and the community.

For Reporting-In procedures: Cross reference INSTALLATION Must Know Items.

For Billeting information: Cross reference INSTALLATION Commonly Referenced Numbers. You may also cross reference RELOCATION SERVICES Billeting.

For Housing information: Cross reference HOUSING.

<b>Name:</b> Bachelor Quarters (Officers/Enlisted - Permanent Personnel)
<b>Phone:</b> 619 524-6451 DSN 524-6451

<b>Name:</b> Bachelor Quarters (Officers/Enlisted - Transient Personnel)
<b>Phone:</b> 619 524-4401 DSN 524-4401

<b>Name:</b> Consolidated Personnel Administration Center (CPAC)
<b>POC:</b> Orders Chief
<b>Address:</b> Building 622, Room 129
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-6098/6099 DSN 524-6098/6099
<b>Comments:</b> Hours of operation: 0730-1630 Monday through Friday.

<b>Name:</b> Housing (COMNAVRESW)
<b>Address:</b> Housing Welcome Center
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 556-8443 DSN 526-8443

<b>Name:</b> Information and Referral
<b>POC:</b> Arleen Sinon
<b>Address:</b> 4025 Tripoli Ave., Bldg 26
<b>City:</b> San Diego, CA 92140--5023
<b>Phone:</b> 619 524-6078 DSN 524-6078 Toll-free 1-888-718-3027
<b>FAX:</b> 619 524-0675 DSN 524-0675
<b>Comments:</b> Hours: 0730-1600 Monday through Friday.

<b>Name:</b> Military Family Housing Satellite Office (adjacent to MCRD)
<b>Address:</b> 3150 Barnett Avenue
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-6830 DSN 524-6830
<b>FAX:</b> 619 524-6832 DSN 524-6832

<b>Name:</b> Relocation Office
<b>POC:</b> Marry Young/Jim Yost
<b>Address:</b> 4025 Tripoli Ave., Bldg 26
<b>City:</b> San Diego, CA 92140--5023
<b>Phone:</b> 619 524-5298/1158 DSN 524-5298/1158
<b>FAX:</b> 619 524-0675 DSN 525-0675
<b>Comments:</b> Hours: 0730-1700 Monday through Friday. Toll-free number: 1-888-718-3027

### Before You Move

Please visit the Relocation Office, Building 26, for information about your next duty station. Request a Welcome Aboard Package be sent to your home address. If you are going to another Marine Corps base, view the video. You may wish to have an "Automap" for the drive across country!

Request that a SITES Booklet be prepared for you. These booklets are updated 2 times a year and cover information on the installation, local community, education, employment, medical and dental, housing relocation services, support services, child and teen services, and survival tips for first termers.

We encourage you to attend our "Smooth Move Workshop". We hold one each month, usually on Wednesday, from 1300-1530. Subjects covered include the stress related to moving; benefits and entitlements; and the movement of your household goods.

<b>Name:</b> Relocation Office
<b>POC:</b> Pherby Higgins/Linda Kelly
<b>Address:</b> 4025 Tripoli Ave., Bldg 26
<b>City:</b> San Diego, CA 92140--5023
<b>Phone:</b> 619 524-5298/1158 DSN 524-5298/1158
<b>FAX:</b> 619 524-0675 DSN 524-0675
<b>Comments:</b> Hours: 0730-1700 Monday through Friday. Toll-free number: 1-888-718-3027

<b>Name:</b> Traffic Management Office
<b>POC:</b> CWO Allen III
<b>Address:</b> Building 129
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-5364/5365 DSN 524-5364/5365
<b>Comments:</b> Hours: 0730-1600

<b>Name:</b> Household Goods Appointment Desk (Outbound Shipments)
<b>Address:</b> Building 129
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-5360/5369 DSN 524-5360/5369
<b>Comments:</b> Hours: 0730-1600

### After You Arrive

Upon your arrival in San Diego, the Relocation Office at MCRD can provide settling-in services. Whatever your question, if we do not know the answer, we probably can put you in touch with someone who can help you. Let us tell you about the different programs and services available to you at Family Services. We also have a lending locker containing essential household goods items which are available to you while awaiting your household goods arrival.

Please visit us in Building 26, or call 619 524-5298/1158, DSN 524-5298/1158, or toll-free 1-888-718-3027.

<b>Name:</b> Relocation Office
<b>POC:</b> Pherby Higgins/Linda Kelly
<b>Address:</b> 4025 Tripoli Ave., Bldg 26
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-5298/1158 DSN 524-5298/1158
<b>FAX:</b> 619 524-0675 DSN 524-0675
<b>Comments:</b> Hours: 0730-1700 Monday through Friday. Toll-free: 1-888-718-3027.

### Reporting Procedures

All personnel checking in to MCRD, San Diego, must report to the Consolidated Administration Personnel Center (CPAC), Building 622, Room 129. All check-ins must be in the Service "A" uniform throughout the check-in process. If you arrive after working hours or on the weekend, report to the Staff Duty Office, Building 31 (lower level across from Room 117). The Staff Duty Office phone number is DSN 524-8700, or commercial 619 524-8700.

If you require any personalized assistance prior to check-in, please call the CPAC during regular working hours (0730-1630) at 619 524-6098/6099, or DSN 524-6098/6099.

Please contact the Family Service Center for any other assistance concerning the relocation of your family (619-524-5298/1158, DSN 524-5298/1158, toll-free 1-888-718-3027).

<b>Name:</b> Consolidated Personnel Administration Center (CPAC)
<b>POC:</b> Orders Chief
<b>Address:</b> Building 622, Room 117
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-6098/6099 DSN 524-6098/6099
<b>Comments:</b> Hours: 0730-1630 Monday through Friday.

<b>Name:</b> Staff Duty Officer
<b>Address:</b> Building 31
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-8741/8740 DSN 524-8741/8740

<b>Name:</b> Family Service Center
<b>POC:</b> Administration
<b>Address:</b> 4025 Tripoli Ave., Bldg 26
<b>City:</b> San Diego, CA 92140--5023
<b>Phone:</b> 619 524-5728 DSN 524-5728 Toll-free 1-888-718-3027
<b>FAX:</b> 619 524-0675 DSN 524-0675
<b>Comments:</b> Hours: 0730-1700 Monday through Friday.

### Travel Planning

The Relocation Assistance Program (RAP) is designed to assist military personnel and DoD personnel and their families who are relocating to a new duty station, being deployed, or who are separating or retiring from service.

The RAP educates military and DoD personnel and their family members about relocating, enhancing their skills, to make the transition from one community to another as trouble-free and smooth as possible.

Pre-departure RAP information includes relocation circumstances and needs, sponsor at new location to include youth sponsor if desired, moving costs and entitlements, housing, child care, local employment assistance, cultural and community orientation,

relocation stress management, and overseas assignment screening to ensure facilities are available to support the family, especially those with special needs.

The Standard Installation Topic Exchange Service, (SITES), computer program provides 11 categories of information: Installation Local Community Education Employment Medical and Dental Housing Relocation Services Support Services Child and Teen Services Survival Tips for First Termers "At a Glance"

There are also many sub-categories of information to better acquaint personnel with their new community. This computer information retrieval system has been designed for use by members of all of the Services, so information about military installations that have a Family Service Center or the equivalent is readily available to relocating service personnel and their families. The SITES program is updated 2 times a year.

"Welcome Aboard Packages" from Marine Corps, Navy, Army, Air Force and Coast Guard installations world-wide are available at the Relocation Office (RO). They may be checked out by the service member or by his/her spouse for a short period of time. Personnel at the RO will be happy to request a customized Welcome Aboard Package from another installation for you.

We encourage you to attend our "Smooth Move Workshop". We hold one each month, usually on Wednesday, from 1300-1530. Subjects covered include the stress related to moving, benefits and entitlements, and the movement of your household goods.

When you are anticipating a permanent change of duty station (PCS), if at all possible, you should start putting some money aside in a savings account to prepare for the move. You may wish to request an advance from your Finance Office to be used for temporary lodging, housing costs and deposits at your new duty station.

Financial counseling is available through the Navy/Marine Corps Relief Society located in the Family Service Center, Building 26, telephone 619 524-5734, DSN 524-5734, toll free 1-888-718-3027. You must call for an appointment.

The Household Goods Appointment Desk processes applications for shipment and/or storage of household goods to include Do It Yourself (DITY) moves;

counsels service members and/or their family members on shipping and storage entitlements and prepares applications for storage in transit (SIT) extensions. Appointments are required (except for emergencies), and can be made by calling DSN 524-5360/5369 or commercial 619 524-5360/5369. It is recommended that appointments be made at least two (2) weeks prior to the date you would like to be seen, and no later than three (3) weeks prior to your desired household goods pick-up date; however, DURING THE SUMMER SEASON, it is recommended that appointments be made at least 4-5 weeks prior to the date you would like to be seen, and certainly no later than 4-5 weeks prior to your desired household goods pick-up date. At the time of your appointment you will need seven (7) copies of your orders for each shipment.

#### PASSENGER/PET TRANSPORTATION (OFFICIAL TRAVEL):

If you are traveling under official travel orders IN CONUS, contact the Commercial Travel Office for reservations:

Commercial Travel Office (Inside CONUS)  
Building 118 DSN 524-5254 619 524-5254

If you are traveling under official travel orders OUTSIDE CONUS, contact Passenger Transportation Section for reservations:

Passenger Transportation Section (Outside CONUS)  
Building 129 DSN 524-5362/5367 619 524-5362/5367

For information on pet transportation IN CONUS, contact the Commercial Travel Office, and for information on pet transportation OUTSIDE CONUS, contact the Passenger Transportation Section.

The Commercial Travel Office(s) aboard the Depot provide a wide range of travel related services to both official and leisure travelers.

The Business/Official Travel Office, Building 118, DSN 524-5254, or commercial 619 524-5254, provides arrangements for official and leisure travel for military, dependents and civilians. Hotel and rental car reservations are also available.

The Leisure Travel Office, Building 16 (in the Exchange Complex), commercial 619 295-7454, can make arrangements for domestic and international travel including air, train, bus, hotels, and rental cars.

In addition, they can assist international travelers in obtaining passports, visas and special passes such as BritRail and Eurail. They can arrange numerous tour and resort packages, both domestic and international, as well as independent tours and charter flights. They can also book passage on major cruise lines anywhere in the world, often at discounted rates. There is one important advantage of purchasing leisure travel aboard the Depot. A portion of every purchase is contributed to the Morale, Welfare and Recreation Fund which benefits all personnel at MCRD.

<b>Name:</b> Relocation Office
<b>POC:</b> Pherby Higgins/Linda Kelly
<b>Address:</b> 4025 Tripoli Ave., Bldg 26
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<b>Phone:</b> 619 524-5298/1158 DSN 524-5298/1158
<b>FAX:</b> 619 524-0675 DSN 524-0675
<b>Comments:</b> Hours: 0730-1700 Monday through Friday. Toll-free number: 1-888-718-3027.

<b>Name:</b> Exceptional Family Member Program
<b>POC:</b> Arleen Sinon, Coordinator
<b>Address:</b> 4025 Tripoli Ave., Bldg 26
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-6078 DSN 524-6078 Toll-free 1-888-718-3027
<b>FAX:</b> 619 524-0675 DSN 524-0675
<b>Comments:</b> Hours: 0730-1600 Monday through Friday.

<b>Name:</b> Finance Office
<b>Address:</b> Building 29
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-1728/1749 DSN 524-1728/1749
<b>Comments:</b> Hours: 0730-1600 Monday through Friday

<b>Name:</b> Navy/Marine Corps Relief Society
<b>POC:</b> Mike Brown
<b>Address:</b> 4025 Tripoli Ave., Bldg 26
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-5734 DSN 524-5734
<b>FAX:</b> 619 293-3732
<b>Comments:</b> Hours: 0900-1300 Monday through Friday.

<b>Name:</b> Household Goods Appointment Desk (Outbound Shipments)
<b>Address:</b> Building 129
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-5360/5369 DSN 524-5360/5369
<b>Comments:</b> Hours: 0730-1600 Monday through Friday.

<b>Name:</b> Household Goods Entitlements/Storage Extensions
<b>Address:</b> Building 129
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-5360/5369 DSN 524-5360/5369
<b>Comments:</b> Hours: 0730-1600 Monday through Friday.

### Vehicle Ownership

Contact the MCRD Provost Marshall's Office, Building 614, DSN 524-4202 or commercial 619 524-4202, for information about registering your privately owned vehicle (POV) on base, and for base regulation information.

Contact the Department of Motor Vehicles for information on licensing and registration in the State of California.

Contact the Traffic Management Office, Building 129, DSN 524-5369 or commercial 619 524-5369 for information about in-bound or out-bound shipment of a POV.

<b>Name:</b> Provost Marshall
<b>Address:</b> Building 614
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-4202 DSN 524-4202

<b>Name:</b> Department of Motor Vehicles (DMV)
<b>Address:</b> 3960 Normal Street
<b>City:</b> San Diego, CA
<b>Phone:</b> 619 688-0227
<b>Comments:</b> Hours: 0800-1700

<b>Name:</b> Traffic Management Office
<b>Address:</b> Building 129
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-5369 DSN 524-5369
<b>Comments:</b> Hours: 0730-1600 Monday through Friday.

## Housing and Billeting

For Housing information: Cross reference category HOUSING.

Cross reference SUPPORT SERVICES Financial Assistance Programs.

For Billeting information: Cross reference category RELOCATION Billeting.

<b>Name:</b> Navy/Marine Corps Relief Society
<b>Address:</b> 4025 Tripoli Ave., Bldg 26
<b>City:</b> San Diego, CA 92140
<b>Phone:</b> 619 524-5734 DSN 524-5734
<b>FAX:</b> 619 293-3732
<b>Comments:</b> Hours: 0900-1500 Monday through Friday.

## Money Matters

The Navy/Marine Relief Society, Building 26, DSN 524-5734 or commercial 619 524-5734 will be happy to assist you with budget counseling.

## At A Glance

### Facility/Services Summary

<i>--Officer and Enlisted Population--</i>			
Active Duty Officer	191	Active Duty Warrant Officer	23
Guard Reserve Officer	9	Guard Reserve Warrant Officer	1
Retired (Officer and Enlisted)	51	Foreign Service Officers	0
Active Duty Enlisted	1733	Guard Reserve Enlisted	48
Foreign Service Enlisted	4		
<i>--Civilians--</i>			
Civil Service	149	Wage Grade	111
Non-Appropriated Funds	578	Family Members -on and off Installation-	2850
<i>--Family Services--</i>			
Family Centers	1	Teen Centers	0
Child Day Care	2	Family Child Care Certified Homes	0
Total Child Capacity	74	Total Child Capacity	0
Average Waiting List Time -Months-	6		
<i>--Other Services--</i>			
Commissary	0	Exchanges	1
Shoppettes	1	Gas Stations	1
Movie Theaters	1	Banks and Credit Unions	1
McDonalds/Burger King	1	Other i.e. Exchange concessionaires	0

### Housing Summary

<i>--Officer Housing--</i>			
Senior Officer Waiting	1	Senior Officer 3 Bed Room	0
Senior Officer 4 Bed Room	5	Senior Officer Other	0
Company Grade Officer Waiting	18	Company Grade Officer 2 Bed Room	2
Company Grade Officer 3 Bed Room	286	Company Grade Officer 4 Bed Room	82
Company Grade Officer Other	4	BOQ	0
<i>--Enlisted Housing--</i>			
Senior Enlisted Waiting	24	Senior Enlisted 3 Bed Room	829
Senior Enlisted 4 Bed Room	579	Senior Enlisted Other	527
Enlisted Waiting	24	Enlisted 2 Bed Room	2147
Enlisted 3 Bed Room	2142	Enlisted Other	1344
BEQ	323	Transient Lodging Facilities	229

## 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	581	350	750
House Rent	900	750	1200
House Price - Single Family	185000	90000	250000
Townhouse/Condominium Price	105000	80000	150000

## Medical and Dental Summary

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

## Relocation and Support Services Summary

<i>--Military Clubs--</i>			
Officers Club	1	Non-Commissioned Officers Club	0
Enlisted Club	1		
<i>--Recreation--</i>			
Arts and Crafts	0	Automobile Hobby Centers	1
Bowling Centers	1	Recreational Centers	2
Libraries	1	Music and Theater Locations	1
<i>--Physical Fitness/Sports--</i>			
9 Hole Golf Courses	0	18 Hole Golf Courses	0
Gyms/Physical Fitness Centers	1	Jogging Paths	1
Tennis Clubs/Courts	7	Tennis Courts - Lighted	2
Swimming Pools - Public	1		
<i>--Nature/Outdoor Activities--</i>			
Outdoor Recreation Centers	1	Campgrounds	0
Fishing Areas	1	Horse Stables	0

## **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.