

STANDARD INSTALLATION
TOPIC EXCHANGE SERVICE



RELOCATION INFORMATION FOR
Walter Reed Army Medical Center
District of Columbia

Information Date
April 11, 2000

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

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Installation

Installation Overview

For more information on this subject:
Walter Reed Army Medical Center
<http://www.wramc.amedd.army.mil>

"GREETINGS" from the Walter Reed Army Medical Center, the premiere medical institution in the Department of Defense, located in the District of Columbia, one mile from the District line to neighboring Maryland.

Walter Reed Army Medical Center, currently celebrating 90 years of service, is a monument to a long tradition of patient care, medical research, and educational development; and a tribute to the vision, intelligence, and dedication of the men and women who have worked here through the years.

...OUR VISION:

- * Walter Reed, America's premier military medical center, serving the Army, the Department of Defense, the nation, and the world...

...OUR MISSION:

- * Maintain individual and collective readiness in support of the military health care system.

- * Provide quality, comprehensive health care that is cost competitive, accessible, and valued by our customers.

- * Serve as a national resource for specialty care and medical issues unique in Department of Defense and other federal agencies.

- * Provide education, training, and research in support of the Military Health System...

...OUR FOCUS:

- * Readiness, Patient Care, TRICARE, Graduate Medical/Allied Health Education, Leveraging Technology, Leadership, Wellness/Health Promotion, Customer Relations, Clinical Research, NCA Service Consolidation, and, Quality of Life...

The Main Section of Walter Reed Army Medical Center (WRAMC) is located in an attractive Washington residential area between Rock Creek Park and Georgia Avenue near the Maryland-D.C. boundary. All patient care activities, as well as most WRAMC administrative services, are located on main post. Today WRAMC, fully accredited by the Joint Commission on Accreditation of Healthcare Organizations, continues to service the military community from in and around Washington, DC and around the world. The hospital stands 125' tall and there are 5,500 hospital rooms, covering some 28 acres of floor space, with a support staff of about 600 staff physicians, 535 military and civilian registered nurses, and, about another 600 licensed professional nurses and other para-professionals in our department of nursing.

Architecturally designed for optimal patient care and comfort, the building offers accommodations for 650 patients, however, since 1993 our average number of in-patients has dropped from about 700 to around 250-300 as we follow the model of care in civilian medicine which emphasizes more pre-admission tests, exams and processing... more same-day surgery... and more ambulatory diagnostic care. We've also combined some categories of care with the National Naval Medical Center in Bethesda, MD. For example they now treat all obstetrics patients while we treat gynecologic, oncology patients, neurology and psychiatry in-patients.

WRAMC's campus also hosts 17 "tenant" organizations which have buildings or offices located within the complex or annex locations. The largest of those tenants is the Walter Reed Army Institute of Research, which shares Walter Reed's name, but it actually belongs to the U.S. Army Medical Research and Materiel Command. Also located on the campus is the internationally-known Armed Forces Institute of Pathology. It was founded in 1862 as the U.S. Army Medical Museum to study illnesses during the Civil War. Today this tri-service organization employs more than 800 people, including 250 pathologists, to help diagnose unusual or difficult cases. They also teach pathology to hundreds of military and civilian physicians each year. The Walter Reed Army Medical Center's Annex, located three miles north of the Center's Main Section in nearby Montgomery County, MD is the home of WRAMC's shopping complex, featuring a P.X., commissary, clothing sales store, bowling alley, hobby shop, restaurant and several specialty shops.

THE NATIONAL CAPITAL REGION IS A HIGH COST OF LIVING AREA, PARTICULARLY FOR

CHILD CARE AND HOUSING. THERE IS MINIMAL GOVERNMENT HOUSING AVAILABLE AND ENLISTED FAMILIES ARE FORCED TO LIVE OFF POST; SOLDIERS ARE INFORMED OF THE SET-A-SIDE HOUSING PROGRAM THE WRAMC HOUSING OFFICE AT (202) 782-3117/19.

New soldiers and DOD civilians assigned to WRAMC must attend a 2 mandatory day Newcomer's Orientation. SPOUSES are encouraged and welcome to attend the first day of the Newcomer's Orientation which includes a bus tour of the installation and its Forest Glen annex. If child care is needed, contact the Army Community Service offices at (202) 782-3412 for assistance.

MAJOR COMMAND: United States Army Medical Command (USAMEDCOM) / North Atlantic Regional Medical Command (NARMC). Walter Reed is the hub of the 21-state North Atlantic Regional Medical Command (NARMC), which covers the north-eastern United States from Maine to North Carolina and as far west as Minnesota. NARMC is responsible for about 25 percent of MEDCOM's patient load in the United States. The regional headquarters provides leadership, planning, and support for approximately 50 Army hospitals and clinics which furnish day-to-day health care in the area, including two medical centers and four Army community hospitals.

In addition, NARMC coordinates medical readiness with 350 reserve-component units in the region. It also provides health care services in support of reserve-component training at 10 to 12 sites in the region, depending on the troop population in any given year.

The NARMC commander serves as the Walter Reed Army Medical Center installation commander and is a member of the executive board of Region 1 of the Department of Defense's managed-health-care initiative, TRICARE. He also represents Walter Reed at the National Capital Area Military Medical Consortium, which is a partnership between the National Naval Medical Center in Bethesda and Malcolm Grow Air Force Medical Center at Andrews Air Force Base. The consortium's purpose is to serve the more than 250,000 beneficiaries in the area better while it becomes more efficient by sharing people and other resources.

MISSION: Our mission at Walter Reed is to provide advanced and sub-speciality health care and services to soldiers, their families, and a large community of

military retirees. We also give extensive support to members of the other military services; to certain civilians, such as members of congress, presidents, and vice presidents; to the Public Health Service; and to foreign dignitaries designated by the State Department. When you add up all the people who receive treatment here and those who are eligible to be referred here, we serve a potential patient population of more than eight million. In carrying out our mission, we stress three areas of medicine:

- * Patient care, to maintain the Army's fighting strength
- * Medical education and training, which contributes to the Army medical department of tomorrow
- * Medical research for our soldiers and patients, to strengthen the armed forces of the future

Vision of the NARMC: The NARMC, embracing change to create a regional health care system for the future, ...DOING WHATEVER IT TAKES!...

- * Serving Soldiers and families, past and present
- * Meeting the needs of the Army's First-to-fight units and Poser Projection Platforms (FTs. Drum, Bragg, Eustis, Monmouth/Dix), its cadets (West Point and Ft. Knox), and its trainees (FTs Eustis, Lee, Meade/Aberdeen, Knox).
- * Supporting the Total Army (Active and Reserve) in deployments around the world
- * Harnessing the academic excellence of Walter Reed Army Medical Center, Womack Army Medical Center, and DeWitt Army Community Hospital

Walter Reed Army Medical Center(WRAMC)/North Atlantic Regional Medical Command (NARMC), Headquarters, located in building 1,rm A108, telephone (202) 782-1104/05 provides leadership, planning, and support-particularly in the area of medical readiness - for approximately 40 Army health-care facilities in this area. The NARMC is responsible for about 25 percent of the Army's patient load in the United States.

In addition to monitoring medical readiness throughout the region, the NARMC develops and sustains clinical health care and leadership skills; provides a continuous program of quality improvement; and is responsible for health care delivery under the Department of Defense TRICARE system.

For several years, the Department of Defense has been testing alternative approaches to delivering health-care. The goal is to provide high-quality care and improved patient access to that care while controlling costs.

To reach that goal DoD has established a joint-services program called TRICARE, dividing all of its Army, Navy, and Air Force medical treatment facilities into 12 new geographic regions. Each region has a new administrative organization, the "Lead Agent," which runs the program while it coordinates and monitors the delivery of health care in its area. A staff from the region's military medical facilities makes up the Lead Agent Office. Effective Spring 1999, the TRICARE Management Agency and Sierra Military Health Care Services have eliminated one of the most contentious logjams in the REGION 1 TRICARE contract by removing the 100% pre-authorization requirement for specialty referrals.

In TRICARE Region 1, DoD has established a unique administration, with the commanders of Walter Reed Army Medical Center, the National Naval Medical Center, and Malcolm Grow Air Force Medical Center forming an Executive Board to act jointly as the Lead Agent. The staff offices are housed in bldg 1 at WRAMC. The Lead Agent oversees medical care in 11 northeastern states and the District of Columbia.

Current statistics for WRAMC are as follows:

Population (military)assigned-served: 3,262
 Active Duty Officer: 1,201
 Active Duty Enlisted: 972
 Student Company: 217
 Reserves.(IMAs&2290th):761
 Other military: 107
 Active Duty Warrant Officers: 04
 Military Employees,(approx): 2,390 (approx)
 Family Members(approx): 5,500 (approx)
 Retirees(approx): 13,010
 Civilian Employees,GS: 2,518(&NAF/FT: 160)
 Reserve Component Officers: 256
 Reserve Component Enlisted: 504
 Reserve Warrant Officers: 01
 Telephone Access:(202)782-3022/6065/7177

History: By Congressional legislation, construction of the Walter Reed General Hospital was authorized and on May 1, 1909, the first patients were admitted. The medical center named in honor of Major Walter Reed (his work against typhoid, and especially against yellow fever immortalized him)was founded on the principles which would integrate patient care, teaching and research. In eight decades, the hospital has grown to a vast medical complex.

Name: WALTER REED ARMY MEDICAL CENTER
POC: Information & Referral Operator, 24 hour service
Address: 6900 Georgia Avenue, N.W.
City: Washington, DC 20307--5001
Phone: (202) 782-3501
FAX: n/a
WWW Link: http://www.wramc.amedd.army.mil
Comments: WRAMC is currently undergoing system changes in the telephone lines throughout the installation, consequently, any direct dial in service is subject to change.

Name: WRAMC Direct Paging Service
POC: Operator
Address: 6900 Georgia Ave., N.W. , Main Hospital
City: Washington, DC 20307--5001
Phone: (202) 782-1000
Comments: To page someone at WRAMC use the above number for short-range pagers; long-range pagers use: Long Range call: (202) 356-1111; enter pin number, dial in return number and press # symbol. Short Range call: (202) 782-7585; at the tone, dial in 4 digit number, after beep, dial in return number and press # symbol.

Name: WRAMC Administrative Officer of the Day
POC: Officer on Call
Address: Bldg 1, 6900 Georgia Ave., N.W.
City: Washington, DC 20307--5001
Phone: (202) D:782-6302/E:7309
DSN Phone: 662 prefix
Comments: Administrative Officer can assist you with any question that the Operator might not be able to answer

Must Know Items

For more information on this subject:
 Walter Reed Army Medical Center
<http://www.wramc.amedd.army.mil>

Directions from Local Airports: When reporting to Walter Reed Army Medical Center from National Airport, take George Washington Parkway North to RT 395 North (Washington). Follow RT 395 North to 14th Street, continue north on 14th,St., N.W. to Aspen Street, N.W., make right turn, continue on Aspen St. until to you come to Georgia Ave., N.W.,

make left onto Georgia Ave. to first traffic light, make left into Walter Reed AMC, Butternut Street gate.

Direction from Baltimore-Washington International: Take Baltimore-Washington Parkway South (RT 295 South), to RT 495 West Silver Spring, Maryland Exit (RT 29, Colesville Road). Follow Colesville Road to Georgia Ave., make left on Georgia Ave., and proceed South, entering the District of Washington, and shortly will enter on right the third (Butternut Street) of three gates (Elder and Dahlia Streets) to Walter Reed AMC, 6900 Georgia Ave., N.W. Washington, DC.

Directions from Dulles International Airport: Take John Sully Road (South) to John S. Mobsy/Lee-Jackson Memorial Highway to Route 66 East (Washington). The Dulles Airport Access Road can be taken, which will connect to Rt 66 East (Washington). Once on Rt 66 East (Washington), follow Rt 66 to Constitution Avenue (East). Follow Constitution Avenue to 14th Street, N.W., make left and proceed to Aspen Street, N.W. make right on Aspen St. until you come to Georgia Ave, proceed to first traffic light and make left on Butternut Street entrance to Walter Reed Army Medical Center. NOTE: When you enter the post, you will be on Main Drive which will take you to the Walter Reed Guest House (Billeting), Bldg 17 or to Headquarters Company, located in Bldg 14, Abrams Hall. Both buildings are located on the lefthand side of Main Drive.

BILLETING: The Mologne House, a 95,000 sq. ft., 200-room, nonappropriated funded hotel, named for the beloved former commander of the installation, Major General Lewis A. Mologne, offers four types of rooms: Superior; Studio Suite, and Executive Suite. Fifty percent of the hotel is equipped for handicap use, with ample wheelchair space). In addition to the Standard and Superior rooms, there are 8 Executive Suites and 14 Studio Suites. Guest Room rates are as follows: SUPERIOR: \$56; (2 double beds, mini-fridge); Studio Suite: \$60; (2 double beds, mini-fridge, kitchenette); Executive Suite: \$72; (2 double beds, 2 rooms; pull-out sofa; mini-fridge; kitchenette, writing desk). All rooms have private bath, Cable, Color TV/VCR. The Mologne House also provides restaurant, gift shop, meeting & banquet facilities, van transportation, state of the art security, free parking and more. Once again, NO PETS ARE ALLOWED.

In addition to the Mologne House (201 Rooms, Full Service Facility, Walter Reed AMC also has available the GUEST HOUSE ANNEX, (36 Room,

Limited Service Facility) Room Rates are: Room with Community Bath, \$18.00, Shared Bath, \$24.00 and Private Bath, \$30.00.

For more information, please call;

RESERVATIONS:

The Mologne House

P.O. Box 59728

Washington, D.C. 20012

(202) 782-4600 OR (202)782-4600 or 1-800-GO ARMY 1

DSN: 662-4600

FAX (202) 726-8707

Soldiers who have received orders to WRAMC, but have not been contacted by a sponsor, are instructed to call (202)782-3511, DSN 662-3511 and request a sponsor. Soldiers needing a ride from the airport to WRAMC should call the staff duty at (202) 782-3511. Unaccompanied soldiers will be furnished a transient room upon arrival.

All incoming officer/enlisted (TDY and PCS)soldiers, upon arrival, must report to Medical Center Brigade, bldg 14, on Main Drive, (Abrams Hall, Balcony Level), for sign-in. THE INPROCESSING OFFICE IS OPEN 24 HOURS A DAY, (202) 782-3511. Soldiers will need 3 copies of orders, 201 file, and Leave /Earnings form, DA-31. A Checklist will be issued with inprocessing instructions. Students will be advised to inprocessing through this procedure or through bldg 11, Delano Hall, also on Main Drive.

Other important documents to hand carry: birth certificates for your children in order to register for child care or school entry; if seeking employment, bring school transcripts, updated resume or SF 171, Personnel Qualifications, State; professional certifications or licenses; proof of car insurance; family immunization records; pet registration license; and letters of credit from previous utility companies in order to waive utility deposits where accepted.

Unlike a traditional military installation which can be similar to a self-contained community, WRAMC is predominately a work site. Housing is limited 7 quarters for key and essential personnel and barrack which is home to 300 enlisted soldiers. The remainder of the military work force live in the many civilian communities that make up the Washington Metropolitan Area, which encompasses the District of Columbia, portions of the States of Maryland and Virginia.

This factor creates different challenges for soldiers and families. There is an opportunity to share in the

rich diversity that the area offers. As the Nation's Capital, the area is a permanent or temporary home to people from all over the world. The area has many languages, cultures and customs, often living side-by-side. There is much to do, some activities can be costly, such as some sports events, concerts and theaters, while others can be free such as: the vast Smithsonian Museum complex, State and Natural Parks and other special events.

IT IS IMPORTANT TO NOTE THAT THE COST OF LIVING IS HIGH IN THE NATIONAL CAPITOL REGION PARTICULARLY FOR CHILD CARE AND HOUSING. THERE IS MINIMAL GOVERNMENT HOUSING AVAILABLE. THERE IS A SET-A-SIDE HOUSING PROGRAM (25 APARTMENT COMPLEXES) WHICH CAN ASSIST SOLDIERS WHO MUST LIVE ON THE ECONOMY. CONTACT THE WRAMC HOUSING OFFICE IN BUILDING 1, MAIN DRIVE, BASEMENT LEVEL OR CALL: (202) 782-3117/19 OR DSN 662-3117/19.

Also recommended is that WRAMC personnel relocating to the Metropolitan Washington Area request additional SITES files for more detailed information on communities adjacent to their specific assignments, suggestions are as follows: Fort

Belvoir, Fairfax Ct, Virginia, SITE 4810 Fort Meade, Anne Arundel/Howard County MD, SITE 3085 Fort Myer, Alexandria/Fairfax Ct., VA, SITE 4870 Bolling AFB, District of Columbia, SITE 5140.

REMINDER, ONCE AGAIN: THE FOLLOWING SUGGESTED DOCUMENTS SHOULD BE HAND CARRIED WITH YOU FOR IMMEDIATE OR FUTURE REFERENCE AND MOST OF ALL TO AVOID POTENTIAL LOSS:

Marriage Certificate, Birth Certificates, Immunization Records, Citizenship documents, Divorce/Adoption Document(s), Armed Forces IDs, Insurance Cards, Earning & Leave Slips, Power of Attorney, Personal Will, Banking Statements, Stock/Bond Records, Federal/State IRS Records, Car Titles/Registrations, Credit Cards & Records, Social Security Card, Voter Registration Card, School Records(Transcripts), Transportation/Shipping Documents, In Case of Emergency Contact Statement.

*New soldiers and DOD civilians assigned to WRAMC MUST attend a 3 day orientation. Spouses are encouraged to attend the first day. If child care is needed, contact Army Community Service at (202) 782-3412 for assistance.

Must Know Items

<i>--Installation--</i>	
Site Name	Walter Reed Army Medical Center
Last Updated	April 11, 2000
State/Territory	District of Columbia
County	D.C.
ZIP Code	20307-5001
Service	USA
Host Command	USAMEDCOM/NARMC
Physical Size	28
<i>--Personnel--</i>	
FSC/ACS Director	Marie Van Ness
Relocation Assistance Manager	Cynthia M. Rome
Relocation Assistance Specialist	Mary Berard
<i>--Phones--</i>	
DSN Country Code	
DSN Number	662-3501/662-3412
Commercial Country Code	
Commercial Area Code	202
Commercial Number	-782-3501/3412
FAX DSN Country Code	
FAX DSN Number	662-3348
FAX Commercial Country Code	
FAX Commercial Area Code	202-
FAX Commercial Number	782-3348/7270
<i>--Official Mailing Address--</i>	
Street Line 1	MCAT-DCA-A --6825 16th St., N.W.
Street Line 2	ACS-Family Action Center,#17
City	Washington
State/Territory	DC
ZIP Code	20307-5001
<i>--Deliverable Address--</i>	
Street Line 1	
Street Line 2	
City	
State/Territory	
ZIP Code	
E-Mail	Cynthia.Rome@na.amedd.army.mil or Mary.Berard@na.amedd.army.mil

Main Post Montgomery County, Maryland

Geographically Separated or Satellite Locations

For more information on this subject:
 Walter Reed Army Medical Center
<http://www.wramc.amedd.army.mil>

WRAMC/Forest Glen Annex, Town Center (PX, Commissary) Administration Buildings 9 miles from

(Not a satellite, but affiliated with WRAMC) Uniformed Services University of Health Sciences Medical School 4301 Jones Bridge Road Bethesda, MD 20814 (202)295-3030 Located 10 miles from main post.

Geographically Separated or Satellite Locations

<i>Satellite</i>	<i>Command</i>	<i>Distance</i>	<i>Associated Site Name</i>
Walter Reed Army Medical Center, Wash, DC	USAMEDCO M/NARMC	Forest Glen Annex	Walter Reed Army Medical Center

Nearby Installations (Listed Separately in SITES)

For more information on this subject:
 W Walter Reed Army Medical Center
<http://www.wrampc.amedd.army.mil>

STATE/COUNTRY

INSTALLATIONS:

SITE#: 3085-(MARYLAND)FORT MEADE, USA
 SITE#: 3145(MARYLAND)UNITED STATES NAVAL ACADEMY, USN

SITE#: 3070(MARYLAND)FORT DETRICK, USA
 SITE#: 3040(MARYLAND)ABERDEEN PROVING GROUND, USA
 SITE#: 3055(MARYLAND)ANDREWS AIR FORCE BASE, USAF
 SITE#: 4810(VIRGINIA)FORT BELVOIR, USA
 SITE#: 4870(VIRGINIA)FORT MYER, USA
 SITE#: 5140(DISTRICT OF COLUMBIA)BOLLING AIR FORCE BASE, USAF
 SITE#: 5170(DISTRICT OF COLUMBIA)NAVDIST, WASH, DC, USN

Nearby Installations (Listed Separately in SITES)

<i>State/Country</i>	<i>Site Name</i>	<i>Service</i>	<i>Distance</i>
Maryland	Fort Meade	USA	40 miles
Virginia	Fort Myer	USA	15 miles

Regulations

For more information on this subject:
 Maryland Department of Motor Vehicles
<http://www.mva.state.md.us/>

It is important to know that throughout the Metro Area, seat belts are required. The state of Maryland consider non-compliance to the seat belt and car seat regulations a moving violation, and tickets are issued.

The WRAMC installation is monitored by the District of Columbia police force and vehicle violations and/or other misdemeanors, (exs.: drug, theft, firearms*, etc) occurring within the installation will require an appearance before the U.S. District Court.

FIREARMS or AMMUNITIONS: *Lautenberg Amendment Concerning Soldiers: The Lautenberg Amendment makes it a felony for any persons, including soldiers, to ship, transport, possess, or receive firearms or ammunitions, if they have been convicted of a misdemeanor crime of domestic violence. Commanders should be informing soldiers in their commands that if they have a misdemeanor conviction for domestic violence, the soldier may not possess any firearm or ammunition. This prohibition includes Government issued weapons (weapons drawn from arms rooms) and privately owned weapons and ammunition. **FOR DETAILS CONTACT:**

WRAMC, CENTER JUDGE ADVOCATE, (202) 782-5810

In addition to the above Amendment, to have shipped non-authorized weapons, request from your local Transportation Office coordinator, Form DD 1299. Ask for complete instructions on documenting your weapons, i.e., type of weapon, serial number, gauge of short gun etc.. By doing so, you will avoid being what is called "Red-Lined" from the Customs Inspectors. By not doing so, your personal possession could be confiscated for up to six month or longer.

SMOKING POLICY: Walter Reed Army Medical Center has begun enforcing new guidelines for smoking tobacco materials. While clearly banning smoking at "...any work place on the installation," 10 sites around the main campus have been designated for "smoking". Be aware of the designated smoking area notices which will be a least 50 feet from common point of entry into the buildings. Additionally, temporary and permanent living quarters such as the Mologne House, Guest House, Walter Reed Inn and Fisher houses, have been ruled as smoke-free facilities. Guests will be required to smoke in a designated area. Smokers living in individually assigned family housing and unaccompanied personnel quarter, retain their smoking privileges as long as their quarters do not

share a common ventilation with adjoining quarters. Residents unsure of how their ventilation system works should contact the housing officer for guidance. Regulation also bans smoking within the outdoor mall areas at the Forest Glen Shopping Center, or within the vicinity of the sidewalks. Additionally, health care providers are not allowed to smoke in the presence of patients and trainers are not to smoke in the presence of students while on duty.

Traffic: Provost Marshal Office, Bldg 12 (202) 782-3073/3325- FAX: (202)782-0758 Speed limit 15 mph; radar enforced; parking violation enforced

Vehicle Checks: Parking Office, Bldg 11 (202) 782-0758/6978/6979 - FAX: (202)782-0758 Present valid driver license; registration card; proof of insurance, and a current validation of an Emission Control Test is required to receive WRAMC parking decal.

Accidents: PMO/Operations, Bldg 12 (202) 782-7511/7672/3572 - FAX: (202)782-0758

Criminal Offenses: Provost Marshal Office, Bldg 12 (202) 782-7657/7367/6657 - FAX: (202)782-0758

Crime Stop: PMO/Physical Security, Bldg 12 (202) 782-0285/3126 - FAX: (202)782-0758

Crime Prevention, Bldg 12 (202) 782-0285 - FAX: (202)782-0758

Restricted Areas: Open Post, PARKING VIOLATIONS ENFORCED (\$20 VIOLATION FEE for illegal parking) SPECIAL PARKING PERMITS NECESSARY FOR PARKING IN WRAMC'S 3 GARAGES. THERE IS NOT ENOUGH PARKING AVAILABLE TO ACCOMMODATE ALL MILITARY & CIVILIAN WORKERS. SHUTTLE BUSES ARE AVAILABLE BETWEEN WRAMC AND FOREST GLEN ANNEX, WHERE THERE IS AMPLE PARKING. CHECK WITH YOUR DIRECTORATE (WORK SUPERVISOR) FOR PARKING ELIGIBILITY.

Photography/Passports, Bldg 1, Rm, G004 (202) 782-7114 Hours: Wednesday, 1300-1400

Pass and ID (Site), Bldg 11, Rm-1-86 (202) 782-7758/7759 Hours: 0800 to 1530 Comments: For addl. military information, call: (202)782-7305/782-7375 Forms DD 1172/DA 428 required

Drivers License (State) for DC, Maryland & Virginia:

DC: (202) 727-6680/81, Hrs: Hrs: 0815-1500 M-F

Maryland: (410) 768-7000 Hrs: 0830-1630 M-F

Virginia: (703) 761-4655 1-800-804-367-0538 Hrs: 0830-1630 Comments: ALL TRAFFIC TICKETS MUST BE SATISFIED.

CAR REGISTRATION: (QUICK REFERENCE)

District of Columbia: (202) 727-6681

Maryland: (410) 768-7000

Virginia: (703) 761-4655

DI

Name: Center Judge Advocate
POC: Legal Assistance
Address: WRAMC, Bldg 1, 2nd Floor
City: Washington,, DC 20307--5001
Phone: (202)782-1550/5810
FAX: (202) 782-0977
Comments: Contact for legal assistance

Name: Department of Motor Vehicles
POC: District of Columbia,
Address: 301 C St., N.W.
City: Washington, DC 20001
Phone: (202)-727-6681
WWW Link: http://www.mva.state.md.us
Comments: Drivers License: Hours: Mon-Fri: 0815-1500. Minimum age is 16 with parental signature. Must be obtained within 30 days of residency in the city/state. Social Security Card plus \$20, (\$7 for Learner's permit, at 16 years of age). A written test and vision test is required for a new expired license; military personnel and family members are permitted to operate motor vehicles. Registration of Vehicle: Current registration or proof of ownership required, plus annual inspection verification, proof of liability insurance requirement (\$10,000, per person, \$50,000 per accident, \$5,000 economic loss; excise tax 7% of retail price or depending on weight. Registration fee approximately \$75 or less annually, certificate of title fee, \$10). A traffic violations must be satisfied before license is issued.

Name: Department of Motor Vehicles
POC: Virginia Motor Vehicles
Address: 2681 Mill Road
City: Alexandria, VA 22314
Phone: (703) 761-4655
FAX: (703) 317-3564/E-Mail: Questions.DMV@State.VA.US
Comments: Driver's License: Residents are required within 30 days of residency; Military personnel and family members are permitted to operate motor vehicles with license of home of record. Learner's Permits available at 15yrs., 8mts.; parent signature for license under 18yrs; driver's education required. Written/visions tests required. Fees: License, \$12. Registration: Title and Proof of Ownership Required. Annual safety inspection, (inspection stations located throughout communities), \$30; liability insurance, \$25,000; bodily injury, \$50,000, property damage, \$20,000; Uninsured motorist insurance, \$300. Bringing vehicles with less than 7500 odometer miles area not allowed by service members on active duty in another state. All traffic violation must be satisfied before licenses are issues. NOTE: Virginia has a strict policy regarding bringing new vehicles into the state; vehicles with less than 7500 odometer miles are not allowed to be licensed in the state, unless the vehicle was purchased by a service member on active duty in another state.

Name: Department of Motor Vehicles
POC: Maryland Motor Vehicles
Address: 6601 Ritchie Highway
City: Glen Burnie, MD 21061
Phone: (410) 768-7000
FAX: (410) 424-3050
Comments: Driver's License: Valid driver is required within 30 days of residency. Military personnel/family members may use existing license from home of record. Age for Learner's permits, 15 yrs. 9mts.; drivers license available for 16 years,+ after completion of drivers' education course, and completion of written/visions tests. Fee for license: \$20, for 4 years, renewals, \$6. Registration: Current Proof of ownership and title required. Regulations and fees: Safety Inspection, A Vehicle of Emission Inspection* Certificate (VEIC) is required, \$12(Cash only), Proof of Liability, \$10,000 per person, \$20,000 per accident, \$5,000 economic loss, Excise tax, 7%, Certificate of Title, \$10.00, Registration fee: \$50-75, depending on weight. *For VEIC station locations, call (800-638-8347)or 410-760-0400. All traffic violation must be satisfied before license is issued.

Name: Department of Natural Resource
POC: State of Maryland
Address: Commission of Game and Inland Fisheries
City: Annapolis, MD 21404
Phone: (410) 260-8367/8111
FAX: (410)260-8111
WWW Link: http://www.dnr.state.md.us
Comments: Maryland residents pay annual registration fee of \$12 for boats, 16'/under. those with 7 1/2 hpw motor or less are exempt. Coast Guard required Maryland validation sticker, documents must be on board; Hunting licenses and stamps range from \$16-25. Maryland provides over 35 public hunting grounds (deer) and may private (duck hunting) grounds

Name: Provost Marshal
POC: Provost SGT
Address: 6825 - 16th St., N.W. - Bldg #12
City: Washington, DC 20307--5001
Phone: (202)782-7511/3073
FAX: (202) 782-0758
Comments: Police Operations Division: (202)782-3281/7672

Name: Virginia, Department of Natural Resources
POC: Commission of Game/Inland Fisheries
Address: Box 11528
City: Richmond, VA 23230
Phone: (804) 367-9147/1000
FAX: (804) 367-9142
WWW Link: http://www.state.va.us
Comments: Annual fee of \$12 required for residents, non-residents, \$30 for five days, additional \$6 fee for fishing license. Virginia provides hunting for seasonal, duck, deer, bay and fresh water fishing.

Name: WRAMC Headquarter / Brigade S-1
POC: Personnel Administrative Center - Staff Duty Rep
Address: Abrams Hall, Bldg 14
City: Washington, DC 20307--5001
Phone: (202) 782-7881/3511
FAX: (202) 782-3581
Comments: For additional assistance contact WRAMC Military Personnel, Bldg 11, (202) 782-7030

Name: WRAMC Parking Office
POC: Ms. Gibson
Address: Bldg 11, 6825 Georgia Ave., N.W.
City: Washington, DC 20307--5001
Phone: (202) 782-6978/6979
FAX: (202) 782-0758
DSN Phone: 662-6978
DSN FAX: 662-0538
WWW Link: http://www.wramc.amedd.army.mil
Comments: Parking is located on ground level, of bldg 11, rm G109; must have registration; insurance documentation, and current drivers' license, for the state of Maryland, proof of emission test certificate, and no outstanding violations in order to receive WRAMC registration and decal in order to parking on installation.

Name: Walter Reed Outdoor Recreation
POC: Manager
Address: Forest Glen Annex,
City: Wheaton,, MD 20307--5001
Phone: (301)295-8008/8010
Comments: Contact for additional information on boating/fishing/hunting licenses

Commonly Referenced Numbers

For more information on this subject:
The Yellow Pages
<http://www.bigbook.com/>

The following information may be dialed commercial or auto von/DSN: The WRAMC prefixes are: Commercial (202) 782 - DSN 662

American Red Cross Hours: 0800-1100, M-F
(202) 782-6362 -
FAX: (202)782-6366
Emergencies, (after hours) (202) 782-6499

Army Community Service (ACS) Hours: 0745-1630, M-F
(202) 782-3412 -
FAX: (202) 782-7270

Army Emergency Relief (AER) Hours: 0745-1630, M-F
(202) 782-0824/4383

Bank: (OFF POST): Riggs National Bank Hours: 0900-1500, M-T, 0900-1700 Fri. (301) 887-6000;
ON POST): Pentagon Federal Credit Union, Bldg 1,Rm E127
Hours: 0830-1600, M-F; 24 hours access ATM machines at both locations
(703)838-1358
FOREST GLEN ANNEX: Pentagon Federal Credit Union
Hours: 0900-1630, T,W,F; 0900-1700; Thurs.; 0900-1500; Thurs: 0900-1500, Sat.

TRICARE: (202) 782-1500

Barber Shop: On Post (202) 722-2209/723-1897,
(301)587-5909, Forest Glen
Hours: 0900-1630, M-F, 0900-1800, Sat.

Commissary: Forest Glen Annex
(301) 295-8041
Hours: 0900-1800, T,W,F- 0900-2000, 0800-1600 Sat., 1000-1600,Sun

Beauty Shop: On Post Hours: 1000-1800, M-F
(202) 829-4144
(301) 565-0500, Forest Glen

Quartermaster Sales Store: (301) 295-7566, Forest Glen

Carlson Wagonlit Travel (Official):
Hours: 0800-1630, M-F

(202) 882-0303-FAX (202)291-0845

Billeting: Hours: 0730-1600
(202) 782-3117/3044/0068

Chaplain:(On call 24 hours)
Hours: 0730-1630
(202) 782-6305-782-0915

Walter Reed Army Medical Center Information
Desk:
(202)782-3501, or, Paging: (202) 782-1000
Medical Appointments:
(202) 782-7761
1-800-433-3574

Fitness Center, Bldg 88
Hour: 0530-2200, M-F; 0900-1800, Sat.,; 1000-1400,
Sun, CLOSED HOLIDAYS
(202)782-0536/0537

Laundry/Dry Cleaners, Bldg 1
Hours: 0900-1700, M-F
(202) 829-2626

Day Care Services, Bldg 11
Hours: 0730-1500, M-T; 0730-1100, Fri.
(202) 782-0565/08

CLUBS:
OFFICERS' Club: Hours: 0900-1200, M-F; 1400-
1530, Fri.
(202) 782-9131 NCO Club:
Hours: 0900-1200, M-F; 1400-1530, Fri
(202) 782-4417

Walter Reed Officer & Civilian Auxiliary(WROCA):
President: Mrs. Norah O'Donnell
Membership To Be Determined

Enlisted Wives Club:
Membership Chairman:
(202) 782-0824, SSG Kenley-Barber

Information, Travel, Recreation (ITR) Office:
(202)782-0600 - Events/tickets

Command Post: (202) 782-3501

Child Development Center: (202) 782-5024

Pentagon Credit Union: (703) 838-1358

Commissary: (301) 295-8041, Forest Glen

Convenience Stores: On Post (202) 782-0802/723-
0369

Education Office: (202) 782-3187

Post Exchange: (301) 565-0900, Forest Glen

Family Advocacy Program (ACS): (202) 782-
0453/3412

Family Support Center: (202) 782-3412/3390

Family Services Program: (202) 782-3412/3390

Hospital: Heaton Pavilion (202) 782-3501/782-1150

Emergency Room: Heaton Pavilion (202) 782-
1199/3927

Housing Office: (202) 782-3117

Legal Office (JAG): (202) 782-7531/7538

Morale, Welfare and Recreation (MWR): (202) 782-
4946

Military Finance: (202) 782-3309

Patient Representative: (202) 782-6866

Military Personnel Locator: (202) 782-1150

TRICARE: (202) 782-1500

Sick Call: (202) 782-6885/6886/6887

Officer of the Day: (202) 782-7309

Charge of Quarters: AFIP: (202) 782-2100 Medical
Center Brigade: (202) 782-3511/FAX: (202)782-
3581 WRAIR: (301) 319-9000.

Personnel Office: (202) 782-7888/782-7375
FAX 782-0630
AFIP : (202) 782-2100
WRAIR: (202) 782-7240

Quarters A Company:
(202) 782-7750/FAX: 782-0915
B Company: (202) 782-3125/FAX: 782-4992
C Company: (202) 782-3271/FAX: 782-3350

Commonly Referenced Numbers

<i>Name</i>	<i>Commercial</i>	<i>DSN</i>
Walter Reed Army Medical Center	(202) 782-3501 (Information)	662-3501

Major Unit Listing

For more information on this subject:
Walter Reed Army Medical Center
<http://www.wramc.amedd.army.mil>

"The Army...Persuasive in Peace, Invincible in War,
and Preeminent in any Conflict..."

HQ, NORTH ATLANTIC REGIONAL MEDICAL
COMMAND (NARMC)

Commanding General: (202) 782-1104/05 - FAX:
782-0940

Aide de Camp: (202) 782-1104

Command Sergeant Major: (202) 782-3464

Chief of Staff: (202) 782-0416

HQ, WALTER REED ARMY MEDICAL CENTER
(WRAMC)

Commanding General: (202) 782-1104/05 - FAX:
782-0940

HQ, WALTER REED HEALTH CARE SYSTEM
(WRHCS)

Commander: (202) 782-6394 - FAX: 782-4914

Executive Officer: (202) 782-6302/3949

Sergeant Major: (202) 782-8399 - FAX: 782-4914

Deputy Commander, Clinical: (202) 782-8297

Medical Center Brigade Commander: (202) 782-
0809/8092 - FAX: 782-3581 Executive Officer:
(202) 782-0809

Command Sergeant Major: (202) 782-8094

Staff Duty NCO (After Duty Hrs): (202) 782-
0069/3511

TENANT ACTIVITIES: ARMED FORCES INST
OF PATHOLOGY (AFIP):

Director: (202) 782-9376

Executive Officer: (202) 782-1660

ARMED FORCES PEST CONTROL: (301)295-
7473/7492- FAX: 301-295-7476

ARMY OFFICE FOR DEFENSE MEDICINE: (202)
782-2572

BORDEN INSTITUTE (202) 782-7571/72/3729 -
FAX: 782-7555

DEFENSE ACCOUNTING OFFICE: 1-888-478-
5636 or(210) 527-8131 -

HENRY M. JACKSON FOUNDATION: (202) 782-
7281 - FAX: 782-3765

NATIONAL MUSEUM OF HEALTH &
MEDICINE: (202)782-2200 - FAX: 782-3573

NORTH ATLANTIC REGIONAL DENTAL
COMMAND: (202) 782-0969/3711 - FAX: 782-
0307

DENTAC HEADQUARTERS: (202) 782-1201 -
FAX: (202) 782-9195

DENTAL CLINIC: (202) 782-6815

NORTH ATLANTIC VETERINARY SERVICE
SUPPORT AREA (NAVSSA): Commander: (202)
782-7209/7535

US ARMY PHYSICAL DISABILITY AGENCY
(USAPDA) Contact Walter Reed Army Medical
Center PUBLO Office: (202) 782-6130

WALTER REED ARMY INST OF RESEARCH
(WRAIR) Director: (301) 319-9100-/FAX: (301)
319-9227

TRICARE (Lead Agent): (202) 782-1500
FAX:(202)782-9358

TRICARE (Medical Director): (202) 782-1483

US ARMY DENTAL ACTIVITY (DENTAC):(202)
782-3704 -FAX :(202) 782-0307

US ARMY Dental Clinic:(202) 782-6815

ARMY VISION

Soldiers and family members can visit a web site to
get information the ARMY VISION and the status of
the ongoing transformation. The ARMY VISION
web page is accessible from the Army Homepage on
the lefthand toolbar byclicking on "The Army
Vision". Or by going to our website.

The Vision web page will serve as a one-stop source
for information and the latest developments as the
Army continues to transition to the new vision. It is
meant to be a continuous work in progress, and new
material will be added to the page as it becomes
available. The web page is not only for soldiers, but
also for members of the American public who want
to follow the transformation. Some of the topics

covered on the page include the Army Vision statement, a "What's New" section to highlight recent changes or additions to the site, Vision briefings and publications, and frequently asked questions and

answers. There are also relevant news releases and Army News Service articles, speeches and interviews with senior Army leaders, as well as links to associated web pages.

Major Unit Listing

<i>Unit</i>	<i>Command</i>	<i>Point of Contact</i>	<i>Commercial</i>	<i>DSN</i>	<i>Fax</i>
Medical Center Brigade	USAMEDCO M	Staff Duty NCO for UNITS: HQ, A,B,C,D, Med Hold, Student Companies	(202) 782-3511/-3571	662-3511-3571-	(202)782-3581

Transportation

For more information on this subject:
 Military Transportation
<http://www.mtmc.army.mil>

On-base transportation: REFER TO COMMUNITY TRANSPORTATION FOR DETAIL SHUTTLE BUS INFORMATION.

Walter Reed Army Medical Center has shuttle bus service transporting between Main Post and the Forest Glen Annex. Service hours are Monday through Friday, 0530-2000; Saturday/Sunday: 1030-1730. Buses operate on the half hour during rush hour periods, and on the hour during non rush period. Bus stop locations are marked throughout the installation. The Glen Haven housing community is also included in the shuttle schedule. Shuttle service is also provided to National Naval Medical Center, Bethesda, Maryland. Person requiring other official transportation should call the Motor Pool at (301) 295-7564.

Off Base Transportation: Walter Reed Army Medical Center encourages the use of public transportation to avoid traffic, save money and NO parking hassle by offering its employees METROCHECK, a discounted Metro farecards and bus tokens. You may purchase once a month both a Metrorail pass for \$10.00 (cash value \$22.00) or Metrobus fare tokens (20 for \$10.00). Washington Metro bus(K-2) operates regularly, during a.m.rush hours (0600-0900) and p.m. (1500-1800) on the installation. Metro Bus provides transportation all throughout the city, as well as transportation to Metro Rail. The closest Metro Rail Station to WRAMC is the Takoma Park Metro Station, where one can catch the K2 Metro Bus directly to the Installation.

Name: WRAMC Motor Pool
POC: Mr. Campbell
Address: Forest Glen Annex
City: Silver Spring, MD 20307
Phone: (301)295-7527
FAX: (301)295-7523
Comments: Bus stations are throughout installation and Forest Glen Annex. All purpose weather enclosure indicate locations of stops.

Name: WRAMC Transportation Division
POC: Mr. Campbell
Address: Bldg 11, Rm 1-94
City: Washington, DC, DC 20307--5001
Phone: 202-782-3750
DSN Phone: 662-9734
WWW Link: http://www.wramc.amedd.army.mil

Name: Washington, D.C. METRO Transportation Service
POC: Recorded information
Address: 600 Fifth St., N.W.
City: Washington, DC 20001
Phone: (202) 637-7000
Comments: Metrobus to and from WRAMC: Routes S1,2,3,4,5,; 52,54; 70,71,73, Ask for a transfer to change routes or inquire on METRO train routes.

Commissary and Exchange Operations

For more information on this subject:
 Walter Reed Army Medical Center
<http://www.wramc.amedd.army.mil>

WRAMC's Commissary and Post Exchange (AAFES) are located at the Forest Glen Annex, Silver Spring, MD. To reach the Annex by car from the

main post, exit onto 16th Street. Drive approximately one (1) mile and make left onto East West Hwy., make right onto Grubb Road, left onto Lytonsville Road. At STOP sign, make right onto Brookville Road which will take you into the Annex complex. From the Beltway: Take Exit 31B, 97 South Georgia Avenue, Silver Spring. Make right on Seminary Road. The road will split, bear left onto Brookville Road and proceed into the Annex complex. The WRAMC Shuttle Bus is provided daily to and from the Annex on the half hour, during rush hours and hourly, non rush hour.

AAFES Forest Glen Annex POC: Ms. Arbo, Mgr. Location: Bldg 161, Forest Glen Telephone: (301) 565-0900 Hours: Sun: 10:00 4:00 Tues, Wed & Fri: 9:00-6:00 Thurs: 9:00-7:00 Sat: 9:00 - 5:00 Comments: Main Post Service is provided in Bldgs. 1 & 2. Mini-Mall, Bldg 1, 1st fl. (202) 723-0369. Hrs., M-T, 0700-1500;F,1900. Mini-mall has a shoppette, snack bar, dry cleaning service and barbara shop. Additional small shoppette in main hospital (Bldg 2, 3rd floor). Military personnel may cash a check for \$20 over purchase with proper ID.

The Walter Reed Commissary, located within the Forest Glen annex hours are as follows: Closed on Monday (and the Tuesday following a holiday). On Tuesday the hours are from 0900 to 1800; Wednesday, 0900-1800; Thursday, 1000-2000, Friday, 0900-1800, Saturday, 0900-1700 and Sunday, 1100-1700.

Name: AAFES Mini-Mall
Address: WRAMC
City: Washington, DC 20307--5001
Phone: (202) 723-0369 - 829-8740
Comments: Hours: M-T: 7-5:00; Fri. 11-7:00. Mini-mall has shoppette, snack bar, dry cleaner, barber shop. Checks cashed for \$20 over purchase.

Name: AFFES Heaton Pavilion
Address: WRAMC, Bldg 2, 3rd floor
City: Washington, DC 20307--5001
Phone: (202) 782-0802
Comments: Hours: M-F: 9-5:00; S-S: 10-2:00, Personal checked cashed for \$20 over purchase.

Name: Commissary
POC: Mrs. Scott
Address: WRAMC - Forest Glen Annex
City: Silver Spring, MD 20307--5001
Phone: (301)295-7358
FAX: 301-295-7417/8027
Comments: Closed Mondays. Hours: T,W,&F: 9-6:00; Thurs: 9-8:00; Sat.: 8-4:00; Sun.:1000-1600. Personal checks cashed \$25.00 over purchase. Debit cards and credit cards accepted.

Name: WRAMC AAFES -Exchange
Address: WRAMC - Forest Glen Annex
City: Silver Spring,, MD 20307--5001
Phone: 301-565-0900
FAX: 301-588-4061
Comments: Main Post service available in Bldg 1 and Bldg 2. Hours: Sun: 10-4:00, T,W,&F: 9-6:00, thurs: 9-7:00, Sat.: 9-5:00, closed Monday. Checks cashed with proper military ID for \$150 over purchase.

Local Community

Local Community Overview

For more information on this subject:
The Washingtonian Magazine
<http://www.washingtonian.com>

Walter Reed Army Medical Center is located approximately 5 miles north of the heart of Washington, D.C., name after our first President, George Washington in 1791, the city plans were drawn by Pierre L'Enfant, using land ceded by Maryland and Virginia, located on the banks of the Potomac River. Prime tourism is springtime, (April-May) during the Cherry Blossom Festival (when over 3,000 Cherry Blossoms are in bloom).

Washington, D.C., size, 69 square miles, with a current population approximately 638,000 residents; (the Greater Washington Area, District of Columbia, Northern Virginia and Suburban Maryland, approximately having the fastest growth rate of all major metropolitan areas in the Eastern United States. Median age is 31.8 years. Average household income is \$37,000 per year. The District of Columbia is governed by a mayor and 13-member council elected for 4-year terms. Laws, budget and money matters subject to approval of Congress. Voting eligibility requires U.S. citizenship, registered

at least 30 days before election day, and may not claim voting rights in any other state.

Washington, D.C., has it all!! From Presidents to pottery, DaVinci to dinosaurs. Only in the Nation's Capitol can you enjoy such a unique mixture of history and novelty. Washington is divided into four quadrants: Northeast, Northwest, Southeast & Southwest; abbreviations: N.E., N.W., S.E. & S.W. must follow street numbered up through the 50s. East-West streets are lettered A through W (J,X,Y&Z do not exist); when alphabets end, two-syllable names progress outward in alphabetical order (Adams, Bryant, Channing); avenue, named after states, cut diagonally through the city and intersect streets at Washington's famous traffic circles and squares. Street number helps pin the address, example the White House (1600 Pennsylvania Ave., N.W.), is located on 16th Street & Pennsylvania Ave. Washington, D.C. also known as the Washington Metro area, is the 8th largest metropolitan area, (VA and MD) in the country and is surrounded by 67 miles of Capitol beltway. (Located within or outside the Capitol beltway are approximately 25 military installations).

Name: Department of Recreation
POC: Recording
Address: 3149 16th St., N.W.
City: Washington, DC 20010
Phone: (202) 673-7660/673-7389

Name: WRAMC Relocation Program
POC: Cynthia Rome, RAM/Mary Berard, RAS
Address: Army Community Service
City: Washington, DC 20307--5001
Phone: (202) 782-3501/3412
FAX: (202) 782-7270
DSN Phone: 662-0208
DSN FAX: 662-7270
E-Mail: Cynthia.Rome@na.amedd.army.mil
WWW Link: http://www.wramc.amedd.army.mil
Proximity to site: On site
Comments: WRAMC/Army Community Service will assist you if you have any questions. You may contact the Walter Reed Army Medical Center's information telephone number at (202) 782-3501 to obtain additional information.

Name: Washington Metro Rail
POC: Station Manager
Address: Washington DC,
City: Washington, DC
Phone: (202) 637-7000
WWW Link: http://www.wmata.com
Proximity to site: 1/2 mile
Comments: Metro rail radiates out from downtown Washington deep into Maryland and Virginia with 70 stations and 81.05 miles of tract. Your fare depends on how far you travel. Farecard can be purchased for as little as \$1 or as much as \$45. METRO RAIL HAS SERVICE FROM NATIONAL AIRPORT and UNION TRAIN STATION TO WALTER REED ARMY MEDICAL CENTER. THE METRO STATION SERVING WALTER REED IS TAKOMA PARK. METRO BUS IS AVAILABLE TO AND FROM TAKOMA PARK METRO STOP

Time Zone Chart

For more information on this subject:
Walter Reed Army Medical Center
<http://www.wramc.amedd.army.mil>

Local time zone: Eastern Standard

Time difference from this zone Eastern : 0600
Central : 0500 Mountain : 0400 Pacific : 0300
Greenwich (UK) : 1100 Central European (Germany) : 1200 East Asia (Japan) : 2000

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

Climate: Moderate to severe, lovely 4 season changes;

Climate: Mid-Atlantic, warm spring, high humidity during summer and early fall, cool late fall with snow during winter;

Temperature Range: Apr-Sept, 68-98 degrees; Nov-Mar, 28-55 degrees.

Annual precipitation: 35" to 50" a year spring & fall, hot summer, moderate snow.

Temperature Range: 10 deg. - 100 degrees Annual Precipitation: Approx. 35" to 50" Comments: Clothing for four seasons

Climate

<i>Month</i>	<i>High</i>	<i>Low</i>	<i>Humidity</i>	<i>Precipitation</i>
January	42	26	66%	2.76 - 21.3
February	45	29	66%	2.62 - 30.6
March	55	36	64%	3.46 - 17.1
April	67	46	60%	2.93 - 0.6
May	75	56	74%	3.48 -
June	84	65	76%	3.35
July	87	69	77%	3.88
August	86	68	79%	4.40
September	80	62	79%	3.22
October	68	59	77%	2.80
November	57	39	71	2.82 - 11.5
December	46	31	68%	3.18 - 16.2

Events Calendar

For more information on this subject:
The Washington Post Newspaper
<http://washingtonpost.com/>

Washington, D.C. provides year round events for all. Each season always brings a special event and surprisingly, most are free, examples of parade activities: President's Day, Cherry Blossom Festival, Martin Luther King, Jr. Birthday, Chinese New Year Festival, and more. For newcomers, it is advisable to obtain information in advance before trekking out on your sightseeing tours in order to coordinate your time being well spent. Don't forget to use the Metro Trains! Parking in the District is a challenge and parking violations are costly. The local newspapers,

The Washington Post, (Thursday edition) and The Washington Times (Friday) advertise weekly and monthly calendar of events. Suggestion publications for touring Washington, D.C. and the Metro Area with family and friends are: Suggested resource guides are:

"The Washington Visitors Guide" FREE, compliments of the Washington Visitor's Center "Frommer's Guide to Washington, and Washington With Kids" "Going Places with Children in Washington, D.C., Maryland and Virginia" "The Washingtonian Magazine" Restaurant Guide

ADDITIONAL RESOURCES TO CONTACT FOR CALENDAR OF EVENTS ARE AS FOLLOWS:

The National Park Service (County Parks/Recreation) 1100 Ohio Drive., S.W Washington, DC 20242 (202-619-7275) Comment: Announcements are made of current events/activities taking place in the National Parks in the Washington (National Capitol Region);

Washington Visitor's/Convention Association 1575 "I" Street, N.W. Washington, DC 20005 (202) 789-7000 Comment: Knowledgeable of all current events taking place at historic sites; as well as special events.

DC Committee to Promote Washington 1212 New York Avenue, N.W. Washington, D.C. (202) 724-5644 Comment: Information and referral resource

TOURMOBILE Sightseeing 100 Ohio Drive., S.W. Washington, DC 20024 (202) 488-5200 Comment: Tourmobile offers narrated, shuttle bus tours with free reboarding, to 18 major sites on the Washington Federal Mall and Arlington National Cemetery. Tourmobile is a convenient, inexpensive and fun way to get to not only these sites, but also to numerous other attractions that are within close walking distance. (Fee: Adults, \$9.00; Child: \$4.00) TOURMOBILE offer tours to Mount Vernon and in-depth tour of Arlington Cemetery (Kennedy gravesites; Tomb of the Unknowns) for an additional charge (Tickets range from \$3.00-\$26.50, Adults, Children \$1.50-\$13.00).

SPORTS: GOLF: Second best to the "Masters" Pro-Am Golf Tournament Avenel Golf Club (301) 469-3700 Date(s): May/June 2000, Comment: Known as the "Kemper Open", Washington, DC premier golf event.

Washington Redskins Football Rajohn, Maryland (Prince Georges, County, MD (202) 546-2222 or (410) 546-2222 Comment: Season sold-out. You can try your luck at the new Stadium ticket office or Ticketmasters for availability (pre-season games); also, USO and local ITR office.

Washington Wizards Pro Basketball MCI Center Washington, DC (202) 628-3200 Comment: The new exciting MCI center borders on the historic DC China Town with direct metro access. For tickets call MCI, Ticketmasters, USO, and ITR.

Baltimore Orioles Baseball Camden Yards, Baltimore, MD. Washington DC ticket location: The Oriole Store, 16th St., N.W. (202) 296-2473 Comment: The stadium is located in the Baltimore Inner Harbor area. You can take the local commuter

trains (MARC Lines) or drive (45 minutes from WRAMC). Tickets are hard to get, but "bleacher seats" are sometimes available. However, if seats are not available, you will have a great time touring the Inner Harbor seeing the National Aquarium, Space Center, boat tours and fabulous food!

Music Concerts: On going all year at the Kennedy Center, big name concerts generally take place during the summer months at the larger arenas and various summer pavilions. It is advisable to call arenas in advance to receive "Calendar of Events" in order purchase a ticket for rock concerts, etc. They sell out fast!

Concert/Performances Locations:

District of Columbia: John F. Kennedy Center for Performing Arts Virginia & New Hampshire Ave., N.W. Washington, DC (202) 467-4600 or 800-444-1324

Maryland: Merriweather Post Pavilion, U.S.Air(Capitol Ctr) Arena (1-410-730-2424) (1-301-622-3865)

Virginia: Wolf Trap Pavilion, NISSAN Pavilion (1-703-255-1800) (1-703) 6400

Refer to Entertainment supplement in Washington Times on Thurs. or Washington Post on Friday for schedules of events.

Seasonal Festivals: Refer to the Weekend supplement in local newspapers (Washington Post&Times)and community newspapers.

Major festivals take place in spring/summer months, example Cherry Blossom Festival/parade (spring) Smithsonian Folk Festival summer (July); Adams Morgan International Festival Refer to Entertainment supplement of local newspaper; refer also to Washingtonion Magazine for specifics. List various festivals & location, times and fees. Official national holiday parades take place on Martin Luther King Jr. & President's Day Birthday; Chinese New Year Festival; St. Patrick's Day; Cherry Blossom Festival. The White House Easter Egg Roll is a popular event for children, held on the White House lawn on Easter Monday, yearly.

Name: Washington Convention/Visitor's Association
POC: Information Operator
Address: 1575 I Street, N.W., #250
City: Washington, DC 20005
Phone: (202) 789-7000
FAX: 202-789-7037
Proximity to site: 10 miles
Comments: Helpful in knowing current entertainment events

Name: National Park Service/County Parks & Recreation
POC: Recording & Information Operator
Address: 1100 Ohio Drive, S.W.
City: Washington, DC 20242
Phone: (202) 619-7275
Comments: Very helpful in communicating free activities and current events, example: 4th of July Firework display, Memorial Day celebration; free or affordable "things to do" in the nation's Capitol.

Name: Tourmobile Sightseeing Service
POC: Tour Information Recording
Address: 1000 Ohio Drive, S.W.
City: Washington, DC 20024
Phone: (202) 488-5200
FAX: (202) 488-5200
Proximity to site: 15 miles
Comments: Tourmobile offers narrated, shuttle bus tours with FREE REBOARDING, to 18 major sites on the Washington Federal Mall and Arlington National Cemetery.

Name: Smithsonian Institute Museums
POC: Information Center
Address: Constitution Ave
City: Washington, DC
Phone: (202) 357-2000
Proximity to site: 15 miles
Comments: Located along and near The Mall sprawls the world's largest museum complex, the Smithsonian, suggest to start your tour at the original Smithsonian building, "The Castle".

Name: TICKETMASTER
POC: Information
Address: Baltimore/Washington Service
Phone: (202) 432-SEAT/(410)481-SEAT
Comments: Phone charge service for entertainment tickets. Contact PROTIC at (703) 218-6500 also for tickets.

Name: The Washington Post
POC: Thursday Edition (Weekend Recreation)
Address: 1150 -15th St., N.W.
City: Washinton, DC 20007
Phone: (202) 334-6000
Proximity to site: 15 miles
Comments: Refer to the Weekender section on Thursday and Saturday. Sunday edition for upcoming events.

Name: J.F. Kennedy Center for Performing Arts
POC: Recording
Address: Virginia/New Hampshire Ave., N.W.
City: Washington, DC 20009
Phone: (202)467-4600
Proximity to site: 17 miles
Comments: Live performances in theatre, music,

Cultural Attractions

Few areas offer such a wealth of cultural, education, and recreational opportunities. In addition to the Congress, the Executive Branch, and the Supreme Court, here you will also find the world's finest museums, major art collections, excellent theater, concerts, and elaborate system of parks, and two centuries of rich history, and, there is something for every member of the family and most of it is FREE.

Being the Nation's Capital, the city abound with monuments, live theaters, museums, art galleries, boat cruises, parks and shopping malls. IT IS RECOMMEND TO SEE 18 HISTORIC SITES IN THE U.S. NATIONAL PARK SERVICE, TOURMOBILE SIGHTSEEING. IT STOPS AT THE WHITE HOUSE, WASHINGTON MONUMENT, ARTS AND INDUSTRIES MUSEUM, NATIONAL AIR AND SPACE MUSEUM, BUREAU OF ENGRAVING AND PRINTING, HOLOCAUST MEMORIAL MUSEUM, JEFFERSON MEMORIAL AND TIDAL BASIN, WEST POTOMAC PARK, LINCOLN MEMORIAL, VIETNAM VETERANS MEMORIAL, J.F.KENNEDY CENTER FOR THE PERFORMING ARTS; ARLINGTON NATIONAL

CEMETARY, TOMB OF THE UNKNOWN SOLDIER (CHANGING OF THE GUARD), KENNEDY GRAVESITES, ROBERT E. LEE MEMORIAL. FEE: Adults: \$9.00, Children: \$4.00, Metro-rail access to tourmobiles. Call (202) 554-5100 for more details. It is preferable to use public transportation for sightseeing, due to limited parking.

Name: John F. Kennedy Center for Performing Arts
Address: Virginia & New Hampshire Ave., N.W.
City: Washington, DC
Phone: (202) 467-4600
Proximity to site: 18 miles
Comments: Major live stage, musicals and opera events. Home of the National Symphony Orchestra and National Ballet troupe.

Name: The National Theatre
Address: 8th & Constitution Ave., N.W.
City: Washington, DC
Phone: (202) 628-6161
Proximity to site: 15 miles
Comments: Major live drama/comedy/musical events on stage

Name: Ford's Theater
Address: 511 10th Street, N.W.
City: Washington, DC
Phone: (202) 422-1845/638-2367
Proximity to site: 15 miles
Comments: location of Abraham Lincoln's assassination, many diversified, live stage performances, many designed for families.

Name: Arena Stage
Address: 6th & Main St., S.E.
City: Washington, DC
Phone: (202) 488-3300
Proximity to site: 15 miles
Comments: Three theatres under one roof: Arena Stage, Kreeger Theatre, Old Vat Room offering classical to contemporary entertainment year round, occasionally programs for young adults. Summer programs for students interested in the dramatic art.

Name: The Frommer's Guide to Washington
Address: Metro Area Bookstores
City: Washington, DC
Proximity to site: Metro Area
Comments: This publication offers the premier information on touring the District of Columbia with all its splendor in history and culture. The guide informs you on touring ex: The White House, Capitol, Smithsonian Museum and all major tourist interests. Inquire also on the Frommer's guide "On Going Places With Children".

Name: Washington Convention/Visitor's Asso.
Address: 1575 I St., N.W.
City: Washington, DC 20005
Phone: (202) 789-7000
Proximity to site: 13 miles
Comments: Call and request FREE publication on "Where and When" current events taking place in Washington, or inquire for daily updates.

Name: National Park Service
Address: 1100 Ohio Drive., S.W.
City: Washington, DC 20242
Phone: (202) 619-7275
Proximity to site: 13 miles
Comments: Call and inquire on "special events" taking place at the various monuments, i.e., Fourth of July fire works at the Washington Monuments, Concerts at the Capitol, art exhibits at major museums, etc.

Name: Marine Drum/Bugle Corps
Address: Marine Barracks, 8th & I St., SE
City: Washington, DC
Phone: (202) 433-6060
Proximity to site: 15 miles
Comments: Evening Parades with Marine Corps Band, "The President's Own," Marine Drum and Bugle Corps and Silent Drill Platoon on Friday, May-August, 7:30 p.m.; FREE, call for reservations

Name: TICKETMASTER
Address: Baltimore/Washington Service
Phone: (202) 784-SEAT/(410)481-SEAT
Comments: Ticket agencies for charging entertainment tickets

Recreation Opportunities

For more information on this subject:
Walter Reed Army Medical Center
<http://www.wramc.amedd.army.mil>

The Greater Metropolitan Washington Area encompasses the District of Columbia, Suburban Maryland and Northern Virginia. All three locations provide visitors a wealth of variety ... from Washington, D.C. ... the nation's home of Congress, the Executive Branch and the Supreme Court; here you will also find the world's finest museums, major art collections, excellent theater, concerts, an elaborate system of parks, and two centuries of rich history ... there is something for every member of the family.

The nearby Maryland counties provide one of the state's most historic and scenic areas, the state's capital and miles and miles of beautiful shoreline along the Chesapeake Bay provide a wonderful setting for all types of family recreation and the most delectable seafood of Bay region is legendary.

The District's other neighbor, Virginia, one of the original 13 colonies, and the site of the first permanent English settlement at Jamestown, Virginia is alive with the history of our nation ... the birthplace and homes of her patriots, George Washington (at nearby Mount Vernon) and others too numerous to mention ... Virginia's windblown dunes of the Eastern Shore, to the ocean-swept beaches, the magnificent Blue Ridge mountains and sensational amusement parks awaits your visit. CONTACT WRAMC's Information, Ticketing and Recreation (ITR) Office for special trips and events tickets and discounts available: Location: Bldg 11, 1st Fl., Rm 196, Telephone: (202) 782-0600 OR; and/or, Walter Reed's Morale, Welfare and Recreation Location: Bldg 11, DPCA Telephone: (202) 782-7034 for additional information.

The Walter Reed Sports Offices (301) 295-7709; located within the WRAMC Forest Glen Annex is always looking for player to participate on men's and women's sport activities, whether it be football, softball, golf/racketball, basketball and bowling. The sports events are planned by the Sports Office for the Washington Area Military Athletic Conference.

USO Metro TICKETLINE Location: Ft. Myer, Virginia Telephone: (703) 696-2551 Comment: Distributes tickets free of charge to active duty personnel and their families; priority is given to

enlisted personnel. Limit of two ticket requests per month.

D.C. Department of Recreation 3149 16th St., N.W. Washington, D.C. 20010 (202) 673-7660 Comment: Daily recording on "things to see and do" in Washington

OVERVIEW OF FREE RECREATION LOCATIONS:

Local Parks: ROCK CREEK PARK, adjacent to WRAMC is a picturesque, forested, valley park, preserving nearly 2,000 acres of nature within the nation's capital. It also includes a Nature Center; planetarium, a nineteenth century grist mill; the Old Stone House, the oldest building in Washington, D.C.; Civil War fortifications, picnic groves; tennis courts, biking and hiking trails; horse center; golf course, ball fields, Nature Center and the Washington National Zoo.

One of the most frequented parks, HAINS POINT/EAST POTOMAC PARK, is located in Washington, DC (14th St. to Ohio Drive South). Hains Point offers a perfect view of the waterfront. The park provides picnic tables, public golf course, swimming pool, and tennis courts; Fishing is permitted also. SPIRIT OF WASHINGTON boat tour is a great way to see the sights from the Potomac River both day and night, dinner and dancing included. CALL: (202) 554-8000 for details. The Tidal Basin near East Potomac Park, location of the Jefferson Memorial and famous Cherry blossoms, offer paddle boat rentals.

Not a park, but a great spot to unwind, after touring historic Georgetown, The WASHINGTON HARBOR complex, located on the Potomac River at the base of historic Georgetown, is a great spot to meet and greet folks in an international setting of continental restaurants.

Both Maryland and Virginia provide nearby national and state parks for day or vacations camping, to mention just a few: Maryland, campsites are close to the Civil War location, Gettysburg, dotting up and down the Catoctin Mountain range; Deep Creek Lake in Western Maryland, terrific for kyaking, trout fishing, skiing; ... Virginia the magnificent Assateague National Wildlife Park, located on the shoreline of the Atlantic Ocean; the Blue Ridge Mountain range, provides challenging hiking paths and view of the fall foliage that rivals the New England's fall foliage.

The Metro area's newest amusement park is 6 Flags America, located on Central Avenue, in nearby Upper Marlboro, Maryland, call (301)249-1500 for directions to the park. Kings Dominion and Bush Gardens amusement parks are both located in Virginia about a 1 1/2 to 2 hours drive from WRAMC. The Washington National Zoo is located in nearby Rock Creek Park.

CONTACT: WRAMC's Outdoor Resource Center Location: Bldg 156, Forest Glenn Annex Telephone: (301) 295-8010 Comment: Provides camping, water sport, snow gear equipment and numerous miscellaneous equipment, i.e., trailer hook-up car top carrier, sport kits, coolers, bikes, etc.

Additional Recreation Services:

WRAMC Information, Tickets & Reservation (ITR): Bldg 11 Location: Main Post, Rm 1-132 Telephone: (202) 782-0600 Hours: Mon - Fri: 0930 - 1730. COMMENT:

Come in and find out about vacation packages(condo availability), movie, basketball, circus Disney World, Colonial Williamsburg and other fine recreation tickets.

WRAMC Auto Craft Shop: Bldg #82 Location: Main Post Telephone: (202) 782-7433 Hours: Tues-Thurs; 1200 - 2130; Sat: 0900-1630

Outdoor Recreation: Bldg 156 Location: Forest Glen Annex Telephone: (301) 295-8010 Hours: Mon - Fri, ONLY; 0830 -1700

WRAMC Fitness Center: Bldg #88 Location: Main Post Telephone: (202) 782-7324 Hours: Mon. - Fri. 0530 - 2000; Sat,0900-1600; Sun. 1000-1400

WRAMC Arts & Craft Center: Bldg 163, Location: Forest Glen Annex Telephone: (301) 295-7386 Hours: Wed - Thurs: 1200 -100; Fri. & Sat. 0930 - 1730

WRAMC Sport Office Programs: Bldg 116 Location: Forest Glen Annex Hours: Mon - Fri, 0900 - 1800 Telephone: (301) 295-7709

WRAMC Library: Bldg 11, 3rd Floor Location: On Main Post/Ground Level Telephone: (202) 782-6314/4946 Hours: Mon - Fri: 0900 -1600

WRAMC NCO Club: Bldg 14 Location: On Main Post, Abrams Hall Telephone: (202) 782-3383/4417, POC: Maribel Urbina Hours: Tues - Sat, hours subject to change for private parties.

TRI-STATE Areas of Recreation: Contact: National & State Beaches Maryland & Virginia MD: (800) 543-1036, VA: (202)659-5523

Name: Hains Point Park
POC: Recording
Address: East Potomac Park
City: Washington, DC
Phone: (202) 863-9007
Comments: Hains Point offers relaxing view of waterfront; ideal for picnics, golf course available; swimming pool and tennis courts for outdoor enjoyment.

Name: Spirit of Washington Cruises
POC: Recording
Address: 6th & Water Sts., N.W.
City: Washington,, DC
Phone: (202) 554-8000
FAX: 202-488-1330
Proximity to site: 15 miles
Comments: Boat cruises the Potomac River to the Chesapeake Bay; depending on what cruise you take brunch, lunch, dinner and moonlight cruises are available.

Name: WRAMC Information, Travel and Recreation Office
POC: Ms. Bennett
Address: WRAMC, Bldg 11, Rm 196
City: Washington, DC 20307--5001
Phone: (202) 782-6359
Proximity to site: on post
Comments: Consult for ski, whitewater, shopping trips theater, amusement parks and sporting event tickets, plus other entertainment offers

Name: WRAMC Morale, Welfare and Recreation
POC: Hariette Irving
Address: Bldg 11
City: Washington,, DC 20307--5001
Phone: (202) 782-7034
Proximity to site: on site
Comments: Refer for special events i.e., fishing, ski trips or specified events

Name: Regional Information
POC: Recording
Address: DC, MD, & VA Metro Area
City: Regional
Phone: (202) 789-7000/800-543-1036
Comments: Daily recordings of special events

Name: National/State Recreation (Beaches)
POC: Daily recording
Address: Metro area
City: Metro
Phone: See below
Comments: Call for additional information: Maryland: 1-800-543-1036; Virginia: (202) 659-5523, camping information included

Military Related and Civic Organizations

For more information on this subject:

USO metro center headquarters

<http://www.usometrodc.org>

Walter Reed Army Medical Center currently offers three major military clubs, located on Post: Officer's, NCO/ENL, Enlisted Wives and WRAMC's equivalent to the Military Wives Club, know as the Walter Reed Officers and Civilian's Auxiliary. Combined with the above mentioned club are suggested relevant military associations.

WRAMC OFFICER'S CLUB The Mologne House Hotel Walter Reed Army Medical Center (202) 782-9131/4600

WRAMC NCO/ENL CLUB, also known as the **ABRAMS LOUNGE COMMUNITY CLUB**, located in Abrams Hall, Bldg 14 (202) 782-9131 Comment: Club offers three (3) types of membership: Active, Associate and spouses of POW/MIA enlisted personnel, widows and widowers of enlisted personnel.

BETTER OPPORTUNITIES FOR SINGLE SOLDIERS PROGRAM (BOSS) WRAMC, Bldg 11, DPCA (202) 782-6537 or 782-1860 Comment: SGT Hayes or SGT Zikorski can assist you with questions on BOSS Program. The program offers support for singles focusing on the quality of life issues for singles in all areas including recreation; housing etc.

MILITARY and SUPPORT OPERATIONS: SUPPORT GROUPS: The Walter Reed Community Family Support group (FSG) is a "community based"

FSG, implemented in 1998 through a partnership between ACS and installation command. The FSG is headquartered at ACS and provides the following services to military family members: a.) Newcomer orientations to familiarize military families with the resources and services available to them on the installation; b.) Contacting, and coordinating services as needed, ofr "waiting" family members during separations from the service member due to military duty; c.) Producing a newsletter to keep military families up-to-date on community services and activities; d.) Providing personal and professional development training through the Army Family Team Building (AFTB) program; e.) Provide opportunities for military families to socialize and network informally.

WALTER REED OFFICERS & CIVILIANS' AUXILIARY Call ACS for current Point of Contact for information and/or membership details (202) 782-3412 Comment: Membership in the Auxiliary is open to Active Duty Commissioned and Warrant Officers of any branch of the Armed Forces to the United States or their counterparts in the Armed Forces of foreign countries, retired or Reserve Officers of the Armed Forces of the United States, the adults dependents and the widows of widowers of those officers, civilian employees (GS7 or above), active or retired, of Walter Reed Army Medical Center, and adult dependents of those same employees. Dues: \$12.00 per year or \$6.00 for company grade officers.

WRAMC ENLISTED WIVES CLU SSG Kenley-Barber (202) 782-0824 Comment: Club encourages membership, particularly for "first timers", it provides fellowship and friendships. The EWC also operates the WRAMC Thrift Shop, located at the Forest Glen Annex.

Off Post Associations:

United Service Organization (USO): Bldg 59, Post Headquarters Fort Myer, VA 22211 (703)696-2628 Comment:USO provides services to military throughout the metro area, call to inquire about special services.

National Military Family Association 6000 Stevenson Ave., #304 Alexandria, VA 22304 (703) 823-6632 Comment: Concerns about quality of life issues for the military family.

Armed Forces Hostess Association The Pentagon, Rm 1A736 Washington, D.C. 20310-6604 (703)

697-3180 Comment: Information and referral service for all branches of the military.

Retired Military Officer Association 201 N Street, N.W. Washington, D.C. (202) 434-2105

American Legion National Headquarters: 1608 K. St., N.W. Washington, D.C. (202) 861-2700 Proximity to site: 12

Veterans of Foreign Wars Metro Area Locations D.C.: (202) 208-1344 MD: (301) 459-4775 VA: (703) 556-0956 Comment: Call for a location near you

Kiwanis Metro Area Locations: D.C.: (202) 347-0676 MD : (301) 349-4202 VA : (703) 527-2302 Comment: Call for a location near you

Name: USO Metro Center
POC: Inquire on specific information
Address: Ft. Myer
City: Arlington, VA 22211
Phone: (703) 696-3279
Proximity to site: 22 miles
Comments: Special programs include: Airport Services, Emergency Housing, Food Assistance, Holiday Programs

Shopping

For more information on this subject:
The Washington Post Newspaper
<http://www.washingtonpost.com/>

The Greater Washington Area, know as the "Metro Area", encompasses the District of Columbia, Northern Virginia and Surburban Maryland. Circling the metro area is the Capitol Beltway which makes diversified shopping convenient. Shoppers have choices whether is be AAFES (Post Exchanges) or on the economy.

The metro area provides an excellent wide range of shopping opportunities with everything from large department stores to upscale boutiques, antique stores and farmers markets. Throughout the Metro area ethnically diverse cuisine is served in restaurants housed in all the major shopping districts. You can shop and dine around the world without leaving your neighborhood. Below is just a small sample of the variety available.

Located at Walter Reed Army Medical Center:

AAFES (Post Exchange) Bldg 161, Forest Glen Annex (301) 565-0900 Hours: Mon-Sun, Closed Monday

There are over 36 major, enclosed shopping malls in the metropolitan area. Below is a sampling of a few of malls located in the metro area:

Washington, D.C. Locations:

The Shops, National Place 13th & F St., N.W. Washington, D.C. (202) 289-4224.783-9090 Comment: Over 200 stores, near Metro Central and Planet Hollywood

Union Station 40 Massachusetts Ave., Wash, DC (202) 371-9441; Comment: Use Red Line Metro; over 120 stores, restaurants and 9 movie theaters. Great spot to meet people for touring Capitol.

Old Post Office Pavilion 1100 Pennsylvania Ave. Washington, D.C. (202) 289-4224 Comment: Nice place to rest, eat and light shopping after sightseeing; near Metro train stop.

Georgetown Park 3222 M St., N.W. Washington, D.C. (202) 298-5577 Comment: Located in the heart of commerical Georgetown, the Mall has over 120 upscale shops. No Metro train service.

Surburban Maryland Locations:

White Flint Mall 11301 Rockville Pike Bethesda, MD (301) 468-5777 Comment: Expensive designers specialties, and mostly upscale boutiques; can be reached by metro

Laurel Mall, 4828 Baltimore Blvd, Laurel, MD (301) 490-7467; (301) 953-2750 Comment: White Flint is very expensive; Laurel Mall designed for families with JC Penny, Montgomery Ward, Bloomingdales/Sears.

Northern Virginia Locations:

Tysons Corner Shopping Center and Galleria at Tysons 11 Route 7, Falls Church, VA (703) 893-9400. Comment: Tysons Corner is only one (1) in more than 180 shopping centers located in Norther Virginia. This center has everything; from the hard to find items, designer specialties, and your partical needs, TC has it!

Potomac Mill Outlet Mall 2700 Potomac Mills Circle, Woodbridge, Virginia (703) 643-1855/800-

826-4557. Comment: The metro area's premier outlet shopping mall; over 200 factory outlet shops, movie theatre and restaurants.

Name: Yellow Pages
POC: Information Operator
Address: Metropolitan Area Yellow Pages
City: Washington, DC
Phone: (202)
Comments: Refer to your local YELLOW PAGES for individual department stores or speciality shops in your new location.

State and Community Social Service Agencies

The Commissions listed below have been established to assist low-income households. Eligibility is determined by number of people in the household and monthly income. These various Social Service Programs: Food Stamp/WIC Programs, Subsidized Housing, Rental Assistance, Aid For Working Parents, Emergency Food or Shelter. Call the following locations for assistance.

Department of Human Resources, District of Columbia Director of Social Services 500 First Street, NW, WASH, DC (202) 279-6070/727-5466 Hours: 8:30 - 4:45 Comments: District of Columbia Social Service Commission: (202) 727-5466. The Commission provides services to the community by region. For assistance, know your current mailing address and zip code.

Department of Social Services, Prince Georges, County, MD Director of Social Services (301) 350-9700 Comment: The Commission serves the community by region. When calling, you must know your current mailing address and zip code in order to receive assistance.

Department of Social Services, Fairfax, Va 703) 324-7500 Hours: 8:00 - 4:30 Comments: Information on Food Stamp, Infant and Children Program benefits for low-income households, contact county offices services by zip codes.

Department of Social Services, Montgomery County, MD Rockville, MD 20850 217-6500; Services by regions, you must know your current mailing address and zip code.

ELDER CARE RESOURCES:

Office on Aging, (District of Columbia) - (202) 724-5626

WRAMC Dept. of Social Work - (202) 782-6378

Commission on Aging, Montgomery County, MD - (301) 468-4430

EMERGENCY HOTLINES FOR THE METROPOLITAN AREA:

Answer Please (District of Columbia) - (202) 463-6211

First Call for Help (Maryland) - (410) 685-0525 or (800)492-0618

Virginia Connection - (800) 230-6977

Name: District of Columbia Social Service Commission
POC: Information Recording
Address: 500 First Street, NW
City: Washington, DC
Phone: (202) 279-6070
Proximity to site: 12 miles
Comments: Know your zip code for assistance

Name: Dept. of Social Services, Prince Georges County, MD
POC: Information Recording
Address: 1400 McCormick Drive
City: Landover, MD
Phone: (301)883-6450
Proximity to site: 20 miles
Comments: Know your zip code for assistance

Name: Department of Social Services, Montgomery County
POC: Information Recording
Address: Rockville, MD
City: Rockville, MD 20850
Phone: (301)217-6500
Proximity to site: 20 miles
Comments: Know your zip code for assistance

Name: Department of Social Service
POC: Norther Virginia, Fairfax County
Address: Call for office zip code location
City: Fairfax, VA
Phone: (703) 324-7500
Proximity to site: 24 miles
Comments: Provides assistance for: Food Stamps, Infant/Child Care Programs; Low-income housing

Non-Profit Social Service Agencies

For more information on this subject:
Red Cross Headquarters
<http://www.RedCross.org>

Listed below is a suggested list of military and private agencies to assist you during an emergency.

On Post:

Army Emergency Relief Walter Reed Army Medical Center Bldg 1, Rm 244 POC: SSG Kenley-Barber or Eric McMillan Telephone: (202) 782-0824
Comment: AER's mission is to provide emergency financial assistance for active duty soldier, single or married and their dependents; ARNG and USAR soldiers on active duty for more than 30 days and their dependents; soldiers retired from active duty for longevity or physical disability, their dependents; ARNG and USAR soldiers who retired at age 60, and their dependents; surviving spouses and orphans of soldiers who died while on active duty or after they retired. AER can help with the following financial needs: Food, rent, utilities, emergency transportation and vehicle repair, funeral expenses, medical/dental expenses, personal needs when pay is delayed or stolen and even give undergraduate-level education scholarships, based primarily on financial need, to children of soldiers.

American Red Cross: (WRAMC branch office) Bldg 2, Rm 3E01M POC: Robin Hunter Telephone: (202) 782-6366

Name: American Cancer Society
POC: Director
Address: 1875 Connecticut Ave., N.W.
City: Washington, DC 20009
Phone: (202) 483-2600
Proximity to site: 15 miles
Comments: Information and support group referral

Name: American Heart Association
POC: Information
Address: 5335 Wisconsin Ave., N.W.
City: Washington, DC 20007
Phone: (202) 686-6888
Proximity to site: 13 miles
Comments: Information and support group referrals

Name: American Red Cross
POC: Information
Address: 17th & D Sts., N.W.
City: Washington, DC
Phone: (202) 737-8300
FAX: 1-800-289-3299
Proximity to site: 15 miles
Comments: Red Cross offices located at WRAMC: Bldg 2, Rm.3E01, call (202) 782-6366. Open for military families emergencies at night; weekends, and holidays

Religious Activities

For more information on this subject:
The Yellow Pages
<http://www.bigbook.com/>

Walter Reed Army Medical Center provides nondenomination worship services within the installation, conveniently located in the hospital for patients and staff. Also available is the installation's Memorial Chapel, located a short walk from the hospital on 14th, between Dahlia Street and Main Drive.

Metro Area Places of Worship:

The Metro Area being an international region, is home to over 45 religions. Information on Places of Worship can be accessed through your local Yellow Pages.

Below is a suggested list of demoninations located in the District of Columbia.

Denomination Houses of Worship Contact:

Baptist: (202) 265-1526
Catholic: (202) 563-4100
Methodist:(202) 251-8140
Islamic: (202) 332-8343
Jewish: (202) 857-6600
Muslim: (202) 332-8343
Church Latter Day Saints:(301) 588-0650

Name: Department of Pastoral Care
POC: Service Chaplain
Address: Bldg 2, 3 Fl, Rm 3C107
City: Washington, DC 20307--5001
Phone: (202) 782-6305
Proximity to site: on site
Comments: Provides Chaplain for hospital floors; out patient care, Brigade Chaplain, Clinical Pastoral Education, HIV

Community Transportation

For more information on this subject:
Walter Reed Army Medical Center
<http://www.wramc.amedd.army.mil>

The Walter Reed Transportation Division provides bus shuttle service to all installation buildings, Forest Glen Annex and the Glen Have Community Center. The service starts at 0530 from Forest Glen (bldg 101) and, the last shuttle ends at 2030, also at Forest Glen. During the work week, Monday-Friday, the shuttle operates on the half hour pick up during rush hours and on the hour, non rush hour pick ups. There is limited service on Sat/Sun. Questions or inquiries can be addressed to the Forest Glen Dispatch Office, Mon-Fri, from 0400-1600, (301)295-7562.

WRAMC has provide DISCOUNTED METROBUS/RAIL pass OR tokens, known as METROCHEKS. You may purchase once a month ONLY, either a METRORAIL pass, cash value \$22, you pay \$10, or METROBUS FARE TOKENS, 20 tokens for \$10 or 2 or each, not to exceed \$20.00. The Motor Pool sub-station is located in bldg 11, 1st floor, rm. 1-90, in the Travel Office. MetroCheks and tokens can be purchased at the following locations and hours of operation. Monday, Wednesday, and Friday, 0800-1200 and 1300-1500 at Bldg#11; Tuesday & Thursday, Bldg #2, Rm 3A01, Executive Office, from 0830-1130; and in the new WRAIR building,#503, Main Lobby (Forest Glen), Tues & Thurs, 1300-1500. For more information call: (202) 782-3431 or 782-3750.

In addition to the WRAMC shuttle service the District of Columbia's METROBUS, (K-2), provides bus service to and from the Tokoma Park Metrorail location. The K-2 Metrobus stops at five locations within the WRAMC complex. Just look for the red, white and blue Metrobus sign and the K-2 bus will stop there. Check out the schedule and map enclosed in your WRAMC Welcome Packet and you'll see

how convenient this service is; and, with S3-Sr, and S5 Metrobuses on 16th Street and the 70 Metrobuses on Georgia Avenue to Silver Spring stations, and the 52 and 54 Metrobuses from Takoma station to WRAMC (via Butternut Street.), you'll always have plenty of options if you need to travel when the K-2 Metro bus is not running. If you have any questions about K-2 Metrobus service or about getting around the area using Metrobus and metrorail, call (202) 637-7000 from 6:00 a.m. to 10:30 p.m. weekdays and from 8:00 a.m. to 10:30 p.m. on weekends.

Parking at WRAMC is a challenge and it is highly advisable to access mass transit or call pool*. The Washington Area Transit Authority is know as Metro, which includes both bus and rail line service.

Washington Metropolitan Area Transit Authority (METRO) Customer Service Information: (202) 637-7000/1070 Bike Locker/Bike-On-Rail Permits: (202) 962-1116 OUTSIDE METRO AREA BUS SERVICE: (301) 854-6600

CAR/VAN POOL information, contact: RIDE FINDERS NETWORK: 1-800-745-RIDE

Name: Washington METRO RAIL
POC: Recording, Station Manager
Address: Washington, DC
City: Washington,, DC
Phone: (202) 637-7000
Comments: Metrorail provides service throughout District of Columbia, Maryland and Norther Virginia (the metro area); \$5 provides a one day metrorail pass

Name: AMTRAK Train
POC: Recording
Address: Union Station, 50 Mass, Ave., N.W.
City: Washington, DC
Phone: 1-800-USA RAIL
Comments: Commuter train service from nearby cities. Call Metro Rail access to station; AMTRAK MARC Line information: 1-800-325-RAIL. Services from Baltimore, Brunswick, MD; Martinsburg, West Virginia. MARC train is the commuter train to Orioles baseball games in Camden Yards, Baltimore, MD.

Name: National Airport
POC: Recording
Address: Washington, DC
City: Washington, DC
Phone: (202) 685-8000
Proximity to site: 20 miles
Comments: Refer to airline information, also there is a subway (METRO, Takoma Park, MD, stop) to Walter Reed AMC. Private shuttle service available to and from airports. The fee generally ranges from \$16.00 up per person, discounted after 1st passenger; from National and Dulles; Shuttle fee to/from Baltimore Washington International \$25. Call (301) 590-0000 for van shuttle information or (301) 422-2686 for private sedan/taxi service

Name: Baltimore Washington International Airport
POC: Recording
Address: Glen Burnie, MD
City: Glen Burnie, MD, MD
Phone: (410) 859-7111
Proximity to site: 48 miles
Comments: Rush hour traffic delays. Plan on allowing ample traveling time. Private shuttle service available to and from BWI. Call 1-800-809-7080; Limo service, 1-800-685-0888. Frequently, airline tickets are cheaper from BWI.

Name: Dulles International Airport
POC: Recording
Address: Chantilly, VA
City: Chantilly, VA
Phone: (703)471-7873
Proximity to site: 35 miles
Comments: About 40-55 minute drive to Dulles, rush hour. Shuttle service information: (703) 685-1400.

Name: Greyhound/Trailways
POC: Recording
Address: 1005 1st&L St., N.W.
City: Washington, DC
Phone: 1-800-231-2222
Proximity to site: 15 miles

Name: TAXI SERVICE
POC: Reference
Address: Metro
City: Metro, DC
Phone: (202)-546-2400
Comments: Additional services: (202) 387-6200, 546-7900

Education

Education Overview

For more information on this subject:

Walter Reed Education Center

<http://www.wramc.amedd.army.mil/departments/aces>

The Washington metropolitan area, comprising of the District of Columbia, nearby Maryland and Northern Virginia provides an abundance of public and private school education. The metropolitan area is heavily resourced with educational opportunities. Some of the most prestigious schools in the United States have campuses in this area. Information on non-public schools and colleges/universities may be found in the Private School and Colleges/Universities section of SITES. For information on the public school systems in the Washington Metropolitan area refer to the Public School section in the SITES booklet.

Education Services at Walter Reed Army Medical Center are vast. The Education Centers mission is to provide quality service to all military and civilian personnel, as well as their family members. We offer professional and personal development assistance with functional academic skills in reading, writing, mathematics, and improving job performance and mission readiness.

When it comes to self-development, your WRAMC education center can assist with the following areas: Planning your military career, getting college credits for military training and experience, taking the tests you need, signing up for college and vocation-technical courses, take independent study, take computer labs, language labs, military references to help you do your job better, apply for financial aid and tuition assistance, learn or refresh basic skills, including reading skills, and more. Call (202) 782-7682/7055 to schedule an appointment with an Education Specialist. A full range of information is available on continuing education, i.e., GED, Graduate, postgraduate degrees. Test of Adult Basis Education (TABE) is administered on line through the Computer Laboratory on a daily basis.

The WRAMC Education Services (ESD) has recently developed a new program know as ESD's FAST PROGRAM. The FAST Program is an innovative 10-week program that consists of three Options (Basic, Enhancement, and Advanced) designed specifically for the needs of the personnel on this installation, including their dependents. All options are offered at various times and places; all options can be approached through a variety of delivery systems (on-post tutorial and groups instruction; on- and off-post college programs; distance learning program; computer-based instruction; local providers with whom we have collaborations); all options focus on essential learning skills and reading, math, and language arts activities, all of which are designed to maximize staff development at all levels.

The FAST Program is highly flexible, both in terms of times offered and choices of delivery systems. The process is as follows: For soldiers: A preliminary TABE test for any identified FAST eligible who has not had a TABE within one year; For all participants: An individualized learning prescription (ILP), based on the results of the TABE and the goals of the learner; a 3-hour learning strategies seminar; a 10-week commitment to the ILP; for soldiers, this is agreed to by the soldier, the supervisory, and the command; a monthly status report for each student, as appropriate; a re-test (AFCT or other appropriate measure) upon completion of the ILP; a 3-month follow-up of each student, as appropriate.

The goal of the FAST Program of the ESD is MISSION READINESS. This can be defined as helping to ensure that all soldiers are both trainable and retainable. Critical thinking, processing, and study, attack, and problem-solving skills are the primary concerns of the ESD adult skills program. The goal is to provide all participants with the ability to approach, and execute well, any academic or job-related task. ESD and the FAST Program seek to "give all participants the toolbox;" that is, to provide access to the skills, knowledges and abilities that will help keep Walter Reed Army Medical Center's family second to none.

The Computer Laboratory located in Room 3-02; Bldg. 11, Delano Hall is available for public use during the duty day.

In addition to the above programs offered by the Education Center, all the major state and community colleges provide computer Literacy Programs. These programs are three (3) credit courses, running

approximately one semester. The programs touch on all areas of computer learning.

Tuition Assistance: There is a \$60 maximum per credit hour for 100-200 (Freshman and Sophomore) level courses, \$85 maximum per credit hour for 300-400 (Junior and Senior level courses. If you have current degree plan on file you do not need to make an appointment with an Education Specialist. For more information and assistance contact (202) 782-6725.

If you are interested in becoming an Officer in the Army, the Green to Gold Program is what you are looking for. You can be discharged from activity duty with a Green to Gold ROTC scholarship that will pay for your education. Call (202) 782-7299 for details on this and other program.

Name: District of Columbia Public Schools
POC: Recording
Address: 415 - 12th Street, N.W.
City: Washington, DC 20004
Phone: (202) 724-4044
Proximity to site: 15 miles
Tuition: none
Comments: Will answer questions on school within your zip code. Know your zip code.

Name: Maryland Public School, Montgomery County
POC: Recording
Address: 850 Hungerford Drive
City: Rockville, MD 20850
Phone: (301) 279-3000
Proximity to site: 15 miles
Comments: Can direct you to schools in your zip code; answer any questions on special needs, etc. Know your zip code

Name: Public School, Prince George County, MD
POC: Recording
Address: 14201 School Lane
City: Upper Marlboro, MD
Phone: (301) 952-6000
Proximity to site: 35 miles
Comments: Know your zip code in order to have assistance

Name: Virginia Public School, Fairfax County
POC: Recording
Address: 107000 Page Ave
City: Fairfax, VA 22030
Phone: (703) 358-6010
Proximity to site: 25 miles
Tuition: none
Comments: Know your zip code in order to locate your school.

Name: Walter Reed Army Medical Center Education Center
POC: Mr. Tom Cunningham,
Address: Bldg 11, Delano Hall, 3rd Floor, 6825 16th St., N.W.
City: Washington, DC 20307--5001
Phone: (202) 782-7055/7682
FAX: (202) 782-4452
DSN Phone: 662-7055
DSN FAX: 662-4452
WWW Link: http://www.wramc.amedd.army.mil/departments/aces
Proximity to site: On Site
Tuition: On file
Comments: Fully automated Education Center. Assistance provided

Public and DODDS Schools

For more information on this subject:
State of Maryland Education Information
<http://www.mec.state.md.us/mec/meceduc.html>

Walter Reed Army Medical Center is located in the District of Columbia, however the installation housing community named Glen Haven is located in Silver Spring, Maryland. The children who live at Glen Haven attend Montgomery County Public Schools. Montgomery County School Calendar for the 1999-2000 school year begins 1 September 1999 and ends June 15, 2000 for students.

The 1999 - 2000 school year calendar is as follows:

SEP 1, 1999 - First day of school for students
NOV 25-26, 1999- Thanksgiving Holiday
DEC 24-31, 1999- Winter Break
APR 17-24, 2000- Spring Break
JUN 15, 1999 - Last day of school

Montgomery County Public Schools are a part of the Maryland State Department of Education. The state

of Maryland requires that a child be five (5) years of age on or before 31 December of the school year in which he/she registers for kindergarten.

Mandatory for enrollment is proof of residency, child's birth certificate, medical transcript, and immunization records, and transcripts from previous schools.

The state of Maryland authorizes one kind of diploma for all high school graduates, based upon successful fulfillment of the following five kinds of requirements: enrollment, credit courses, competencies, and Student Service Learning. In 1992, the Maryland State Board of Education approved changes in diploma requirements that affect students who entered Grade 9 for the first time in 1993 - 94, and thereafter. Students must satisfactorily complete four years beyond Grade 8. Twenty-two credits are required for graduation. At least 4 of those credits must be earned after the completion of Grade 11.

In addition to meeting the specific credit requirements, a student is required to earn at least one of the following: Foreign Language, Advance Technology Education, or Career Development Program.

Maryland State Department of Education requirements for students who entered Grade for the first time in 1993 - 94 and thereafter contain a student service component for graduation. Beginning with the 1997 - 98 school year Student Service Learning (SSL) will normally be incorporated at the middle school and students will earn 30 SSL through the infusion of service-learning experiences in the middle school curriculum. At high school level students will receive a common core of SSL through course in National, State, and Local Government and in designated 11th grade English classes. Students will be required to earn hours beyond the listed common core courses in order to fulfill the graduation requirements. New students enrolling in Montgomery County Public Schools as second semester juniors are required to earn 15 SSL hours; those enrolling anytime during the senior year will be required to earn 10 SSL hours. All documented SSL hours from any school system will be accepted toward the graduation requirement.

In Washington, D.C. a child is eligible for kindergarten if 5 years old on or before 31 December. The following requirements must be met before registration: proof of residence, verification of physical examination in the past twelve months,

proof of immunization, birth certificates, and transfer of student report card and transcripts.

In Virginia, a child must be 5 years of age after 1 October to be eligible for kindergarten. For children who will be 5 prior to 1 October, their parents may petition for enrollment. Mandatory for enrollment is proof of residency, child's birth certificate, medical transcript and immunization record, transcript from previous schools, and social security number.

There are no DODDS schools in our local area.

Name: Arlington County, VA, Public Schools
POC: Recording
Address: 1426 North Quincy St
City: Arlington, VA 22201
Phone: (703) 228-6010
Proximity to site: 20 miles
Tuition: none
Comments: Know your zip code. SAT results: 495, Verbal, 442, Math; Number of schools: 19 Elementary, 04 Middle, 01 High; Special Education/Gifted Programs available. FALL SEMESTER BEGINS: 7 September 1999 1999/2000 School Calendar: Opening Day: 7 Sep 1999 Winter/holiday recess: Dec 23 - 3 Jan 2000 Spring Break: Apr 17 - 21 Closing Day: Jun 20

Name: District of Columbia Public Schools
POC: Recording
Address: 415-12th Street, NW
City: Washington, DC
Phone: (202) 442-5635
Proximity to site: 10 miles
Tuition: none
Comments: Know your zip code. Currently there are: 119 Elementary Schools; 4 Middle and 23 High Schools. SATS range from 338 Verbal, 373 Math; full range of information from Special Education to Gifted Programs. FALL SEMESTER BEGINS: 30 Aug 1999 School Calendar: Opening Day: 30 Aug 1999 Winter Break: 24 Dec - 5 Jan 2000 Spring Break: 17 - 21 Apr 2000 Closing Day: 16 June 2000

Name: Fairfax County , Virginia Public Schools
POC: Information/Recording
Address: 107000 Page Ave.,
City: Fairfax, VA 22030
Phone: (202) 246-2502
Proximity to site: 20 miles
Tuition: information/referral
Comments: Refer to your zip code. SATs results: 485, verbal; 516, math; Number of schools: 130 elementary, 20 middle, 30 high, 3 secondary. Special/gifted programs available. School schedule: Opening Day: 7 September; Holiday Season: December 24 - 31 Spring Break: April 17-21; Closing Day: 21 June 2000 FALL SEMESTER BEGINS 7 September 1999

Name: Montgomery County, MD Public School
POC: Recording
Address: 850 Hungerford Drive
City: Rockville, MD 20850
Phone: (301) 279-3000
Proximity to site: 25 miles
Tuition: none
Comments: Know your zip code for assistance. Total number of schools 180: Elementary, 123, Middle, 29, High 21, Special Education, 6, one Career Center; SATS: 465 reading, 527, math; graduation requirements: Grades 9-12 (22 credits). Education attainment: High school graduate 90.6%. School schedule: Opening day: 1 September 1999 Holiday recess: Dec 24-31 Spring break, April 17-21 Closing day, June 15. FALL SEMESTER BEGINS: 1 September 1999

Name: Prince Georges County, MD Public Schools
POC: Recording
Address: 14201 School Lane
City: Upper Marlboro, MD
Phone: (301) 952-6000/(301)724-4016
Proximity to site: 30 miles
Tuition: none
Comments: Number of public schools: Elementary, 118; Middle, 8, High Schools, 20. Special/Gifted Education Programs available. High school graduate or higher, (percentage of population: 83.2%). 21 credit hours required. SAT results: 375, Verbal, 413, Math. School schedules: Opening Day: 30 August 1999 Holiday Season: 24 - 31 December Spring Break: 17-24 April 2000 Closing Day: 14 June 2000 FALL SEMESTER BEGINS: 30 August 1999

Private Schools

For more information on this subject:
The Yellow Pages
<http://www.bigbook.com/>

The Washington Metro Area provides a diverse range of private schools. The schools range from traditional academic, high achievers and schools for the disabled and, many also provide a religious environment.

It is suggested that you contact The Association of Independent Schools of Greater Washington at (202) 362-3665 of the Association of Montessori Internationale for a broader range of schools.

Colleges and Universities

For more information on this subject:
Consortium/Library of Colleges/Universities
<http://www.library.american.edu>

The Consortium of Universities of the Washington Metropolitan Area is a cooperative venture of local higher education institutions. The Consortium provides information on over 15,000 courses, 8,500 faculty members and more than five millions volumes, not including periodicals, films, etc. from the members' libraries. To reach the Consortium contact:

The Consortium of Universities of the Washington Metropolitan Area Location: 4400 Massachusetts Ave., N.W.
Washington, D.C. 20016
Telephone: (202) 885-3221

FINANCIAL ASSISTANCE CONTACT: U. S. Department of Education Student Financial Assistance Programs P.O. Box 96159 Washington, DC 20002-6159

Overview on Universities in District of Columbia, Maryland and Virginia: Refer to records listing for additional information.

American University Location: 4400 Massachusetts Ave., N.W. Washington, D.C. 20016 Telephone: (202) 885-3720 Tuition: \$627/credit hr.

Catholic University Location: North Capitol St. & Michigan Ave., N.W. Washington, D.C. 20064 Telephone: (202) 319-5000 Tuition: \$7,781 semester

Georgetown University Location: 39th & O St., N.W., Washington, DC 20009 Telephone: (202)687-5568 Tuition: \$545/semester hour

Gallaudet University for the Deaf: Location: 800 Florida Ave.N.E., Washington, DC 20002 Telephone: (202) 651-5000 Tuition: \$4,912/semester hour

George Washington University Location: 21st & I St., N.W., Washington, DC Telephone: (202) 994-4470 Tuition: \$375-\$450/semester hour
Howard University: Location: 2400 6th ST., NW, Washington, DC Telephone: (202) 806-6100 Tuition: \$3,502/semester

Southeastern University Location: 501 I St., SW, Washington, DC, 20024 Telephone: (202) 265-5343 Tuition: \$2,400 a term, (4 class, full time)

MARYLAND UNIVERSITIES:

Bowie State University Location: Bowie, MD Telephone: (301) 464-6571 Tuition: \$2,034.50 per semester, full time

University of Maryland Location: College Park, MD Telephone: (301) 405-1000 Tuition: \$130-\$235/semester hour

Montgomery Community College, MD Location: Rockville, MD 20850 Telephone: (301) 279-5310

Tuition: \$117-\$165 per semester hour; Montgomery Ct resident pay \$61.00 per hour

Prince George's Community College, MD Location: Largo, MD 20772 Telephone: (301) 322-0819 Tuition: \$132-213, \$69 (county resident) per semester, + service fees

VIRGINIA UNIVERSITIES:

George Mason University Location: 4400 University Dr, Fairfax, VA 22030 Telephone: (703) 993-2400 Tuition: \$2,292 per semester

Northern Virginia Community College Location: 3001 N. Beauregard St, Alexandria, VA 22030 Telephone: (&03) 993-2400 Tuition: \$2,292 per semester

University of Virginia Location: 2990 Telestar Ct, Falls Church, VA 22042 Telephone: (703) 876-6900 Tuition: \$2,700 per semester

University of Maryland: College Park, MD

Telephone: (301) 405-1000 Tuition: \$110 -\$235 (undergraduate)

Refer to directories for computer learning schools:

Community Colleges:

Prince George's County: (301) 925-5330

Northern Virginia Community College: (703) 845-6330

Montgomery County Community College: (301) 279-5310

ONCE AGAIN A REMINDER! ... Stop by the WRAMC Education Center, located in Bldg 11, 3rd Fl., (202) 782-7682 for immediate information on benefits and testing.

Additional data:

Name: American University
POC: Recording
Address: 4400 Mass., Ave., NW
City: Washington, DC 20016
Phone: (202) 885-3720
Proximity to site: 10 miles
Tuition: \$11,436

Name: University of District of Columbia
POC: Recording
Address: 4200 Connecticut Ave.
City: Washington, DC 20008
Phone: (202)282-7300
Proximity to site: 6 miles
Tuition: \$415, resident

Name: Catholic University
POC: Recording
Address: Michigan Ave & North Capitol St.
City: Washingt, DC 20064
Phone: (202) 319-5000
Proximity to site: 20 miles
Tuition: \$12,556

Name: USDA Graduate School
POC: Admissions
Address: 600 Maryland Ave., S.W.
City: Washington, DC 20024
Phone: (202) 401-9129
Proximity to site: 15 miles
Tuition: Inquire
Comments: Inquire for information on state, federal universities and colleges

Name: Montgomery College
POC: Central Admissions
Address: 900 Hungerford Dr.
City: Rockville, MD 20850
Phone: (301) 279-5000
Proximity to site: 23 miles
Tuition: Make inquiry
Comments: Maryland's oldest and largest community college, has provided academic and career training for more than 45 years.

Name: The Corcoran School of Art
POC: Admissions
Address: 500 17th St., N.W.
City: Washington, DC 20006--4899
Phone: (202) 628-9484
Proximity to site: 17 miles
Tuition: Inquire
Comments: Nationally accredited 4 year professional art college in the Washington, D.C., area, the Corcoran has been servicing the Washington community for over 100 years.

Name: Strayer College Business School
POC: Admissions
Address: 3045 Columbia Pike
City: Arlington, VA 22204
Phone: (703) 892-5100
Proximity to site: 21 miles
Comments: Secretarial/computer learning

Adult or Continuing Education

For more information on this subject:
State of Maryland Education
<http://www.mec.state.md.us/mec/meceduc.html>

CONTACT: WALTER REED ARMY MEDICAL CENTER (WRAMC), EDUCATION DEPARTMENT, BLDG 11, (202) 782-7055/7682 FOR VARIOUS PROGRAMS AVAILABLE; EXAMPLE: DANTES, CLEP (College Level Exams), PEP (Proficiency Exam Program) etc. The Education Center does not provide General Education Diplomas (GED), however most of the Metro Area high school provide specific program.

Inquire about WRAMC's Education Services Division FAST Program: Education Services has developed an innovated 10-week program that consists of three Options (Basic, Enhancement, and Advanced), designed specifically for the needs of the personnel on this installation, including their dependents. All options are offered at various times and places; all options can be approached through a variety of delivery systems (on-post tutorial and groups instructor; on- and off-post college programs; distance learning programs; computer-based instruction; local providers with whom we have collaborations); all options focus on essential learning skills and reading, math, and language arts activities, all of which are designed to maximize staff development at all levels.

STUDENT LOAN RESOURCES:

U. S. Department of Education Student Financial Assistance Programs P.O. Box 96159 Washington, DC 20002-6159 United States Department of Education Office of Postsecondary Education ROB-3, Room 4004 U.S. Department of Education 600 Independence Avenue, S.W. Washington, DC 20202-5464 Comment: Contact Michael Haslet, the Consumer Information Center at (202) 208-7679, or E-Mail michael.haslet@gsa.gov. Information on Federal peel Grants, Federal Supplemental Education Opportunity Grants, Federal Stafford, Stafford/Ford, and Perkins Loans, Federal Work-Study.

Name: District of Columbia School, Career Develop/Technical Center
POC: Recording
Address: 415 12 th Street, NW
City: Washington, DC 20002
Phone: (202) 724-4209
Proximity to site: 15 miles
Comments: Referral source for Career Development and Technical Center throughout the District of Columbia. Fee required for materials/licenses.

Name: General Education Diplomas (GED)Education Center
POC: Recording
Address: 1709 3rd St., N.W./601 15th St., N.W.
City: Washington, DC 20002
Phone: (202) 576-6309/774-4209
Proximity to site: 15 miles
Comments: GED testing for diploma. Available in braille, auto cassett, spanish. Fee: \$9.00

Name: Computer Learning Station
POC: Reception
Address: 5563 South Dakato Ave
City: Washington, DC 20011
Phone: (202) 526-6817
Proximity to site: 15 miles
Tuition: \$250-375
Comments: Education program in learning the computer and Internet

Name: Computer Learning Center
POC: Reception
City: Alexandria, VA 22312
Phone: (1-800)-252-3393
Proximity to site: 23 miles
Tuition: varies on education programs
Comments: Computer learning center.

Special Education

Walter Reed Army Medical Center, Army Community Service, provides assistance through the ACS Exceptional Family Member Program (EFMP). The EFMP is a Department of the Army program to assist Active Duty soldiers with family members who have any physical, emotional, developmental, or learning difficulties and which require special treatment, therapy, education, training or counseling.

In addition to the EFMP Army Community Service will be happy to assist you with Information and Referral on metropolitan area (D.C., MD & VA) Special Education schools.

The metropolitan area SPECIAL EDUCATION SCHOOL range from serious emotional disturbance in state day and residential therapeutic treatment center (in Maryland, known as RICA School Program and Activities); to mobility challenged, (handicapped in wheelchair) example in the District of Columbia the Sharpe Health School, for the blind, DC Vision Program.

Call Army Community Service at (202)782-3412.

In addition to the services provided through EFMP, the WRAMC Education offices can provide information on the learning disability known as "DYSLEXIA". Join the Education Center in exploring the positive talents that give rise to dyslexia, and share our knowledge about the best ways for dyslexic people to learn. Contact one of the Education Center's experts at 782-7055.

Enrollment in the EFMP is mandatory. Early identification of medical conditions or other special needs is essential. Enrollment into the program should occur as soon as the soldier knows that the family member(s) has problems which require specialized and/or on-going medical attention (e.g. cerebral palsy, autism, asthma, psychiatry illness, learning disabilities, etc.) Soldiers should make sure that family members are enrolled prior to receipt of

assignment or reassignment, to alleviate any problems prior to leaving.

The local Boards of Education (District of Columbia, Prince George's County, MD., Montgomery County, MD), provide Special Education departments to facilitate coordination for handicapped, developmentally delayed or educationally disabled children and young adults between the ages 0 - 21.

Parents are advised to hand carry children's school records, including the latest copy of the Individualized Educational Plan (IEP), current immunization record, proof of address and child's most recent performance appraisal.

Contact the Special Education department in the community in which you reside. Most of the actual school enrollment can take place at your neighborhood elementary, junior high or high school.

Board of Education, SPECIAL EDUCATION RESOURCE Numbers: District of Columbia: (202) 442-4800; Montgomery County, MD: (301) 952-6336, Prince George's County, MD: (301) 279-3135

Name: District of Columbia School District
POC: Special Education
Address: 215 G St., NE
City: Washington, DC 2002
Phone: (202) 724-4800/724-3636
Proximity to site: 17 miles
Comments: Recording makes referrals to needs.

Name: Exceptional Family Member Program
POC: Karmin Jenkins
Address: ACSBldg 17, 6825 16th St., N.W.
City: Washington, DC 20307--5001
Phone: (202) 782-0453/3412
FAX: (202) 782-7270
DSN Phone: 662-0453
DSN FAX: 6627270
Proximity to site: on site
Tuition: n/a
Comments: Enrollment assistance and resource referral.

Name: National Information Center for Children and Youth with Handicaps
POC: Recording
Address: Box 1492
City: Washington,, DC 20010
Phone: 1-800-999-5599
Proximity to site: 15 miles

Name: Specialized Training of Military Parents
POC: Referral
Address: Lakewood
City: Takoma, WA
Phone: 1-800-298-3543
Comments: Special needs education for military families

Employment

Employment Overview

Washington, the District of Columbia is known locally as "the District". The area is comprised of a highly educated and skilled labor force, from diverse cultures and ethnic groups. It is the place where world politics and international trade converge.

The unemployment rate for the District of Columbia is higher than the national rate. At the present time, it is 9.6 percent. The Washington area, and the District of Columbia especially, is experiencing a very large decline in Federal employment compared to the United States as a whole. This is seen as various Federal agencies continue to downsize.

Forty percent of all jobs in the Metro area are with the Federal government and sixty percent area in the private section. There are 20,799 business, 500 companies, 200 telecommunication- inforamtion companies, and over 3,000 national and international mass medica services. There are numerous employment opportunities both with private sector and Federal government, jobs range from clerical to administrative to professional. There is also a large market for blue collar jobs in construction, telecommunications and defense realted contractors as well as hospital related positions.

Most jobs in private sector can be identified by active networking, for not all vacancies are posted. It is easiest to get into the Federal government at an entry level. Entrance at high levels in the adminstrative or profesisonal fields are "highly" competitive, most of these positions are filled from within. Employment prospects are particularly good in the following

fields: health, banking, computer technology, security, law enforcement, secretarial, administrative and communications. Fair prospects are in the fields of marketing, advertising, public relations, dietary, paralegal and teaching.

Securing employment in the Washington Metropolitan area can be a challenge due to the diversity of professional opportunities. It is recommended that job seekers plan and conduct an intense job search including Federal, private sector and temporary opportunities. A local resource that can provide a general idea of jobs and salary availability is The Washington Post, Sunday Edition (carried by most military installation libraries), it contains 50-70 pages to "Help Wanted Ads" on a weekly basis.

Some of the largest private sector employers in the District of Columbia are the Washington Post; Potomac Electric Power Company (PEPCO); Bell Atlantic of Washington; Fannie Mae, Blue Cross and Blue Shield of the Metro Area; General Maintenance Service Corporation; Marriott Corporation and the Regency Hotel Corporation.

Doing your job serach in the D.C. Metro Area will be challenging, for this reason it is highly recommended that job seekers come prepared to begin their job search. Before leaving your present location, there are some things you must do, such as collecting and hand carrying the following documents; school transcripts; updated resumes; completed Federal employment applications (OF-612 & SF-171); the names and addresses of three references; professional certifications, special awards and honors; letters of recommendation/appreciation from present employer and information regarding volunteer assignments.

If your employment field requires licensing or certification, check on the requirements before you leave your present location. If a family member will be desiring employment, but does not have a social security number, obtain one before leaving your present location. If you are a current civil service employee, consult your servicing civilian personnel office (CPO) with questions about priority placement opportunities, forms which should be hand carried, and the possibility of taking extended leave without pay.

In the event that employment will require a background security investigation, maintain a current listing of previous residences and dates to facilitate completion of requirements. Check to see if your current employer has a facility in the District of

Columbia Metro area (a transfer may be an option). And finally, it is a good idea to 'budget' for the time that you will be unemployed.

Some states (like Hawaii) pay unemployment benefits to military spouses who quit their jobs to relocate. Unemployment benefits area paid by jurisdiction where you worked, but you can apply in the jurisdiction where you live. Here are some numbers that might prove helpful in the area of unemployment compensation:

District of Columbia: (202) 724-7263
 Maryland:(Montgomery County) (301) 217-2563; 929-4350; 217-2563
 Virginia: (Fairfax County) (703) 803-0000/813-1339

Name: WRAMC /ACS Family Member Employment Program
POC: Adela Leon, Manager
Address: Bldg 17, 6825 16th St., NW
City: Washington,, DC 20307--5001
Phone: (202) 782-0620
Proximity to site: on Main Post
Comments: FMEAP is for family members (spouses, sons and daughters) of active-duty and retired members.

Federal Civilian Employment for Spouses

For more information on this subject:
 Federal/State Employment Listings
<http://www.usajobs.opm.gov/>

Before seeking new Federal employment visit Army Community Service, Employment Services representative to receive guidance regarding application requirements.

Army Community Service's Employment Services representative will also explain Walter Reed's new commercial software package, know as RESUMIX, used to develop electronic referral lists. The RESUMIX process will cover all recruitment at WRAMC except positions filled under Senior Executive Service (SES), delegated examining for non status applicants, career programs, and where negotiated agreements with unions are no in place.

The RESUMIX system is an automated resume and referral systems that uses articiail intelligence to pull experience, skills and education from applicant's resume; stores the resume in a central database; and generates referral lists for managers.

all candidates must have a 3-page resume and supplemental data on file at the Army National Capital Region (ANCR) Civilian Personnel Operations Center (CPOC). Once your resume and supplemental data have been received and processed successfully, you may begin self-nominating for vacant position. Information on how to apply for RESUMIX positions is found in the RESUMIX Kit and on each RESUMIX vacancy announcement. You may access the Resume Kit on the web.

Federal vacancy announcements are posted at WRAMC's Job Information Center, in Reception area of building 11. Military spouse preference provides priority in the employment selection process for military spouses who are relocating as a result of their military spouse's PCS. Spouse preference does not apply to separation or retirement moves. Spouse preference may be used for most vacant positions in DOD and applies only within the commuting area of te permanent duty station of the sponsor. Spouse preference is not limited to the branch of military in which the sponsor is serving or to only those who have previously worked for the Federal government. Spouses must be found best qualified for the position and may exercise preference no more than one time per permanent relocation of the sponsor.

Name: Army Community Service
POC: Employment Services
Address: WRAMC, Army Community Service, , Bldg 17
City: Washington, DC 20307--5001
Phone: (202) 782-3412/0620
FAX: (202) 782-7270
Proximity to site: on site
Comments: Office hours, Monday-Friday, by appointment for counseling; otherwise job bank is open M-F, 0745 - 1630. Computerized job data bank, assistance with resume writing, skills & Myers-Briggs testing and RESUMIX registration.

Name: Transition Assistance Program
POC: Cynthia Rome, TAP Coordinator
Address: ACS, Bldg 17
City: Washington, DC 20307--5001
Phone: (202) 782-9312
FAX: (202) 782-7270
Proximity to site: on site
Comments: Computerized job bank, Internet, publications, resume assistance

Name: WRAMC Civilian Personnel Advisory Center
POC: CPAC
Address: Bldg 11, Rm. 2-72 - 6825 16th St., NW
City: Washington, DC 20307--5001
Phone: (202) 782-0968
DSN Phone: 662-0968
WWW Link: http://160.147.26.102/res.html
Proximity to site: on Main Post and Ft. Belvoir
Comments: Automated resume and referral system that stores applicant resume in central database and generates referral lists for managers. Site operators will assist in explaining how new RESUMIX system work.

Permanent Employment Resources

For more information on this subject:

Non-Federal Employment

<http://www.ajb.dni.us/>

Army Community Service is the one stop shop for newcomers. It is highly encouraged that military spouses contact the ACS Family Member Employment Service (FMEAP). The ACS FMEAP program provides assistance with career counseling, job search, resume writing, networking and interview preparation. Additionally, will assist with computerization on-line data bases for job opportunities.

Additionally, Army Community Service provides the Transition Assistance Program (TAP) monthly. TAP is a four (4) day education program offering individualized assistance and workshops for soldiers and their family members to facilitate their transition out of the military. Appointment should be made for workshops 4-6 months prior to separation. Computerized programs available: American Job Bank, Quick and Easy Resumes, Transition Bulletin Board, DORS Program. Contact: Cynthia M. Rome, ACS, Bldg 17 (202) 782-9312/13.

DISTRICT and STATE EMPLOYMENT COMMISSIONS:

District of Columbia Employment Office Location:
Training Referral Center
100 U. Street, N.W.
Washington, DC 20001
Telephone: (202) 673-6997
Hours: Mon-Fri., 0830-1500

Comment: Interpreter provided by appointment; wheel chair access., accessible by metrorail.

Veteran's Listing & Referral Services Location:
1217 Good Hope Road, S.E.
Washington, DC 20020
Telephone: (202) 767-8300

District of Columbia Employment Office Location:
Dept. of Employment Services Telephone:
(202) 645-4000
Hours: Mon-Fri, 0830-1500

Maryland State Employment Office Location:
P.O. Box 1317,
Wheaton Plaza Mall, South Office Bldg.
Telephone: (301) 929-4350
Hours: Mon-Fri, 0800-1400
Comment: Interpreter provided, metrorail accessible

Maryland State Employment Office Location:
614 Main Street, Laurel, MD 20707
Telephone: (301) 206-2020
Hours: Mon-Fri, 0800-1600
Comment: Joint Employment Training available; non metrorail accessible.

Prince George's Employment Office Location:
9201 Basile Court, Landover, MD 20705
Telephone: (301) 952-4524
Hours: Mon-Fri., 0800-1600
Comment: Interpreters provided, non-metrorail accessible.

Virginia Employment Commission Location:
5520 Cherokee Ave., Suite #100A
Alexandria, VA 22304
Telephone: (703) 813-1399
Hours: Mon-Fri, 0800-1630
Comment: Job Bank and counseling, interpreter provided, wheel chair accessible.

Fairfax County Employment Service Location:
12000 Government Center Parkway, Fairfax, VA 22035
Telephone: (703) 324-3303
Hours: Mon-Fri, 0800-1630
Comment: Non-metrorail accessible.

Arlington County Employment Service Location:
2100 Clarendon Blvd, Arlington, VA 22201
Telephone: (703) 358-3500
Hours: Mon-Fri, 0800-1700
Comment: Interpreter (Spanish) provided

Name: Maryland State Employment Office
POC: Administrative Clerk
Address: P.O. Box 1317, Wheaton Plaza Shopping Mall, South Office Bldg.,
City: Wheaton, MD 20915
Phone: (301) 929-4350
Proximity to site: 8 miles
Comments: No need for a car; metrorail is convenient to location as well as bus; interpreter available.

Name: Maryland State Employment Office
POC: Administrative Clerks
Address: 614 Main Street
City: Laurel, MD 20707
Phone: (301) 206-2020
Proximity to site: 25 miles

Name: Montgomery County Employment Office
POC: Administrative Clerks
Address: 101 Monroe Street
City: Wheaton, MD 20850
Phone: (301) 217-2563
Proximity to site: 10 miles

Name: Prince Geoge's Employment Agency
POC: Administrative Clerk
Address: 9201 Basile Court
City: Landover, MD 20750
Phone: (301) 952-4524
Proximity to site: 25 miles

Name: Virginia Employment Commission
POC: Administrative Clerk
Address: 5520 Cherokee Ave., Suite #100A
City: Alexandria, VA 22304
Phone: (703) 813-1399
Proximity to site: (30 miles)

Temporary Employment Resources

For more information on this subject:
Private Sector Employment Opportunities
<http://www.ajb.dni.us/>

The Metropolitan Area of Washington provides a vast assortment of temporary employment agencies. Whether you're in between jobs, re-entering the job market, changing careers or just looking for variety and a flexible schedule. Temporary employment opportunities available are as follows: Secretarial(legal), administrative, accounting, data entry, credit/collections, word processors, computer operators, programmers and system administrators.

The Metro Area is a great temporary job market and taking a temporary position a great way to get your foot in the door for a permanent position.

Temporary Employment Agencies POC : Manpower
Temporaries Location: 2230 Connecticut Ave., NW #530, Washington, DC 20036 Telephone: (202) 331-8300 Hours: Mon-Fri 0730

POC: Temps & Company Location: 2000 Pennsylvania Ave. #104, Washington, DC 20006 Telephone: (202) 944-5284 Comments: Branch offices in Maryland and Virginia- Provides support staff: receptionist, bookkeepers, secretarial, typists, data entry, word processing, and clerks

Telese, Inc.- Ask for information on location near you.

D.C.(202) 223-8830
Maryland-(301) 949-9441
Virginia-(703) 222-5593
Legal Services - (202) 785-0775

Medical Personnel - Ask for information on location near you. D.C. - (202) 466-2955 Maryland - (301) 424-7732

Accounting - Ask for information on location near you. (703)243-3600

Social Work Temps- Ask for information on location near you. (301)229-0364

Name: The Washington Yellow Pages
POC: Classified Advertising
Address: Washington
City: Washington, DC 20036
Phone: 411 if you can't find a listing of choice
Proximity to site: 15 miles radius
Comments: Listing from A to Z

Name: QUEST Temps
POC: Receptionist
Address: Serving DC, MD, VA
City: Washington, DC 20006
Phone: (202) 296-5667
Proximity to site: 12 miles
Comments: Just ask for your referral

Name: Accountemps (Accounting Temp)
POC: Receptionist
Address: 2101 Wilson Blvd.
City: Arlington, VA 22201
Phone: (703) 652-1960
Proximity to site: 28 miles
Comments: Accounting tempories

Name: Manpower Temps
POC: Reception
Address: 2230 Conn. Ave., N.W.
City: Washington, DC 20036
Phone: (202) 331-8300
Proximity to site: 15 miles
Comments: Assortment of routine to hard to fill position. Expect to be tested

Name: Maryland State Employment Office
POC: Clerk
Address: 101 Monroe St.
City: Wheaton, MD 20850
Phone: (301) 217-2563
Proximity to site: 7 miles
Comments: Temporary positions available. Some employers will assist in training.

Non-Paid or Volunteer Opportunities

For more information on this subject:
The Red Cross
<http://www.redcross.org/>

Volunteers work in all program areas and provide a variety of services to the WRAMC community. Volunteering provides the opportunity to not only to "lend a helping hand", but also is a good vehicle to meet new friends and enhance your skills, i.e., learning new computer programs. Note, many employers consider one year of volunteer work the equivalent of one year of work experience.

RED CROSS has need of volunteers also. Red Cross is located in Bldg 2, Heaton Pavilion, 3rd floor or call (202) 782-6362.

Name: Army Family Team Building (AFTB)
POC: Deanna Fendler
Address: WRAMC, ACS, Bldg 17
City: Washington, DC 20307--5001
Phone: (202) 782-3412
FAX: (202) 782-7270
Proximity to site: on site
Comments: AFTB is a Dept. of the Army sponsored program which provides training to military family members which will enable them to thrive within the military environment. AFTB workshops are available to all family member of soldiers assigned to Walter Reed Army Medical Center.

Name: Commission for Women
POC: Information
Address: 2255 North Washington St, 4th Fl.
City: Rockville, MD 20850
Phone: (301) 279-1800
Proximity to site: 15 miles
Comments: Enables women to participate as equals in the community through the acquisition of skills and competencies, informatin and resources.

Name: Operation R.E.A.D.Y
POC: Deanna Fendler
Address: WRAMC, ACS, Bldg 17
City: Washington, DC 20307--5001
Phone: (202) 782-3412
FAX: (202) 782-7270
Proximity to site: on site
Comments: The objective of Operation R.E.A.D.Y. is to provide training material, videos, workbooks and a handbook for the U.S. Army Community and Family Support Groups, Family Assistance Center Program Staff and Volunteers (Active and Reserve Components), military leaders, soldiers, and family members

Name: Red Cross
POC: Katharine House, Station Mgr.
Address: Bldg 2, Rm 3E01M
City: Washington, DC 20307--5001
Phone: (202) 782-6362
FAX: 202-782-6266
WWW Link: http://www.wramc.amedd.army.mil
Proximity to site: on site
Comments: Supports the WRAMC clinical section of the hospital.

Name: Red Cross National Headquarters
POC: Information/Referral
Address: 17th & D St., N.W.
City: Washington, DC 20007
Phone: (202) 737-8300
Proximity to site: 17 miels
Comments: Contact Red Cross Headquarter to located a Red Cross office in you location.

Name: WRAMC, ACS Installation Volunteer Coordinator
POC: Marie Van Ness, C, ACS
Address: WRAMC, Bldg 17, 6825- 16th Street, N.W.
City: Washington, DC 20307--5001
Phone: (202) 782-3412
FAX: (202) 782-7270
Proximity to site: on Main Post
Comments: Volunteers are recruited and trained to support the WRAMC community either in clinical support or administrative/clerical support on the installtion.

Chambers of Commerce

For more information on this subject:
Chamber of Commerce Headquarters
<http://www.uschamber.org/>

The Chamber of Commerce promotes your community. Before PCSing it is suggested that you visit your Army Community Service office and look through a copy of the World Chamber of Commerce Directory. The Directory provides an overview on local community businesses and business/employment opportunities.

Primary Chamber of Commerce Resources for Metro Area:

U.S. Chamber of Commerce
1615 H St., N.W. Washington, D.C. 20062
(202) 659-6000

Name: Greater Washington Area Chamber of Commerce
POC: Reception
Address: 1129 20th Street, NW, #200
City: Washington,, DC 20036
Phone: (202) 857-5900
Proximity to site: 20 miles

Name: Montgomery County Chamber of Commerce
POC: Receptionist
Address: 416 Hungerford Drive
City: Rockville, MD 20850
Phone: (301) 424-6000
Proximity to site: 15 miles

Name: Fairfax County Chamber of Commerce
POC: Receptionist
Address: 8391 Old Courthouse Road, #300
City: Vienna, VA 22182
Phone: (703) 749-0400

Private Sector Employment

For more information on this subject:
Private Sector Employment Opportunities
<http://www.ajb.dni.us/>

The Federal government in the Washington Metropolitan Area comprise over 40% of the jobs. With the concurrent thrust of down-sizing in the government, 60% of the employment opportunities are now in the private sector. There are over 21,000 businesses in the metro area and growing, with even more Fortune 500 corporate headquarters moving to the surrounding communities.

Searching and securing employment in the Metro Area may or may not be a challenge, due to the diversity of professional and non- professional opportunities. It would be hard to say that someone just can't find a job! There are plenty of opportunities.

For more informtion on this subject visit the web site located above or at the Washington Post web site (see Detail/Record Listing below for web link).

Name: Federal Career Opportunities
POC: Adela Leon
Address: WRAMC, ACS-FMEAP, Bldg 17
City: Washington, DC 20307--5001
Phone: (202) 782-0260
FAX: (202) 782-7270
Proximity to site: on site
Comments: Listing of Federal job opportunity locally and world-wide. Updated bi-weekly.

Name: The Washington Post
POC: Classified Advertising
Address: 1150 -15th St., N.W
City: Washington, DC 20007
Phone: (202) 334-6000
WWW Link: http://www.washingtonpost.com
Proximity to site: 15 miles
Comments: Refer to classified advertising.

Name: WRAMC, FMEAP Coordinator (refer to permanent employment resources)
POC: Adela Leon
Address: Bldg 17, 6825 16th St., NW
City: Washington, DC 20307--5001
Phone: (202) 782-7270
FAX: (202) 782-7270
Proximity to site: on Main post

Government Employment

For more information on this subject:
Government Employment Opportunitites
<http://www.usajobs.opm.gov/>

The Office of Personnel Management (OPM), located in the heart of the District of Columbia at 1900 E. Street, Room 1447, Washington, D.C., (202) 606-2700, provides announcements and applications for Federal job opportunities, as well as, testing for Civil Service placement. The test is offered once a day, Monday-Friday at 0830. For additional information, call: (202)606-1800.

However, Army Community Service, Family Member Employment Assistance manager is available for inquiries and assistance in Civil Service testing and job placement planning. The Federal Career Opportunities Book is available in ACS

To apply for Department of Army Jobs mail applications (OF-612 pr Federal Resumes) to: Department of the Army Army National Capitol Region Civilian Personnel Operations Center ATTN: SFCP-NR-S (Staffing Team B) Post Office Box 430 Fort Belvoir, Virginia 22060-0430.

Ask about Military Spouse Placement Program

For Non-Appropriated Funds (NAF) employment opportunities within the WRAMC installation, contact Ms. Sylvia Webb, in Bldg 11, Rm 1-131 or call for details at (202)782-6878.

Name: AAFES
POC: Post Exchange Employment Mgr.
Address: WRAMC - #161, Forest Glen Annex
City: Wheaton, MD 20307
Phone: (301) 565-0900
Proximity to site: 10 miles
Comments: This is an opportunity for sales, clerical work serving military family members either long term, short term employment.

Name: Office of Personnel Management
POC: Human Resource
Address: 1900 E St., NW, Rm 1447
City: Washington, DC 20415
Phone: (202) 606-1800
Proximity to site: 15 miles
Comments: Federal testing offered daily at 0830; Mon-Fri

Name: Refer to Federal Career Opportunities Book
POC: Family Readiness Spe
Address: WRAMC, Bldg 17, 6825 - 16th St., NW
City: Washington, DC 20307--5001
Phone: (202)782-3412
Proximity to site: on Main Post

Name: Veterans' Affairs Headquarters
POC: Recording
Address: 810 Vermont Avenue , N.W.
City: Washington, DC 29429
Phone: (202) 233-3771
Proximity to site: 15 miles
Comments: Call for information on opportunities in the Metro area of Washington.

Professional or Occupational Licensing

Before PCSing, have current professional certificates of completion and licenses secured safely. This information will be needed for license applications.

For additional Professional or Occupational Licensing information other than the overview below, it is suggested that you consult the Army Community Service, Family Member Employment Program representative; or, consult local telephone books or the Internet for specific information.

Child Home Care Centers are popular in the Metro Area since they enable the military spouse to be at home with their children and earn an income too. The Walter Reed Child Development Center, located

at the WRAMC Forest Glen Annex trains potential child care providers after obtaining state license. WRAMC's Family Child Care Program trains in safety, CPR, medicine dispensing, first aid, fire and health. The training is approximately one week.

Name: Board of Social Work
POC: Referring
Address: 614 H. St., N.W., Rm 923
City: Washington, D.C. 20001
Phone: 202-727-7454
Proximity to site: 15 miles
Comments: Licensing information available.

Name: Board of Social Work (Virginia)
POC: Referring
Address: 6606 West Broad St.
City: Richmond,, VA 23230
Phone: 804-662-9914

Name: D.C. Board of Education*
POC: Recording
Address: 415 12th St., N.W.*
City: Washington, DC 20000-3
Phone: (202) 724-4044
Proximity to site: 15 miles
Comments: Contact for Teacher Certification. State of Maryland contact: Maryland Board of Education, 200 W. Baltimore St., Balto., Md.21202,(410)767-0412; State of Virginia contact: Virginia Board of Education, 14&Franklin Sts., Richmond, VA 23216.

Name: Department of Health Professional*
POC: Reception for Board of Examiners -
Address: 614 H St., NW
City: Washington, DC 20007
Phone: (202) 727-7468
Proximity to site: 14 miles
Comments: Located with the Department of Consumer & Regulatory Affairs. Information on licensing for registered/practical nursing, child care, home business, cosmetology, home businesses, social work.

Name: Home Child Care Services
POC: Request referral or license informatin
Address: Metro Area
City: Washington, DC
Phone: (202) 727-7468
Comments: State of Maryland, Commission on Child Care Services, Montgomery County, MD: (301) 279-1260; State of Virginia, Child Care Services, Fairfax County, (703) 449-9555

Name: Marriage License
POC: Montgomery County Circuit Court
Address: 50 Monroe Street
City: Rockville, MD
Phone: (301) 217-7075
Proximity to site: 15 miles
Comments: State of Maryland department for obtaining a marriage license.

Name: Maryland State Board of Examiners for Nurses & Practical Nurses
POC: Reception for Board of Examiners
Address: 201 W. Preston St.
City: Baltimore, MD 21201
Phone: (410) 764-4747
Proximity to site: 65 miles

Name: Real Estate Commission
POC: Recording
Address: Metro Area
City: Wash.,MD., VA
Phone: *
Proximity to site: metro
Comments: Contact the following telephone numbers for real estate license inquiry. District of Columbia: *(202) 727-7184; Maryland, (410) 333-2710; Virginia, (804)367-8526

Name: State Board of Social Work (Maryland)
POC: Referring
Address: 4201 Patterson Ave.
City: Baltimore,, MD 21215
Phone: 410-764-4788

Name: Virginia State Board of Nursing/Practical Nursing
POC: Reception for Board of Examiners
Address: 517 W. Grace Street
City: Richmond, VA 23220
Phone: (804) 786-0377
Proximity to site: 80 miles

Networking Opportunities

For more information on this subject:

Community Support

<http://www.bdm.com/qolmall/gol/index.htm>

NETWORKING:

Prior to PCSing, contact current installation's ACS FMEAP to inquire on network direction, particularly on "lateral transfer"; or call WRAMC's ACS Family Member Employment Manager for guidance at (202) 782-0620 or autovon (DSN) 664-0620.

Visiting a local library and viewing and out of state newspaper, example, The Washington Post, enables a person to have an overview of job opportunities.

Upon arrival, if not conveniently living near WRAMC, make an appointment to visit the following FMEAP's located at the installation mentioned below.

Name: Community Support Overview
WWW Link: http://www.bdm.com/qolmall/gol/index.htm

Name: Fort Meade Family Member Employment Program
POC: FMEAP Manager
Address: Fort Meade, Bldg 3179
City: Ann Arundel, County, MD 20755
Phone: ((301) 677-5590

Name: Fort Myer,
POC: FMEAP Manager
Address: Fort Myer, Bldg 201
City: Arlington, VA 22211--5050
Phone: (703) 696-3510
Proximity to site: 15 miles

Name: State of Maryland Job Opportunities
City: Baltimore, MD
Phone: 1-800-705-3493
WWW Link: http://www.careernet.state.md.us

Name: The Washington Post Newspaper
POC: Classified Section
Address: 1150 -15th St., N.W.
City: Washington, DC 20007
Phone: (202) 334-6000
FAX: 15
WWW Link: http://www.washingtonpost.com
Proximity to site: 15 miles
Comments: See if located on Internet WEB

Medical And Dental

Medical and Dental Overview

For more information on this subject:

Walter Reed Army Medical Center

<http://www.wramc.amedd.army.mil>

The Walter Reed Health Care System is composed of Kimbrough Army Community Hospital, the Dewitt Health Care system, and Walter Reed Hospital. Through our primary care network, and the three hospital facilities, we serve the total health care needs of over 278,000 beneficiaries in the National Capitol Area.

Our MISSION is to:

- * Provide quality, comprehensive health care that is cost competitive and accessible;
- * Serve as a national resource for specialty care and medical issues unique to DOD and other federal agencies;
- * Maintain and improve individual and collective readiness in support of national security objectives;
- * Provide research, education, and training in support of the DOD Health Care System.

Our VISION is to incrementally reengineer our three organizations into one integrated health care delivery network which:

- * Provides ready access to comprehensive health care services;
- * Promotes military medical readiness;
- * Supports medical education and research.

Walter Reed Army Medical Center has improved access to health care both for assigned soldiers and their family members. Adults receive their care through the General Internal Medicine clinic, a part of the Walter Reed Family Health Center(FHC). Other FHC primary care services readily accessible to soldiers and their enrolled family members include Pediatrics, Gynecology, and Well-Watch preventive health services. This past summer the Well-Watch

preventive health services relocated to the FGC on the first floor of the main hospital (Bldg #1, Heaton Pavilion).

Active duty soldiers are automatically enrolled with full access to the above services. Family members can receive access to the same services after completing a short form located at the Outpatient Records Room (1R09), on the first floor of the main hospital (Bldg 2). The Family Health Center is striving to provide all benefits offered under TRICARE PRIME. Membership is strictly voluntary, and there are no fees for service members and their families.

Benefits to being a member of the FHC include access to same-day appointments in either the General internal medicine or Pediatric clinics for acute problems, and the ability to be seen by a member of your personal care provider team within one week. While same-day adult visits are scheduled at the General Internal Medicine Clinic, FHC members are encouraged to call Central appointments and schedule an appointment for their less urgent care. Scheduled appointments lessen clinic waiting time, and allow better continuity of care. Please CONTACT the PATIENT SERVICE CENTER, located in bldg 2 (Main Hospital), Suite 3D -- (202) 782-4393 for TRICARE information, referral coordination, health benefits and schedule appointment management. Also contact Central Appointments at: (202) 782-7761 or 1-800-433-3574.

Pediatric services at Walter Reed offer a full range of services, which include general pediatrics, acute care, well-baby care, and access to wide variety of pediatric sub-specialities. All Pediatric and Adolescent appointments are scheduled by calling the Outpatient Clinic at (202) 782-6101/6107.

Routine Gynecology appointments are scheduled within one month and patients with acute problems can be seen in one of several scheduled walk-in clinics. In order to schedule an appointment please call (202) 782-6114.

Adults can schedule appointments at Well-Watch for preventive health services by calling (202) 782-3971. Routine Optometry care is available within thirty days of the request. Please note that appointments for Gynecology, WellWatch and Optometry can be scheduled directly without the need for a physical consult. Emergencies and problems arising after duty hours will continue to be handled by the Emergency Room.

WRAMC's WellWatch Service provides cost-effective preventive health services to military beneficiaries. The service's aim is to empower clients with knowledge skills and tools to take charge of their own health.

WellWatch Service also provides Preventive Health and Clinical Services; Health Information; Self-Help Resources. For more information and to make an appointment call: (202) 782-3964, Monday - Friday, 0800-1600

Name: WRAMC - TRICARE - CHAMPUS - CENTRAL APPOINTMENTS
POC: Pat Cassimatis / Peggy Allison
Address: WRAMC, BLDG 2, Rm 1R06
City: Washington, DC 20307--5001
Phone: 202-782-4778/0335/4662/CA-782-7761
Proximity to site: ON POST
Comments: Walter Reed Army Medical Center's main information number is (202)782-3501; you may also call (202)782-7761 for additional clinic information. Additional information on DENTAL BENEFITS call: United Concordia, toll free: 1-800-866-8499

Name: Walter Reed Army Medical Center
POC: Central Appointment
Address: WRAMC Heaton Pavilion Hospital
City: Washington, DC 20307--5001
Phone: (202) 782-7761
Proximity to site: on site
Comments: Out of town call 1-800-433-3574 to make an appointment at any of WRAMC's clinics.

Name: Community Health Nurse
POC: Information/Referral
Address: WRAMC, Bldg 1, 3rd Floor
City: Washington, DC 20307
Phone: (202) 782-7181
FAX: (202) 782-0308
Proximity to site: on site
Comments: CHN offers program in Smoking Cessation, WELLWATCH Service. The purpose of WELLWATCH is to provide cost-effective preventive health services to military beneficiaries. The service's aim is to empower clients with knowledge skills, and tools to take charge of their own health.

Medical Services/Directory - on Installation

For more information on this subject:
 TRICARE Northeast Web site
<http://www.tricare.osd.mil/tricare.html>

Walter Reed Army Medical Center is considered the premier Army Medical facility within the Department of Defense.

Contact Walter Reed Army Medical Center for specific clinic information at (202) 782-3501. Recently, the Walter Reed Family Health Center has extended its appointment hours.

The center is now seeing active duty personnel and active duty family members for evening and Saturday appointments. The center combines general internal medicine, pediatrics and gynecology primary care clinics. During the extended hours, same-day acute care for adults, physical examinations for active duty personnel assigned to WRAMC, AFIP or WRAIR, acute pediatric care, and well women visits are available.

To schedule an appointment for same-day acute care adults, people need to call (202) 782-7761 or 1-800-433-3574 between 9 a.m. and 4 p.m., Mon-Fri., or, 782-6885 after 4 p.m., Mon-Thurs. and on Saturday mornings. Call the same numbers to schedule a physical examinations for active duty personnel assigned to WRAMC, AFIP or WRAIR. For acute pediatric care appointment, parents need to call 782-6101 before 4:30 p.m.; or 782-6885 after 4:30 p.m.

Need help with TRICARE? Walter Reed patients can visit or call the TRICARE Service Center in Silver Spring, MD (at 8401 Colesville Road, Suite 460) or call 1-888-99-5195 and ask to be connected to the Silver Spring TSC). They may also call or come to the Patient Service Center on the third floor of the main hospital or call (202) 782-4393. NOTE: TMA, Sierra removed pre-authorization rule for speciality referral in the Region 1 TRICARE.

The following list represents the an overview of clinics available at WRAMC. From A-Z there are over 100 medical clinics including the Dental Clinic; starting with Adolescent, allergy to Well Baby, X-Ray:

Listed below is a quick reference guide:

Information (202) 782-3501 Page (202) 782-1000

Emergency (202) 782-1199/1172

Social Work Services (202) 782-6378

Central Appointments (202) 782-7761

Patient Administration (202) 782-6134 (TRICARE):
 SIERRA MILITARY HEALTH CARE SERVICE 1-888-999-5195

Patient Service Center (202) 782-4393 Patient Advocate (202) 782-6866

Cardiology (202)782-2903

Health Benefits Advisor (202) 782-6134

Pharmacy (Hospital) (202) 782-6121

Wards-Clinics Dental (202) 782-6815

Immunization (202) 782-6849

Intensive Care (202) 782-1445/1449

Pediatrics (202) 782-6101

Physical Therapy (202)782-6371

Ophthalmology (202) 782-6964/6566

Orthopedics (202) 782-6574

Radiology (202) 782-6930/6945

Medical Services/Directory - on Installation

<i>Clinic</i>	<i>POC</i>	<i>Number</i>
Central Appointment		(202) 782-7761
Central Appointments		800-433-3574
TRICARE	Patient Representati	(202) 782-4393
WRAMC Information		(202) 782-3501

Health Benefits Advisor, Wellness, and CHAMPUS/TRICARE Programs

For more information on this subject:

TRICARE

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

Washington, D.C. has a variety of non-military medical facilities. Military personnel are eligible to use these facilities only when there is a non-availability of medical treatment at a military medical facility. WRAMC has a new "TRICARE CLINIC". This managed health care clinic provides primary care to soldiers and their family member who are enrolled in the program here at WRAMC. Primary Care is the concept that one provider, or team of providers, is responsible for managing the care of a member's non-emergency medical needs. The staff of the TRICARE Clinic includes military and civilian internists, pediatricians, family practitioners and nurse practitioners. All WRAMC soldiers were enrolled in the program in December 1994. Enrollment in the WRAMC TRICARE is voluntary for military family members. Enrollment forms for the Clinic are available at the Outpatient Records and Registration Office in Bldg 1, or call (202) 782-8112.

As of Oct. 1, 1999, the daily amount active-duty family members pay for inpatient care in civilian hospitals under TRICARE Standard and TRICARE Extra increased from \$10.45 to \$10.85.

The rate increase means that an active-duty family member who is admitted to a civilian hospital for care (except mental health care) under TRICARE Standard or TRICARE Extra will pay the \$10.85 daily rate, multiplied by the number of days spent in the hospital -- or a flat fee of \$25.00, whichever total is greater. The flat \$25 cost-sharing rate also applies to ambulatory (same-day) surgery.

The \$10.85 inpatient rate doesn't apply to any other category of TRICARE-eligible patients, only to active-duty family members. Inpatient, only to active-duty family members. Inpatient care for other categories of TRICARE beneficiaries will, in most cases, be cost-shared under the diagnosis-related group (DRG) payment system for TRICARE Standard and TRICARE Extra.

The inpatient rate for active-duty family members who are enrolled in TRICARE Prime, and who are admitted to a civilian hospital, remains at \$11 per day, with a minimum co-payment of \$25 total. Inpatient mental health care at civilian facilities costs

\$20 per day for active-duty family members under TRICARE Standard, TRICARE Extra or TRICARE Prime.

The TRICARE Standard DRG daily rate for most civilian non-mental health hospital admissions increased on Oct 1, 1999, to \$390. The rate had been set at \$376 for the past year. The inpatient daily rate is now \$390 for TRICARE Standard-eligible persons other than active-duty family members. They'll pay either the fixed inpatient daily rate of \$390, or 25% of the hospital's billed charges, whichever is less. The cost-share for TRICARE Extra users is the lesser of \$250 per day, or 25% of the charges by individual professional providers who treat the patient during the hospital stay.

Active-duty family members' cost-shares aren't affected by the DRG rates. As noted earlier, they'll pay a small daily fee of \$10.85 for each day in a civilian hospital (\$20 per day for inpatient mental health care) or a total of \$25 for each hospital stay, whichever is greater.

Periodic physical exams are covered at no charge under TRICARE prime, but are not covered under TRICARE Extra or TRICARE Standard (CHAMPUS). Prime also covers certain immunizations that aren't covered under Extra or Standard. Active-duty families won't have to pay an annual enrollment fee. Others will, but there'll be no annual deductibles, and co-payments for services under Prime be considerably reduced. TRICARE EXTRA: In this option, you don't have to enroll or pay an annual fee. You can seek care from a provider who's part of the TRICARE Extra network and get a discount. TRICARE EXTRA: In this option, you don't have to enroll or pay an annual fee. You can seek care from a provider who's part of the TRICARE Extra network and get a discount. TRICARE STANDARD: This option is the same as CHAMPUS WRAMC also has the CHAMPUS health benefit program for all seven uniformed services; CHAMPUS shares most of the costs of care from civilian hospital and doctors when you can't get care through a military hospital or clinic. BUT there are certain things you need to know about CHAMPUS before using it. CONTACT the WRAMC PATIENT SERVICES OFFICE IN BLDG 2, HEATON PAVILION AT (202) 782-4393/4359/4376; or visit the United Concordia web site (web link located in the Detail/Record Listing).

The TRICARE Active Duty Family Member Dental Plan (FMDDP). The TRICARE Family Member Dental Plan (TFMDDP) is a comprehensive and

affordable dental plan available to eligible spouses and children of active duty Uniformed Service members. The TFMDP has cost shares, benefit maximums and coverage limitations similar to typical group dental insurance plans. To be eligible for TFMDP enrollment, sponsors must intend to remain on active duty for a least 24 months and this commitment must be confirmed by their parent Uniformed service. Enrollment and/or changes to enrollment can be accomplished by filling out a DD Form 2494 or 2494-1 at the sponsor's servicing personnel office. Please read these forms carefully as they provide detailed information on enrollment options, limitations and when TFMDP coverage begins. Upon enrollment, the sponsor must pay the monthly premium through their Uniformed Services payroll account - the Government pays 60% of monthly premiums. Before providing care to family members, some dental providers may ask to see a copy of the sponsor's Leave and Earnings Statement showing the dental plan payroll deduction. Coverage is worldwide and portable between assignments. United Concordia Companies, Inc. (UCCI) administers the TFMDP. Detailed TFMDP coverage and enrollment information can be found in the TFMDP benefit booklet. For more information about the program, visit UCCI's web site or contact them at 1-800-866-8499 for information on the TFMDP in the United States, Canada, Guam, Puerto Rico and the U.S. Virgin Island, or 1-717-975-5017 (toll call) for information on the TFMDP in other locations. In overseas locations, enrolled sponsors and family members must contact their servicing overseas dental treatment facility and/or Overseas Lead Agent before seeking treatment from host-nation dental providers, except for emergency care.

The premiums for FMDP are: \$8.53/month for a single premium (one family member) and \$21.33/month for a family premium (two or more family members). Refer to the "Evidence of Coverage" booklet (1995) for additional coverage questions. Enrollment is easy - just go directly to your military personnel office and fill out DD Form 2494, or contact PATIENT SERVICES/CHAMPUS Advisory, listed below, or call toll free number: 1-(800) 866-8499 OR 1-888-838-8737.

Dental programs for active-duty family members, retirees and their family members should not be confused with the TRICARE medical benefits program in TRICARE.

Active-duty personnel receive all dental care in military dental clinics. Continental United States-based family members and retirees do not receive

routine dental care in the direct care system. Family members may, however, voluntarily enroll in the applicable plan to have the government share the cost of certain types of dental services provided by civilian dentists. Family members may not enroll in the Selected Reserve Plan. It is for selected reserve members only.

The regional managed care support contractors -- Sierra Military Health Services in Region 1 -- do not manage these dental programs. Enrollment for active duty family members is handled directly through the service members's unit personnel office. Information and claims questions are handled directly by the applicable plan.

Plans cost-share covered services provided by any licensed dentist who accepts their allowable charges as payment in full, but encourage enrollees to use dentists who participate in their plan. Enrollees who use participating providers get the lowest out-of-pocket costs and do not have to submit claims themselves.

The dental plans charge enrollment fees and require co-payments, both of which may vary according to rank and geographic locations. All provide 100% coverage for routine, preventive dental care when this care is provided by participating dentists and not more than an allowed number of visits per year. More extensive dental care, however, is covered at less than 100%, so it is important to review the policy booklet before receiving care.

For example, active-duty family enrollees can expect to pay the following co-payment when seeing a participating provider under the United Concordia plan:

(Routine exams, cleans, and X-rays (no fee); Fillings, sealant (20% of charge); Crowns (50% of charge); Root canals, extractions, oral surgery (40% of charge).

To enroll or get further information contact: TRICARE Active Duty Family Member Dental Plan manager by United Concordia at 1-800-866-8499.

Routine

The Walter Reed Wellness Center, located in Bldg 2, Room 3G04 is offering the following classes: Women and Healthy Life-styles, Stress & Weight management Management and Living Wills. The topics change throughout the year. For additional information, call (202)782-0907/4393.

Name: Patient Service Center
POC: Information ref
Address: WRAMC- bldg 2, 3rd fl, rm 3D
City: Washington, DC 20307--5001
Phone: (202) 782-4393
E-Mail: tricare_help@amedd.army.mil
Proximity to site: Main Hospital
Comments: You may call 1-888-MHS-MSSO(647-6676) for a personalized assessment of TRICARE options. Monthly TRICARE briefings are given by the staff of TRICARE Service Center in Bldg 2, Room 2H22. For more information on briefing call the service center at 782-4393.

Name: TRICARE Selected Reserve Dental Plan
POC: HUMANA
Phone: 1-800-211-3614
WWW Link: http://www.humana-military.com/dental/home.htm

Name: TRICARE/CHAMPUS
POC: Pat Cassimatis
Address: WRAMC, Bldg 2, Rm 3D
City: Washington, DC 20307--5001
Phone: 202-782-0335/4393
Proximity to site: On site
Comments: Contact WRAMC Information number for additional information at 782-3501

Name: United Concordia
WWW Link: http://www.ucci.com

Name: United Concordia Companies, Inc. (UCCI)
Address: P.O.Box 898218
City: Camp Hill, PA, PA 17089--8218
Phone: 1-800-866-8499 (CONUS) or 1-717-975-5017 (OCONUS)
WWW Link: http://www.ucci.com
Comments: For more information about the TFMDP, contact your Health Benefits Advisor or in overseas locations, your servicing overseas dental treatment facility or Overseas Lead Agent point of contact. Customer Service can also help sponsors, family members, installation staff and dental providers with specifics about the TFMDP.

Name: WELLWATCH
POC: Information/Referral
Address: WRAMC, Bldg 1
City: Washington, DC 20307--5001
Phone: (202) 782-3971
Comments: Preventive Health and clinical services; health information; self-help resources.

Community Hospitals

For more information on this subject:
The Yellow Pages
<http://www.bigbook.com/>

The Metro Area of Washington provides the finest hospital and medical clinics available. It is suggested to refer to The Yellow Pages for a community hospital/clinic in your location.

Name: Childrens' National Center
POC: Patient Rep
Address: 111 Michigan Ave., N.W.
City: Washington, DC 20002
Phone: (202) 884-5000
Proximity to site: 3 miles

Name: Georgetown University Hospital
POC: Patient Rep
Address: 3800 Reservoir Rd., N.W.
City: Washington, DC 20009
Phone: (202) 687-5050
Proximity to site: 15 miles

Name: Holy Cross Hospital
POC: Patient Rep
Address: 1500 Forest Glen Rd.
City: Silver Spring, MD
Phone: (301) 905-0100

Name: Howard University Hospital
POC: Patient Representative
Address: 2041 Georgia Avenue, N.W.
City: Washington, DC, DC 20059
Phone: (202) 865-6100
Proximity to site: 8 miles

Name: John Hopkins Hospital
Address: 600 North Wolf Street
City: Baltimore, MD 21287
Phone: (410)955-5000

Name: National Institutes of Health
Address: 9000 Rockville Pike
City: Rockville, MD 20892
Phone: (301) 496-40000

Name: Washington Hospital Center
POC: Customer Service
Address: 1100 Irving Street, N.W.
City: Washington, DC 20002
Phone: (202)877-7000
Proximity to site: 15 miles
Comments: MEDSTAR - Medavac (Trauma, Burn, Cardiac, Surgery)

Dental Services/Directory - on Installation

For more information on this subject:
Walter Reed Army Medical Center
<http://www.wramc.amedd.army.mil/>

TRICARE - ACTIVE DUTY FAMILY MEMBER DENTAL PLAN (FMDP), CUSTOMER SERVICE: 1-800-866-8499. The TRICARE-Active Duty Family Member Dental Plan (FMDP) is administered by United Concordia Companies, Inc. in Camp Hill, Pennsylvania. 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 deductions. The plan has cost shares, maximums, and limitations similar to typical civilian dental group plans. The amount covered by the plan ranges from 100 percent to 50 percent, depending on the type of service. Family members must receive dental services in the United States, Canada, Guam, the U.S. Virgin Islands or Puerto Rico. Details are covered in your Dental benefits book.

UNITED CONCORDIA PARTICIPATING DENTISTS: * Accept United Concordia's allowance for covered service as payment in full. This means that you only have to pay the applicable cost share percentage; you do not have to pay any part of the dentist's charge which exceeds United Concordia's allowance. * Accept direct payment from United Concordia for covered services. This means that the benefit payment will be sent directly to the dentist and you will receive a Dental Explanation of Benefits notifying you of the payment and any cost share for which you are responsible. * Complete the claim form for you at no extra charge and submit it directly to United Concordia. *Participate in United Concordia's quality assurance programs. *Submit predetermination requests, as appropriate. *Provide any information needed by United Concordia to make coverage and payment determinations. DENTISTS WHO DO NOT PARTICIPATE WITH UNITED CONCORDIA ARE CONSIDERED NON-PARTICIPATING DENTISTS. THESE DENTISTS MAY BILL YOU FOR THEIR FULL FEE, WHICH MEANS THAT YOU WILL HAVE TO PAY ANY DIFFERENCE BETWEEN UNITED CONCORDIA'S ALLOWANCE AND THE AMOUNT CHARGED BY THE NON-PARTICIPATING DENTIST. IF YOUR DENTIST IS INTERESTED IN BECOMING A PARTICIPATING DENTIST, ASK HIM OR HER TO CALL UNITED CONCORDIA AT 1-800-637-3492.

Emergency: (202) 782-1831/32

Commander: (202) 782-6815/3711

Central Appointments: (202) 782-7761

Clinics: (202) 782-6815/7761 Appointments: (202) 782-7138
Oral Pathology:(202) 782-1802
Periodontics: (202) 782-1804

Dental Services/Directory - on Installation

<i>Clinic</i>	<i>POC</i>	<i>Number</i>
WRAMC Dental Clinic,	Appointments (202) 782-7138	(202) 782-6815

Family Member Dental Plan

For more information on this subject:
United Concordia TRICARE Rep
<http://www.ucci.com/>

UNITED CONCORDIA DENTAL PLAN call: 1-800-866-8499

Refer to WRAMC CHAMPUS Office, Bldg 2, Rm 1R06 (202) 782-4359/4376; Details on THE

Name: TRICARE Active Duty Family Member Dental Plan
POC: FMDP Customer Service
Address: National Capital Area/ WRAMC, Bldg 2, Family Health Care Clinic
City: Washington,, DC
Phone: 1-800-866-8498 - WRAMC-(202)782-4662

Housing

Housing Overview

For more information on this subject:
Apartment Guide
<http://www.aptguides.com/>

HOUSING, TO RENT OR BUY, IS EXPENSIVE IN THE WASHINGTON METRO AREA. MOST RENTALS REQUIRE A SECURITY DEPOSIT IN THE AMOUNT OF ONE MONTH'S RENT WITH A MINIMUM OF A ONE YEAR LEASE, IN ADDITION TO A CREDIT CHECK AND BACKGROUND CHECK FEE. IT IS SUGGESTED THAT FAMILY MEMBERS NOT JOIN A MILITARY SPONSOR UNTIL HOUSING IS LOCATED.

To assist in locating both adequate and affordable housing, a program was developed by the family housing office called the "Family Housing Set-Aside Program." This program offers rental apartments from realty management companies for single and married soldiers who are either of enlisted or officer ranks. Contact the WRAMC Family Housing Office (202)782-3117, for more information.

Walter Reed Army Medical Center's (WRAMC) government housing for officers are considered extremely limited for Key and Essential employees. There are approximately 211 government family housing units available for WRAMC enlisted. Waiting list can range between 60 to 180 days.

GOVERNMENT HOUSING: ENLISTED SOLDIERS' HOUSING

Government housing is available to soldiers with the rank of E-1 thru E-9 called the Glen Haven Section. It is located 5 miles north of Walter Reed Army Medical Center's Main Section. You can apply for government quarters by filling out a DD Form 1746, application for government housing and attach a copy of your orders assigning you to the Washington Metropolitan Area. Applications for government

quarters is handled thru the WRAMC Housing Office. The length of time to wait for quarters will vary depending upon the number of vacancies and families in the freeze zone.

The Glen Haven Community, government housing supporting WRAMC, consists of 2 bedroom apartments and 3 and 4 bedroom townhomes. Each unit features:laundry rooms, cable ready, closet space, balcony/patio, emergency maintenance service, play areas, a multi-purpose court (basketball/tennis), community center, picnic areas with built-in grills. From WRAMC, Main Section: Make a left on Georgia Avenue, go about 6 miles and exit right to windham Lane. Make left on Horde to the Glen Haven Community entrance.

For temporary living, INTERNET accessibility contact ACS (202) 782-3412 for INTERNET addresses.

Name: Housing Set-Aside Program Representative
POC: Jimmy Price
Address: WRAMC, Bldg 1,Ground Level, RmA-017
City: Washington, DC 20307--5001
Phone: (202) 782-3118
FAX: (202) 782-8383
Proximity to site: varies
Comments: Availability within ten (10) days.

Name: Temporary Guest Housing
POC: WRAMC Guest&Malogne House/Walter Reed INN
Address: Bldg 17
City: Washington, DC 20307--5001
Phone: (202) 782/7076/782-3044/4665/1800GOARMY1
Comments: The Walter Reed INN is the official PCS lodging. Sponsors in grades E-1 through E-6 may make reservations for accommodations for their families at the Guest House & Malogne House. Sponsors in grades E-7 through-010 Reservations may be made in advance at the Walter Reed Inn (202) 782-7076

Name: WRAMC Housing Office
POC: Michelle Pindell
Address: WRAMC, Bldg 1, Ground Level. Rm A-017
City: Washington, DC 20307--5001
Phone: (202) 782-3117
DSN Phone: 662-3117/3119
WWW Link: http://www.wramc.amedd.army.mil
Proximity to site: On Post
Comments: Currently there are only 220 government family

housing units available.

Housing Allowances

For more information on this subject:
Walter Reed Army Medical Center
<http://www.wramc.amedd.army.mil>

WALTER REED ARMY MEDICAL CENTER BAQ AND VHA FOR 1998 (Verify with WRAMC Housing Office)

Housing Allowances

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

Government Housing

For more information on this subject:
Walter Reed Army Medical Center
<http://www.wramc.amedd.army.mil/>

Government Housing, known as the Glen Haven Housing area is located approximately 5 miles from Main Post. To apply for government family housing, the service member must be on assignment orders for duty within the Washington Metropolitan Area or in accordance with Table 3-3, AR 210-50, Priority of Assignment. Service members will not be put on the waiting list or assignment government quarters until the he/she has signed in or reported for duty. Exceptions to policy may occur when a service member is ordered to PCS with TDY en route. In this case, the spouse is authorized to occupy quarters prior to service member arrival, provided quarters are properly received by service member or spouse.

After the service member has accepted and signed for quarters, family members must occupy assigned quarters within 30 days. Refusal to accept adequate housing when offered will result in re-application and the military sponsor's name being placed at the bottom. A waiting list is maintained accordance with AR 210-50 for Glen Haven.

WRAMC offers Set-A-Side housing Contact WRAMC Housing Office for details, to numerous to mention.

Billeting Office: Chief Bldg 1, Rm A018 (202) 782-3117 Hours: 0730 - 1430 Comments: Once again!

Call WRAMC Housing Office at (202)782-3117, DSN:662-3117 for immediate questions, or stop by when you arrived at WRAMC Housing, Bldg 1, Basement Level.

Name: WRAMC Housing
POC: Michelle Pindell/J.Price
Address: WRAMC, Bldg 1,
City: Washington, DC 20307--5000
Phone: (202) 782-3117/3118
Proximity to site: on site

Name: Department of Public Works
POC: Service Desk
Address: WRAMC, Bldg 1
City: Washington, DC 20307
Phone: (202) 782-3161
Comments: Works in Family Housing Branch overseeing Glen Having Housing Area.

Name: Joint Armed Forces Housing Referral Offices
POC: Reception/Referral
Address: Fort Myer, Bldg 321
City: Arlington, VA 22211-1-5050
Phone: (703) 696-3357-DSN 226-3357
FAX: (703) 696-8332
Proximity to site: 15 miles

Community Housing

For more information on this subject:
The Washington Post Newspaper
<http://www.washingtonpost.com/>

The reports on Housing in the Washington Metro Area indicate that the real estate is expensive in comparison to other locales. Taxes are higher too! The average price of a District of Columbia home is \$189,995; nearby Montgomery County, MD, \$331,366; Fairfax County, VA, \$306,643. However, east of the District in Prince Georges County, MD, the average is lower, \$210,508;and, south of Fairfax County, Va in Stafford County, \$151,712.

For Additional information contact:

Military District of Washington (MDW) Center for Information & Referral (CAIR) Bldg 201 Fort Myer,VA 22211 1-800-477-9571/(703) 696-0026 Hours: 0730 -1600, M-F Comments: General housing and Metro Washington information for families relocating to area military bases.

Overview on rental fees: Apt Rental (\$) Home Rental (\$)

Rental Rental

1BR: \$ 550 2BR: \$ 800 \$900+ 3BR: \$1,500 \$1,000+ 4BR:

Home

Purchase Purchase 2BR: \$160,000 \$180,000 minimum 3BR: \$190,000+ minimum 4BR: \$200,000 minimum. Housing prices vary as one moves further in Metro suburbs

Name: Military District of Washington,
POC: Relocation Rep for House Hunting:
Address: Ft. Myer, Bldg 201
City: Arlington, VA 22211
Phone: (703) 696-0026
Proximity to site: 15 miles

Name: Deanna Fendler
POC: ACS Outreach Coordinator
Address: WRAMC,Bldg 17
City: Washington, DC 2037--5001
Phone: (202) 782-3412
Proximity to site: on site
Comments: Contact for information on Set-Aside Housing

Name: Board of Realtors
POC: District of Columbia Referral Program
Address: 1400 Eye St., N.W.
City: Washington, DC 20003
Phone: (202) 789-8889
Proximity to site: 17 miles
Comments: Request information on housing in proposed school districts or near job site.

Utilities

For more information on this subject:
The Yellow Pages
<http://www.bigbook.com/>

When making application for utility and telephone hook-ups, make it known that you are new resident in the area and, a member of the Armed Services. Depending on current rules and regulations, you may be exempt from paying a deposit for utilities and telephone. A Letter of Verification stating you are a member of the military may be necessary to present to the utilities and telephone companies.

The Metropolitan area, (D.C., Maryland and Virginia), is supported by several utility companies depending on your place of residence. Utilities range from average from \$85.00 to \$250.00 per month, depending on size of family and use.

BELOW IS A QUICK REFERENCE FOR UTILITY NUMBERS IN THE METROPOLITAN AREA:

TELEPHONE:

BELL ATLANTIC, WASHINGTON, D.C. - (202)954-6263
BELL ATLANTIC, VIRGINIA, - (703)876-7000
BELL ATLANTIC, MARYLAND - (301)954-6260

HEAT/ELECTRIC:

WASHINGTON/MARYLAND NATURAL GAS - (703)750-2500
WASHINGTON/VIRGINIA GAS/LIGHT - (703)750-9500
VIRGINIA ELECTRIC POWER COMPANY - 1-888-667-3000
POTOMAC ELECTRIC POWER COMPANY - (202)833-7500

WATER/SEWAGE:

WASHINGTON SUBURBAN SANITY COMM. - (301)206-8000

VIRGINIA AMERICAN WATER COMPANY -
(703)549-7080

Name: CABLE: Washington Cable Vision*
POC: Recording
Address: 900 Michigan Ave.,m N.E.
City: Washington, DC 20003
Phone: (202) 635-5100
Proximity to site: 10 miles
Comments: Deposit ranges from \$24.95, (+\$12.50 for additional TV) for existing pre-wired to \$44.95(+12.50 for addl.TV), new wire. Monthly rate: \$332.14. PAYMENT DUE ON HOOK-UP. *Cable Service for Maryland call: (301) 332-8777 " " " Virginia " (703) 841-7700 For additional services refer to Yellow Pages or community directories.

Name: District of Columbia, C&P, Bell Atlantic, (Telephone)*
POC: Recording
Address: New application handled on telephone
City: Washington,, DC 20005
Phone: (202) 954-6263/346-1000
Proximity to site: 14 miles
Comments: Call 1-800-621-9900(up to 5:00pm) for prePCS assistance. One line credit application is required. The application takes up between 20-30 minutes. Rates for District of Columbia: New Line \$30.76; \$43.06 pre-existing line. BELL ATLANTIC SERVICE FOR MARYLAND CALL: 800 NUMBER Or (301)954-6260; Rates for new service: \$48.00 BELL ATLANTIC SERVICE FOR VIRGINIA CALL: 800 NUMBER OR (703) 954-6222 Rates for new service: \$38.50

Name: Maryland Natural Gas Company
Phone: (703) 750-2500

Name: Potomac Electric & Power Company
POC: Information Recording
Address: 1900 Pennsylvania Ave., N.W.
City: Washington, DC 20003
Phone: (202) 872-2000/833-7500
Proximity to site: 17 miles
Comments: Start and stop service call TOLL FREE 1-800-424-8028 or(202)833-7500 (24 hour service).

Name: Trash Pick Up Information
POC: Recording
Address: Montgomery County
City: Montgomery County, MD
Phone: (301) 217-2410
Comments: Rockville Service: (301)

Name: Washington Gas & Light Company
POC: Information Recording
Address: 1100 H St.,N.W.
City: Washington, DC 20008
Phone: (703) 750-2500/410-685-0123
Proximity to site: 15 miles
Comments: For Hook-up in MARYLAND call: (GAS) -(301) 595-8000/(410)685-0123 " " " " VIRGINIA " (GAS) -(703) 750-9500

Name: Washington Sanitary Commission
POC: Recording
Address: 145 Switzer lane
City: Laurel, MD 208
Phone: (301) 206-4001/8000
Proximity to site: 30 miles
Comments: Sewer and water service provider. PrePCS information call: 1-800-634-8400.

Relocation Services

Relocation Services Overview

A Permanent Change of Station (PCS) move can be an exciting adventure, but it can also be a difficult experience for military family members. One way to be positive about a move is to research your new installation thoroughly. Share as much of the information with family members, so that they can develop an anticipation for the positive experience ahead.

Prior to PCSing visit your local Family Service Center (Army Community Service) and request a Standard Installation Topic Exchange (SITES) print out on Walter Reed Army Medical Center and look through a WRAMC Welcome Packet on file. SITES can provide you with information on the local community such as education options, employment opportunities, medical and dental care, housing and a variety of military and civilian support services available on or near the installation. Also, bring the WRAMC SITES booklet with you while traveling to be used as a resource.

The Department of Defense has also created a financial planning tool to help make moving easier. A new Internet Web site, MILITARY ACCLIMATE (see web link below), is designed to help active duty service members prepare for their next move, whether they're moving across town or around the world, or making their final permanent change of station back to civilian life. The web site projects moving expenses and forecasts the cost of living at the new station. The web site, known as, "military accclimate" offers information on 225 military bases in the continental United States and shortly will feature 75 overseas locations where U.S. service members are routinely stationed.

Washington, D.C., rich in many resources (entertainment, education, museums, shopping, cultural/outdoor activities) the Nation's Capitol is a high cost of living area. It is recommended that soldiers with family members have a confirmed living arrangement before bringing their families. Military housing/child care, etc. have limitations as well as long waiting lists. Hotel accommodation ranges in price from \$50-\$150. Once again, PCSing can become costly.

WRAMC's Army Community Service encourages you to call and seek out a sponsor before arrival. Please call Medical Center Brigade (attention: Ms. McKinnon) at (202) 782-8951 to obtain a sponsor.

The ACS Relocation Assistance Program (RAP) provides Welcome Packets, Lending Closet and the Standard Installation Topic Exchange (SITES) world-wide, ON-POST INFORMATION, computerized data base.

The ACS (RAP) Lending Closet provides PCSing families while awaiting the arrival of their household goods with the following items: pots/pans; dishes, cutlery, iron/ironing boards, toasters, coffee pots, futons(sleeping cushions), porta-cribs, high chairs, playpens, car seats. DUE TO HEALTH

REGULATIONS, BED LINENS, WASH CLOTHS, ETC. ARE NOT PROVIDED.

ACS Relocation Assistance Program hosts a Newcomers' Welcome Orientation for new arrivals and their SPOUSES. The Orientation takes place twice a month, with exception of November and December. The Orientation takes place in Bldg 2, 2nd floor, in the Joel Auditorium. Contact ACS for specific dates.

LISTED BELOW IS A CHECKLIST OF INDIVIDUAL AND FAMILY MEMBER RECORDS THAT SHOULD BE HAND-CARRIED DURING THE PCS:

INDIVIDUAL RECORDS: Birth certificate, Immunization record, Social security card, Passport, Naturalization papers, Adoption papers, Child ID/fingerprint records, school records, copies of orders.

FAMILY RECORDS: Marriage certificate, insurance policies, LES's and paystatements for family members working outside the home, Power(s) of attorney, check for expiration dates on WILLS, bank and/or check books, State and federal tax records, car registration and title, deeds and /or mortgages, divorce papers, list of stock and bonds, list outstanding amounts, last payments, and account numbers of creditors, pit identification and health certificates, make home inventory of household goods, via: list, video, and photos.

It is very important to have emergency funds allocated since staying in temporary housing and eating out can become costly.

Name: Army Family Liaison Home Page
POC: Internet Access Only
WWW Link: http://www.hqda.army.mil/acsim/family/family.htm
Comments: This site is designed for military personnel in assisting with your Change of Duty Station (PCS). The mall is designed to cover all major categories to improved you and your family's quality of life in the military.

Name: MILITARY ACCLIMATE
WWW Link: http://www.militaryacclimate.com
Comments: This site is designed specifically for military personnel. Its purpose is to assist them in determining: 1) The Cost-of-Move, which will list the estimated costs associated with making a move based on personal requirements, military allowances, and the selection of a specific military installation. 2) The Cost-of-Living, which will compare an individual's current financial standard of living to communities surrounding a second military installation location. 3) The Best-Fit analysis, which will list important neighborhood demographics, along with a ranking of the communities around a selected military installation.

Name: Property Assessments Information
City: Montgomery County, MD
Phone: (301)279-1355

Name: Voter Registration/Information
POC: 24 hour recording
City: Montgomery County, MD
Phone: (301)217-6450

Name: WRAMC Family Housing
POC: Michelle Pindelle
Address: Bldg 1, Ground Level
City: Washington, DC 20307--5001
Phone: (202) 782-3117/DSN 662-3117

Name: WRAMC Guest House or
POC: Mologne House Reservations
Address: Bldg 17, Main Drive, 6900 Georgia Ave., N.W.,
City: Washington, DC 20307--5001
Phone: (202) 782-3044/4600
FAX: (202)782-7270
Comments: 24 hours reservation service

Name: WRAMC-ACS Relocation Assistance Manager
POC: Cynthia M. Rome, RAM
Address: Bldg 17, 6900 Georgia Ave., N.W.
City: Washington, DC 20307--5001
Phone: (202)782-0208/3412
FAX: (202)782-7270
E-Mail: cynthia.rome@na.amedd.army.mil
WWW Link: http://www.wramc.amedd.army.mil
Comments: ACS-Relocation Program is located in Lower Level of WRAMC Guest House, Bldg 17 on Main Drive.

Relocation Assistance

WRAMC-Army Community Service, Relocation Assistance Program provides information and assistance to military personnel and their families as they move from one military community to another.

Army Community Service, Relocation Readiness counselor have assist you with demographic information on specific neighborhoods through the KNOW YOUR NEIGHBORHOOD software program. The information learned from this program, particularly, cost of living statistic, will enable you to make the right decision in choosing your new community. Ask your current ACS Relocation counselor for advance information as soon as you receive your orders.

Army Community Service also provides the Lending Closet service. This service allows you to borrow items for setting up temporary living standards until you personal possessions arrive. This service enables you to keep you PCS charges down buy providing you with cooking/eating utensils and sleeping "futons", card tables/chairs and baby equipment (high chairs, porta-cribs, car seats, strollers, and playpens).

Along with the ACS Lending Closet service, ACS has established the the "Pass-It-On" program. The Pass-It-On program links up military members wishing to DONATE household furnishings, ranging from furniture, kitchen utensils, washers/dryers, and miscellaneous household fixtures to military members in need. The recipients must pick up donated items.

Name: Army Family Liaison Home Page
Address: Internet access only
WWW Link: http://www.hqda.army.mil/acsim/family/family.htm
Comments: This site provides information/connectivity for the well-being of military families. The resource information will assist the family unit in making a smooth PCS, through access with helpful relocation links.

Name: LIFELines Quality of Life Mall
WWW Link: http://www.lifelines4qol.org/
Comments: The purpose of this site is to assist you in determining: Cost of Move, which will list the estimated costs associated with making a move based on personal requirements, military allowances, and the selection of a specific military installation; Cost-of-Living, which will compare an individual's current financial standard of living to communities surrounding a second military installation location; the Best-Fit analysis, which will list important neighborhood demographics, along with a ranking of the communities around a selected military installation.

Name: WRAMC-ACS-Relocation Assistance
POC: Cynthia M. Rome/Mary Berard
Address: Bldg 17, 6825 16th St., N.W.
City: Washington, DC 20307--5001
Phone: (202)782-0208/3412
FAX: 202-782-7270
E-Mail: cynthia.rome@na.amedd.army.mil
WWW Link: http://www.wramc.amedd.army.mil
Comments: ACS Relocation Program is located in Lower Level of Bldg 17, WRAMC Guest House.

In Transit Emergencies

For more information on this subject:
The American Red Cross
<http://www.redcross.org>

Contact the American Red Cross at Walter Reed Army Medical Center; request Director or Case Worker, Bldg 2,Rm 3E05, or call (202) 782-6362, AFTER HOURS EMERGENCY ASSISTANCE: CALL RC HEADQUARTERS AT: (202)728-6499.

Army Emergency Relief (AER) can provide financial assistance to meet unforeseen required travel and related maintenance expenses such as transportation, lodging or auto repairs, when applicable due to

extraordinary costs involved with permanent change of station (PCS).

ARMY COMMUNITY SERVICES (ACS) provides emergency food assistance for up to four days. Services are provided per referral from supervisor/NCO.

Name: AMERICAN RED CROSS at WRAMC
POC: Director/Case Worker
Address: Bldg 2, Rm3E05, 6825-16th Str., N.W.
City: Washington, DC 20307--5001
Phone: (202) 782-6362
FAX: (202)782-6366
Comments: After duty emergencies call (National Capital HQ): (202)728-6499

Name: Army Emergency Relief
POC: Eric McMillan
Address: WRAMC, Bldg 2, Rm 245, 6825 16th St., N.W.
City: Washington,, DC 20307--5001
Phone: (202)782-0824
Comments: Call Red Cross if closed

Financial Preparedness

Short term rentals are scarce and very expensive. Soldiers and their families are surprised by the initial outlay of cash required to get established in the community, i.e., deposits, insurance. On Post housing is scarce, although there are 25 Set-Aside housing complexes in the metropolitan area. Most of the apartment/rental housing units require one month's (ranging from \$550 to \$1,100) rent to serve as a deposit; and many will not accept a personal check until you are established in the community. WRAMC offers no temporary housing until quarters are ready.

It is advisable to make an appointment with your ACS Counsumer Affairs/Financial Assistance Program manager and have your finances evaluated so that when you reach your new duty station, debt does not become a hardship for you.

Personal financial management workshops are offered monthly. First Termers are mandated to attend. Pre-registration is required.

Name: Consumer Affairs/Financial Assistance Program Manager
POC: Ms. Brenda Robbins
Address: WRAMC, Bldg 17
City: Washington, DC 20307--5001
Phone: (202)782-0454/3412
FAX: (202) 782-7270
DSN Phone: 662-0454
DSN FAX: 662-7270
E-Mail: Brenda.Robbins@na.amedd.army.mil
WWW Link: http://www.wramc.amedd.army.mil

Exceptional Family Member Program (EFMP)

The Exceptional Family Member Program (EFMP) is a program that encompasses both administrative and clinical functions at WRAMC. In its administrative capacity, the EFMP staff serves to facilitate the inprocessing of soldiers and families to this Medical Treatment Facility outprocessing and the predeployment screening of soldiers and families for travel and relocation outside of the United States. EFMP staff work to bring about enrollment of family members to insure that medical and education needs of family members are met in their new location.

The WRAMC EFMP is one of five such facilities in the Army. In addition to TRICARE Region 1, the WRAMC EFMP staff covers the enrollment function for the entire East Coast region, from Ft. Bragg in the South to Ft. Drum in the North. The WRAMC EFMP codes nearly 5000 Exceptional Family Members yearly.

An exceptional family member is a family member (child or adult) with any physical, emotional, developmental, or intellectual disability that requires special treatment, therapy, education, training or counseling.

The WRAMC EFMP provides for families an initial diagnostic evaluation and consultation for children who are at risk. Are you concerned about your child's development?, such as:?

- * High Risk Infant
- * Speech/Language Delay
- * Problem Solving
- * Motor-Coordination
- * Genetic Counseling

Exceptional Family Member Program(EFMP) is a mandatory enrollment program that works with other military and civilian agencies to provide comprehensive and coordinated medical, education,

housing, community support, and personnel services to families with special needs.

Exceptional Family Member Program offers evaluations of medical and educational needs, speech and language evaluations, educational testing and early intervention service, NO TREATMENT IS AVAILABLE. EFMP enrollment will be initiated when warranted.

The EFMP enrollment information is available only to those involved in coordinating family members travel. Promotions, retention and school boards DO NOT have access to EFMP information. EFMP information is not included in a soldiers Official Military Personnel Record (201 File).

To enroll, secure enrollment forms from the EFMP Clinic, Bldg. 41. The forms must be completed by the physicians, therapist or school officials certifying the special need. WRAMC Exceptional Family Member Clinic is located on post in Bldg.41, call (202 782-4184 to speak to the Director (Dr. Naulty) of EFMP.

Name: ACS Exceptional Family Member Program (EFMP)
POC: Mrs. Karmin Jenkins
Address: WRAMC/ACS, Bldg 17, 6825 - 16th St., N.W.,
City: Washington,, DC 20307--5001
Phone: (202) 782-0453/3412
FAX: (202) 782-7270
DSN Phone: 662-0453
DSN FAX: 662-0453
E-Mail: Karmin.Jenkins@na.amedd.army.mil
WWW Link: http://www.wramc.amedd.army.mil
Comments: For information/referrals special child care service and assistance with school issues call: (202) 782-0453

Name: WRAMC EFMP CLINIC
POC: Patrick Provencio
Address: WRAMC, Bldg 41
City: Washington, DC 20307--5001
Phone: (202) 782-4184/85
FAX: 202-782-5387
DSN Phone: 662-4184
DSN FAX: 662-5387
WWW Link: http://www.wramc.amedd.army.mil
Comments: CLINICAL SERVICES: Interdisciplinary Team Assessments, High risk Infant Clinics, Genetic Assessments, Psychological/Cognitive Assessment, ADHD Clinic(Attention Deficit Disorder), Speech and language Assessment, Educational Advocacy, Spina Bifida Clinic, Early Intervention, Coordination/Case Management.

Household Goods In-Bound Shipments

For more information on this subject:
Transportation
<http://www.mtmc.army.mil/>

INBOUND PERSONAL PROPERTY SHIPMENTS:

Personnel shipping personal property to the Washington, D.C. metropolitan area should contact the Joint Personal Property Shipping Office, Washington, D.C. (JPPSOWA) upon arrival to check the status of their shipments(s) and provide a contact phone number (this is especially important if members area requesting a door to door move). Phone numbers for JPPSOWA are:

To check the status of inbound shipments(s) and/or provide contact phone numbers call: (703) 806-4900 (press 2 for the Inbound Section, then press 6 when prompted).

To check the status of inbound shipments ONLY, call the JPPSOWA Automated Voice Response System at (703) 806-4900 (press 1 when prompted).

Personnel calling long distance may use the toll free number 800-762-7186.

JPPSOWA hours of operation are 0800-1700 hrs., Mon-Fri.

Personnel experiencing problems during delivery should IMMEDIATELY CONTACT THE INSPECTION BRANCH,Quality Control Section, JPPSOWA at (703) 806-4900 (press 4, then press 3 and then 1, when prompted, for the Inspection

Branch). Read the "It's Your Move" pamphlet, which can be obtained from the Transportation Office, for your and the carriers responsibilities when household goods are delivered.

Personnel with loss and/or damage to their personal property must contact the Clasims Office with 70 days of the delivery date to initiate a claim. The claims Office is located in Bldg #1, Room #D201. Telephone# is (202) 782-1550.

If you have any questions or need assistance, please contact the Transportation Office, WRAMC at (202) 782-3430.

Name: WRAMC- Transportation Office
POC: Mr. Campbell
Address: Bldg 11, Rm 1-94, 6825-16th St., N.W.
City: Washington,, DC 20307--5001
Phone: (202)782-3432
Comments: Follow-up information at Ft. Belvoir call for status (703) 806-4900

Household Goods Out-Bound Shipments

Upon learning of your impending PCS contact the WRAMC Traffic Management Coordinator to make an appointment for shipment of household goods. Like the In-bound shipments, out-bound shipments are handled by Ft. Belvoir's Personal Property office. NO ORDERS NEEDED in order to make the appointment. The peak seasons for PCS(s) April - September.

Also contact WRAMC's Transportation Office at (202)782-3430 for assistance with coordination at Ft. Belvoir. For DO-IT YOURSELF (DITY MOVE)guidance the following docuemnt are required for submission by the member:

Army DITY Moves: DD Form 2278 (Application), DD Form 1351-2 (Travel Voucher), 4 copies of orders, 4 copies of rental contract (if using a POV, 4 copies of vehicle registration), 4 copies of certified empty weight tickets original and 3 copies), 4 copies of certified full weight tickets (original and 3 copies), a copy of document showing advanced operating allowance (if applicable). Submit to: WRAMC, Transportation Office, Bldg 11, Rm 1-94

Name: Transportation Office/Traffic Management
POC: Mr. Cambell
Address: Bldg 11, Delano Hall
City: Washington,, DC 20307--5001
Phone: (202)782-3432
Comments: Refer to entitlement benefits in the Joint Federal Travel Regulations to avoid any potential problems, because pay grades have different weight allowances. It is the individual responsibility to PAY OVER-WEIGHT over-weight shipments

Household Goods Claims

For more information on this subject:
Walter Reed Army Medical Center
<http://www.wramc.amedd.army.mil/>

Upon arrival of household goods, inventory household goods and make a list of any damaged goods. Obtain from carrier DD Form 1840 (Joint Statement of Loss and Damages at Delivery); itemize damages and have carrier sign document. After unpacking if additional damages are found itemize on DD Form 1840-R (Notice of Loss or Damage). The time limit is 70 days for submission of claims.

For additional questions on damages or loss call:
WRAMC House Claims Officer at (202) 782-1550.

Name: House Claims Officer
POC: General Claim Examin
Address: WRAMC, Bldg 1, 2nd Fl, (JAG), Rm. D201
City: Washington,, DC 20307--5001
Phone: (202)782-1550
DSN Phone: 662-1550
Comments: Contact ASAP to file claims during peak season, April-September

Household Goods Weight Allowances

For more information on this subject:
Walter Reed Army Medical Center
<http://www.wramc.amedd.army.mil/>

Your weight allowance is the maximum weight that can be moved at government expense under the Joint Federal Travel. You, not your transportation officer or carrier, are responsible for staying within this weight allowance. If the weight of items packed, shipped or stored exceeds that amount, you must pay all charges connected with the excess weight.

For this reason, estimating the weight of your household goods is very important. Estimates should start early, even before you visit your transportation office to set up the move. You should make the first estimate because the counselor at your transportation office will ask you how much weight you will be shipping. In some overseas areas, administrative weight allowances are set on the amount of household goods that can be shipped at government expense. If you are being provided government furniture, for example, the government will not pay to ship your full "Joint Federal Travel Regulation (JFTR) weight allowance there. If you are affected by an administrative weight allowance, the counselor at your transportation office will let you know how many pounds you can ship: GRADE WITH DEPENDENTS WITHOUT DEPENDENTS E1 5000 1500 E2 5000 1500 E3 5000 2000 E4 7000 3500*; 7000** *2YRS OR LESS **MORE THAN 2 YEARS E5 9000 7000 E6 11000 8000 E7 12500 10500 E8 13500 11000 E9 14500 12000 W-1 12000 10000 W-2 13500 12500 W-3 14500 13000 W-4 17000 14000 0-1 12000 10000 0-2 13500 12500 0-3 14500 13000 0-4 17000 14000 0-5 17500 16000 0-6+ 18000 18000

Household Goods Weight Allowances

<i>Grade</i>	<i>Allowance w/Dependents</i>	<i>Allowance wo/Dependents</i>
O-5	17,500	16,000
O-6+	18,000	18,000
E1	5000	1500
E2	5000	1500
E3	5000	2000
E4	7000	3500* 7000**
E5	9000	7000
E6	1100	8000
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

POV In-Bound Shipments

For more information on this subject:
 The Pasha Group
<http://www.wherismypov.com/>

The government pays for one(1) Privately Owned Vehicle out-bound and inbound the continental United States. Entitlement to ship POV from overseas to the U.S. is not dependent on whether POV was shipped to the overseas location. Proof of Ownership (Title) and Registration must be presented when accepting POV.

The PASHA Group Vehicle Processing Center(VPC) Administrative Clerk Dundalk Marine Terminal, Baltimore, MD 1(800)631-5751 Hours: 0800 - 1600, Mon - Fri. Comments: Closed Federal holidays. The Pasha Group VPC requires 4 copies of orders and all admendments to pick up a car, also required are valid identification and a complete mailing address. If a spouse is picking up the car, a power of attorney is required. For directions tot he VPC, look at POV-Out Bound

Name: The Pasha Group
POC: Administrative Clerk
Address: Broening Highway
City: Baltimore,(Dundalk), MD 21222
Phone: 1-800-631-5751
Comments: The location of the Pasha Group is about a 10 minute ride from Baltimore's Inner Harbor. You can take the MARC train from Walter Reed to Baltimore's Inner Harbor, then board a Baltimore Transit bus to Dundalk, MD.

POV Out-Bound Shipments

For more information on this subject:
 The Pasha Group
<http://www.wherismypov.com/>

The Pasha Group, Vehicle Processing Center is open from 0800-1600 daily, is is located in Dundalk, MD (Close to the Baltimore Inner Harbor complex). The most direct route from WRAMC would be to get on Rt295N (Baltimore/Washington Parkway) folllow it to Rt 695E (the Baltimore Beltway); take the first exit after the toll exit 44-Dundalk; proceed down the ramp to the stop sign make a left on to Broening Highway; go up 4 traffic lights and make a right into the Gate of The Pasha Group VPC.

The VPC is open Monday - Friday 0800-1600, closed all federal holidays. Call 1-800-631-5751 for additional questions:

You need 4 copies of order and all admendments along with the car registration or title. A spouse may ship the soliders car, however, they must have identification with same name, or a power of attorney. Car must be clean inside and out; and you must surrend a complete set of keys. none

Name: Pasha Group
POC: Ms. Heather
Address: Broening Highway, Dundalk
City: Baltimore (Dundalk), MD
Phone: 1-800-631-5751
Comments: Closed Federal holidays

POV Claims

For more information on this subject:
Walter Reed Army Medical Center
<http://www.wramc.amedd.army.mil/>

Present your Privately Owned Vehicle claims to the Center Judge Advocate Office (JAG), Walter Reed Army Medical Center, attention the Claims Officer.

Name: Claims Officer
POC: Claims Examiner
Address: Bldg 1, Rm D201, WRAMC
City: Washington, DC 20307--5001
Phone: (202)782-1550
Comments: Make multiple copies of all claims.

Pet Boarding/Kennels

For more information on this subject:
The Yellow Pages
<http://www.bigbook.com/>

If an international PCS is scheduled, find out about the pet boarding/kennel(pet food & veterinary services) and transportation costs at least four weeks in advance of your relocation. For an extreme example ... to transport a pet from New York City to London may cost as much as \$3,000.00.

When planning your "Permissive TDY" within the United States, it is recommended to ask friends for a referral, call ACS or consult the YELLOW PAGES or a LOCAL community telephone guide when you arrive. For example, the assortment of kennels in the Metro Area differ in fees and services. Here is an overview of what to expect:

BEFORE YOU PCS: You may want to consult an nation & worldwide service. Example: AIR ANIMAL at 1-800-635-3448

AFTER YOUR PCS: Due to the vast Pet Services in the metro area, it is requested that you call ARMY COMMUNITY SERVICE FOR INFORMATION AND REFERRAL at (202) 782-3412.

Listed below are a fee tips on what to know and do before your move with your pet:

Find names of pet friendly logging from AAA or travel guidebooks; Prepare a traveling crate and place pet's favorit food dish and blanket crate 4 weeks in advance of travel date to insure your pet's adjustment to a kennel will not be too much a shock; and, NOTE the telephone number of the American Veterinary Medical Association,(800) 248-2862 for pet veterinary referral while enroute.

Name: Contact ACS Relocation Counselor
Comments: Contact ACS Relocation counselor for assistance with referral, either before you PCS or after your arrival

Pet Licensing

For more information on this subject:
District of Columbia Web Site
<http://www.ci.washington.dc.us/>

All pets must be licensed within the Metro Area, the grace period is within 30 days of arrival. Proof of rabies and distempers vaccinations are necessary.

If you have an emergency upon arrival to Walter Reed Army Medical Center contact: Health certificates are required for animals traveling interstate and overseas and must be dated withing ten days of travel. To issue a health certificate the veterinarian must examine the animal and analyze a stool sample. Contact the VTF in advance for advice on caccinations/requirements for animals shipped to other countries.

You may need a health certificate for your pet if you are traveling by airline, outside the U.S., to Hawaii or a U.S. territory.

Telephone Numbers for Questions on Relocating With A Pet:

American Animal Hospital Association - (800)252-2242

American Veterinary Medical Association-(800)248-2862

Center for Epidemiology and Animal Health (CEAH) - (800)545-8732

U.S. Dept of Agriculture-(Animal and Plants Health Inspections) - (301)734-4981

WRAMC/Forest Glen Annex Veterinary Treatment Facility Bldg 156 (301) 295-7643

Routine VET care:

WRAMC/Forest Glen Veterinary Services: The primary mission of the VTF clinic is the control of animal diseases of potential public health significance. Services offered include: Vaccination for dogs and cats, heartworm testing and prevention, feline leukemia testing, parasite testing/treatment, health certificates, flea and tick products, limited outpatient diagnosis/treatment. Nominal fees are assessed for medical supplies, drugs and biologics. The Department of Defense also mandates a \$2.00 user fee on every transaction.

PET REGISTRATION AND LICENSE (Quick Reference)

License Office of Washington, DC - (202) 442-4415
Montgomery County, MD License - (301) 279-1823

Office of Assessment, Fairfax, VA - (703) 222-8234
Prince George's County, MD - (301) 499-8300

Name: License Office of Washington, DC
POC: Clerk
Address: 614 H. St., N.W.
City: Washington, DC 20001
Phone: (202) 442-4415
FAX: (202) 727-7961
Comments: Fee: \$35 for dogs not neutered. Dogs must have vaccination for rabies and DLPP by a veterinarian licensed in the District of Columbia. License is not necessary for cats.

Name: Montgomery County License Office
POC: Clerk
Address: Rothgels Dr. (Animal Shelter)
City: Rockville, MD
Phone: (301) 279-1823

Name: Office of Assessment, License
POC: Clerk
Address: 2000 Government Center
City: Fairfax, VA
Phone: (703) 222-8234 or 830-1100

Name: Prince George's County Animal Shelter
POC: Recording
Address: 8311 D'Arch Road
City: Forestville, MD 20747
Phone: (301) 499-8300

Pet Quarantines

For more information on this subject:
Department of Agriculture
<http://www.aphis.usda.gov/>

To find out rules on Pet Quarantines, call the U.S. Department of Agriculture-Animal and Plants Inspection Service for U.S. regulations at (301)734-8645.

Pet quarantines are not required upon arrival but animal health certificate must be up to date. If a pet bites a person, the animal is required to be quarantined for 10 days at a licensed facility.

Veterinary Services

For more information on this subject:
Walter Reed Army Medical Center
<http://www.wramc.amedd.army.mil/>

The WRAMC Forest Glen Veterinary Services is professionally staffed by U.S. Army Veterinary Corps officers, enlisted animal care specialists and civilian support personnel. Branch missions include sanitary inspection of military and commercial food establishments, veterinary care of the U.S. Secret Service dogs and control of zoonotic disease (those spread from animals to humans). The Veterinary Treatment Facility (VTF) clinic is operated by the Morale, Welfare, Recreation Division. Services are provided for pets of personnel authorized military hospital privileges. Nominal fees are assessed for medical supplies, drugs and biologics. The Department of Defense also mandates a \$2.00 user fee on every transaction.

The primary mission of the VTF clinic is the control of animal diseases of potential public health significance. Services offered include: vaccination for dogs and cats, heartworm testing and prevention, feline leukemia testing, parasite testing/treatment,

health certificates, flea and tick products, limited outpatient diagnosis/treatment. Children under 12 years are not allowed in the VTF.

Contact WRAMC's Forest Glen Veterinary Services for additional information on veterinary kennels in the metropolitan area.

Name: WRAMC Veterinary Clinic
POC: Administrative Clerk
Address: Bldg 156, Forest Glen Annex
City: Silver Spring, MD 20307--5001
Phone: (301) 295-7643
Comments: Animals are seen by appointment only; limited Saturday and evening hours.

Pet Transportation

For more information on this subject:
The Yellow Pages
<http://www.bigbook.com/>

Refer to Yellow Pages of community telephone directory.

You may want to contact the following nation/worldwide service for pet moving made easy for guidance:

Air Animal 1-800-3448

Name: Air Animal Transportation
Phone: 1-800-635-3448
Comments: Call and ask for a pet transportation service for your new PCS location.

Name: Kontinental Kennels
POC: Reception
Address: 11209 Tippet Rd
City: Clinton, MD
Phone: (301) 297-9218

PCS Reporting Procedures

For more information on this subject:
Walter Reed Army Medical Center
<http://www.wramc.amedd.army.mil/>

Upon arriving all military personnel must report to the WRAMC, Personnel Activity Center (PAC), NCOIC at Headquarters, Medical Center Brigade,

located in Abrams Hall, Bldg 15. Will receive further instructions at this location.

Name: WRAMC Medical Center Brigade (PAC)
POC: Brigade Adjutant
Address: Bldg 14, Abrams Hall, 6825 - 16th St., NW
City: Washington, DC 20307--5001
Phone: (202) 782-3511
Comments: Contact NCOIC also.

Separation Procedures

For more information on this subject:
Walter Reed Army Medical Center
<http://www.wramc.amedd.army.mil/>

All military members are required to report to Headquarters, Medical Center Brigade (PAC), NCOIC to request orders or separation documents.

The ACS Transition Assistance Program(TAP)(ACAP) offers individualized assistance and workshops for soldiers who are separating.

Name: WRAMC Medical Center Brigade (PAC)
POC: NCOIC,
Address: Bldg 14, Abrams Hall
City: Washington,, DC 20307--5001
Phone: (202) 782-3511
Comments: Request orders or separation documents

Name: Transition Assistance Program
POC: WRAMC, Cynthia Rome
Address: ACS, Bldg 17
City: Washington, DC 20307--5001
Phone: (202) 782-9312/13
Comments: Reservation needed for Transition Assistance Workshop.

Billeting

For more information on this subject:
Walter Reed Army Medical Center
<http://www.wramc.amedd.army.mil/>

After securing temporary lodging either with WRAMC Guest or Mologne House, military members are encouraged to report to the WRAMC

Housing Office to obtain information on housing prospects.

Most of the temporary (hotel lodging facilities)at Walter Reed and the surrounding community DO NOT ALLOW PETS. Plan for boarding pets when you arrive while awaiting permanent residency.

During nice weather family campgrounds are available throughout the area. For additional information on camping call: (202) 659-5523 or 1-800-543-1036. Camping equipment rental available through WRAMC Outdoor Recreation, (202) 295-8010, located at Forest Glen Annex.

Name: WRAMC Guest House & Malogne House Hotel
POC: Reception
Address: Bldg 17, 6825 16th St., NW
City: Washington, DC 20307--5001
Phone: (202) 782-3044/1800GOARMY
Comments: Room rate vary from \$39 to \$72. Full service accommodations available. No PETS allowed.

Name: WRAMC Housing Office
POC: Michelle Pindell
Address: Bldg 1, Ground Level, 6825 16th St., N.W.
City: Washington, DC 20307--5001
Phone: (202)782-3317/ DSN 662-3117

Name: Walter Reed Inn, Guest Quarters
POC: Reservation Clerk
Address: Butternut St.,&Georgia Ave.
City: Washington, DC 20307--5001
Phone: (202) 782-3044

Name: Carlson Travel Agency
POC: Reservation
Address: WRAMC, Bldg 11, Delano Hall
City: Washington, DC 20307--5001
Phone: (202) 882-0303

Unaccompanied PCS

For more information on this subject:
Walter Reed Army Medical Center
<http://www.wramc.amedd.army.mil/>

Contact Army Community Service Outreach Coordinator at the installation nearest to your family's residence and have family members become acquainted with family support groups sponsored by

ACS Outreach Program. Make sure you leave your Social Security number with spouse/family member and telephone number of Red Cross,(Emergency Assistance,(202)728-6499), in case of an emergency.

Name: WRAMC, ACS, Outreach Coordinator
POC: Deanna Fendler
Address: Bldg 17, 6825 16th St., NW
City: Washington, DC 20307--5001
Phone: (202) 782-3412
Comments: Leave your Social Security number and Red Cross Emergency Assistance number, (202) 728-6499 with spouse/family members.

Support Services

Support Services Overview

Walter Reed Army Medical Center offers the following Military and Support Operations: 1.) ARMY FAMILY TEAM BUILDING (AFTB); AFTB is a "military life skills" training program implemented by the Dept. of the Army(1994). This program provides over 41 workshops to help military personnel, their family members and civilian Community by the ACS Family Liaison Outreach Coordinator and members of the Walter Reed Community Family support Group (FSG) Training Committee at various times and locations throughout the installation. 2.) Operation R.E.A.D.Y. (Resources to Educate About Deployment and You); a program developed by the Dept. of the Army(in 1996 to provide training and resource materials for military personnel and their families to prepare them for the challenges of being separated due to military duty. 3)Support Groups; "community based" FSG implemented in 1998 through a partnership between ACS and installation command. For additional information on the above mentioned programs contact, Army Community Service, Family Outreach Coordinator, Deanna Fendler. Both of these programs address the needs of the military community "helping people help themselves".

In addition to AFTB and Operation R.E.A.D.Y., the Better Opportunites for Single Soldiers (BOSS) Program, located on the WRAMC installation, offer support for singles in all areas, recreation, housing, child care. Contact Harriett Irving at (202) 782-4946 for details.

Walter Reed Army Medical Center offers a wide range of medical support services. The WRAMC

Community Counseling Center (CCC) is committed to providing a caring environment in which individuals can build sober lifestyles aligned with 12 Step principles and habits of effectiveness. The CCC is committed to the enhancement of quality living through prevention, early identification and individualized treatment strategies to promote wellness for individuals and their families in the community.

COMMUNITY COUNSELING CENTER (CCC):
Bldg 6, 2nd Floor, East Wing (202) 782-3969

In addition to the CCC, the WRAMC Social Work Services(SWS), on post,also Bldg 6, also provides support groups. Call SWS for time of meeting and locations at (202) 782-6378.

The Metro Area of Washington has every known support group listed in a Support Group directory, located at ACS Call or come by to access the information (202)782-3412.

FOR CRISIS MANAGEMENT SITUATION (Domestic violence, sexual abuse, drug/alcohol abuse) WRAMC, SOCIAL WORK SERVICES, Social Worker on Duty Location: Bldg 6 Telephone: (202) 782-6378

SUSICIDE PREVENTION: Bldg 2, Rm 2J4, Dept. of Psychiatry Telephone: (202) 782-6061

WALTER REED AMC, ADULT MENTAL HEALTH: (202) 782-6061
WALTER REED AMC, CHILD MENTAL HEALTH: (202) 782-5946

ELDER CARE/OFFICES FOR THE AGING: Resource information/referral for elder care/assisted living support groups:

Office of the Aging (District of Columbia) (202) 724-5626

WRAMC Dept. of Social Work: (202) 782-6378
Commission of Aging, Montgomery County (301) 468-4430

Name: ACS Family Support Group Coordinator
POC: Mrs. Deanna Fendler
Address: WRAMC, Bldg 17
City: Washington, DC 20307--5001
Phone: (202)782-3390
FAX: (202)782-7270
DSN Phone: 662-3390
DSN FAX: 662-7270
E-Mail: deanna.fendler@na.amedd.army.mil
WWW Link: http://www.wramc.amedd.army.mil

Name: ACS Outreach Program
POC: Deanna Fendler
Address: Bldg 17
City: Washington, DC 20307--5001
Phone: (202) 782-3390
Comments: The Walter Reed Community Family Support Group(FSG) is a "community based" FSG. Newcomer orientatons to familiarize military families with the resources and services available to them on the installation. Contacting and coordinating services as needed for "waiting" family members during separations from their service member due to military duty.

Name: Alcoholic Anonymous Central Headquarters
POC: On call
Address: 4530 Connecticut Ave., NW, #111
City: Washington, DC 20008
Phone: (202) 966-0114
Comments: Ask a "time, where, when" meeting in your area. Additional Alcohol/Drug Abuse information call: WRAMC Community Counseling Center at (202) 782-9115; Alcohol and Drug Abuse Hotline (24 hours) (800)369-2273; Al-Anon Alateen Information (202) 882-1334; Alcohol and Drug Treatment Information Services: (800)477-3447

Name: Department of Ministry & Pastoral Care
POC: Chaplain on Call
Address: WRAMC, Bldg 2, 3rd floor
City: Washington, DC 20307--5001
Phone: (202) 782-6305/08

Name: WRAMC , Social Work Services
POC: Social Worker on Duty
Address: Bldg 6,
City: Washington, DC 20307--5001
Phone: (202) 782-6378
Comments: Can assist in cases of marriage counsel, sexual abuse, domestic violence, suicide prevention.

Name: WRAMC's Community Counseling Center
POC: Dr. Hawkins
Address: WRAMC, Bldg 6
City: Washington, DC 20307--5001
Phone: (202) 782-3969
Comments: Provides assistance with drug and alcohol problems.

Family Centers

Depending on the location of your housing you may want to visit other Joint Service Family Support Center in the Metro Area of Washington, D.C., example: Fort Meade, MD or Fort Myer, VA. Each Center provides assistance in Family Advocacy, Family Member Employment, Consumer Affairs/Financial Assistance, Relocation (Lending Closet), Emergency Food, Transition Assistance Programs and Outreach Programs.

The Walter Reed Army Medical Center's Army Community Service(ACS) offers the following individual services:

- * Financial counseling and debt reduction assistance
- * Consumer information and advocacy
- * Emergency food assistance
- * WIC and Food Stamp information
- * Welcome Packets and Standard Installation Topic Exchange (SITES) booklets with information about installations worldwide
- * Lending Closet of household and baby equipment
- * Personalized newcomer welcoming
- * Career planning and job search assistance for military family members, DAC (spouses and young adults)
- * Information and assistance to soldiers who have family members with special health, emotional and/or educational needs
- * Parenting information and support
- * Quarterly community newsletter
- * Pass-It-On" furniture request and donation coordinator
- * Support services for WRAMC's "adopted" school
- * A wide variety of resources to better enable military personnel and their families to cope successfully with the challenges of military life.

Army Community Service Bldg 17 (202) 782-3412

THE WRAMC DEPARTMENT OF SOCIAL WORK SERVICES PROVIDES "AFTER HOURS" SERVICES. CONTACT THE ADMINISTRATIVE OFFICER OF THE DAY" AT (202) 782-7309, IF NOT AVAILABLE, CALL: 782-6301.

Name: Fort Belvoir
POC: Army Community Service
Address: 9725 Harris Road, Suite 101
City: Ft. Belvoir, VA 22060--5980
Phone: (703) 805-4590
FAX: (703) 805-3276
Comments: Full Service Programs

Name: Fort Detrick
POC: Army Community Service
Address: Bldg 3179
City: Ft. Detrick, MD 21702--5000
Phone: (301) 619-2197
FAX: (301) 878-4143
Comments: Full Service Programs

Name: Fort Meade
POC: Army Community Service
Address: Bldg 3179
City: Ft. Meade, MD 20755
Phone: (301) 677-5590
FAX: (301) 677-2910
Comments: Full Service Programs

Name: Fort Myer
POC: Army Community Service
Address: 201 Custer Road
City: Ft. Myer, VA 23459--5042
Phone: (703) 696-3510
FAX: (703) 696-0159
Comments: Full Service Programs

Name: WRAMC, Army Community Service/Family Support Centers
POC: Marie Van Ness, C, ACS
Address: Bldg 17
City: Washington, DC 20307--5001
Phone: (202) 782-3412
FAX: (202)782-7270
DSN Phone: 662-3414
DSN FAX: 662-7270
E-Mail: marie.vanness@na.amedd.army.mil
WWW Link: http://www.wramc.amedd.army.mil
Comments: Full Service Programs: Family Advocacy, Family Outreach, Exceptional Family Member, Consumer Affairs, Financial Assistance, Relocation Assistance, Family Member Employment Service, Volunteer, Information/ Referral, Transtion Assistance.

Information and Referral

For more information on this subject:
Walter Reed Army Medical Center
<http://www.wramc.amedd.army.mil/>

Army Community Service (ACS) will assist members of the military, their families, in maintaining readiness by developing and coordinating services which promote self-reliance. If you are in need of information and/or referrals, contact ACS. An ACS staff member will provide up-to-date information on local military and civilian community resources that enable military personnel and their family to locate the programs and services best suited to assist in meeting their needs.

Name: ACS-Information and Referral Coordinator
POC: Mrs. Carrie Hayes-Greenberg
Address: WRAMC-Bldg 17
City: Washington,, DC 20307--5001
Phone: (202)782-3415
FAX: (202)782-7270
DSN Phone: 662-3415
DSN FAX: 662-7270
E-Mail: carrie.hayes-greenberg@na.amedd.army.mil
WWW Link: http://www.wramc.amedd.army.mil
Comments: For information and referral services, contact ACS at the above number. Please note that more complex needs may require an appointment scheduled in advance.

Name: Walter Reed Army Military Center
POC: Army Community Service
Address: Bldg 17
City: Washington, DC 20307--5001
Phone: (202) 782-3415/3412
FAX: (202)782-7270
DSN Phone: 662-3415
DSN FAX: 662-7270
WWW Link: http://www.wramc.amedd.army.mil
Comments: For information and referral assistance for individual need. Contact ACS staff representative, Mrs. Hayes-Greenberg for information needed.

Financial Assistance Programs

For more information on this subject:
Army Community Service Community Support
<http://trol.redstone.army.mil/acslink/>

Walter Reed Army Medical Center (WRAMC), Army Community Service, offers the Financial Readiness,(Consumer Affairs and Financial Assistance Program) program. The Financial Readiness counselor provides individual assistance and workshops on all aspects of financial management and consumer awareness. The same services may be obtained at an installation near you.

The Financial Readiness Program provides outreach to young enlisted members as they arrive at their first duty station after AIT. This will include financial screening for potential financial management difficulties. This screening will take place either through individual interviews during in-processing, or in group settings depending on the volume. No individual financial information will be discussed in group meetings. The Financial Readiness counser will also pre-screen soldiers for food stamps, WIC and utility waiver programs and make recommendation/referrals for additional food resources through various community support groups, such as:

The WIC Program: 1-800-345-1WIC
Food Stamp Program: (202) 727-0859
USO of Metro Washington: (703) 696-3279
The SHARE Program: 1-800-217-4273
D.C. Chapter Red Cross: (202) 728-6400

Financial Readiness Training is a high priority at WRAMC's Army Community Service. Class take place twice a month; and individual counseling sessions are available by appointment.

Name: Debt Counselors of America
Address: 1680 East Gude Drive
City: Rockville,, MD 20850
Phone: (800) 680-3328
WWW Link: http://www.dca.org/
Comments: FOR FREE FINANCIAL COUNSELING CALL: CONSUMER CREDIT COUNSELING SERVICES AT: 1-800-388-2227

Name: WRAMC/Army Community Service
POC: Brenda Robbins
Address: Bldg 17
City: Washington, DC 20307--5001
Phone: (301) 782-3412
Comments: Provides financial counseling and emergency food assistance.

Emergency Assistance

For more information on this subject:
The Red Cross
<http://www.redcross.org>

Army Emergency Relief is a private non-profit organization. It's mission is to help army members and their families. AER is the U.S. Army's emergency financial assistance organization and a key element in "Helping the Army take care of its own."

AER funds are made available to provide emergency financial assistance to Army personnel, active and retired and their family members when there is valid need. For these reasons the AER assistance program is conducted primarily within the Army structure and through AER sections at Army installations and organizations world-wide.

In need of emergency food, contact: Army Community Service at (202) 782-3412 or, the District of Columbia Food Stamps Program at:(202) 727-0858

Name: WRAMC Ministry/Pastoral Care (Chaplain)
POC: Chaplain
Address: Bldg 2, 3rd Fl, 6900 Georgia Ave., NW
City: Washington, DC 20307--5001
Phone: (202)782-6305

Name: WRAMC Red Cross
POC: Counselor
Address: Bldg 2, 3rd fl., , 6900 Georgia Ave., NW
City: Washington, DC 20307--5001
Phone: (202) 782-6362

Name: WRAMC, Army Emergency Relief
POC: SSG Kenley-Barber
Address: Bldg 2, Rm 245, 6825 16th St., NW
City: Washington, DC 20307--5001
Phone: (202)782-0824
DSN Phone: 662-0824
WWW Link: http://www.redcross.org

Family Advocacy

The Army Community Service Family Advocacy Program offers workshops. Support groups and classes that promote, improve and maintain the emotional strength and physical well-being of Army families.

ACS also assists active duty family members in need of special medical or education needs through the Exceptional Family Member Program (EFMP). Call ACS at (202) 782-3412 for questions.

Name: WRAMC, (ACS) Family Advocacy Program Manager
POC: Karmin Jenkins, FAPM
Address: Bldg 17, 6825 16th St., NW
City: Washington, DC 20307--5001
Phone: (202) 782-3414
FAX: (202) 782-7270
DSN Phone: 662-0453
DSN FAX: 662-7270
E-Mail: Karmin.Jenkins@na.amedd.army.mil
WWW Link: http://www.wramc.amedd.army.mil
Comments: Contact for advisement or information/referral.

Single Member Services

Better Opportunities for Single Soldiers (BOSS) provide support groups in planned activities (social, recreation and more).

Premarital Counseling is available through the WRAMC' Ministry and Pastoral Care, (Chaplain's Office),: Bldg 2, 3rd Floor (202) 782-6305. Call for appointment

Name: WRAMC Boss Program
POC: SGT Haynes
Address: Bldg 11, Delano Hall, 6825 16th St., NW
City: Washington, DC 20307--5001
Phone: (202)782-6537

Support Groups

WRAMC has 3 social clubs serving as support groups. They are: Enlisted Wives Club, Walter Reed Officer/Civilian Auxiliary and a community based Family Support Group.

Washington Area Council on Alcoholism & Drug Abuse Inc. (202)682-1700

Steps to Effective Parenting, contact Family Advocacy Program Manager, ACS, Bldg 17, (202) 782-3412/14. Various parenting classes offered according to interests of community

Name: Common Sense Parenting
POC: Mrs. Karmin Jenkins, FAPM
Address: Army Community Service
City: Washington, DC 20307--5001
Phone: (202) 782-0453/3412
FAX: (202)782-7270
DSN Phone: 662-0453
DSN FAX: 662-7270
E-Mail: karmin.jenkins@na.amedd.army.mil
WWW Link: http://www.wramc.amedd.army.mil
Comments: Contact Karmin Jenkins, FAPM, Family Adovacy for schedule of workshop.

Name: WRAMC
POC: Army Community Service
Address: Bldg 17
City: Washington, DC 23070--5002
Phone: (202) 782-3412
FAX: (202) 782-7270
Comments: Contact for Information/Referral questions.

Name: WRAMC Community Counseling
POC: Dr. Hawkins
Address: Bldg 6,
City: Washington, DC 20307--5001
Phone: (202) 782-3969

Morale, Welfare, and Recreation

For more information on this subject:

Walter Reed Army Medical Center
<http://www.wramc.amedd.army.mil/>

Walter Reed Army Medical Center provides a variety of activities. Contact the Morale, Welfare, and Recreation (MWR), Community Recreation office for more details.

Harriett Irving MWR,WRAMC, Bldg 11 (202) 782-2034

Fitness Center (Swimming Pool not available)
WRAMC, Bldg 88 (202)782-7324

Arts & Crafts Center WRAMC, Forest Glen Annex, Bldg 163 (301) 295-7386/7390 Hours: 1200 - 1900, Tue,Thur; 1200-2100,Wed, 1600-2100, Fri,0930-1700.

Bowling Center WRAMC, Forest Glen Annex, Bldg 163 (301) 295-7368 0900-2200, Mon - Thur; 0900-2100, Fri; 0900-1900, Sat Closed Sunday

Community Activities Center WRAMC Bldg 130, 1927 McMahan Rd., Glen Haven Housing Area, Wheaton, MD (301) 295-7205/7209 0745 - 1630 Evening hours vary according to scheduled activities; call Center

Golf Course Outdoor Recreation Director WRAMC, Forest Glen Annex, Bldg 156 (301) 295-7366/7387/7389 0730 - 1700, Mon - Fri WRAMC has no golf course. Information available on Metro DC Military Golf Courses.

Post Libraries WRAMC, Bldg 11 (202) 782-6314 0900 - 1600; Mon-Fri,

Medical Library, (202) 782-6238

NCO Club WRAMC, Bldg 14, Abrams Hall (202) 782-9131/4417 1630 - 2330, Wed,Thur,Fri; Closed Sat,Sun,Mon,Tues. Available for private parties Opened for lunch Mon-Fri.(1100 -2030) Planned special events Evening entertainment

Officers' Club (New) Malogne House Hotel Call for details: (202)782-4600

Outdoor Recreation-Adventure WRAMC, Forest Glen Annex, Bldg 163 (301) 295-8008 Hrs: 0730 - 1700, Mon - Fri, Recreation equipment available; camping, sports and numerous other rental items

Sports & Fitness Center WRAMC, Bldg 88 (202) 782-0536/0537 0530 - 2000, Mon - Fri; 0900 - 1300, Sat; 1300 - 1700, Sun

Wood Craft Shop Arts & Crafts WRAMC, Forest Glen Annex, Bldg 163 (301) 295-7386/7390 1200 - 1900, Tue, Wed, Thur; 0930 - 1730, Fri, Sat

Yacht Club-Marina None at WRAMC; Contact Yellow Pages for Yacht Clubs/Marinas in the Metro Area of Wash, DC located throughout the Metro area.

Name: WRAMC, Morale/Welfare/Recreation
POC: Harriett Irving
Address: Bldg 11, Delano Hall
City: Washington, DC 20307-5001
Phone: (202) 782-2034

Chapel Services and Programs

For more information on this subject:
Walter Reed Army Medical Center
<http://www.wramc.amedd.army.mil>

Walter Reed Army Medical Center, through the Department of Ministry and Pastoral Care provides for the religious needs of all faiths. Below is an overview of services. For additional information contact (202) 782-6305.

Catholic Mass WRAMC Memorial(MC) & Hospital Chapel (HC) (202) 782-6305 0930, Sun (MC); 1200, Mon-Fri (HC); 1700, Sat (HC); 1100, Sun

Protestant Service WRAMC Memorial (MC) & Hospital Chapel (HC) (202) 782-6305 1100, Sun, MC; 1230, Mon-Fri, (HC); 0945, Sun, (HC)

Jewish Service Hospital Chapel (202) 782-6305 1130, Fri, (HC)

Religious, Marital, Pre-marital Counseling Chaplains WRAMC, Bldg 2, 3rd Fl (202) 782-6305 Chaplain on Duty 24 hours

Name: WRAMC Ministry/Pastoral Care
POC: Chaplain
Address: Bldg 2, 3rd Fl.
City: Washington, DC 20307-5001
Phone: (202) 782-6305

Drug and Alcohol

For more information on this subject:

Walter Reed Army Medical Center
<http://www.wramc.amedd.army.mil>

Walter Reed Army Medical Center provides education and treatment assistance in alcohol and drug abuse in the Community Counseling Center.

Community Counseling Center Program Coordinator: Dr. Hawkins WRAMC, Bldg 6, 2nd Fl., (202) 782-3969 0745 - 1630 Comment: Provides screenings, evaluations, after-care, meetings/support groups with counselors specifically trained in substance abuse. After care follow up information is provided.

FOR ADDITIONAL INFORMATION/REFERRAL CONTACTS:

ALCOHOLICS ANONYMOUS (202) 966-9115
ALCOHOL/DRUG ABUSE HOTLINE (24 HOURS)
(800) 369-2273
AL-ANON ALATEEN INFORMATION (202) 882-1334
ALCOHOL/DRUG TREATMENT INFORMATION
(800) 477-3447

Name: WRAMC, Community Counseling Center
POC: Dr. Hawkins
Address: Bldg 6
City: Washington, DC 20307--5001
Phone: (202) 782-3969

Legal Assistance

For more information on this subject:
Walter Reed Army Medical Center
<http://www.wramc.amedd.army.mil>

Walter Reed Army Medical Center provides legal assistance, through the Center Judge Advocate office, to active duty personnel, retirees and family members.

For additional information contact:

Center Judge Advocate Information for service WRAMC, Bldg 1, 2nd Fl., Rm D201 (202) 782-1550, hours: 0745 - 1630, Mon - Fri Comment: Lost/Damaged Household Goods, contact Claims Office at (202)782-1550, Bldg 1, Rm D201 Legal assistance is available for all active duty, retired Army personnel and active duty reservists. Legal assistance is provided in the Following area: Wills, power of attorneys, name changes, divorce/separation law, child support, adoption, landlord tenant, contracts, finance/bankruptcy,

consumer law, civilian criminal advice other civil legal matter, notarization.

Name: WRAMC, Center Judge Advocate
POC: Information referral
Address: Bldg 1, 2nd fl
City: Washington, DC 20307--5001
Phone: (202) 782-1550

Child And Teen Services

Child and Teen Services Overview

For more information on this subject:
Walter Reed Army Medical Center
<http://www.wramc.amedd.army.mil>

The WRAMC Child and Youth Development Services provides full-day, part-day, and hourly developmental care for children from 6 weeks to 12 years of age. This includes full-time care from 6 weeks to 5 years at the Child Development Center.

For patients and newcomers, the Child Youth Development Service has established the Family Home Child Care Program. This program provides full day care for children of all ages. A \$15.00 annual registration fee and documentation on current "shot records" are required to join the program.

The purpose for the Family Child Care Home Program is for family members looking for work, medical appointments, PCS move, taking a class, group experience for child, need a break and volunteering. Full day care services are offered.

WRAMC Main Campus Bldg 11, Room 1-77 (202) 782-0565
HOURS: 7:30 - 4:30 pm, call for an appointment.

The following services are part of the Walter Reed Child/Youth Development (C/YDS) family:

Child Development Center Bldg 169, Forest Glen Hours: 0600-1730, Mon-Fri (301) 295-7570/7573 Comment: Fully accredited by the National Association for the Education of Young Children. Full Day child care for infants through 5 year olds;110 capacity building.

Family Child Care homes Glen Haven Housing Annex, 8 miles from WRAMC (202) 782-0565 Comment: License providers accept children from

infants to 12 years old; providers fully trained by Army Training and Curriculum Specialists.

School Age Services Bldg 130, Glen Haven Hours: 0630-1730, M-F (301) 295-7208 Comment: Ages First through 6th grade; full day service when children are on holiday or special school days off; full day summer camp; computer lab and homework lab is being developed; some after school programs for 5-18, such as Karate.Before and After School: 0630-1730; Middle School: 0630-1800 (ages 11-14); Teens every Wednesday from 1700-1800, (ages (15-21). Admission fee is \$30 per child, which entitles youth to all programs and services such as breakfast, snacks, use of computer lab and homework center, interactive video games, and trip, and the opportunity to join the arts and crafts and photography clubs. Youth can also participate on the Middle School Advisory Council. To enroll or for more information call: (301) 295-1759.

Supplemental Programs and Services Central Enrollment, Bldg 11, rm 1-77, WRAMC campus. Off-Post providers in Montgomery and Prince Georges Counties, trained by the Army and certified by their respective counties. Resource and Referral. (202) 782-0565/5084.

Supplement Program Service Director at WRAMC WRAMC, Bldg 11, Delano Hall, 1st floor, Rm 104, (202) 782-5084 Comment: Central Registration, Parent Education, Resource and Referral Services and Volunteer Service are available in CYDS office.

Child Development Center: Forest Glen Annex Forest Glen Annex, Bldg #169, Silver Spring, MD Hours:0630-1730 (301) 295-7570 Comment: Offers full day care, ages: 6wks - 5 yrs. old. BRING TO REGISTER: Military/DoD civilian ID card, Immunization record, Leave/Earning statement, copy of updated physical exam. Call for an appointment at (202) 782-0565 between 0730 and 1630.

Program Offered: (\$)sliding fee scale

Full Day - Monthly fee* \$0-18,500, \$162.00; \$18,500-23K-\$204 per mt. \$23,000K-34K-\$240 per mt.; \$34,001K-44K-\$294 per mt.; \$44,001K-55K-\$359 per mt.; 55,001K-up -\$404 per mt; *Fees based on annual income

Part Day - Preschool
Part Day - School Age
Hourly Care and Full Day Care
Forest Glen Annex; Family Child Care at Glen Haven Military Housing;SUPPLEMENTAL

PROGRAM SERVICES CALL (301) 295-7570
 Special Needs Care: Not provided, can be provided thru Family Child Care at Glen Haven Housing.

Walter Reed School-Age Program: WRAMC Community Center, Bldg 130 1927 McMahon Rd, Wheaton, MD 20902 (202) 782-0565 Comment: Open to DoD Active Duty and Retired Military Personnel. The Center features INTERNET interconnectivity for school age children. Seven (7) work stations, (CPUs) are available featuring Windows 95, Microsoft Office and a wide variety of educational and entertainment programs. The goal is "further child care by providing education through the computers. Group instructions are provided.

Contact Youth Services Coordinator, Mrs. Ethel Davis-White, (301) 295-7208

Walter Reed Summer Camp Program offered for ages 6-12; Offered: June through August.

Program includes nutriti breakfast, snack and: outdoor sports, arts & crafts, swimming, cooking bowling, field trips, 4H activities, computer lab(INTERNET access), gameboy club, skating/rollerblading, science/nature activites. Kids ages 6-12 welcome. Meals include breakfast, snacks, LUNCH PROVIDED BY PARENTS. POC: Ethel Davis-White Coordinator, School Age Services Location: Walter Reed Army Medical Center Community Center, McMahon Road, Wheaton, MD 20902 Telephone:(301) 295-7208.

The Child Youth Development Service has recently established an Advisory Council. The Council is a program developed and operated by army community teens under the auspices of the Child and Youth Development Services, School Age Service program.

Name: School Ages Services ,
POC: Ethel Davis-White
Address: Forest Glen Annex, Bldg 130
City: Wheaton, MD 20307--5001
Phone: (301) 295-7208
DSN Phone: 662-7208
WWW Link: http://www.wramc.amedd.army.mil
Comments: Summer Camp Programs available. INTERNET interconnectively for school age children with instruction.

Name: WRAMC Child/Youth Development Services
POC: Marlene Craw, Chief
Address: Bldg 11, Delano Hall
City: Washington, DC 20307--5001
Phone: (202) 782-5024/5025/DSN 662-0565

New Parent Program

For more information on this subject:
 District of Columbia Government Services
<http://www.ci.washington.dc.us/>

New Parent Programs and information may be obtained through the WRAMC Community Health Nurse department, located in Bldg 1, 3rd Fl, (202) 782-3964 or Army Community Service, (202) 782-0453/3412 for schedule of class information.

Contact the WRAMC Pediatric Clinic at (202) 782-6101 to make appointment for well baby exam for immunizations to keep them safe from different diseases.

Civilian Medical Care: Honorably discharged women, families who are to ETS soon, and all dependent daughter may wish to apply for medicaid to meet cost of medical care. This social service program is for people with very low or no income. The telephone numbers are as follows:

District of Columbia: (202) 724-5173
 Montgomery County: (301) 942-5374
 Prince George's Ct,MD (301) 422-5360
 Arlington County,VA: (703) 358-5620

Contact WRAMC Social Work Services for other resources or counseling at (202) 782-6378.

WIC PROGRAM INFORMATION: If in need of utilizing the supplemental food programs for pregnant, postpartum and breastfeeding women, infants and children up to their 5th birthday, who are determined by competent health care professional to be nutritional risk because of inadequate nutrition and inadequate income,

CONTACT THE FOLLOWING TELEPHONE NUMBERS TO SEEK ASSISTANCE:

District of Columbia: 1-800-345-1WIC
 Montgomery County, MD: (301) 762-9426
 Prince George's Ct,MD: (301) 856-9600
 Anne Arundel Ct, MD: (301) 222-7272
 City of Fairfax, VA: (703) 324-7500

Arlington County, VA: (703) 358-5660
 Alexandria, VA: (703) 838-4879

Name: Community Health Nurse
POC: Walter Reed Army Medical Center
Address: Bldg 1, 3rd Floor
City: Washington, DC 20307--5001
Phone: (202) 782-782-3964
Comments: Contact for referral of current course within WRAMC, or, outside the community.

Name: District of Columbia Parent Resources
WWW Link: http://www.ci.washington.dc.us
Comments: This is a District of Columbia comprehensive government service web site for families.

Name: Parent Warline
POC: Information/Referral
Address: Montgomery County
City: Rockville, MD
Phone: (301) 929-9276
Comments: The Parent Warline offers free telephone consultation, practical advice, written materials and referrals. 24 hours a day, seven days a week.

Name: Supplemental Food Program (WIC)
POC: Recording
Address: District of Columbia
City: DC, DC
Phone: 1-800-345-1WIC
Comments: Know your Zip Code; also contact ACS for area resource centers

Name: Supplemental Food Program (WIC)
POC: Recording
Address: Montgomery County, MD
City: Rockville, MD 20850
Phone: (301) 762-9426
Comments: Know your zip code

Name: Supplemental Food Program (WIC)
POC: Recording
Address: City of Fairfax
City: Fairfax, VA
Phone: (703) 324-7500
Comments: Know your zip code

Name: Supplemental Food Program, WIC
POC: Recording
Address: Prince George's County
City: Prince George's, County, MD, MD
Phone: (301) 856-9600
Comments: Know your zip code

Child Care Programs - on Installation

For more information on this subject:
 Walter Reed Army Medical Center
<http://www.wramc.amedd.army.mil>

The official child care center is located approximately 8 miles from Post at the WRAMC Forest Glen Annex. WRAMC provides a shuttle bus to and from the Takoma Park Metro train stop for WRAMC employees; and, the same shuttle bus commutes to and from the WRAMC Child Development Center daily. There is ample free parking for families who choose to car pool at Forest Glen.

Child Development Center (Center located at Forest Glen Annex), contact: Ms. Lynette Johnson, Judy Patterson, Bldg 169 (301) 295-7570, Hours: 0600-1730, Mon-Fri.; Comments: Registration fee is \$15 per child for the first two children; \$35 per family with more than two children. SCD is 10 percent discount for every second and third child per family. CHILD DEVELOPMENT CENTER:

Income category Full day monthly fee..... Bi-weekly fee
 \$0-20,500.....\$165(SCD \$149).....\$83(SCD \$75)
 \$20,501-\$23,000.....\$224(SCD \$202).....\$112(SCD \$101)
 \$23,001-\$34,000.....\$260(SCD \$234).....\$130(SCD \$117)
 \$34,001-\$44,000.....\$326(SCD \$293).....\$163(SCD \$147)
 \$44,001-\$55,000.....\$381(SCD \$343).....\$191(SCD \$172)
 \$55,001-\$69,999.....\$440(SCD \$394).....\$220(SCD \$197)
 \$70,000+.....\$490(SCD \$441).....\$245(SCD \$221)

BEFORE/AFTER SCHOOL:
 Monthly..... Bi-weekly fee..... 10 percent discount (second/third child)
 \$69.....\$35.....\$62/\$31
 \$105.....\$53.....\$95/\$48
 \$128.....\$64.....\$115/\$58

\$156.....\$78.....\$140/\$70
 \$179.....\$90.....\$161/\$81
 \$206.....\$103.....\$185/\$93
 \$234.....\$117.....\$211/\$106

SUMMER CAMP (School Age)

Fee.....	Monthly	fee....	Semi-
monthly....	weekly....	daily	
\$0-\$20,500.....	\$136.....	\$68.....	\$34.....\$7
\$20,501-			
\$23,000....	\$209.....	\$105.....	\$53.....\$11
\$23,001-			
\$34,000....	\$245.....	\$123.....	\$62.....\$13
\$34,001-			
\$44,000....	\$299.....	\$150.....	\$75.....\$15
\$44,001-			
\$55,000....	\$367.....	\$184.....	\$92.....\$19
\$55,001-			
\$69,999....	\$408.....	\$204.....	\$102.....\$21
\$70,000+.....	\$422.....	\$211.....	\$106.....\$22

Vacation has been calculated into the center based fee schedule. SAS before program is \$7. Middle school is \$30 a year.

Call CDC for additional fees for Before/After School Care; Kindergarten School; School Age Summer Camp; Part Day, Preschool at (202) 782-0565 For appointments, 0745 to 1500, M-F at (202) 782-0565.

Youth Center - WRAMC Community Center Bldg 130, McMahan Rd. Wheaton, MD 20902 Ms. Ethel Davis-White, Coordinator, (301)295-7205/(202) 782-0565 Hours: 0630 - 1730 Comments: Part Day Preschool; Kindergarten School-Age, Before/After School, Summer Camp. Ages 6yrs-12 yrs.; Middle School, ages 11-14; Teen, ages 15.21.

(Center located at Glen Haven Housing) BEFORE AND AFTER SCHOOL PROGRAM: Ages: 6-12 years old WRAMC Community Center 1927 McMahan Road Wheaton, MD 20902 (301) 295-7205 or (202) 782-0565 Hours: 0630 - 0900 and 1430 - 1730 FEE: Fees are based on income Planned recreational activities; some activities, fee required

SCHOOL AGE SUMMER CAMP PROGRAM
 Available from: June - Aug Glen Haven Community Center 1927 McMahan Road Wheaton, MD 20902 (301)295-7208 - (202) 782-0565 Comment: Program provides the following activities: Field Trips, Art/Crafts, Science, Nature, Sports, Swimming, Bowling and Cooking. Call (202) 782-0565 for summer rates.

Name: WRAMC, Child Development Center
POC: Lynette. Johnson
Address: WRAMC, Forest Glen Annex, Bldg 169
City: Silver Spring, MD 20307--5001
Phone: (301) 295 7573

Child Care Programs - Community

For more information on this subject:
 Walter Reed Army Medical Center
<http://www.wramc.amedd.army.mil>

REFER TO SUPPLEMENT PROGRAM SERVICES DIRECTOR FOR RESOURCE AND REFERRAL, AT (202) 782-0565 /CONTACT: Central Registration Office for Information and Referral, at (202)782-0565 or 5084, WRAMC, Bldg 11, Delano Hall Refer to Directory of listings in your location:

Family Child Care (FCC): Location: Glen Haven Housing, Wheaton, MD Hours: Flexible Telephone: (202) 782-5084 Comment: Full day care; part day; shift/hourly care; evenings/weekends. Ages: 6 wks - 12 yrs old

Contact Military Child Care Center in your location: Example: Fort Meade, MD (301) 677-5201/6002, Fort Myer, VA,(703) 696-3201/3095, Andrews AFB, MD (301) 981-3035. CONTACT CITY/COUNTY OFFICES FOR REFERRALS:

Washington, DC (202) 727-0284 Prince George's County, MD (301) 422-5000 Montgomery County, MD (301) 279-1773 Fairfax, VA (703) 359-5860 Arlington, VA (703) 358-6069

Private (Licensed) Suggestions Only: Child Care Programs: Includes Before & After School, Kindergarten Complement and Recreation: Refer to Directory of listing of Child Care Providers from Child Development Center, Information and Referral POC at (202) 782-0565.

IT IS HIGHLY RECOMMENDED THAT YOU CONTACT THE COUNTY GOVERNMENTS IN THE METRO AREA FOR REFERRAL OF LICENSED DAY CARE FACILITIES IN YOUR NEW NEIGHBORHOOD. Also many churches provide day care service as well.

CONTACT the following departments for Child Care services:

DISTRICT OF COLUMBIA: Family Services Division (202) 727-3839

MARYLAND:

MONTGOMERY COUNTY: Department of Children, Youth, and Family Services *Infant and Toddlers Program (301) 279-1250/1813

PRINCE GEORGES COUNTY, MARYLAND: (301) 386-1200

HOWARD COUNTY, MARYLAND: (410)-313-6432

VIRGINIA:

FAIRFAX COUNTY, VIRGINIA: (703)-324-7500

ARLINGTON COUNTY, VIRGINIA: (703) 228-5640

ALEXANDRIA, VIRGINIA: (703) 838-0750

HOWARD COUNTY, MARYLAND

Name: Glen Haven Housing , Family Child Care (FCC)
POC: Cynthia Lyde-Archer
Address: Bldg 11, Delano Hall, Rm 1-77,
City: Washington, DC 20307
Phone: (202) 782-5084

Things To Do - Clubs and Social

For more information on this subject:
Teen on the Move
<http://www.mtom.com>

Contact WRAMC's School Age Service counselors at the (301) 295-295-1759/7505/08 for referral. Contact current school counselors to learn of specific clubs, i.e, fossils, civic clubs in Metro area; join a church group (many have ski/beach trips) planned throughout the year; and, of course the Brownies, Girl Scouts, along with the Cub/Boy Scouts.

Boy/Cub Scouts of America Location: 9190 Wisconsin Ave. Rockville, MD Telephone: (301) 530-9360

Girl/Brownies Scouts of America Location: 2233 Wisconsin Ave., Washington, DC Telephone: (202) 337-4300

Metropolital Police Boys/Girls Sports Clubs (Refer to telephone directory for locations in your area)

Washington Parent Publication, a subsidiary of Parenting Publications of America, is published 6 times a year. This publication is a valuable resource in learning about what cultural and recreation opportunities are provided for children in Washington area. Examples of festivities for May are as follows:

Virginia Renaissance Faire, located in Fredericksburg, VA, a comfortable drive from Washington, DC, provides a live portrayal of travel to 16th century England during the reign of Elizabeth when you step through the gates of this beautiful wooded site; arts and crafts, participatory fairy tales, puppetry, and hands-on-crafts.

Another Renaissance Faire also takes place in Anne Arundel County, aproximately 10 miles north of Annapolis, MD during the spring, summer and early fall months. This faire is similar to to the Virginia Renaissance Faire, however the drive is more convenient to the metropolitan area.

Blessing of the Animals at Animal Exchange. Local clerics representing many faiths will reside in the annual blessing of your animals. All pets are welcomed from goldfish to Great Dan dogs.

TechTrek Cafe: Play center, retail store to try out computer software before you buy; TechTrek is located on Rockville Pike, MD (301) 881-8754

Name: Boy/Cub Scouts of America
POC: Reception
Address: 9190 Wisconsin Ave
City: Rockville, MD
Phone: (301) 530-9360

Name: Girl/Brownie Scouts of America
POC: Reception
Address: 2233 Wisconsin Ave.
City: Washington, DC
Phone: (202) 337-4300

Things To Do - Recreation and Sports

For more information on this subject:

The Washington Post Newspaper

<http://www.washingtonpost.com/>

The Washington, D.C. newspapers, particularly, the Washington Post print what is called the Weekend supplement. The supplement outlines all special activities taking place during the weekend i.e., festivals, exhibits, parades in Washington, D.C. or in nearby Maryland or Virginia. This information is also accessible through the INTERNET under the title of Washington Post or Washington Times, Entertainment topic.

You may wish to reference the "WASHINGTON PARENT" publication, a subsidiary of PARENTING PUBLICATIONS OF AMERICAN, which is published 6 times a year by The Parent Connection, Inc. This publication researches and publishes events that would be popular to pre-school and school age child. This publication is available at the WRAMC Child Development Center, Bldg 11, (202) 782-0565, if you do not chose to subscribe. An example of features published:

Camping Get-Away Weekends: Camp Tall Timbers, weekend special feature a Parent Child week including traditional activities as horseback riding, canoeing, hiking, fishing, archery, nature walks, etc.. Also, provides comprehensive list of camps for all interests.

AMUSEMENTS PARKS CLOSE TO METROPOLITAN AREA: Kings Dominion, near Woodbridge, VA Bush Gardens, near Williamsburg, VA Check with WRAMC's Information, Travel and Recreation Office, located in Bldg 2, 3rd floor, Patient's Lounge for details or call: (202) 782-0600

Fun at the Farm: Tour of National Colonial Farm, Accokeek, MD; Old Maryland Farm, Upper Marlboro, MD; Claude Moore Farm; Turkey Run, McLean, VA,

Experiences vs things: Tech Trek is a child's version of the cyber-cafe. Part computer play center, retail store, food court. Tech Trek provides testing of software before you buy, and make a mistake; it creates a fun and stimulating interactive environment, located on Rockville Pike, MD.

Birthday Celebration locations: Look for these locations in your area: Example: Planet Play, Reston, VA, Burke, VA; These centers provide

miniature golf, laser storm, cubes & tubes, video games & prizes.

CHILDREN SPORTS ACTIVITIES: Check with WRAMC's Information, Travel, and Recreation Office (202)782-0006 for tickets to profession basketball, baseball, etc. games when available.

Local community sport, i.e., baseball, basketball, football, soccer, sponsored by County Youth Groups/County Governments.

Name: The Washington Parent Publication
POC: Editorial/Membership
Phone: (301)320-2321
Comments: Offers calendar of events monthly for childrens' activities

Name: WRAMC Summer Camp Program
POC: Ethel D. White
Address: WRAMC Community Center
City: Wheaton, MD 20307
Phone: (301) 295-7208
Comments: Arts & Crafts, Field Trips, Sports and more. Full summer, monthly and two week sessions. Hourly care also available on a space available basis.

Name: WRAMC, Information, Travel and Recreation Office
POC: Ms. Bennett
Address: Bldg 11,
City: Washington, DC
Phone: (202)782-0006
Comments: Check on available discount tickets to Sporting events/amusement parks, etc.

Schools

For more information on this subject:

Walter Reed Army Medical Center

<http://www.wramc.amedd.army.mil>

Refer to Education Chapter or Business section of the telephone book for specific county, Department of Education.

Name: Refer to Education Chapter for details

School Age Care

For more information on this subject:

Childcare Guide
<http://www.careguide.net/>

Refer to Child Care Program - Community or contact county governments for referral on licensed child care providers.

Name: Child Development Center
POC: Virginia Graham
Address: Bldg 169, Forest Glen
City: Wheaton, MD 20307--5001
Phone: (202) 782-0565/295-7208
Comments: Ask for a referral

Religious Programs

For more information on this subject:
Walter Reed Army Medical Center
<http://www.wramc.amedd.army.mil>

The majority of the major religious denominations sponsor religious programs for all ages; check with the nearest religious denomination in your area and inquire on programs offers for child/teen. Many provide field trips, ski, trips to amusement parks; and ocean get-away weekend. Also provided are Bible classes, CCD (Christian Doctrine) classes.

Name: The Yellow Pages
POC: Information
City: Metro Area
Phone: 411
Comments: Lists all denominations. Call information for religion not mentioned.

Special Events

For more information on this subject:
The Washington Post Newspaper (Entertainment)
<http://www.washingtonpost.com/>

Refer to local entertainment section of weekly newspaper, either on Thursday, for the Washington Time; or, Friday's Entertainment Section of the The Washington Post for posted special events

Name: Refer to the Washington Post's Entertainment Section on Friday or Washington Times on Thursday
POC: WRAMC's MWR
Address: Bldg 11
City: Washington, DC 20307--5001
Phone: (202) 782-2034
Comments: In addition to newspapers and community publications, call WRAMC's Morale, Welfare and Recreations for schedule of events.

Name: WRAMC's Information, Travel & Recreation
POC: Ms. Bennett
Address: Bldg 11
City: Washington, DC 20307--5001
Phone: (202)782-0006

Sponsorship and Support

For more information on this subject:
Walter Reed Army Medical Service
<http://www.wramc.amedd.army.mil>

Contact Walter Reed Army Medical Center, Headquarters, Medical Center Brigade and request a sponsor. Then meet with current ACS Relocation manager to seek pre-move guidance. The Relocation counselor will provide valuable guidelines to follow to make your PCS run smoothly.

Name: Medical Center Brigade
POC: Headquarters
Address: Bldg 14
City: Washington, DC 20307--5001
Phone: (202) 782-3511
Comments: Ask for Permanent Change of Station (PAC) assistance.

Youth Employment

For more information on this subject:
Military Teens on the Move
<http://www.mtom.com>

WRAMC/ACS periodically holds a Youth Job Fair, whereby employers are present to interview and discuss employments possibilities. Contact ACS's Family Member Employment manager, Adela Leon to discuss employment possibilities at (202) 782-0620.

Name: WRAMC Family Member Employment Program
POC: Adela Leon
Address: Bldg. 17
City: Washington, DC 20307--5001
Phone: (202)782-0620

Youth Centers

For more information on this subject:
 Walter Reed Army Medical Center
<http://www.wramc.amedd.army.mil>

The Walter Reed Army Medical Center has established a Youth Advisory Council. The Council is a program developed and operated by army community teens under the auspices of the Child and Youth Development Services, School Age Service program.

Since its inception in April '98, the Youth Advisory Council has been recognized for its contributions to the betterment of the community. (Area beautification projects, hospitality visits -- to teens new to the area or sick, fundraising car washes, etc.) however the youth council is not just serious business, during the weekly meetings at the School Age Services building, these teens also get together to plan social activities, talk and build positive friendships in a relaxed atmosphere.

For more information, or if you know a teen who would be interested in joining the Youth Advisory Council, please contact Ethel White at School Age Services, building #130, 1927 McMahan Rd., Wheaton, MD 20902 or (301) 295-1759.

Name: WRAMC Youth Center
POC: Ms. Ethel White
Address: WRAMC Community Center, 1927 McMahan Rd.
City: Wheaton, MD 20902
Phone: (301) 295-7208 o (202) 782-0565
Comments: Contact church groups, school guidance counselors

For Teens Only

For more information on this subject:
 Military Teens on the Move
<http://www.mtom.com>

For additional information on teen programs at Walter Reed Army Medical Center, refer to

Child/Teen Overview Section; or contact Ms. Ethel Davis-White, at the WRAMC Community Center at (301)295-1759.

Name: WRAMC Community Center
POC: Ms. Ethel Davis-White
Address: 1927 McMahan Raod
City: Wheaton, MD 20902
Phone: (301) 295-1759
Comments: Check with local Chamber of Commerce for referrals, as well as church groups/musica club in schools, etc.

Survival Tips For First Termers

Survival Tips for First Termers Overview

For more information on this subject:
 Walter Reed Army Medical Center
<http://www.wramc.amedd.army.mil>

This can be an anxious time for "First Termers". First priority is to get a sponsor, and as much information on your new duty assignment. Contact your Army Community Service for a SITES booklet on the installation you will be PCSing to, also, request a welcome packet be sent to you.

Most installation now make it mandatory to attend a Newcomers' Orientation Program, which is offered twice monthly. The program gives you an overview on the installation and provides a walking and bus tour of the installation and nearby community. Military spouses are encouraged to attend and child care is provided.

Name: WRAMC/ACS Relocation
POC: Cynthia Rome
Address: Bldg 17
City: Washington, DC 20307--5001
Phone: (202) 782-0208/3412
FAX: (202) 782-7270
Comments: Contact for guidance counseling.

Name: WRAMC Outreach
POC: Deanna Fendler
Address: ACS, Bldg 17
City: Washington, DC 20307--5001
Phone: (202) 782-3412
Comments: Contact to learn about new community.

Before You Move

For more information on this subject:
Walter Reed Army Medical Center
<http://www.wramc.amedd.army.mil>

Contact your sponsor and the Relocation Assistance Program representative at Army Community Service for information on the installation, particularly maps, living expenses, video, if available; have spouse meet with ACS Family Member Employment representative to learn about employment opportunities; lastly, if you get married before PCSing, don't forget to inform your commander. The military will not pay for travel/housing expenses of your spouse, if not informed in advance of departure.

After You Arrive

For more information on this subject:
Walter Reed Army Medical Center
<http://www.wramc.amedd.army.mil>

All incoming soldiers, upon arrival must report to Bldg 14, Abrams Hall. Soldiers needing a ride from the airport to WRAMC, should call the staff duty at (202) 782-3511. Unaccompanied soldiers will be furnished a transient room upon arrive.

It is required that incoming soldiers have in their possession copies of their assignment orders and DA-31 (Leave and Earning State Form). Soldiers will be expected to be in uniform during the duty day.

Soldiers who have received orders to WRAMC, but have not been contacted by a sponsor are instructed to call (202) 782-3511 and request a sponsor.

Lastly, report also to Transportation and Billeting.

Name: WRAMC, Medical Center Brigade
POC: Duty Officer
Address: Bldg 14
City: Washington, DC 20307--5001
Phone: (202) 782-3511

Reporting Procedures

For more information on this subject:
Walter Reed Army Medical Center
<http://www.wramc.amedd.army.mil>

Refer to After You Arrive Section.

Travel Planning

For more information on this subject:
Military Relocation Information Network
<http://www.militaryliving.com>

Contact Travel Agency in your Transportation Bldg, example: SATO or Carlson Travel to receive assistance.

Vehicle Ownership

Register your automobile at Department of Motor Vehicle in your place of residence, i.e., if you are living in Montgomery County, Maryland, register your car at a Motor Vehicle Express office. You must have proof of ownership (current registration card) and no current, unpaid violations, and proof of insurance.

Housing and Billeting

For more information on this subject:
Walter Reed Army Medical Center
<http://www.wramc.amedd.army.mil/>

Contact, in advance, if possible WRAMC Housing Office, located in Bldg 1, ground level as soon as you arrive, or call (202) 782-3117 for assistance.

Contact WRAMC Guest House, located in Bldg 17, (202) 782-3044; make a reservation before you arrive so you have a place to stay upon your arrival.

Name: WRAMC Housing
POC: Ms. Pindell
Address: Bldg 1
City: Washington, DC 20307--5001
Phone: (202) 782-3117

Name: WRAMC Maologne/Guest House
POC: Reception
Address: Bldg 17
City: Washington, DC 20307--5001
Phone: (202)782-3044
FAX: (202)782-7270

Money Matters

Save approximately 3-6 months pay to cover emergencies and incidental cost of moving. Meet with your ACS Financial Counselor for budget counseling before your planned PCS

At A Glance

Facility/Services Summary

<i>--Officer and Enlisted Population--</i>			
Active Duty Officer	2089	Active Duty Warrant Officer	13
Guard Reserve Officer	226	Guard Reserve Warrant Officer	1
Retired (Officer and Enlisted)	13010	Foreign Service Officers	
Active Duty Enlisted	1830	Guard Reserve Enlisted	415
Foreign Service Enlisted			
<i>--Civilians--</i>			
Civil Service	3139	Wage Grade	
Non-Appropriated Funds	75	Family Members -on and off Installation-	7870
<i>--Family Services--</i>			
Family Centers	1	Teen Centers	1
Child Day Care	1	Family Child Care Certified Homes	11
Total Child Capacity	110	Total Child Capacity	6
Average Waiting List Time -Months-	6		
<i>--Other Services--</i>			
Commissary	1	Exchanges	1
Shoppettes	2	Gas Stations	1
Movie Theaters	0	Banks and Credit Unions	1
McDonalds/Burger King	0	Other i.e. Exchange concessionaires	5

Housing Summary

<i>--Officer Housing--</i>			
Senior Officer Waiting	0	Senior Officer 3 Bed Room	0
Senior Officer 4 Bed Room	0	Senior Officer Other	0
Company Grade Officer Waiting	0	Company Grade Officer 2 Bed Room	0
Company Grade Officer 3 Bed Room	0	Company Grade Officer 4 Bed Room	0
Company Grade Officer Other	0	BOQ	0
<i>--Enlisted Housing--</i>			
Senior Enlisted Waiting	0	Senior Enlisted 3 Bed Room	0
Senior Enlisted 4 Bed Room	0	Senior Enlisted Other	0
Enlisted Waiting	0	Enlisted 2 Bed Room	0
Enlisted 3 Bed Room	0	Enlisted Other	0
BEQ	0	Transient Lodging Facilities	254

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	900	700	1500
House Rent	1000	800	1500
House Price - Single Family	150000	100000	250000
Townhouse/Condominium Price	100000	90000	150000

Medical and Dental Summary

<i>--Medical Facilities--</i>					
Medical Treatment Facilities	Y	Number of Beds	603	Medical Clinic	89
Alcohol	Y	Allergy	Y	Audiology	Y
Cardiology	Y	Coronary care	Y	Dermatology	Y
Dietary	Y	Emergency room	Y	Endocrinology	Y
Family Practice	Y	General surgery	Y	Gynecology	Y
HIV Unit	Y	Hematology	Y	Immunization	Y
Infect Disease	Y	Intensive Care	Y	Laboratory	Y
Mental Health	Y	Neonatal Intensive Care Unit	Y	Nuclear Medicine	Y
Nephrology	Y	Neurology	Y	Neurosurgery	Y
Obstetrics	Y	Oncology	Y	Ophthalmology	Y
Optometry	Y	Orthopedics	Y	Otolaryngology	Y
Pathology	Y	Pediatrics	Y	Physical Therapy	Y
Podiatry	Y	Primary Care	Y	Radiology	Y
Rheumatology	Y	Urology	Y		
<i>--Dental Facilities--</i>					
Dental Clinics	1	Adolescent	Y	Endodontics	Y
General Dentistry	Y	Oral Surgery	Y	Orthodontics	Y
Pedodontist	Y	Periodontics	Y		

Relocation and Support Services Summary

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

APPENDIX

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