





Congratulations on receiving orders to USS MANCHESTER (LCS 14) (GOLD), located in sunny San Diego where you will find miles of beaches, year-round great weather, and the friendliest people in America.

To make your transition as smooth as possible, our sponsorship has compiled this electronic resource information guide to help prepare you for your move and help answer some of the more common questions and concerns shared Sailors and their families before their arrival. The following pages contain information on:

- o Pay and Allowances
- o Travel and Lodging
- o Housing
- o Childcare and Schools
- o Medical and Dental
- o Family Employment and Education
- o Driving in California
- o PCS Moves with Pets
- o Base Amenities and Resources
- o Local San Diego attractions

We hope the information and resources in the following pages will help you and your family have a smooth move. If you require additional assistance, please call any of the personnel listed on this page.

We look forward to seeing you soon!

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Sponsorship
Coordinator
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619-909-6992

Before Your Move

- o Attend a Relocation Workshop at your local Navy Fleet and Family Support Center (FFSC). Find an FFSC near you at www.nffsp.org



- o Ensure that you have made contact with your MANCHESTER GOLD sponsor. Email us at jerome.c.santos2.mil@us.navy.mil if you have not made contact.
- o Visit the Military One Source website at <http://www.militaryonesource.mil/moving> for additional resources and information

Financial Guide

- o Moving can be expensive, but there are many tax-free allowances that you may be eligible for. Check with your local disbursing office or command PSC to determine whether you qualify for any of the options listed below.

- o **Dislocation Allowance** – A once – per – PCS move allowance intended to help with miscellaneous moving costs. It is based on your rank and dependent status.

- o **Per Diem Allowance** – Military members can receive reimbursement for costs associated with meals and lodging while travelling. Per Diem rates for car travel are based on a flat rate with 350 miles per day being the standard one-day travel distance.

- o **Temporary Lodging Allowance** – You may be eligible for TLA for up to 10 days when reporting to us from an overseas location.

- o **Monetary Allowance in Lieu of Transportation** – Also known as “mileage.” This money is paid to offset the cost of driving to your new duty station. It is based on the Official Military Table of Distances and takes into consideration the number of miles, vehicles, and travelers.

- o **Advance of Pay and BAH** – You may request a loan in the form of an advance of your Basic Pay and Basic Allowance for Housing (BAH) when making a PCS move. This is a loan that is repaid by deductions starting immediately, so this is generally discouraged unless circumstances require it. Check with your local Disbursing Office for more information.

Compare the San Diego BAH rate at this website to help you calculate your new income.

Enter zip code 92136.

<http://www.defensetravel.dod.mil/site/bahCalc.cfm>

Flying in to San Diego



- o The San Diego Airport is close to downtown and located less than twenty minutes away from Naval Base San Diego. Be sure to communicate with your sponsor for directions or if you need a lift from the airport.
- o Volunteer Airport Ambassadors are available to offer free assistance and information regarding airport services, including where to rent cars or obtain other methods of transportation. Look for airport personnel wearing green polo shirts with the words "Airport Information" on the back.
- o The Neil Ash USO Center at the San Diego Airport is the largest USO office in the world. They have free snacks, coffee, and drinks every day from 8am – 11pm. They will also assist with obtaining transportation. For more information, call 619-296-3192 or visit their website at www.usosandiego.org

Driving to San Diego



- Naval Base San Diego is located just south of where Interstates 5, 8, and 15 intersect.
- For driving conditions visit the California Department of Transportation at www.dot.ca.gov
- Avoid rush hour! AM radio station 600 KOGO has traffic reports every 10 minutes during the morning and evening commutes.
- Communicate with your sponsor for directions or advice on how to reach the base, and more importantly, how to find the COMLCSTRON ONE building once onboard.

Lodging

- o If you're going to need a hotel room you should book it well in advance of your move. Obtaining a room in San Diego at the last minute is difficult, especially during the summer. Below are some suggestions:

- o **Navy Gateway Inn and Suites** – Located aboard NAVBASE San Diego, as well as nearby bases. Walking distance from COMLCSRON ONE. Call 1-877-NAVY-BED or visit www.dodlodging.net.

- o **Navy Lodge** – This option is the better option for family accommodations. Call 1-800-NAVY-INN or www.navy-lodge.com to reserve. This is the only military lodging that allows pets in San Diego.

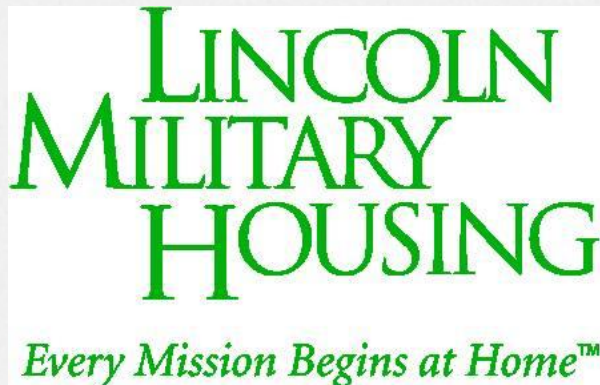
- o **Single Sailors** – Unaccompanied housing is located on the Dry side 32nd St. Building 3663 mailing address is 2450 McHugh St. San Diego, CA 92136-5395 (619)-556-1077.

- o **Hotel Voucher Program** – Once in San Diego, visit the MWR Tickets and Travel Office to find out which hotels are currently participating in the Hotel Voucher Program. Expect to save 15-20% through this program.

- o **GEO Bachelor** – Contact Mr. Loma (619) 553-7530 at Naval Base Point Loma. He will provide you with the G.B. package to fill out. Bldg. 51 or 58 on Anti Submarine Warfare Base will be location. If your package is approved. Takes 7-10 days.

Be sure to get all the details of what benefits and pay you're entitled to before leaving your command. Check with your local PSD before making any financial decisions to avoid a bill that won't be covered by the Navy.

Housing



- o Over 9,000 Navy housing units are located throughout San Diego County
- o Lincoln Military Housing manages all areas in San Diego County. For a complete list of housing properties, maps, and additional information, visit <http://lincolnmilitary.com/installations/san-diego-naval-complex/>
- o If you need housing sooner than what is available on the wait list, email swlincoln.housing@navy.mil and ask for the “Hot Sheet,” which contains a list of immediately available housing.

Setting Up Your Home



Utilities and Services – The NAVBASE San Diego Navy Exchange (NEX) has a “Moving Center” that helps Sailors set up their TV, internet, WiFi, phone, electricity, etc. Visit www.militarymovingcenter.com for more information.

Personal Property Shipping Office (PPO) – Contact the PPO once you arrive to San Diego to arrange for delivery of your Household Goods (HHG). Call 619-556-MOVE or visit www.sd.fisc.navy.mil/hhg

Childcare

- o **Navy Child and Youth Programs** – Extensively trained professionals are provided by the Navy to provide high quality care. They offer Child Development Centers (CDCs) on base, Child Development Homes (CDHs), as well as before- and after school care. To get signed up for any of the programs, visit <https://qol2.navyaims.net/cypweb>
- o **Hourly Child Care** – Hourly care is available. Call 619-556-8491
- o **YMCA Childcare Resources** – The “Y” offers many programs with payments based on your paygrade and income. Call 800-481-2151 for more information and to reserve a spot.
- o **Childcare Subsidies** – Reduced rates or subsidies available to those who qualify. **One of their most underused programs!** Call 1-800-793-0324, extension 341 or visit www.naccra.org/MilitaryPrograms for more information.
- o **Head Start** – Additional child development programs with payments based on paygrade and income. Call 888-873-5145 for more information.



Family Assistance Programs

- o **Women, Infants, and Children** – WIC is a income-sensitive supplemental food program that issues vouchers and provides nutritional information for expectant moms and parents with children 5 years and younger. Call 1-800-500-6411 or visit www.sdarc.org for more information and on-base locations.
- o **Military Outreach Ministry** – A local charity supported by churches, civic organizations, businesses, military members and private donors working with other nonprofit organizations. They have a large warehouse in San Diego filled with new or like-new furniture, including strollers, cribs, and other children's furniture that you can use to help settle you into your new home. Visit their website at <http://www.sandiegomom.org/> for more information.
- o **New Parent Support Program** – Call 619-767-1786 for information on in-home parenting support, resource referrals and classes for new parents.

San Diego K-12 School System

- o **Multiple Options, Districts, and Boundaries** – San Diego County has more than 40 school districts to choose from, many of which are not near any military housing. Luckily, Fleet and Family Service Centers have School Liaison Officers available to help you choose the best district for you. Schedule an appointment with one at www.school liaisons.com
- o **Year-Round or Traditional School Schedules** – Many schools throughout the county have year-round classes, so be sure to check with the school's calendar, or with your school liaison.
- o **Student Online Achievement Resources** – A program for military families that aims to address the unique challenges military children face in our nation's schools. Students can take an online assessment aligned to state standards and then are directed to individualized free tutorials to help develop skills as needed so that they fit with their current school's agenda. Visit www.soarathome.org for more information.
- o **Additional Resources:**
 - o San Diego County Office of Education: www.sdcoe.k12.ca.us
 - o Great Schools : www.greatschools.net
 - o School Wise Press: www.schoolwisepress.com
 - o Military Child Education Coalition: www.militarychild.org

Exceptional Family Member Program

- o The Navy's Exceptional Family Member Program (EFMP) addresses the special needs of a Sailor's family members during the assignment process. Special needs include medical, dental, developmental / educational requirements, mental health, wheelchair accessibility, adaptive equipment needs, or assistive technology devices. Be sure to register with your local office before travelling to San Diego. Once you're here, the following programs may assist you and your family:

- o **Armed Services YMCA –**

Call 858-751-5755 or visit
www.militaryymca.com

- o **Exceptional Family Member Resource Center**

Call 619-594-7416 or visit www.efronline.org

- o **San Diego City Schools Special Education Ombudsman –**

Call 619-725-8187 for referrals, information, and advocacy



- o **EFMP Coordinator** – Located at Naval Medical Center, San Diego. Call 619-532-8586

- o **Specialized Training for Military Parents** – Provides workshops and resources for military families with special needs. Call 1-800-5-PARENT or visit www.stompproject.org

Medical and Dental

- o **Naval Medical Center San Diego** – Better known as “Balboa, the Pride of Navy Medicine,” NMCS D is the most technologically advanced Navy medical treatment facility in the world. Operating a full network of clinics located at area military installations and near housing areas, NMCS D is the #1 resource for your family’s medical care.
- o **TRICARE / TRIWEST** – TriWest Healthcare Alliance administers the TRICARE program for our Sailors and their families. Once you’re in California call 1-888-TRI-WEST to register, update your address, and find a provider. For more information, visit www.tricare.mil/mybenefit or www.triwest.com
- o **Family Member Dental Care** – Your family can locate choose a contracted civilian dentist through the United Concordia TRICARE Dental Program at www.tricare dental program.com Be sure to enroll in TRICARE Dental separately from TRICARE Medical. Additional premiums apply.

Family Employment

- o **Fleet and Family Support Center** – Military family members can access employment listings, use computer labs, make copies of their resumes, and send faxes for free at the FFSC Career Center. There are also several classes and workshops on how to improve their resumes. Visit www.navylifesw.com/sandiego/workshops-events/ for the latest information and dates.
- o **San Diego Workforce Partnership** – This local organization works with local employers to get employment for military spouses. Contact them at 619-228-2900 or visit www.sandiegomatwork.com
- o **Spouse Employment Resources** – Visit the Military Spouse Career Network at www.msccn.org or the Department of Labor's Career One Stop at www.careeronestop.org/militaryspouse for spouse education and career development resources



Additional Resources & Networking



o **San Diego Military Family Collaborative** – This network originally formed in the early 1990s to coordinate services for military families by Social Advocates for Youth (SAY) San Diego. The Collaborative meets monthly and on average, 50 representatives from various organizations come together to share resources and collaborate on programs. Check them out at <http://sdmilitaryfamily.org/>



o **Navy Wives Club of San Diego** – Navy Wives Clubs of America, Inc. is our Country's only non-profit national organization of Navy, Marine Corps and Coast Guard enlisted spouses. Their purpose is to unite all sea service enlisted wives into bonds of mutual friendship, assistance and welfare for their families, bases and communities in which they live. Visit them at <http://www.navywivesclubsofamerica.org/about-the-navy-wives-clubs-of-america/national-clubs/> and look under "Young Matrons Club #3

Additional Resources & Networking



Naval Officers' Spouses' Club

SAN DIEGO, CALIFORNIA

- o **Naval Officers' Spouses' Club** –NOSC is a non-profit organization focused on providing enrichment and mentoring for military spouses in San Diego through planned social and fellowship events. NOSC also provides philanthropic support through annual donations to local charities and college scholarships for military families with funding from the Sand Dollar shops. Visit them at <http://www.noscsandiego.com/>



Surface Officers' Spouses Club
SAN DIEGO

- o **Surface Officers' Spouses' Club** –SOS of San Diego proudly supports those who 'anchor' the Surface community. Our mission is to encourage morale, friendship, and communication through social and charitable events that benefit the Surface Navy community. Visit <http://www.sossandiego.com/>

Lions and Other Pets



- o Not all species are allowed in California. Before travelling, visit the California Department of Agriculture for a list of permitted and restricted species:
http://www.cdfa.ca.gov/ahfss/Animal_Health/Entry_Requirements.html
- o Before traveling, have a recent photograph of your pet in case he / she is lost. Make sure to also have a pet collar and ID tag.
- o Have current health / immunization records and permits for your pet.
- o MCAS Miramar offers pet health care services on a space-available basis. Call 858-577-6552 to schedule.
- o San Diego has many dog-friendly areas for your pet to romp around, many of them leash-free! Visit www.sandiego.gov/park-and-recreation/general-info/dogs.shtml for locations and hours