USS George Washington (CVN 73)

"Spirit of Freedom"

Welcome Aboard!

USS GEORGE WASHINGTON (CVN 73)
"Spirit of Freedom"

Commanding Officer (CO)
Capt. Kenneth Strong

Executive Officer (XO)
Capt. Daryle Cardone

Command Master Chief (CMC)
CMDCM Maurice Coffey

USS GEORGE WASHINGTON (CVN 73)
"Spirit of Freedom"

Welcome Aboard!

Congratulations on receiving orders to USS GEORGE WASHINGTON (CVN 73), the strongest carrier in the fleet homeported at Newport News Shipyard in Newport News, Virginia. You are about to embark on a challenging and rewarding tour of duty. The carrier exemplifies the proud tradition and heritage of her namesake, the 1st President and the man who procured a navy for the newly developing United States, which was known initially as "Washington's Fleet." We look forward to your arrival and are certain you will become an integral part of the "Spirit of Freedom." This will be a very gratifying experience for both you and your family. If you have any questions about your move or need a sponsor, please contact the Command Sponsor Coordinator at **GWSponsor@CVN73.Navy.mil** To quote President Washington, "It is infinitely better to have a few good men, than many indifferent ones." Welcome Aboard, shipmate!

Note: Bring all records, orders, endorsements, travel-related receipts, new address, etc. After hours, please make sure you leave a valid contact phone number (e.g., cell phone/relative/friend) in case we need to reach you prior to the next work day.

BAH Verification

We are conducting mandatory verification of all personnel receiving BAH upon reporting to the command. Upon your arrival you must provide the following documentation (must be original or certified notarized copies):

- Marriage Certificate (Birth Certificate of dependent children for single parents)
- Lease Agreement or Mortgage Statement
- Utility Bill addressed to the residence

Note: All single E-5 and below require command approval for BAH and should contact the command prior to entering into any rental/lease agreement or purchasing a home.

Mailing Address
USS GEORGE WASHINGTON (CVN 73)
(Rate/Rank)
(Department/Division)
FPO AE 09599-2871

USS GEORGE WASHINGTON (CVN 73)
"Spirit of Freedom"

Where is the ship located?
USS George Washington's homeport is Newport News Shipyard undergoing RCOH.

What do I need to bring when I report to the ship?
A full sea-bag (may be subject to a sea-bag inspection upon arrival), appropriate civilian attire for liberty, toiletries, and a Government Travel Credit Card if you are a current cardholder. You should also bring at least $100 in cash. Once reporting onboard you will be issued a Navy Cash card for use with vending machines, in the ship store and for MWR. No cash transactions take place aboard. You can put that $100 on your temporary Navy Cash Card. Otherwise, you will have to wait until your card is linked to your personal account, or wait for your Direct Deposit to be set up before you can buy anything on the ship. Bring a minimum of two locks, preferably combination locks. If you bring locks with keys, and you lose your keys, you will have to get your lock cut and replaced.

What do I wear when traveling?
You should always travel in civilian clothes.

How do I get area and relocation information?
Hampton Roads relocation information can be found at www.militaryhomefront.dod.mil. Click on Relocation for Housing information.

How do I get medical care for my family?
First you have to ensure your family is enrolled in DEERS at https://www.dmdc.osd.mil/appj/bwe/indexAction.do
If you see your family in DEERS, then you can go to www.hnfs.net to ensure your family is enrolled in TRICARE. If your family is not enrolled in DEERS you will need to update your Page 2, and go to the nearest ID card issuing facility to get your family enrolled, once your family posts in DEERS then you can enroll them in TRICARE if not already enrolled.

USS GEORGE WASHINGTON (CVN 73)
"Spirit of Freedom"

Travel Claims

On average, travel claims may take up to 30 days or more to process. To help streamline this process, we need you to make sure that you have the following items in hand when checking in:

- Itemized lodging receipts with daily rates for any TDY stops and TLE claims. Reimbursements cannot be made without these!
- Toll receipts (must have each receipt to receive payment).
- Flight itineraries for any flight travel. • Car rental receipts (if authorized).
- Receipts for any claims above $75 other than those listed above.

Fleet and Family Readiness - (www.cnic.navy.mil/navylifema)

The Mid-Atlantic Region Fleet & Family Readiness team is dedicated to providing a full range of quality programs and services that enhance the lives of Sailors and families in support of mission readiness and retention. FFR encompasses three program areas: Family Readiness (Fleet & Family Support Centers), Fleet Readiness (Child & Youth Programs, Morale, Welfare & Recreation, and Food Service Galleys) and Housing Services & Lodging (Bachelor & Family and Navy Gateway Inns and Suites).

Military One Source - (www.militaryonesource.mil)

Military policies, procedures, timely articles, cutting-edge social media tools, and support. All in one place, empowering our military community.

Exceptional Family Member Program

The Exceptional Family Member Program (EFMP) is designed to identify family members with long term health care, psychological, or special educational needs. An EFMP regional representative is located at the Naval Medical Center, Portsmouth. For more information about EFMP's benefits and questions concerning enrollment, call 953-7805 or call your local FFSC's Information and Referral Specialist.

TRICARE

"Tri-Service Coordinated" Health Care refers to the coordination of resources between the local military hospital, clinics, and civilian sources. Hampton Roads is part of the TRICARE North Region.

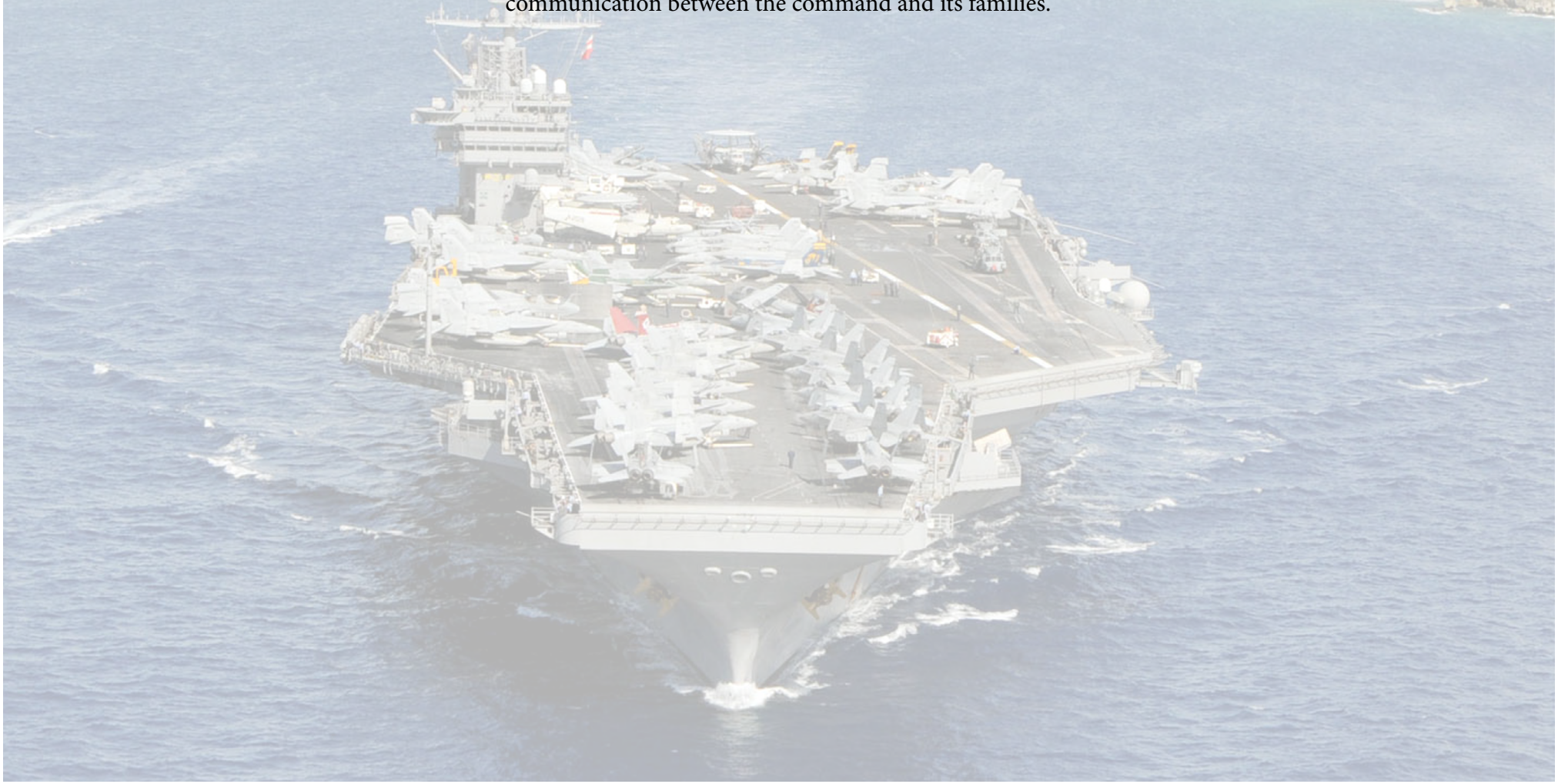
TRICARE options in Hampton Roads:

- TRICARE Standard, TRICARE Extra and TRICARE Prime
- Open to all rates and ranks • Services provided at several locations
- Flexibility in choosing a specific health care provider will affect (and likely increase) the amount patient will pay in cost share. For more information, call 1-877-874-2273, Medical Appointments 1-866-645-4584, and Mental Health appointments 1-866-645-4584

USS GEORGE WASHINGTON (CVN 73)
"Spirit of Freedom"

USS GEORGE WASHINGTON FAMILY READINESS GROUP

The George Washington Family Readiness Group provides family members of GW Sailors with information and emotional support. The group organizes social events, informative meetings, and other fun activities designed to build bonds of camaraderie and friendship while fostering an understanding of the Navy and the requirements it places on its Sailors and families. The group also helps improve and increase the flow of communication between the command and its families.



USS GEORGE WASHINGTON (CVN 73)
"Spirit of Freedom"

USS GEORGE WASHINGTON OMBUDSMAN

The Navy Family Ombudsman Program is designed to provide better and faster communications between Navy families and Navy officials. As official representatives of the George Washington families, our Ombudsmen are primarily liaisons between our Commanding officers and families. They can speed up communications between the command and families by passing along information so that families are always informed.

In addition, our Ombudsman can give you information on services, upcoming events or help with a crisis in the event you are unable to resolve the crisis within your own capabilities or resources. The ombudsman program may include confidential information. This is defined by the CO as sensitive information about a service member or his/ her family that is kept within the system for official use only and is relayed only on a need-to-know basis. You can put your trust in your Ombudsmen!

An Ombudsman reaches out to individual families with friendship, information, problem solving and a helping hand. Although your Ombudsmen may sometimes act as an advocate, they do not get involved in chain-of-command matters. Use your Ombudsmen as a resource that can quickly direct you to the right people to provide help for your specific concern.

The following individual is GW's Ombudsmen and here are some ways you can get in contact with her.

USS GW Ombudsman

Terri Raney

Phone number: (757) 598-4382

Email: CVN73Ombudsman@gmail.com

USS GEORGE WASHINGTON (CVN 73)
"Spirit of Freedom"

Hampton Roads

Hampton Roads, Virginia is home to more than 20% of the entire United States Navy! Hampton Roads, Virginia, consists of the "Southside" and the "Peninsula." Southside cities are Norfolk, Portsmouth, Chesapeake, Virginia Beach, and Suffolk. Norfolk and Portsmouth are cities with limited land and tightly concentrated populations. Chesapeake and Virginia Beach seem like counties, with much larger land areas and less defined city centers, although the City of Virginia Beach has recently developed a Town Center near Pembroke Mall. Suffolk is rural. Hampton and Newport News are located on the Peninsula, as are the historic towns of Williamsburg, Yorktown, and Jamestown.

Naval installations include the Naval Station, Norfolk; Naval Amphibious Base, Little Creek, which lies partly in Norfolk and partly in Virginia Beach; Naval Air Station, Oceana; NAS Oceana, Dam Neck Annex in Virginia Beach; NSA Norfolk Northwest Annex in Chesapeake; and Naval Weapons Station, Yorktown. In addition, there are many other Navy, Marine Corps, Army, Air Force, and Coast Guard installations in the area. Approximately 1.6 million people live in Hampton Roads, and activities abound which may interest you. Fishing, camping, historic sites, concerts, theater, opera, ballet, symphony, zoos, museums, and more are available. The climate is generally moderate, and there are four distinct seasons. Winters see occasional, light snowfalls, while summers tend to be hot and humid. When making your move to Hampton Roads, Virginia, the Fleet and Family Support Centers are ready and available to assist you. Call 1-800-FSC-LINE (372-5463), 24 hours a day. 'For more information on the Hampton Roads area, check out Military Installation Overview' on Military Homefront's website www.militaryhomefront.dod.mil/moving or Military OneSource's website at http://www.militaryonesource.com.

Fleet and Family Support Center Relocation and Employment Assistance

Fleet and Family Support Center (FFSC) provides the following relocation services for military personnel and their families. Upon arrival, visit the nearest Fleet and Family Support Center for further information on base and community services. FFSC is here to welcome you and assist with your relocation to Hampton Roads. Lending Locker items: folding tables and chairs, high chairs, kitchen ware and utensils, Pack N Plays, tri-fold mattresses, child safety seats, and other items are available for temporary use until your household shipment arrives. All are available at no cost to the service member with a copy of PCS orders and ID card.

The Career Development Resource Center (CDRC) has many resources for job seekers and transitioners. Internet use is available to clients looking for work or wishing to post their resumes. CDRCs offer information about local employers, career search, resume writing, and local job fairs. Individual employment assistance is also available. CDRC also presents a series of workshops monthly covering employment issues. The workshops are:

- Career Planning
- The Federal Employment System
- Job Network
- Job Search Strategies
- Interview Techniques
- Effective Resume Writing

USS GEORGE WASHINGTON (CVN 73)
"Spirit of Freedom"

Housing

Navy Housing in Hampton Roads, Maryland and West Virginia has been turned over to Lincoln Military Housing. Navy Housing Welcome Centers will continue to take applications, manage waiting lists and make preferred referrals to the privatized housing to qualified personnel. Requests for application can be made in person.

Housing Welcome Centers

Your orders require you to check into one of the Hampton Roads Housing Offices before you negotiate for off-base housing. They can help you locate civilian vacancies. Their addresses and telephone numbers are as follows:

Housing Southside Hampton Roads
M-F • 0730-1600
7924 14th Street Norfolk, VA 23505-1217
757-445-2832
DSN 565-2832
1-800-628-7510
FAX 757-445-6935

Peninsula Hampton Roads
M-F • 0800-1615
1970 Von Stuben Dr. Newport News, VA 23603
757-847-7806
DSN 953-7806
1-800-704-5488
FAX 757-847-7822

Home Sales and Rentals

Homes for sale are usually plentiful in Hampton Roads and relatively reasonable when compared to high cost areas like California or Washington DC. However, the demand for rental units is quite high, and the vacancy rate is low. Costs for rental units during the summer months may be very high near the resort areas because of the tourist season.

Average apartment rentals can range from $600 for an unfurnished one-bedroom unit to $920 or more for an unfurnished four bedroom unit. Housing costs may be lower on the Peninsula. Some useful websites to start your search are: www.ahrn.com, www.apartmentguide.com and www.hrtide.com.

Rental Partnership Program

Contact the Southside Hampton Roads Welcome Center for more information, including information about the Rental Partnership program. RPP contains properties that are designated for Military Personnel at reduced rates. Rent must be paid by allotment. Landlord Tenant Acts and Military Clauses in leases may vary from state to state. As a result, local security deposits may be more than you are expecting. Even when you receive orders, landlords can require 30 days notice

USS GEORGE WASHINGTON (CVN 73)
"Spirit of Freedom"

Child Care

Quality child care is available in a variety of forms in the Hampton Roads area. The Navy Mid-Atlantic Region Child Placement Program is a regional office that provides information on childcare resources throughout the Hampton Roads region, both civilian and military providers.

Navy Mid-Atlantic Region Child Placement Program
Naval Station Norfolk
1565 Piersey St. Norfolk, VA 23511
Phone: 1-866-NAVY-CDC (628-9232)
Fax: 757-444-2314
Website: //www.navycyp.org

Other resources available
The Planning Council/Child Care Assurance
Plan/Child Care Answer Line: 757-627-3993 or Toll Free: 1-800-477-3993

State licensed day care providers are regulated and monitored by the
Regional Office, State Department of Social Services:
Eastern (Virginia) Regional Office: 757-491-3990
Peninsula: 757-247-8020

YMCAs (all have nursery facilities)
Approved day care homes may be regulated by individual cities.
Call the local Social Services Agency in your city of residence for additional information.
Information Services Division of The Planning Council: 757-625-4543

SPIRIT OF FREEDOM
CVN 73
USS GEORGE WASHINGTON
WE LOOK FORWARD
TO SEEING YOU
ON-BOARD