

Chaplain Fowler's
QUICK RESOURCE GUIDE
For
NBVC POINT MUGU



NAVAL BASE VENTURA COUNTY PHONE DIRECTORY

POLICE DEPARTMENTS

Port Hueneme Police Dept.	805-488-3611	805-986-6530
Point Mugu VC Sheriff's Office	805-654-2336	
Oxnard Police Department	805-385-7600	805-385-7628
Ventura Police Department	805-654-7700	805-339-4400
Camarillo Police Department	805-485-6747	805-388-5100
California Highway Patrol	805-477-4100	805-654-4571

COMMUNITY RESOURCES - VENTURA COUNTY

Community Memorial Hospital – Ventura		805-652-5011
St. John's Regional Hospital – Oxnard		805-988-2500
Vista Del Mar Hospital – Ventura	805-653-6434	
LAX Airport	310-646-5252	
Oxnard Airport	805-388-4274	
Road Runner Shuttle (to LAX/Oxnard)		800-247-7919
Ventura County Airporter (to LAX/Oxnard)		805-650-6600
Department of Motor Vehicle	1-800-777-0133	www.dmv.ca.gov
Food Stamps	805-385-8519	
GI Bill	1-888-GI-BILL	www.gibill.va.gov
IRS Customer Service	1-800-829-1040	
Navy Federal Credit Union	1-866-454-3141	
Ventura County - Govt Ctr	805-662-6661	
Ventura County - Marriage License	805-654-3788	
Veteran's Affairs Office – Ventura	1-800-827-1000	805-477-5155
Women Infant & Children WIC	1-800-942-9675	805-981-5251

MILITARY RESOURCES

Armed Forces Bank	805-815-4845	
Bachelor Housing	805-982-4551	805-989-0406
CBC Federal Credit Union	805-988-2151	
Chapel	805-982-4358	805-989-7967
Color Guard / Honor Guard	805-989-0595	
Commissary	805-982-2400	
DEERS	800-334-4162	
Fleet and Family Support Center	805-982-5037	805-989-8146
FOCUS Group	805-982-4486	
Housing Office	805-982-4321	
Human Resource Office	805-982-2418	
Lincoln Housing	805-483-2383 (PH) 805-419-4921	805-986-0928 (Camarillo)
Motorcycle Training Program	805-989-0007	
Naval Criminal Investigative Services (NCIS)		805-982-4524
Navy College Office	805-982-3940	805-989-8362
Navy Gateway Inns & Suites	805-982-6025	805-989-8251
Navy College Learning Center	805-982-4329	
Navy Legal Service Office	805-982-3124	805-989-7309

Navy Lodge	800-628-9466	805-985-2624
Navy Marine Corps Relief Society	805-982-4409	
Ombudsman for NBVC	805-509-3799	
Personal Property Office	805-982-4099/5260	
Post Office	805-982-4761	805-989-8707
Pride Industries	805-982-6789	
Personnel Support Detachment (PSD) Directory Listing	805-982-2573	
Duty PSD - only for emergency	805-901-0177	
ID Card / CAC Card	http://appointments.cac.navy.mil/ for appointments	
	Sponsors may check or update your DEERS Record by calling	
	800-538-9552	
	805-982-5367 / 2916 / 2385	
Substance Abuse Rehabilitation Program (SARP)	805-982-4300	
SATO Travel (Government Travel)	805-982-3536	
School Liaison Officer	805-989-5211	
Seabee Museum	805-982-5165	
Thrift Shop	805-982-4410	
Veterinary Services	805-982-3271	
Visitor Control (Pass & ID)	805-982-4371 / 2019	

MWR

MWR Main Office & Theater Reservations	805-982-5554
Auto Hobby Shop	805-982-4399 805-989-7353
Beach Motel (PM) & Camp Site Reservations	805-989-8407
Bowling Center	805-982-2619 805-989-7667
Child Development Center	805-982-4849 / 4663
	805-989-3675

FOOD DELIVERY OPTIONS FOR POINT MUGU

DOMINO's PIZZA

www.dominos.com
 460 West Pleasant Valley Road, Oxnard
 (805) 488-8101

PAPA JOHN'S PIZZA

www.papajohns.com
 1411 West Channel Islands Boulevard, Oxnard
 (805) 487-7800

RUSTY'S PIZZA PARLOR

www.gorustys.com
 307 East Port Hueneme Road, Port Hueneme
 (805) 658-6666

MORE RESOURCES

ALCOHOLIC's ANONYMOUS

805-389-1444

www.aa.org Located at: 321 N Aviador St # 115, Camarillo

CANCER (American Cancer Society)

800-227-2345

CHILD ABUSE HOTLINE

(800) 4-A-CHILD

CREDO – SPIRITUAL FITNESS CENTER

The purpose of CREDO is to provide single/married sailors and their families with spiritual and personal development in a retreat format. These retreats are especially helpful if you find yourself stressed out because of life's problems. Transportation to retreat center is provided by CREDO. San Diego CREDO offers a number of different types of retreats to meet various needs and periodically brings the retreat to our area. For reservations and information on scheduled events contact:

www.spiritualfitnesscenter@navy.mil

619-556-2826

- The hotel is free
- The food is free
- No transportation or child care provided
- Women's retreats
- Team building courses
- Bearings Course (to regain your bearings)
- Individual Augmentee Course

DEALING WITH THE MEDIA

In the event the media approaches you for a statement concerning the squad's schedule or operational activities, the best advice is to refer them to your Public Affairs Officer (PAO), who works with media on a constant basis and is able to provide information that will not compromise the ship's operational activities. Always be aware of operational security!

DOMESTIC VIOLENCE HOTLINE

(800) 799-SAFE

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFM)

The EFM Program applies to any family member (adults and children) with special medical, medical related or educational needs. This program not only helps families with special needs, but also ensures the service member is not transferred to a location where services are not available for their exceptional family member. Enrollment in EFM is mandatory if family members have ongoing medical or special educational needs. Every military clinic has an EFM coordinator that can assist you in filling out the enrollment form.

Point Hueneme Branch Clinic **805-982-6152**

FLEET & FAMILY SERVICE CENTER (FFSC)

- FFSC can provide marriage counseling for spouses.
- Financial Management Assistance: Budget counselors will develop a budget strategy with you. They can also provide references to other organizations in the military and civilian community to help you.
- Spouse Employment Assistance Program: FFSC has information on employment opportunities available throughout the U.S. They offer training in resume preparation and how to approach job interviews.
- Relocation Services: Thinking about moving? FFSC can provide you with information on your new duty station. Plus, they provide a class for tips on moving.
- Classes: FFSC provides a variety of classes for military and their family members on things such as, stress management, marriage and parenting.
- Emergencies: On weekends and after working hours, FFSC maintains a Navy-Marine Corps Relief Office to aid families with food and/or funds in the event of an emergency.

Port Hueneme **805-982-5037**
Point Mugu **805-989-8844**
To See a Counselor **866-923-6478**
Hotline: **(800) FSC-LINE**

FINANCIAL MANAGEMENT

Managing money in today's marketplace can be challenging. Frequent deployments, separation from extended families and numerous moves can drain your resources if you are not fiscally fit. At our local FFSC office, you can improve your financial status by taking classes such as:

- Command Financial Specialist Training
- Understanding how to invest in the TSP program
- Financial Planning for Deployment
- Creating a Spending Plan
- How to Save and Invest
- Understanding Your Credit Report
- Home buying
- Car Buying Strategies
- How to Avoid Foreclosure
- Where to Find Financial Aid for College Dependents
- Planning for Retirement

Port Hueneme

805-982-5037

Point Mugu

805-989-8844

FOOD ASSISTANCE

- **Food Stamp Program:** Depending on your gross income (both spouses) and other assets, you may qualify for food stamps. Food stamps are a way to help stretch your budget and are not necessarily an indication of inadequate income. Such help should be viewed positively as a benefit of certain levels of earnings. For assistance phone one of the following offices:
- **Food Stamp Online Site:**
<http://applyforfoodstamp.org/>
- **Navy-Marine Corps Relief Society (NMCRS) (Fleet & Family Service Center (FFSC)** on weekends and after hours): Has a food pantry for families to use during emergencies. Also, during weekends and after hours, FFSC will provide these emergency groceries for NMCRS.

Naval Construction Battalion Center
2600 Dodson Street, Suite 1
Port Hueneme, CA 93043-4417

e-mail to: Nadine Gamble,
nadine.gamble@nmcrs.org
Hours: Mon-Fri 0900-1500
Phone: 805-982-4409
DSN: 551-4409
Fax: 805-982-3798
DSN Fax: 551-3798

ID CARDS:

Family members eligibility for ID Cards:

- Spouse
- Children at age 10 & unmarried children under 21 (age 23 if they attend college full time).
- Children under age 10 if living with a family member not eligible for an ID card.
- Unmarried children over 21 due to a physical or mental incapacity (age 23 while a legal dependant attending college full time.
- Under certain conditions other family member may be eligible if they are certified as legal dependents

To obtain an ID Card you must have:

- Marriage certificate (clear photocopy)
- Birth certificates of children (clear photocopy)
- A certified copy of court order for adoption, paternity, or divorce decree.
- Statement from a doctor attesting to physical handicaps and period of incapacity for children over 21.
- Certificates of full time enrollment for children over 21 and less than 23.
- Previously ID Card approaching expiration (for renewals).

<http://appointments.cac.navy.mil/> for appointments
Sponsors may check or update your DEERS Record by calling

800-538-9552
805-982-5367 / 2916 / 2385

NAVY-MARINE CORP RELIEF SOCIETY (NMCRS)

NMCRS provides emergency financial assistance to military and their families. NMCRS can provide interest free loans and/or grants (dependent on your income and debt) for emergency transportation, funerals, medical/dental bills, food, rent/mortgage, utilities, delayed pay, essential vehicle repairs. Other services include:

- Education loan and/or grant
- Visiting Nurse Program—visits mothers and newborn, housebound retirees and widows.
- Baby Budget Class: Attend this class and receive a free baby layette “Junior Sea Bag” (worth about \$75).
- Budget Counseling
- Coordination with other military and civilian agencies

For your spouse to gain assistance with NMCRS while we are at sea, they must have a power of attorney or NMCRS pre-authorization form on file with NMCRS. This will enable NMCRS to grant emergency funds immediately, without having to first contact the ship and gain the active duty service member’s approval. Pre-authorizations are life-savers because they allow your spouse to quickly resolve emergencies. NMCRS carefully screens all requests. You must provide evidence that a valid emergency exists. Phone numbers:

Naval Construction Battalion Center
2600 Dodson Street, Suite 1
Port Hueneme, CA 93043-4417
e-mail to: Nadine Gamble,
nadine.gamble@nmcrs.org
Hours: Mon-Fri 0900-1500
Phone: 805-982-4409
DSN: 551-4409
Fax: 805-982-3798
*After hours, contact the Red Cross
www.nmcrs.org

NEWLY MARRIED?

When a service member gets married, there are certain things he/she needs to do at the command. These include:

- Bring to the admin office your original marriage certificate
- Update your page 2 in admin
- Update your SGLI in admin
- Fill out an application for your spouse (DD1172) at admin
- Update your TRICARE at medical
- Complete a Power of Attorney (if required) at admin
- Complete Dependant Care Certificate (if required) at admin
- Complete any allotments needed on MYPAY

OMBUDSMAN

The OMBUDSMAN is there to support you in time of need and works directly for the Commanding Officer and has direct contact with him.

She can assist families by providing you with a list of Navy and/or civilian resources that can help deal with issues. This is especially true in times of crisis—she will be able to direct you to agencies that can help you effectively deal with an emergency.

If you are experiencing a problem with a military agency (e.g. Hospital, TRICARE, Base Housing, etc.) take the following steps before contacting your OMBUDSMAN:

- Contact the manager or officer-in-charge and express your complaint.
- Note the date, time, place, names of personnel and phone number called. Also, note what action steps they were going to take to rectify the problem.
- If the matter has not been resolved within an appropriate time frame and you feel the problem still needs to be pursued, contact your OMBUDSMAN for assistance.
- Contact your command for your OMBUDSMAN's contact information

CACCLOGWING OMBUDSMAN	805-479-8453
VAW-112 OMBUDSMAN	805-778-3818
VAW-113 OMBUDSMAN	805-236-7768

VAW-116 OMBUDSMAN
VAW-117 OMBUDSMAN

805-535-9599
757-652-8851

OPERATION HOMEFRONT

- Typically for E1 to E6
- They will need their ID and an LES

Assistance/Donations

866-424-5210

www.operationhomefront.net/sandiego

RED CROSS:

- Emergency communications regarding illness, death or other emergency (available 24 hours a day)
- Health and welfare inquiries.
- Financial assistance in emergencies.

858-309-1200

*Things that the Red Cross needs to know in order to notify the military members of an emergency at home (be sure you pass this to your spouse, parents, other primary next-of-kin):

- Military spouse's Rate, Full Name, Social Security Number, and Name of Command (address/phone is helpful).
- The address/phone of the civilian/military official(s) who can verify the emergency (e.g. Funeral home director, doctor, policeman, minister, etc.)

Emergency leave is normally granted for:

- A dying member of the service member's or spouses immediate family. Immediate family is defined as a spouse, children parents, siblings, "loco parentis" (person who stood in place of a parent and raised the member for a minimum of five consecutive years), or only living relative.
- Upon the death of an immediate family member.
- When an accident or serious illness of an immediate family member results in a serious family problem and imposes important responsibilities on the service member.
- When failure of the service member to return home would create a severe and unusual hardship on the immediate family.

Emergencies communication:

- The best way for a loved one to reach a deployed member in an emergency is to contact the Red Cross. Red Cross will notify the squad by message as to the nature of the emergency.
- Keep your Ombudsman informed about emergencies. They may be able to provide you information about other helping resource.

SUBSTANCE ABUSE REHAB CNTR **800-433-6868**

SEXUAL ASSAULT

24-Hour Toll Free Crisis Line **888-272-1767**

For information such as legal services and emergency numbers, visit Project Safehouse at:

<http://www.safehousecenter.org/>

WIC PROGRAM – American Red Cross **800-500-6411**

- For children under the age of 5
- For pregnant women E1 to E6
- An LES is required

WOMENS CRISIS CENTER

2-1-1

805-983-4014

858-300-1211

OTHER RECOMMENDED RESOURCE SITES:

DADS AT A DISTANCE:

<http://www.dads.com/>

LONG DISTANCE COUPLES:

<http://www.longdistancecouples.com/>

MOMS OVER MILES:

<http://www.momsovermiles/>

NATIONAL PARENT INFORMATION NETWORK:

<http://www.npin.org/>

PARENT CENTER:

<http://www.parentcenter.com/>

SELF-ESTEEM:

<http://www.more-selfesteem.com/>

DEPLOYMENT GUIDE

COMMUNICATION DURING THE DEPLOYMENT

Discuss with your family how you will communicate during a deployment. There are various ways to do so. The more you use, the better your communications will be. Think about using E-Mail, Sailor Phone, Letters, Post Cards, Video Tape, Audio-Cassettes, and Care Packages:

Email:

- Do not include any file attachments, such as; graphics, wav's, avi's, pictures or large text files. E-Mail should be kept below 80kb in size. The ship will not be able to download large files.

Letters:

- When the squad first departs Point Mugu, it will take awhile for the mail to catch up. It may take 2-4 weeks to get that first letter. This is due to a complicated series of steps to get the mail off the ship, transit time across the Pacific, getting back to the states and sorted at Fleet Post Office. So don't think your spouse doesn't care or hasn't written.
- Once the ship the squad is attached to arrives at their destination, mail takes weeks to get to/from the ship.
- Word to wise—give yourself plenty of lead-time to mail things to the ship. Don't expect mail to get to the ship overnight.
- One of the best morale boosters is to receive a letter from your spouse. Both spouses should try to correspond with the same frequency. Don't expect a letter if you don't write one.
- Use the following address to write your spouse:

(Rate and Name)

(Command)

(Division)

FPO AP (Zip Code)

PRE-DEPLOYMENT

- Go to a marriage retreat with CREDO (619) 556-2826
- Complete an NMCRS Pre-Authorization form
- Do a Power of Attorney
- Get the DVD “Talk, Listen, Connect” for kids from FFSC
- Get writing kit for kids from FFSC
- FFSC will organize a “Family Night” for the ship

Pre-Deployment Check-Off List

***Provide the locations of the following items known to you and your spouse**

Family Members

- Will paperwork
- Power of Attorney
- Birth Certificates
- Marriage Certificates
- Naturalization papers
- Deeds and Mortgages to property
- Life insurance policies
- Savings bonds, stocks, and securities
- Bank books, checks, and deposit slips
- List of all credit cards and who to notify if lost or stolen
- Bank account numbers, name and address of bank
- List of all payments that must be made and to whom
- List of all serial numbers of bonds
- Your ships address, rate, and SSN
- NEX card paid off
- Next of Kin (NOK) address and phone
- Navy-Marine Corp Relief Society pre-authorization form
- ID cards valid through the deployment
- Adoption papers
- State and federal tax records
- Have you recently updated your page 2 and will?
- Name and number for Command Ombudsman
- Does the Ombudsman have your family on the roster for newsletters?

Medical/Emergencies

- Immunization records for family members
- Is DEERS enrollment current?

Home

- Major appliances are all in good working order

- Location of spare key

Automobile

- Automobile Title
- Automobiles are in good repair
- Car Insurance Papers
- Care base decal is valid through deployment
- Location of spare key

Documents that need to be renewed:

- **Auto Insurance policy located:**

Expires: _____

Mail payment to _____

In the event of an accident call claims office at:

- **Auto Registration located:**

Expires: _____

Mail payment to _____

- **Auto Safety Inspection**

Expires: _____

Take car for safety inspection to:

***If you are military and not a California resident and the car is in your name only, then some cities waive the decal fee and city personal property tax. Your spouse must have a copy of a current LES (within 90 days).*

- **Auto Base Decal** Expires: _____

*** Requirements: ID Card; Car Registration; Proof of Insurance,; California Smog Test*

*** Pass and Decal Office is located in Port Hueneme*

<http://www.cnic.navy.mil/Ventura/InstallationGuide/VisitorInformation/VehicleRegistration/index.htm>

- **Driver's License** Expires: _____

*** Requirements for CA license: if you possess a valid out of state license take it to a DMV, surrender it and take a visual exam to obtain a CA license. You and your family can drive with a valid out of state license—*

*unless your spouse/children obtain employment in CA—
then they must obtain a CA driver's license.*

- **AAA auto service or other auto club service:**

Expires: _____

*** Auto clubs are good in the event you need a tow if the
car breaks down on the road.*

- **Personal Life Insurance policy located:**

Payment in due _____

Mail payment to:

- **TRICARE Prime enrollment**

Expires: _____

*** You must re-enroll before expiration date to remain
on Prime (800) 600-9332*

- **My lease expires:** _____.

It must be renewed through the following rental agent
or landlord:

Phone: _____

CREDIT CARDS

Listed with telephone numbers to cancel in event of theft/loss

Credit Card: _____

Telephone: _____

DURING DEPLOYMENT

- US Post Office will send you all the boxes and packing material for care packages

PCS MOVE DURING THE DEPLOYMENT:

If you will be getting orders during the deployment and know you will be moving out of area, it would be wise to do the following before we get underway:

- Stop by the Housing Office (if you reside in base housing) and see what needs to be done prior to moving out of government quarters.
- Find out the procedures for shipping your household goods.
- Go by Fleet and Family Service Center and go through their “Smooth Moves” class and obtain “SITES” information on your new duty station.
- SITES is a computer print-out of the local area around your new duty station and contains info on you new duty station, housing, schools, employment, etc.
- Plus, if you are going overseas, you’ll need to get your family screened for overseas duty by the command and medical. Also, you may need to set-up shipment of a car. See the Ship’s Office for other benefits, including port call, base housing and TLA.

In order to set up the move, your spouse will need:

- Current power of attorney
- Copies of your PCS orders (if deployed, these will be sent to the Regional Support Group)
- Valid military ID Card.

POST-DEPLOYMENT

- Go to a marriage retreat with CREDO (619) 556-2826



CHAPLAIN TODD D. FOWLER

The Command Chaplain for CACCLOGWING, VR-55, VX-30 & FRC is Chaplain Todd Fowler. He provides confidential counseling for marriage, financial, stress and parenting and can also provide pre-marital counseling, and religious education on a variety of denominations. In times of emergency, the Chaplain can serve as liaison between military and civilian resources. Chaplain Fowler has an open door policy so feel free to contact him at anytime.

todd.d.fowler@navy.mil
toddfowler111@yahoo.com
Cell# (805) 746-0573
Office# (805) 989-1961

