Welcome to the New Hampshire Air National Guard



157th Air Refueling Wing Pease Air National Guard Base Newington, New Hampshire

http://www.157arw.ang.af.mil/

Welcome Package Information

Base Relocation information

INDEX

- 1 Getting to Pease
- 2 Pre-Arrival Information and Numbers

Temporary Lodging

Commercial Options for Temporary Lodging

Housing application

Post Office "General Delivery" Information

- 3 New Hampshire Air National Guard History and Mission Statement
- 4 Phone directory

Pease Air National Guard Base

Hanscom Air Force Base

Portsmouth Naval Shipyard

- 5 Exception Family Member Programs
- 6 Airmen and Family Assistance Programs at Military Facilities

Pease Air National Guard Base

Portsmouth Naval Shipyard

Hanscom Air Force Base

- 7 Churches in the Portsmouth Area
- 8 Housing Options & Information
- 9 Military Medical Facilities
- 10- VA Medical Clinics and Medical Facilities
- 11- Civilian Medical Information
- 12- New Hampshire Dentists
- 13- New Hampshire Public Schools
- 14- Maine Public Schools
- 15- Pease Local Childcare
- 16- Veterinarian Clinics, Emergency Hospitals, and Kennels
- 17- Commissary and Base Exchange Facilities
- 18- MWR Facilities
- 19- Vehicle Registration Information
- 20- Pease Military Organizations
- 21- Youth Opportunities Available through the local Military Installations
- 22- Local (Pease) Community Information
- 23- Local (Pease) Family Attractions
- 24- Local (Pease) Families and Youth Recreation and Theatre
- 25- The State of New Hampshire "The Granite State" Information
- 26- New Hampshire Colleges, Universities and Continuing Education
- 27- Local Adult Education Resources
- 28- Helpful websites

Getting to Pease

Located on New Hampshire's seacoast - traveling to Portsmouth.....Less than an hour north of Boston, MA and an hour south of Portland, ME – Portsmouth and the Seacoast are easily accessible I am sure that you will enjoy your PCS move to Pease! With tax-free shopping, restaurants, art galleries, historic homes, and more you'll be ready to stretch your legs and discover why Portsmouth was named New Hampshire's Best Walking City and one of the top 100 most walkable cities in the nation.

If traveling by car, I-95 and US Route 1 provide convenient access from the south and north, and NH Route 101 provides access from the west.

If traveling by boat, navigate our waterways from the east. Marinas for docking are available in Portsmouth, New Castle, Newington and Hampton, NH as well as Kittery, ME.

If traveling by air, Logan International Airport in Boston (BOS) serves as the hub of New England. Once you arrive, hop on a C & J bus, with daily scheduled service departing nearly every hour. Or call ahead for a private coach, limousine or taxi (search under "Transportation" in our Chamber Business Directory for more information).

To travel to/from the city of Boston or Logan airport C & J bus has a terminal located on the Pease International Tradeport. C & J picks up a various location at Logan Airport and also at North Station in Boston. C&J is the second largest provider of intercity bus transportation in Northern New England serving five destinations with over 30 daily departures from the New Hampshire Seacoast, and Newburyport to Logan Airport and Boston, Massachusetts. (http://www.ridecj.com/index.asp) (C & J tickets are available at the Portsmouth Naval Shipyard MWR/ITT at a discounted price.)

Manchester-Boston Regional Airport (MHT) is located 45 miles west of Portsmouth and offers a convenient schedule of non-stop and direct service from major US cities. Manchester also offers free bus service to and from Boston and Woburn, MA. (www.flymanchester.com)

The Portsmouth International Airport at Pease also provides general aviation services for private aircraft and charters.

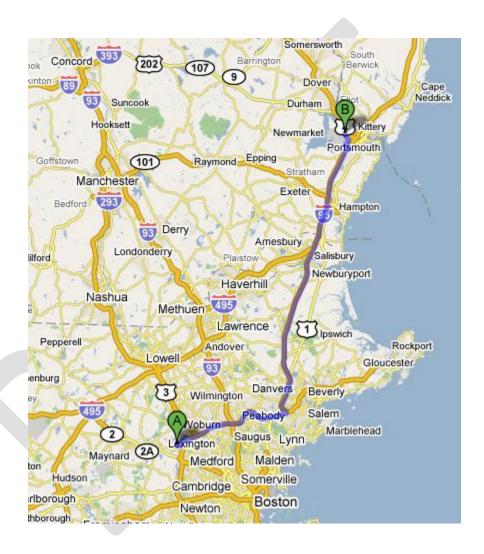
For those traveling by train, Amtrak services are available from Boston and Portland to Exeter and Dover.

Approximate travel times to the Seacoast:

Boston, Massachusetts, Portland, Maine and Manchester, New Hampshire are each only a 1 hour drive away.

Hartford, Connecticut is approximately 2.5 hours away. Burlington, Vermont – is approximately 3 hours drive. New York City is approximately 5 hours away. Montreal, Canada is about 5 hours to the north. Quebec, Canada is a mere 6.5 hours away.

Map showing seacoast area from Hanscom AFB to Pease ANGB.



Pre – Arrival Information and Numbers:

Temporary Quarters:

Hanscom Air Force Base Temporary Quarters:

Have you made temporary Lodging arrangements at your new duty assignment, if needed?

<u>Temporary Lodging – Hanscom Inn</u>

Persons in PCS In status are authorized 30 days in Temporary Lodging Facilities Reservations can be made by calling the Hanscom Inn at (781) 377-2112 or DSN 478-2112. Reservation requests can be faxed to (781) 377-4961 or DSN 478-4961. Reservations can also be made via the Internet at: Hanscom Inn@hanscom.af.mil. No orders needed. Make sure you confirm them a week before you depart your current location. Base Lodging is your after hours check in point.

Hanscom Post Office:

Do you have a general delivery post office address?

Hanscom General Delivery Information: (DSN 478-4069, or (781)377-4069)

Call between 11 am – 1 pm and 4-6 pm). E-mail arrangements may be made by contacting hanscom.infoservices@hanscom.af.mil General Delivery Mail, 75 Grenier St., Box 8888, Hanscom AFB, MA 01731

Portsmouth Naval Shipyard Temporary Lodging:

Call: <u>Navy Gateway Inn & Suites</u> – (207)-438-1513

Portsmouth Naval Shipyard Housing Application:

If you are hoping to obtain military housing at the Portsmouth Naval Shipyard Housing, you are eligible to fill out your application to have your name placed on the waiting list once your have received your PCS orders to Pease. Go to:

http://www.housing.navy.mil/onestop/ - and follow the following steps

Go to "one stop" "start here"

Click on the state of Maine (ME)

Choose NSY Portsmouth (Portsmouth Naval Shipyard)

Once at the PSNY Housing site, in the upper left corner you can go to military housing. From there you will find the application and all the info you should need to sign up and get on the waiting list for housing.

Or go to community housing for off base options.

Commercial Options for Temporary Lodging

("This list is not an endorsement, neither stated nor implied, of any non-federal entity by the DoD, United States Air Force or New Hampshire Air National Guard.")

Hotel Resources Offering Per Diem Rates - Portsmouth, NH:

Per Diem Rates - Portsmouth, Rockingham County, NH:

October 1 through June 30 - Maximum for Lodging \$102 July 1 through September 30 - Maximum for Lodging \$132 Meals and Incidental Expenses (M&IE) \$44 M&IE First and Last day \$33

Locations with Kitchenettes:

Best Western Wynwood Hotel & Suites

580 US Highway 1 Bypass Portsmouth, NH 03801 Phone: (603) 436-7600 Toll-free: (800) 937-8376

Fax: (603) 436-7600

Web site: http://www.wynwoodportsmouth.com/

Homewood Suites by Hilton - Portsmouth

100 Portsmouth Boulevard Portsmouth, NH 03801 Phone: (603) 427-5400 Toll-free: 800-225-5466 Fax: 603-427-5410

Web site: http://homewoodsuites1.hilton.com/

The Port Inn 505 US Highway 1 Bypass Portsmouth, NH 03801 Phone: (603) 436-4378 Toll-free: (800) 228-7678

Fax: (603) 436-4378

Web site: http://www.theportinn.com/ *Kitchens available in studio units only Hampton Inn 99 Durgin Lane

Portsmouth, NH 03801 Phone: (603) 431-6111 Toll-free: (800) 426-7866 Fax: (603) 431-6222

Web site: http://www.hamptoninn.com/ *Hospitality Suite – Full Kitchen/Dining

Table – Free of Charge

Wrens Nest Village Inn 3548 Lafayette Road Portsmouth, NH 03801 Phone: (603) 436-2481 Toll-free: (888) 755-9013 Fax: (603) 436-6782

Web site: http://www.wrensnestinn.com/ *Kitchens available in the studio efficiency, as well as one and two bedroom cottages

Locations with Mini Fridge and Microwave:

Anchorage Inns & Suites 417 Woodbury Avenue Portsmouth, NH 03801 Phone: (603) 431-8111

Toll-free: (800) 370-8111 Fax: (603) 431-4443

Web site: http://anchorageinns.com/

Comfort Inn at Yoken 1190 Lafayette Road Portsmouth, NH 03801 Phone: (603) 433-3338 Toll-free: (800) 552-8484

Fax: (603) 431-1639

Web site: http://www.comfortinn.com/

Courtyard by Marriott 1000 Market Street Portsmouth, NH 03801 Phone: (603) 436-2121 Toll-free: (800) 321-2211

Fax: (603) 430-7666

Web site: http://www.marriott.com/

Fairfield Inn by Marriott 650 Borthwick Avenue Portsmouth, NH 03801 Phone: (603) 436-6363 Toll-free: (800) 627-7468 Fax: (603) 436-1621

Web site: http://www.marriott.com/

Hilton Garden Inn 100 High Street Portsmouth, NH 03801 Phone: (603) 431-7259 Toll-free: 877-782-9444 Fax: 603-431-1477

Web site: http://www.hiltongardeninn.com/

Holiday Inn Portsmouth 300 Woodbury Avenue Portsmouth, NH 03801 Toll-free: 800-465-4329 Fax: 603-431-2065

Web site: http://www.holidayinn.com/

Sheraton Harborside Portsmouth Hotel

250 Market Street Portsmouth, NH 03801 Phone: (603) 431-2300 Toll-free: (888) 627-7138

Fax: (603) 431-7805

Web site: http://www.starwoodhotels.com/

History of the New Hampshire Air National Guard

The New Hampshire Air National Guard is a dual status organization, that is, it is what the Constitution calls "the organized militia" under state control, and it is also a ready reserve unit of the United States Air Force. Our history and battle honors are, therefore, traced to both our militia roots and our Air Force roots. Our militia history begins in 1679 when New Hampshire became a royal colony of Great Britain. From that time until the American Revolution, New Hampshire militiamen were among the most active participants in the defense of the colonies from attacks by Britain's long-time enemy, France, or by local indigenous tribes. From April 1775 to the end of the War for Independence, New Hampshire provided a higher percentage of its militia-eliqible population to the war effort than any other state. That included some of the war's most effective leaders such as Brigadier General John Stark, the hero of Bunker Hill and the Battle of Bennington. Throughout the history of the new nation, New Hampshire militia (renamed the National Guard in 1879) responded to state emergencies and threats to the nation such as floods, ice storms, labor strife, and wars both on this continent and in foreign lands. It is during the biggest of these wars, World War II, that the Air Force heritage of the Air Component of the New Hampshire National Guard had its start. The 157th Air Refueling Wing and the 133rd Air Refueling Squadron are the New Hampshire Air National Guard's core operational unit designations. Both units trace their histories back to Army Air Force units that were constituted early in 1942 and served in the China-Burma-India Theater of operations. The 157th Air Refueling Wing traces its lineage back to the 311th Bombardment Group (Light) which was first constituted on 28 January 1942 and, by war's end, had earned four campaign streamers: American Theater, India-Burma, China Defensive and China Offensive.

The New Hampshire Air National Guard received federal recognition on 14 April 1947. It flew, in succession, the P-47D Thunderbolt, F-51H Mustang, F-94 A/B Starfighter, and F-86L Sabrejet in the air defense mission until 1960 when the unit began the airlift mission with the C-97A Stratofreighter. After converting to the C-124A Globemaster then the C-130A Hercules, the unit entered the refueling era in 1975 with the KC-135A/E/R Stratotanker. Originally stationed at Grenier Field in Manchester, NH, the unit moved to Pease AFB in Portsmouth in 1966. The 157th was activated for the Korean War in 1951, then the Berlin Crisis in 1961. Starting in 1975, it stood SAC alert, 24/7, for 17 years and participated in every major military operation of the 1990's and continues to be very active during this first decade of the 21st Century. For nearly twenty years, its participation in real-world Air Force operations has come in the form of Airbridge, Tanker Task Force and Noble Eagle operations from Pease ANG Base, deployments to Southwest Asia and to European countries, and participation in Air Expeditionary Force rotations (at times, all three concurrently). During the same period, the unit has mobilized personnel for several state emergencies including two major floods in NH, two ice storms, the Hurricane Katrina disaster and border operations in the Southwest United States.

New Hampshire Air National Guard Mission Statements

Federal Mission: Staff, equip and train combat flying and combat support units to augment the Air Force. The Air National Guard's federal mission is to maintain well-trained, well-equipped units available for prompt mobilization during war and provide assistance during national emergencies (such as natural disaster or civil disturbances). During peacetime, the combat ready units and support units are assigned to most Air Force major commands to carry out missions compatible with training, mobilization readiness, humanitarian and contingency operations such as Operation Enduring Freedom in Afghanistan. Air National Guard units may be activated in a number of ways as prescribed by public law. Most of the laws may be found in Title 10 of the U.S. Code.

The Air National Guard provides almost half of the Air Force's tactical airlift support, combat communications functions, aero medical evacuations and aerial refueling. In addition, the Air National Guard has total responsibility for air defense of the entire United States.

Examples of this include air refueling airlift, Tanker Task Force, higher HQ support, base security, base support, day-to-day training, and operations such as "Joint Forge" -- "Joint Endeavor" -- "Restore Hope" Silver Flag and Air Expeditionary Forces.

State Mission: Provide units trained and equipped to protect life and property and to preserve peace, order and public safety. When Air National Guard units are not mobilized or under federal control, they report to the governor of their respective state, territory (Puerto Rico, Guam, Virgin Islands) or the commanding general of the District of Columbia National Guard. Each of the 54 National Guard organizations is supervised by the adjutant general of the state or territory. Under state law, the Air National Guard provides protection of life, property and preserves peace, order and public safety. These missions are accomplished through emergency relief support during natural disasters such as floods, earthquakes and forest fires; search and rescue operations; support to civil defense authorities; maintenance of vital public services and operations.

Members are trained and equipped to support the Governor in emergency situations such as providing disaster relief from the mini twister which struck the stratham fair grounds, crowd control during motorcycle weekend in Laconia, and law enforcement during the demonstrations at the Seabrook nuclear power station while under construction.

Community Mission: To participate in local, state, and national programs that add value to the community. Facilities and services are provided by the New Hampshire Air National Guard to support community activities. Our members individually and collectively participate in local government, church, Scouts, youth activities, and events such as Special Olympics, United Way's Day of Caring, and Camp Pride upgrades.

Our Vision: Citizen soldiers building the nation's most respected Air National Guard unit --serving America, New Hampshire and community ... in partnership with family and employer.

Phone Directory

Important PCS Inbound numbers:

Personal Property Processing Offices for In-bound Members:

Call Chelmsford, MA - 781-377-7627

Exception Family Member Programs:

Portsmouth Naval Shipyard POC's:

Julie Hilt 207-438-2774 HM1 Gray 207-438-2450

Hanscom Air Force Base POC:

SRA Rivera – 781-377-9832

Hanscom AFB Temporary Lodging Facilities. Reservations can be made by calling the Hanscom Inn at (781) 377-2112 or DSN 478-2112.

Pease Air National Guard Base Telephone Numbers

Base Locator:

1-603-430-3291

Base Exchange:

1-603-430-0302

ID Cards:

1-603-430-3514

Education & Training:

1-603-430-3511

Clinic:

1-603-430-2340

Airman and Family Readiness Program

603-430-3545

Chaplain

603-430-3456

Family Program Emergency Hotline

1-800-472-0328

Finance:

1-603-430-3400

Legal:

1-603-430-2758

Pass &

Registration:

1-603-430-2605

Recruiting:

1-603-430-2798

TriCare:

1-888-999-5195

Public Affairs

1-603-430-3577

Hanscom Air Force Base

Air Force Aid Society	781-377-4222
Air Force Audit Agency	781-377-5214
AF Office Special Investigations	781-377-4605
Airman and Family Readiness Ctr	781-377-4222
Airman Leadership School	781-377-5297
Ambulance (Base)	9-911
Ambulance (Housing)	911
American Eagle Property Management	781-861-5062
Property Maintenance	781-861-1471
Auto Hobby Shop	781-377-2612
Band of Liberty	781-377-2263
Base Exchange (BX)	781-862-0580
Base Info Transfer Ctr (BITC)	781-377-2751
Base Locator	781-377-5111
Organizations	781-377-4441
Beauty Shop	781-274-8195
Bedford High School	781-275-1700
Before & After School Program	781-377-2858
Billeting Reservations	781-377-2112
	1-888-AFLODGE
Bowling Center	781-377-2237
Cable TV in Housing (Comcast)	781-862-6585
	800-266-2278
Chapel	781-377-3538
Child Development Center	781-377-7166
Civilian Pay	781-377-5174
Civilian EAP	617-565-2652
Appt's at Hanscom	800-222-0364
Civilian Wellness Program	781-377-8467
Class VI Store	781-377-7020
Clinic Services	888-NAVYMED
Immunizations	781-377-3531
Pharmacy	781-377-3101
Refills	781-377-1522
Club Catering	781-377-9694
Command Post	781-377-5144
Commissary	781-377-4210
Commuter Management Program	781-377-2904
Computer Help Desk (Base)	781-377-4357
Credit Union	781-274-6335
Customer Service (Military)	781-377-2276
Del-Jen Customer Service	781-377-3383

Dental Appointments (Clinic)	781-377-2465
DITY Move (Weigh Station-Billerica)	800-244-6050
Dorm Management	781-377-8230
Dry Cleaners	781-274-8581
Education Center	781-377-3120
Environmental Center	781-377-2904
Bio-Environmental Health	781-377-2181
Family Camp	781-377-4670
Family Home Child Care	781-377-1695
Family Services	781-377-4222
Finance	781-377-2297
FIRE REPORTING (BASE)	9-911
FIRE REPORTING (HOUSING)	911
Fitness Center	781-377-3639
Fourth Cliff Reservations	800-468-9547
Local Line	781-837-9269
Gas Station	781-377-5155
Golf Course	781-687-2396
Ground Safety Manager	781-377-5912
Hanscom Middle School (4-8)	781-274-7720
Hanscom Primary School (K-3)	781-274-7721
Hansconian	781-377-5191
Health & Wellness Center	781-377-6560
Help Desk (Computers)	781-377-4357
Honor Guard	781-377-4850
Household Goods (Inbound)	781-377-7627
(Inbound in Chelmsford)	781-377-7611
(Outbound on Base)	781-377-5330
Housing Management Office	781-377-4590
Housing Referral Office	781-377-4590
Info, Tickets & Tours (ITT)	781-377-3262
Inspector General	781-377-1608
Installation Commander	781-377-2301
Jewelry	Call the BX
Labor Relations	781-377-4570
Legal Office	781-377-2361
Claims	781-377-3272
Library	781-377-2177
Life Skills Support Center	781-377-4791
Medical Appointments	
Health Net	888-NAVYMED
St. Elizabeth Health Care/Brighton Marine	781-377-4740
Military Clothing Sales	Call the BX, x4
Military Pay/Travel Pay	781-377-2297

Pass & Registration 781-377-3814 Pharmacy (Clinic) 781-377-3101 Refills 781-377-1522 Pizza/Sub Shop 781-274-0133 Pool 781-377-2455 Post Office 781-377-2422 Postal Service Center 781-377-24069 General Delivery, Dorm PO Boxes 781-377-4069 Preschool 781-377-7166 Protocol Office 781-377-5151 Public Affairs 781-377-5191 Readiness Office (CE) 781-377-4923 Recycling 781-377-4923 Recycling 781-377-4923 Retirements/Separations 781-377-2248 Retirenents/Separations 781-377-2476 Travel Office (Official) AirTrak 781-377-2511 Safety Office 781-377-5135 St. Elizabeth Health Care 781-377-440 SECURITY POLICE DESK 781-377-2314 EMERGENCY (BASE) 9-911 EMERGENCY (HOUSING) 911 Separations 781-377-3901 Services Station Store 781-377-5155 Shoppette <td< th=""><th></th><th></th></td<>		
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Optometry Clinic 781-377-4030 Outbound Assignments 781-377-6121 Outdoor Recreation 781-377-5316 ID Cards, In-Processing 781-377-2276/3814 Pass & Registration 781-377-3814 Pharmacy (Clinic) 781-377-3101 Refills 781-377-1522 Pizza/Sub Shop 781-274-0133 Pool 781-377-2455 Post Office 781-377-2455 Post Office 781-377-24069 General Delivery, Dorm PO Boxes 781-377-7166 Preschool 781-377-7166 Protocol Office 781-377-5151 Public Affairs 781-377-5191 Readiness Office (CE) 781-377-4923 Recycling 781-377-4923 Recycling 781-377-4272 Red Cross Central Office 617-375-0700 Retirements/Separations 781-377-2248 Retirees Activities Office (RAO) 781-377-2511 Safety Office 781-377-2314 EMERGENCY (BASE) 9-911 EMERGENCY (BASE) 9-911 EMERGENCY (HOUSING)	Optical Shop	781-274-0718
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Service Station Store 781-377-5155 Shoppette 781-377-7020 Straight Talk 781-377-3732	Separations	781-377-2248
Shoppette 781-377-7020 Straight Talk 781-377-3732	Services	781-377-3901
Straight Talk 781-377-3732	Service Station Store	781-377-5155
	Shoppette	781-377-7020
(6)	Straight Talk	781-377-3732
(Commander's Hotline)	(Commander's Hotline)	
Swimming Pool 781-377-2455	Swimming Pool	781-377-2455
Telephone Trouble Desk 781-377-5050	Telephone Trouble Desk	781-377-5050
Telephone Service in Housing (Verizon) 800-870-9999	Telephone Service in Housing (Verizon)	800-870-9999
Theater 781-377-5200	Theater	701 277 F200

Thrift Shop	781-274-8079
Tickets & Tours	781-377-3262
Transportation Incentive Program	781-377-2904
Trash Pickup (Bulk)/Bldgs	781-377-3383
U.S. Post Office	781-377-2242
USO	617-720-4949
Veterinary Clinic	781-377-3266
Video Teleconferencing	781-377-8658
Visitors Center	781-377-4260
Weather Hotline	781-377-2653
	781-377-COLD
Youth Center	781-377-3739
ESC/CC	781-377-5102
66 ABW	781-377-2301
653 ELSW	781-377-2771
653 ELSG	781-377-6378
853 ELSG	781-377-4953
350 ELSW	781-266-9120
350 ELSG	781-266-9162
850 ELSG	781-266-0302
950 ELSG	781-266-1002
551 ELSW	781-377-9865
551 ELSG	781-377-5517
751 ELSG	781-377-6759
851 ELSG	781-377-9621
951 ELSG	781-377-9549
554 ELSW	781-377-5238

Portsmouth Naval Shipyard Telephone Directory

(Add Area Code (207) to each number – for DSN Dial 684-XXXX)

EMERGENCY PHONE NUMBERS

OFF BASE Dial 9 Kittery Police	11	39-1638
ON BASE		
EMERGENCY	4	38-2333
AMBULANCE	4	38-2555
FIRE	4	38-2333
POLICE	4	38-2444
American Red Cross NH		766-5440
American Red Cross ME		874-1192
American Red Cross Armed		
Emergency Communications	1-877	-272-7337
Command Duty Officer		451-3528
Shipyard Duty Officer		451-3405
Shipyard Duty Petty Officer		451-3404
NH Help Line	1-800-	852-3388
York County Crisis Hotline	1-888-	568-1112
Poison Control Center	1-800-	343-2722
FFSC Social Worker		438-1363
Navy Medical Social Worker		438-1693
Chaplain		438-1970
Sexual Assault Report (page	r) 877-	677-3189
Sexual Assault Support Svs	888-	747-7070
York Hospital		351-2170
Portsmouth Hospital	603-	433-4042
Southern ME, Medical Center		283-7100

FREQUENTLY CALLED NUMBERS

Auto Passes/Decals	438-2235
Base Operating Support	438-1112
Combined Bachelor Quarters	438-1513
Command Career Counselor	438-1046
DEERS 1-800-	538-9552
GMH	439-5052
Household Goods JPPSO	438-2808
Housing Referral Office	438-2732
ID Cards	438-2640
Legal Assistance (NASB)	921-2355
Navy Exchange	438-2341
Navy Lodge	438-1513
Navy-Marine Corps Relief Soc.	438-1832
PSD Customer Service (NASB)	921-2551
Retired Affairs Office (RAO)	438-1868
Security Dispatch	438-2230
Veterinarian Clinic (NASB)	725-8450

CHILD CARE:

Child Development Center 438-2083 Child and Youth Program (CYP)438-2114

COMMISSARY:

Information 439-5532 438-4848

FOOD SERVICES:

FOOD SERVICES.	
Dockside Café	438-2219
Jo Jo's	438-5114
Tirante Tavern	438-2269
Bill's Snack Bar	439-719
XTreme Bar and Grill	438-2404

EMPLOYMENT:

HRO Civil Service 438-2698/2878 MWR 438-2447 NEX 438-2341/439-3024

DENTAL:

 Appointments
 438-1802

 Tricare Dental Program
 1-800-866-8499

 Tricare Retiree Dental
 1-888-838-8737

NAVY MEDICAL CLINIC:

Appointments	1-888-NAVY-MED
Duty Office	438-4940
Exceptional Family Me	mber
Program Coordinato	r 438-2450
Medical Records	438-1799
Navy Medical Social W	orker 438-1693
Primary Care	438-1781
TRICARE North	877-874-2273
TRICARE Representative	e 438-2774
Pharmacy	

RECREATION/ENTERTAINMENT:

438-2582

TIE OTTE / TITO TO THE ITTE	
Auto Skills Center	438-2981
Barber Shop	438-3884
Bowling Center	438-2404
Fitness Center	438-4261/2286
Gear Rental	438-1514
Liberty Port	438-4188
Liberty Program	438-2712
Tickets and Tours (ITT)	438-2713
Relief Valve	438-2769/2713
Wood Hobby Shop	438-1820



Airmen and Family Assistance Programs at Military Facilities

1. <u>Pease Air National Guard Base</u> – Airman and Family Readiness Office – Wing Family Program Coordinator (WFPC).

Contact Information:

Airman and Family Readiness Office

Bonnie Rice,

Telephone: Commercial: (603)-430-3545 DSN: 852-3545; and Cell phone:

(603)-828-3892. Email: bonnie.rice@ang.af.mil

302 Newmarket Street, Bldg. 16 Pease ANGB, NH 03803-0157

Full Time WFPC

- Information and Referral Service
- Robust Reunion and Reintegration Program
- Deployment Support
- Monthly Deployed Family Gathering
- o MWR, Events,
- Discounts & Benefits

- Operation Military Kids Team Member
- Red Cross Emergency
 Services Team Member to
 assist with Armed Forces
 Emergency Contact
 (Service to the Armed
 Forces)
- Relocation Support
- Financial Assistance and Personal Financial Management

2. Portsmouth Naval Shipyard Fleet and Family Services

Contact Information:

Fleet and Family Support

Commercial: (207)-438-1835 DSN: 684-1835

Portsmouth Naval Shipyard

Kittery, ME 03904

All services are free, confidential, and located at PNSY unless otherwise indicated.

- Transitional Assistance Program (TAP). Held at Pease Air National
- Guard Base
- Information and Referral services

- Relocation Support
- Family Employment Resources
- Counseling for individuals, couples, and families
- Life Skills Education classes

- Sexual Assault Victim Intervention
- Crisis Intervention
- Family Advocacy Program

- Personal Financial Management
- Ombudsman Program
- · Lending Locker

4. <u>Hanscom Air Force Base – Airman and Family Readiness Center</u>

Contact Information:

Airman and Family Readiness Center

Building 1218, 20 Kirtland Street (781) 377- 4222

FAX: (781) 377-8239

Monday - Friday, 0730-1630

http://www.hanscom.af.mil/66abw/afrc/index.asp

RELOCATION ASSISTANCE

In & Outbound Assistance
Sponsor Training/Packages
Newcomers T Orientation
Smooth Move Seminars
Family Welcome
Moving with Kids
Installation Commander's Welcome

EMPLOYMENT/TRANSITION ASSISTANCE

Finding Federal (Gov't) Jobs Career Assessment Resume/Interviewing Skills Salary Negotiation Job Search Assistance Spouse Employment TAP Seminar/Job Fairs

FAMILY SERVICES

Playgroup
*Free STRIPES
*Layettes
Loan Locker/Attic
*Homefront Heroes

FAMILY LIFE

Parenting Skills & Topics Heart Link New Spouse Orientation* Bereavement Packages Micro-Seminars/Workshops on the Run

AIR FORCE AID SOCIETY/PFR

Emergency Financial Assistance*
Personal Finances/Budgeting
First Termer's Classes*
Home/Car Buying/Investing 101

READINESS

Disaster Support
Emergency Family Assistance Center
Pre-Deployment Briefings
Deployment & Remote Tour Support
Reunion & Reintegration Services

RESOURCE CENTER

Lending Library Phones/FAX/Copy Machine 8 Computers/Internet Maps/Newspapers Parents' Place

Churches in the Portsmouth Area

Seacoast Clergy

Reverend Angelo Pappas St Nicholas Greek Orthodox Church 40 Andrew Jarvis Drive Portsmouth, NH 03801 603-436-5301	Pastor Deborah Shipp First United Methodist Church 129 Miller Ave Portsmouth, NH 03801 (603) 436-6038
Reverend Linda Downing Bethel Assembly of God 200 Chase Drive Portsmouth, NH 03801 (603) 436-8815	Pastor Donald Gum Calvary Baptist Church 472 Ocean Road Portsmouth, NH 03801 (603) 436-7736
Rabbi David Mark Temple Israel 200 State Street Portsmouth, NH 03801 (603) 436-5301	Reverend Dawn Shippee North Church of Portsmouth United Church of Christ (UCC) 355 Spinney Road Portsmouth, NH 03801 (603) 436-9109
Reverend Fritz Cerullo St Mary's Catholic Church 25 Third Street Dover, NH 03820 (603) 742-2619	Reverend Doctor Arthur Hilson New Hope Baptist Church 263 Peverly Hill Road Portsmouth, NH 03801 (603) 436-3551
Reverend Nancy Talbot First Parish Congregational Church 218 Central Ave Dover, NH 03820 (603) 742-5664	Reverend Robert Ervin St Thomas Episcopal Church 5 Hale Street Dover, NH 03820 (603) 742-3155
Immaculate Conception 98 Summer Street Portsmouth, NH 03801 Phone: 603 436-0048	St James Church 2075 Lafayette Rd Portsmouth NH 03801 Phone: 603 436-4555
Islamic Society of the Seacoast Area PO Box 873 13 Jenkins CT Durham, NH 03824 Phone:603 750-4060	

Housing Options & Information

1 Portsmouth Naval Shipyard

(7 miles or about 12 minutes from Pease ANGB)

- o <u>Personal Property Processing Office</u>:
 - o Tel # 207-438-2807
- Navy Gateway Inn & Suites (207)-438-1513

Single housing is very limited. (When ships are in port priority goes to the Navy/Coast Guard that are mission essential to the shipyard.) There are openings but availability changes on a daily bases.

- Rooms available (E-4 & below, normally E-5 and above received BAH so they can be housed off base.)
 - o 9 Suites
 - 56 Standard Rooms (When a ship is in port many are used as "boat rooms")
- Price:
 - \$56.00/Single (or couple) for Standard Room
 - \$66.00 for Suite
- Amenities:
 - Each Room: Microwave, refrigerator, TV/DVD/Cable, Wireless internet.
 - o Boat Rooms have a Kitchen on each floor
 - Housekeeping Mon-Fri.
- Family Housing (Balfour Beatty Communities) www.housing.navy.mil
 www.nsyportsmouthhomes.com
 - Navy Housing Office located off of the Shipyard 67 Philbrick Avenue
 - Maintain a data base of available rentals in the local community and refer to Balfour Beatty Communities homes
 - Number of available homes changes daily There are currently 14 homes available.
 - Must be in active duty status to qualify.
 - Maximum rent equals BAH
 - o Total: 223 Units
 - 194 Enlisted houses Admiralty Village
 - 29 Officer houses located on the Shipyard
 - Units included are: 84 3-bedroom units; 44 4-bedroom units;
 66 2-bedroom units.
- Single Housing at the on-base housing:

The houses can be rented to single service members – the price would be divided by the number of members residing in the quarters (based on the number of bedrooms).

- Schools: kitteryschools.org
 - K-2 Mitchell School
 - o 3-5 Frisbee School
 - 6-8 Shapleigh School
 - o 9-12 Traip Academy
- Base Childcare Center
 - After School Care
 - Summer Programs
 - In-home childcare

2 Hanscom Air Force Base

(60 Miles or 1 hour driving time from Pease ANGB) (Transportation Incentive Program)

- Personal Property Processing Office:
 - o Tel # 781-377-5330
- Temporary Lodging Hanscom Inn
 - Persons in PCS In status are authorized 30 days in Temporary Lodging Facilities Reservations can be made by calling the Hanscom Inn at (781) 377-2112 or DSN 478-2112. Reservation requests can be faxed to (781) 377-4961 or DSN 478-4961. Reservations can also be made via the Internet at: <u>Hanscom Inn@hanscom.af.mil</u>. <u>Single Housing</u>
- Family Housing The Landings at Hanscom
 - o (781) 861-5062
 - http://hanscom.pinnaclefamilyhousing.com/incoming/document
 s.htm
 - Schools
 - Lincoln School on base primary and middle school (K-8)
 - Bedford High School
 - Childcare- Child Development Center-
 - School Age Program
 - Family Childcare Program
 - o Returning Home Care (Deployment Childcare Program)
 - o Extended Duty Care
 - Summer Camp Programs
 - Veterinary Treatment Facility. DEERS-eligible military personnel are entitled to use the Veterinary Treatment Facility here on base. Vaccinations, health certificates and sick-call services are available by appointment only during clinic days. We also have

parasite testing and control services and products for sale. (781) 377-3266. Hours: Mon.-Wed. and Fri., 9 a.m. to 3:30 p.m.

3 Brunswick NAS, Maine

(Estimated Time: 1 hour 30 minutes or Estimated Distance: 83.44 miles)

- **4 Local Housing (on the economy):** 25 apartment complexes within 35 miles of Portsmouth, New Hamsphire Please see additional package information regarding housing.
- **5 Temporary Local Lodging info:** 22 Hotels within 35 miles of Portsmouth, NH 03803:

Military Medical Facilities

NEED TO ADD HOURS

Portsmouth Naval Shipyard
 (7 miles or about 12 minutes from Pease ANGB)

All active duty members attached to Pease ANGB are required to use the facilities at Portsmouth Naval Shipyard Branch Health Clinic. The Clinic Offers services such as laboratory, radiology, pharmacy, primary care, occupational medicine, dental, audiology, optometry, immunizations, social work, and physical therapy.

Clinic Hours of Operation: 7:00 to 4:30 Monday through Friday. Closed for all federal holiday's.

Phone Numbers are:

The appointment hotline is (888) 628-9633, Rx refill hotline is (877) 211-1126 Phone number to the Duty office at the clinic is (207) 438-2380, Primary care directly is (207) 438-1781 or (207) 438-1950.

Exception Family Member Programs POCs:

- Julie Hill 207-438-2774
- HM1 Gray 207-438-2450
- 2. <u>Hanscom Air Force Base</u> Active duty members and their families.
 - out patient medical
 - out patient dental
 - occupational therapy
 - environmental health
 - wellness services

Exceptional Family Member Program POC:

- SRA Rivera 781-377-9832
- 2. TRICARE North

Phone: 1-877-874-2273.

Location: The TRICARE office is located on Pease Tradeport @ One New

Hampshire Ave, Suite 105

Hour of operations: Mon - Fri 0800-1630 1-877-874-2273

4. <u>US Family Health Plan (Tricare Options)</u> – Main office located on Pease Tradeport which includes a clinic.

- 1. <u>Martins Point</u> a Tricare Prime Provider. They use facilities as throughout New Hampshire, Maine, Vermont, and New York. http://www.usfhp.org/newsite/portal/martinspoint/default.asp
- 2. <u>Brighton Marine</u> Tricare Prime Provider. They use facilities in Massachussets. <u>http://www.usfhp.org/newsite/portal/brightonmarine/default.asp</u>

VA Medical Clinics and Medical Facilities

Manchester VA Medical Center

718 Smyth Road Manchester, NH 03104 Phone: (603) 624-4366

http://www2.va.gov/directory/quide/facility.asp?ID=81&dnum=All

VA Clinic - Portsmouth Outpatient Clinic

Pease International Tradeport 302 Newmarket Street Portsmouth, NH 03803

Phone: 603-624-4366 ext. 5500

Manchester Vet Center

103 Liberty St.

Manchester, NH 03104 Phone: (603)-668-7060

http://www2.va.gov/directory/quide/facility.asp?ID=422&dnum=All

Additional NH VA Medical Facilities:

http://www2.va.gov/directory/guide/state.asp?State=NH&dnum=ALL

Civilian Medical Information

(Tricare Doctor listing done separate listing)

http://www.tricare.mil/mybenefit/home/Medical/FindingAProvider

Local Physicians, Hospitals, Clinics, and Medical Facilities

Portsmouth Hospital

333 Borthwick Avenue Portsmouth, NH 04801 (603)-433-5110 http://www.portsmouthhospital.c om

Frisbie Memorial Hospital

11 Whitehall Road Rochester, NH 03867 Phone 603.332.5211 http://www.frisbiehospital.com/

Exeter Hospital

5 Alumni Drive Exeter, New Hampshire 03833 (603) 778-7311 http://www.exeterhospital.com/

Elliot Hospital

One Elliot Way Manchester, NH 03103 (603)-669-5300 http://www.elliothospital.org/

Hampstead Hosptial

218 East Road Hamstead, NH 03841 (603)-329-5311 http://www.hampsteadhospital.com/

Wentworth-Douglass Hospital

789 Central Avenue, Dover, NH 03820

Phone: 603-742-5252

http://www.wdhospital.com/

Additional New Hamsphire Hospital Information:

http://theagapecenter.com/Hospitals/New-Hampshire.htm

York Hospital

15 Hospital Drive York, Maine 03909 http://www.yorkhospital.com/faci lities.cfm

Wells Regional Hospital

112-114 Sanford Road Wells, Maine 04090 (207) 646-5211 http://www.yorkhospital.com/faci lities_wells.cfm

Berwick Medical Facilities

3 Dana Drive
Berwick, ME 03901
(207) 698-6700
http://www.yorkhospital.com/faci
lities_berwick.cfm

Additional Maine Hospitals:

http://theagapecenter.com/Hospitals/Maine.htm

New Hampshire Dentists

(United Concordia - http://www.tricaredentalprogram.com)

(Portsmouth, NH)

Cho, Eugene, DMDPhone: (603) 431-1030
1600 Woodbury Ave.
Fax: (603) 610-0539

Portsmouth, NH 03801 Gender: M

David, Henry R., DDSPhone: (603) 431-1030
1600 Woodbury Ave.
Fax: (603) 610-0539

Portsmouth, NH 03801 Gender: M

Devaney, William J., DMD Phone: (603) 436-7603 Ste 2 Fax: (603) 436-3477

230 Lafayette Rd. Gender: M

Portsmouth, NH 03801

Dinnerman, Peter M., DMD Phone: (603) 436-0535

134 Middle St. Fax: (603) 436-4091 Portsmouth, NH 03801

Fishbein, James S., DDS2456 Lafayette Rd.

Phone: (603) 436-9908

Fax: (603) 436-1354

Portsmouth, NH 03801 Gender: M

Kempton, Christopher W., DDS Phone: (603) 422-8208

100 Campus Dr. Gender: M Portsmouth, NH 03801

Kempton, Christopher W., DDS Phone: (603) 431-1030

1600 Woodbury Ave. Fax: (603) 610-0539

Portsmouth, NH 03801 Gender: M

Mekawy, Nourhan, DDS Phone: (603) 431-1030

1600 Woodbury Ave. Fax: (603) 610-0539

Portsmouth, NH 03801 Gender: M

Park, Young Chan, DMD Phone: (603) 431-1030

1600 Woodbury Ave. Fax: (603) 610-0539

Portsmouth, NH 03801 Gender: M

Rajavelu, Kavitha, DDS1600 Woodbury Ave.

Phone: (603) 431-1030
Fax: (603) 610-0539

Portsmouth, NH 03801 Gender: F

Santana Paine, Carmen V., DMD

Ste 215

14 Manchester Sq

Portsmouth, NH 03801

Smith, Karl J., DDS

1600 Woodbury Ave.

Portsmouth, NH 03801

William J. Devaney DMD

Ste 2

230 Lafayette Rd.

Portsmouth, NH 03801

Phone: (603) 610-8765

Fax: (603) 610-8766

Gender: F

Languages Spoken:

SPANISH

Phone: (603) 431-1030

Fax: (603) 610-0539

Gender: M

Phone: (603) 436-7603

New Hampshire Public Schools

New Hampshire Department of Education

Website: http://www.ed.state.nh.us/education/index.htm

Telephone: (603) 271-3494

Map of School Administrative Units in NH:

http://www.ed.state.nh.us/education/doe/SAUmap.pdf

NH School Listing:

http://www.ed.state.nh.us/education/doe/SchoolList.asp

Approved Private Schools:

http://www.directorynh.com/NHEducation-Instruction/NHPrivateSchools.html

New Hampshire Christian Schools

http://www.directorynh.com/NHChurches-Religion/NHReligiousSchools.html

SAU # 5

(Serving Madbury, Durham and Lee)

Oyster River Cooperative School District

www.orcsd.org/or/

SAU # 11

(Serving Dover Schools)

Dover School Districts

www.dover.k12.nh.us

Telephone: (603)-516-6800

School Administrative Units (SAU)

SAU # 14

Epping School Districts

www.sau14.org

Telephone: (603)-679-8003

SAU # 16

(Serving Brentwood, Exeter, East Kingston, Stratham, Newfields, and Kensington, and Exeter Regional School District)

Exeter School District

www.sau16.org

Telephone: (603) 775-8400

SAU # 21

(Hampton, Hampton Falls, North Hampton, South Hampton, Seabrook and Winnacunnet Cooperative Schools)

Telephone: 603.926.8992 <u>www.sau21.k12.nh.us</u>

SAU # 31

Newmarket School District

www.newmarket.k12.nh.us Telephone: (603) 659-5020

SAU #44

(Serving Northwood, Nottingham and Strafford School Districts)

Telephone:(603) 942-1290 http://www.sau44.org/

Nottingham Elementary School (SAU 44) www.nottingham.k12.nh.us

Northwood Elementary School <u>www.northwood.k12.nh.us</u>

Portsmouth School District

(Serving Portsmouth, Newington, New Castle, Greenland, and Rye)

Telephone: (603)-431-6753 -

http://www.cityofportsmouth.com/school/index.htm

Barrington Elementary School

Telephone: (603) 664-2715 <u>www.barrington.k12.nh.us</u>

SAU # 56

(Serving Somersworth and Rollinsford)

Somersworth School District <u>www.sau56.org</u>

Telephone: (603) 692-4450

SAU # 93

603-887-3621 Chester Academy (#20500) 22 Murphy Dr. Chester, NH 03036-8108

Maine Public Schools

Maine Education Website:

http://www.maine.gov/education/schools/schoolspublic.htm

Maine School Administrative District (MSAD)

MSAD # 34

(Serving Eliot and South Berwick)
Telelphone: 207-439-2438
http://www.msad35.net/?q=AboutUs

MSAD # 60

(Servicing Lebanon and North Berwick)
Telephone: 207-676-2234
http://www.sad60.k12.me.us/

Kittery School District

Telephone: 207- 475-1334 http://www.kitteryschools.org/

York School District

(Serving York, York Beach, York Harbor, and Cape Neddick)
Telephone: 207-363-3404
http://www.yorkschools.org/

Pease Local Childcare

Hanscom Air Force Base: If applicable, have you contacted the Child Development Center here to inquire about the child care waiting list? (DSN 478-7166) or (781)377-7166. Did you know you may be entitled to 20 hours of FREE CHILD CARE both here and at your destination? Call your Relocation Staff for more info.

Portsmouth Naval Shipyard: For information on the childcare programs offered at the shipyard – go to:

https://qol.persnet.navy.mil/CYPWeb/Web/Programs/Programs.aspx

Pick Option: US Mid-Atlantic

Then Choose: Portsmouth Naval Shipyard, ME

or call 207-438-2083



Veterinarian Clinics, Emergency Hospitals, and Kennels

Emergency Animal Hospitals

Wadleighs Falls Veterinary Clinic

8 Campground Road Lee, NH 03824 http://www.wadleighsfallsvet.co m/contact.nxq

VCA Animal Medical Center

1550 Woodbury Avenue Portsmouth, NH 03801 Telephone: 603-436-4922 http://www.vcaanimalmedicalnh.com/

Veterinary & Emergency Surgery Hospital of Brentwood

168 Crawley Falls Road Brentwood, NH 03833 http://www.veshnh.com/index.ht ml

Plaistow-Kingston Animal Medical Center

48 Route 125, Kingston, NH 03848 603-642-9700

Veterinarians

Central Park Veterinary Hospital

459 High St, Somersworth, NH (603) 742-1203

Dover Veterinary Hospital

96 Durham Rd. Dover, NH 03820-4278 http://www.dovervet.com/

Shelters and Kennels

The Barking Dog

7 Beech Hill Road Exeter, NH 03833 (603)-773-2275 http://www.thebarkingdog.com

Thee Privileged Pet

915 US Route One York, Maine 03909 (207)-363-5700 http://theeprivilegedpet.com

Bittersweet Kennels

12 Main Street
Newfield, NH 03856
http://www.bittersweetkennel.co
m/home.nxq

Cappas Kennels

6 Page Road Kingston, NH 03848 (603)-642-8811

Barkley's Place Kennels

8 Ray Avenue Newton, NH 03858 603-382-2502 www.barkleysplacekennel.com

NHSPCA

104 Portsmouth Avenue Stratham, NH (603)-772-2921 www.NHSPCA.org



Commissary and Base Exchange Facilities

Pease Air National Guard AAFES Base Exchange

Store Hours:

Monday - Saturday - 9 a.m. to 5 p.m. (Sunday and Monday - Closed starting APRIL 01 09) Open Sunday Guard weekend - 9 a.m. to 5 p.m. Store Manager, (603) 436-0302, Fax 603 334 6115

Shop on line at www.aafes.com">www.aafes.com http://www.aafes.com click find save. Ask for STAR CARD EXCLUSIVE REWARDS and TAKE IT HOME TODAY programs

- Navy Exchange
 Portsmouth Naval Shipyard
 (7 miles or about 12 minutes from Pease ANGB)
- Portsmouth Naval Shipyard Commissary (<u>www.commissaries.com</u> for details under store locator)

Store Hours:

Sunday and Monday - Closed Tuesday, Thursday and Friday - 10 a.m. to 7 p.m. Wednesday and Saturday - 9 a.m. to 6 p.m. Commissary Manager, (207) 438-4848

- Hanscom AFB AAFES Base Exchange
 (60 Miles or 1 hour driving time from Pease ANGB)
 Store Hours:
 Mon thru Sat 0900-1900
 Sun 1100-1700
- Hanscom AFB Commissary

Griffiss Street, Hanscom AFB, MA 01731-6290 Store Phone: 781-377-4210/DSN: 478-4210 Store Hours: Tuesday thru Fri Open from 9-8

(Early bird shopping for 15 items or less Tuesday – thru

Friday 7:30 15 or less)

Sat 8-7; Sun 10-6, Monday closed

Hanscom Air Force Base

(60 Miles or 1 hour driving time from Pease ANGB)

MWR Facilities

1. New Boston Air Force Satellite Tracking Station (NBAFSTS) and Recreation Area. PLEASE NOTE – CURRENTLY THE FACILITY IS CLOSED DUE TO ORDANANCE REMOVAL – HOWEVER THEIR EQUIPMENT RENTAL AND RV STORAGE IS STILL AVAILABLE.

317 CHESTNUT HILL RD NEW BOSTON, NH 03070 (603) 471-2234

23sops.mwr@newboston.af.mil

Please note: You need a Military ID Card as well as a Valid Driver's License, Registration and Proof of Insurance to gain access to New Boston Air Force Station.

Welcome to the Air Force's "Best Kept Secret." The natural beauty of the station compliment the many Outdoor Recreation Programs we offer. The campground is by far the greatest attraction. Thousands of acres of camping, fishing, hiking and boating are available in the back area. Joe English Hill caters spectacular views, on a clear day one can even make out the Prudential Building 50 miles south in Boston, Massachusetts. New Boston AFS offers many varieties of camping for every aptitude. Tent camping is available in remote wooded areas which lie alongside streams and ponds. In the center of the campground you can find our Improved Sites. These sites offer water and electric hookups. Cabins and trailers offer a more comfortable and relaxing option with all the amenities of home. Also Offering a RV Storage Lot.

Featuring Camping facilities

Full Hook-ups Waterfront sites Tent Sites Swimming Areas Picnic Areas Hot Showers Trailer Rentals
Fishing
Dump Station
Ice-Firewood-Bait
Convenience Store
Playground
Basketball/Volleyball

Other Campground Features:

Boat Rentals

Waterfront sites
Playground
Travel trailer rentals
Convenience store
Fresh water ponds for swimming

Basketball/Volleyball courts Showers Boat rentals

Vehicle Registration Information

State of New Hamsphire: Go to:

http://www.nh.gov/safety/divisions/dmv/driverlic/index.html

State of Maine: Go to:

Non-Resident Vehicle Registration - State of Maine

To register in the State of Maine as a non-resident, active duty military member, you will need to submit a completed MV-7 Affidavit form or Non-resident Military Affidavit. The affidavit must be signed by your commanding officer or a representative of the legal office. This form must be notarized. In order to claim the excise tax exemption you must be stationed in the State of Maine when registering your vehicle. The MV-7 Affidavit can be downloaded from the BMV website's forms page at: Download the MV-7 Affidavit.



Pease Military Organizations

<u>Air Force Sergeants Association:</u>

Chapter 155 & A155 "Portsmouth by the Sea"

P. O. Box 422, Dover, NH 03821-0422

WebSite: www.afsa155.org

Meetings are held: 2nd Tuesday of the month at 1630

Location: Pease ANGB, Bldg. 16, Commander's Conference room.

POC's:

Richard Dolbec, President C155 603-740-1417 Anne Sowers, President A155

Missions End, Inc.

Pease Air National Guard Base

The Missions End, Inc, is established as a "not for profit", membership only, corporate entity, operated and directed by the Air National Guard family at Pease ANG Base as a benevolent organization to provide facilities, equipment, and services to authorized members.

The objectives of the Corporation are to provide such facilities, equipment, or services within its resources, and to conduct such recreational and social activities for its members as are or may be considered necessary and proper by the Board of Directors and approved by the Air Commander, Pease Air National Guard Base, NH, hereinafter referred to as the Commander; and are not otherwise prohibited by law or authoritative directive. The Board of Directors consists of no more than 20 members and elect the officers as the Board. All officers shall be members of the Board of Directors. The regular officers of the corporation are: President; Vice President; Treasurer; and Secretary.

POC: MSgt Tammy La Kemper

Phone: 603-430-2530

Minuteman Fund:

The Minuteman Fund is a nonprofit organization which strives to provide for the morale, welfare and recreation of members of the New Hampshire Air National Guard in order to create and maintain a high morale and state of well-being for the mission completion of the New Hampshire Air National Guard. This is very challenging during the high demanding times that are being placed on the organization.

Meetings are held: Tuesday before each drill from 11:00 to 12:00.

Location: In the Building 16, Upstairs Conference Room

POC's:

Michael Ploof, (603)-430-3169 Norma Long, (603)-430-3507

NHANG Enlisted Council:

Mission Statement: "A unified voice promoting the interests of New Hampshire's enlisted force for the benefit of all."

Each element of the NHANG has 2 members assigned as voting members. Any member in the ranks below SMSgt and below are welcome to attend our meetings as open participants.

Meetings are held: Our meeting times will be announce in each months Refueler (Wing newsletter).

POC: Daric B. Buttrick, TSgt, NHANG Enlisted Council President

Contact Info: daric.buttrick@ang.af.mil

NH Air National Guard Chiefs Group

Mission Statement: To capture the leadership and experience of Chief Master Sergeants assigned to Pease Air National Guard Base, New Hampshire. Chiefs will collectively strive to maintain cohesiveness with the enlisted corps through mentorship, professionalism and integrity.

Meeting times: Sunday of drill weekends at 0900

Location: Bldg 149 (Missions End)

POC: CMSgt Joseph T. Flockerzi, CMSgt, Telephone number: (603) 430-3422

NH Air National Guard First Sergeants Group:

Mission statement: A team of First Sergeants committed to working together for continuity of programs that will be fair, efficient, and equitable for all personnel assigned to the New Hampshire Air National Guard (NHANG).

Meeting Times: Saturday of Drill Weekends (UTA), 1200hrs. **Location:** Building 145, 1st Floor, CE's conference room

Chairperson: SMSgt Carolyn Chute-Festervan Telephone: 603-430-3224 or DSN: 852.3224

Youth Opportunities Available Through the local Military Installations

Civil Air Patrol, Seacoast Composite Squadron

P.O. Box 1324, Bldg 252

Pease ANG Base

Portsmouth, NH 03801

Their website is: http://www.seacoastsquadron.net/

Welcome to the Seacoast Composite Squadron (NH-010). Originally formed as the "Black Cat Squadron" in 1941, Seacoast Composite Squadron is the oldest continuously manned squadron in CAP. Our squadron patch proudly displays a vintage Stinson in original CAP yellow paint scheme dropping a bomb on a German U-boat outside Portsmouth Harbor - home to the Portsmouth Naval Shipyard-during World War II.

"Seacoast" is a composite squadron, which means that we have Senior Members (Adult Officers and NCOs) as well as Cadets. Regular squadron meetings are held on Thursday evenings and training is normally done on the 2nd Saturday of each month.

Based in Building 252 at Pease Air National Guard base (formerly Pease AFB, home of the 509th BMW) in Newington, New Hampshire. Pease ANG base is currently home to the KC-135s of the 157th ARW. The members of Seacoast squadron are proud and honored to share facilities with them, as well as thankful for all their support over the years.

Through Civil Air Patrol's Cadet Program, young people develop leadership skills, investigate the fundamentals of aerospace science, acquire the habit of exercising regularly, solidify their character, and participate in exciting hands-on activities that prepare them to become responsible citizens.

Youth between the ages of 12-18 may join the CAP Cadet Program and remain in cadet status until they turn 21. Middle school students may join before turning 12, if their school participates in the CAP School Program.

Operation Military Kids (OMK)

For details contact Bonnie Rice, WFPC (603)-430-3545

Their website is: http://extension.unh.edu/4H/4H_OMK.htm

When National Guard, Reserve, and other military families living in civilian communities become mobilized, their children experience the stress of being a military kid. These children have unique needs for special support and services, even though they still "look the same" to their friends and community.

- OMK collaborates with groups across the state to provide sustainable local support services to military youth before, during, and after their family members are deployed.
- OMK creates networks of support for the military children and connects them with other military and non-military youth through a variety of recreational, social and educational programs.
- OMK works to raise community awareness and foster understanding about the impact of the deployment cycle on the military member, family, child and larger community.
- OMK organizations act as resources for military children/families for things like summer camps, after school programs, youth councils, and more.

Local (Pease) Community Information

American Red Cross – Great Bay Chapter

273 Corporate Dr Portsmouth, NH 03801

Phone: (603) 766-5440 Fax: (603) 766-5445

Their website is: http://www.greatbayredcross.org/

The Great Bay Chapter of the American Red Cross services members assigned to Pease AFB. The Services to Armed Forces (SAF) Program is available 24/7 to send and receive emergency messages between you and your family members. To initiate an emergency message, call 1- 603-766-5440.

To help prevent and prepare for emergencies, the American Red Cross provides health and safety awareness and education. They offer a wide range of health and safety courses, including CPR, First Aid, HIV/AIDS awareness, Pet First Aid, lifeguard and swimming instruction. They also offer Babysitter training, Basic Aid training and other youth-oriented programs. Call for a schedule of classes.

In keeping with the spirit of their mission, the American Red Cross trains volunteers to be prepared to respond in times of disaster. The Red Cross responds to many types of emergencies, including residential fires and tornadoes. Find out how you can help those with immediate, disaster-caused needs. Become a disaster volunteer and be prepared to respond.

Greater Portsmouth Chamber of Commerce: http://www.portsmouthchamber.org/

The Greater Portsmouth Chamber of Commerce operates a year-round Visitor Information Center at our 500 Market Street address, and an information kiosk in downtown Market Square, open May-October. Stop in, give us a call at (603) 436-3988, or E-mail info@portsmouthchamber.org for more information. Our knowledgeable staff & volunteers will be happy to assist you, and offer our Guide to the Seacoast and other visitor & relocation guides. We also offer a Lodging Assistance Board with direct lines to area accommodations, and an internet station for access to online resources.

The Chamber also offers guided walking tours of the historic Portsmouth Harbour Trail, step-on guide services for bus tours, and seasonal guided tours on the local Seacoast Trolleys. All tours highlight the area's maritime history, working waterfront, and historic homes - and pass by the downtown shops and restaurants.

Families First

100 Campus Drive, Suite 12 Portsmouth, NH 03801 (603) 422-8208 phone

Their website: http://www.familiesfirstseacoast.org/

Regardless of the makeup of your family, the Families First Family Center is a comfortable, safe place to meet with other parents, enjoy your children and get new skills and confidence as a parent. Parenting classes and support groups meet in our Parent Room - a living-room setting - while right next door, children play and learn in a state-of-the-art Children's Room with its own adjoining playground. Child care is free while parents attend programs; advance signup is needed. In addition to these group programs, Families First also provides individualized support, often in the home, for families facing special challenges. Please call 603-422-8208 (press 2) for more information.

Families First provides "one-stop shopping" for a broad range of healthcare and family services. To find out more about primary care for men, women and children of all ages, prenatal care; on-site dental care; mobile healthcare for the homeless, and many parenting and family programs, please visit our website www.familiesfirstseacoast.org.

Local (Pease) Family Attractions

1. Strawbery Banke Museum

P.O. Box 300

Portsmouth, NH 03820-4370

General Inquiries: info@strawberybanke.org

Telephone: (603) 433-1100

Their website: http://www.strawberybanke.org/

Strawbery Banke is about connecting with the past. Visitors to Strawbery Banke have the opportunity to experience and imagine how people lived and worked in this typical American neighborhood throughout four centuries of history. Through its restored houses, its featured exhibits, its historic landscapes and gardens, and its interpretive programs, Strawbery Banke tells the stories of the many generations who settled in the Portsmouth, NH, community from the late 17th to the mid-20th century.

Significantly, this site was rescued from the poorly conceived urban renewal policies of the 1950s by conscientious, far sighted citizens. Always maintaining its grass roots origins, there has been no single benefactor underwriting its existence. Strawbery Banke has relied upon and continues to rely upon the accurately depicts the history of immigrants transforming themselves into a community of American citizens.

Strawbery Banke tells these stories today by preserving an actual community where visitors can connect with the past; serving as a resource for educators, community; and providing a gathering space for the present day Portsmouth community.

We invite you to come find YOUR place in the unfolding story of America. We look forward to your visit to Strawbery Banke!

2. Portsmouth Children's Museum:

280 Marcy Street Portsmouth, NH (603) 436-3853

Their website: http://www.childrens-museum.org/

Learn about the arts and sciences through our engaging exhibits, which encourage a child's natural curiosity and sense of wonder. Discounted tickets are available at the Portsmouth Naval Shipyard (PSNY) MWR/ITT Office.

Local (Pease) Families and Youth Recreation and Theatre

Seacoast Family YMCA — Main Facility
 Peverly Hill Road, Portsmouth, NH 03801

Tel.: 603.431.2334 Facility E-mail: info@seacoastymca.org

Their website: http://www.seacoastymca.org/mem.html

The Seacoast YMCA which is located 5 minutes from Pease ANGB has the following opportunities for both single Airmen and Airmen with families:

- Olympic size pool (86 degrees!)
- Outdoor pool
- Camp Gundalow (12 acres on the Winnicut River)
- Fitness Center with Cybex equipment
- · Aerobics/gymnastics center
- Basketball court
- 2 Playgrounds

- At least 2 family swims daily
- Aerobics, Pilates
- Kickboxing, Bootcamp
- Yoga
- Fitness Orientations
- Water Aerobics
- Lap Swims
- Fitness Center
- Babysitting with small fee
- Parent/Child Dip
- Pease Golf Course: Pease Golf Course is a 27-hole facility located in Portsmouth, NH. Take a minute to visit www.pease27.com for a chance to win free rounds of golf. Pease is available to host any size group or fundraiser. For more information on booking an event, call 603-766-9215.

The Seacoast's most affordable golf

200 Grafton Dr., Portsmouth, NH 03801

Phone: 603-433-1331

Their website: http://www.peasegolf.com/home/default.aspx

3. Prescott Park Arts Festival

P.O. Box 4370

Portsmouth, NH 03802-4370

603.436.2848

Email: info@prescottpark.org

Their website: http://www.prescottpark.org/

For over 34 years the, the Prescott Parks Arts Festival has successfully presented the arts to over 3 million people in more than 9,000 productions with no fixed admission. (\$5 dollar donation is suggested) Because of this policy, many people have their first experience with a live performance at Prescott Park. Come out an enjoy the spectacuclar season for a venue of art, music, theater, and dance!

Education/theatre academy: We believe that every child has an innate sense of creativity and imagination. Our Summer Theatre Academy is geared toward developing confidence and advancing performance skills so that every child can be a star. Students will not only learn theatrical skills as they participate in the rehearsal process, but also enjoy the excitement of performing on stage in front of a live audience.

4. Seacoast Repertory Theatre

125 Bow Street Portsmouth, NH 03801

The website: http://www.seacoastrep.org/

Welcome to where the magic happens! Comedy, drama, musical or mystery - the Rep has it all! Seacoast Repertory Theatre is a community gathering place, a resource where our community comes together to share entertainment and stories; it is a place for reflection on life, and a place for celebrating the essence and hope of humanity. Locally and regionally, people plan their summers around our productions and travel to the Seacoast to experience our work. In the winter our year-round subscribers engage in a dialogue around compelling and high quality work including packed pre-show symposiums and post-show discussions. The local community has ownership of the theatre as a vital component of its social fabric and the transient community supports the theatre for the dynamic, provocative and yet entertaining element to their summers and weekends.

We create memorable moments for audience members and build bridges between people by the shared experience of our productions. We provide significant opportunities for youth in our area to explore the power of theatre and use that power to improve their lives and prepare them to be successful, contributing members of our community. We do this through presenting a season of plays and a program of theatre education which is entertaining, provocative and creative with the highest artistic quality. Our investment in early career artists results in established artists returning to the Rep to share their experience and reconnect with the theatre that gave them their start. Our Senior Moments program provides our community's seniors the artistic platform to create new work of and about their generation.

5. New Hampshire Theatre Project

959 Islington Street Portsmouth, NH 03801 (603) 433-3996 info@nhtheatreproject.org

Their website is: http://nhtheatreproject.org/

Incorporated in 1988, New Hampshire Theatre Project is a 501(c)3 non-profit organization dedicated to artistic excellence, bringing high quality productions of classical and contemporary drama to the community through our professional

season, the NHTP Youth Repertory Company, and our educational programs for all ages.

6. Pontine Theatre

Pontine / West End Studio Theatre 959 Islington Street, Portsmouth, NH 03801

Voice: 603-436-6660

Send your comments by e-mail: info@pontine.org

Their website is: http://www.pontine.org/html/contact.html



The State of New Hampshire "The Granite State"

The State of New Hampshire -

Their website is: http://www.nh.gov/

Christa McAuliffe Planetarium

2 Institute Dr., Concord, NH 03301

Phone: 603-271-7827

Web: http://www.starhop.com

New England's most technologically advanced planetarium theater helps you

experience astronomy and space science at a whole new level.

State of New Hampshire Parks

Their website is: http://www.nhstateparks.org/

New Hampshire State Parks provide a variety of recreational opportunities for all ages and abilities, and offer year-round recreation fun for the whole family! The fun includes: Camping; snowmobiling; cross country skiing; swimming; hiking; boating biking; hunting; fishing; ATV's; and equestrian.

Over 18 state recognized campgrounds.

Their website is:

http://www.nhstateparks.org/state-parks/campgrounds/alphabetical-order.aspx

Over 22 State beaches:

Their website is:

http://www.nhstateparks.org/state-parks/state-beaches/alphabetical-order.aspx

Over 20 **ski resorts** in the state of New Hampshire

Their websites can be located at: http://winter.skinh.com/

New Hampshire has over 90 golf courses:

Their websites can be located at:

http://www.visitnh.gov/what-to-do/sports/golf.aspx

Motor Sports

New Hampshire has over a dozen motorsports race tracks, but the crown jewel is Loudon's New Hampshire Motor Speedway. More than 90,000 fans attend when the "Magic Mile" hosts New England's only NASCAR Sprint Cup races - and millions more view the action on national television.

NHMS also hosts the Loudon Classic, the nation's oldest professional motorcycle race, professional and amateur motor sports, bicycle racing, driving and racing schools, soap box derby trials, and numerous other amateur activities.

NASCAR Information:

Contact New Hampshire Motor Speedway at 603-783-4931 or visit www.nhms.com. (Discounted tickets available at PSNY MWR/ITT.)

Motorsports in NH Websites can be found at: http://www.visitnh.gov/what-to-do/sports/motor-sports.aspx

New Hampshire has four minor leagues sporting teams to include:

New Hampshire Fisher Cats:

The Fisher Cats, the Double-A Eastern League affiliate of the Toronto Blue Jays, is New Hampshire's only Major League Affiliated baseball team. MerchantsAuto.com Stadium offers a dramatic view of both the Merrimack River and the downtown Manchester skyline

Nashua Pride:

Since the Nashua Pride brought professional baseball back to New Hampshire in 1998, more than 150 players have stepped onto the field at Historic Holman Stadium. This includes five men who have returned to the major leagues (Milt Cuyler, Joe Grahe, Felix Jose, Curtis Pride, and Mitch Meluskey), as well as two who went on to make their big league debuts after leaving town (James Lofton and Brendan Donnelly).

Manchester Monarchs:

The Manchester Monarchs is the primary American Hockey League affiliate of the Los Angeles Kings. Home games are at the Verizon Wireless Arena on Elm Street in Manchester.

Manchester Wolves:

The Manchester Wolves is a professional arena football team, based at the Verizon Wireless Arena in Manchester. The Wolves play in the East Division of the American Conference of the af2 league, which is the minor league of the Arena Football League.

The state also has a number of other *professional and Collegiate leagues*: Concord has the Concord Quarry Dogs NECBL Baseball; Hudson has the NH Phantoms Professional Soccer; and Keene has the Keene Swampbats - NECBL Baseball

The website is: http://www.visitnh.gov/what-to-do/sports/minor-league-sports.aspx

Horse and greyhound racing are enjoyed at four of New Hampshire tracks. The website is: http://www.visitnh.gov/what-to-do/sports/horseracing.aspx

For additional tourist attractions in New Hampshire go to:

http://www.visitnh.gov/what-to-do/key-attractions/

Entertainment:

The Whittemore Arena (Located just 15 minutes from Pease)

128 Main Street Durham, NH 03824

Their website: http://www.whittemorecenter.com/

The Whittemore Center Arena is a \$30 million multi-purpose arena that opened in November 1995. Located on the University of New Hampshire campus in Durham, the Arena is home to the nationally ranked UNH Wildcats ice hockey program. A versatile venue, The Whit can accommodate a number of seating arrangements for different events. For example, the capacity for an athletic game is approximately 6,100, while certain types of concerts can seat up to 7,500.

The Arena draws on a captive audience that encompasses three states, six counties and over 1.3 million people within a 45-mile radius. Each year, over a quarter of a million patrons are entertained at over a hundred athletic events, popular music concerts, family and trade shows such as the following:

- Concerts with Bob Dylan, Jewel, Matchbox 20, Willie Nelson, The Black Crowes, Pink, Dave Matthews, and Tim McGraw
- Trade shows and exhibitions such as the Seacoast Home & Garden Show, MotorPsycho Madness, and the Alternative Health & Wellness Expo
- Family shows including Champions on Ice, the Harlem Globetrotters, and the U.S. Hot Rod Thunder Nationals
- Broadway performances of Cats and Jesus Christ Superstar
- Special events like The Boston Pops, Bill Cosby, and the 2000 NH Republican Fundraising Dinner
- Thrilling UNH Wildcats games and the NHIAA State Championships

The Verizon Wireless Arena Verizon Wireless Arena

555 Elm Street Manchester, NH 03101 (603) 644-5000

Their website is: http://www.verizonwirelessarena.com/

The ground breaking for the Verizon Wireless Arena took place in April 2000, and took nearly one and a half years to complete the facility. On November 15, 2001, we celebrated the grand opening of the Verizon Wireless Arena. The Manchester Monarchs, of the American Hockey League, played their first home game on November 16, and Aerosmith performed the following night.

Seating capacity for the Verizon Wireless Arena varies, depending upon each individual event. For example, hockey games seat approximately 10,019,

basketball seats 11,140 people, end stage concerts hold about 10,050, while center stage concerts seat about 11,770.

Meadowbrook Cellular Pavilion

72 Meadowbrook Lane Gilford, NH 03247

Their website is: http://www.meadowbrook.net/

The Meadowbrook U.S. Cellular Pavilion, on the shores of beautiful Lake Winnipesaukee, in Gilford, New Hampshire, started as a vision on a grass field in the middle of a tree farm. We have since evolved into northern New England's premier summer concert venue. Now, with the addition of the Eastern Propane Winter Concert Series in our newly-renovated Center Stage Cafe, Meadowbrook is the all-season entertainment connection

New Hampshire Colleges, Universities and Continuing Education

New Hampshire Community Colleges

Campus locations:

Their website: http://www.nhctc.edu/

Great Bay Community College Stratham Campus 277 Portsmouth Avenue Stratham, NH 03885 (603) 772-1194

Their Website: http://www.portsmouth.nhctc.edu/

University of New Hampshire – (Durham)

Durham, NH 03824

For UNH main directory dial 603-862-1234.

Their website: http://www.unh.edu/

University of New Hampshire (UNH Manchester)

400 Commerical Street Manchester, NH 03101 (603) 641-4101

Their website: http://unhm.unh.edu/

University of New Hampshire Continuing Education

Classes offered at the Pease International Tradeport, Durham Campus and also

Manchester, NH (603) 862-2015

Email: continuing.education@unh.edu
Their website: http://www.learn.unh.edu/

Daniel Webster College 20 University Drive Nashua, NH 03063 (800)-325-6876

Their website: http://www.dwc.edu/about/quick_facts.shtml

Chester College of New England

40 Chester Street

Chester, New Hampshire 03036

Their website: https://www.chestercollege.edu/contactus.php?pageID=9

Colby Sawyer College

541 Main Street New London, NH 03257 Tel: 603-526-3000

Their website: http://www.colby-sawyer.edu/

Antioch University New England 40 Avon Street, Keene, NH 03431-3516 800.553.8920

Their website: http://www.antiochne.edu/

Dartmouth College Hanover, NH 03755 USA (603) 646-1110 (voice) contact@dartmouth.edu

Their website: http://www.dartmouth.edu/

Franklin Pierce University 40 University Drive Rindge, NH 03461-0060

Their website: http://www.franklinpierce.edu/

Franklin Pierce Law Center Two White Street, Concord, NH 03301 (603) 228-1541

Their website: http://www.fplc.edu/

Granite State College 8 Old Suncook Road, Concord, NH 03301 603-228-3000 or 888-228-3000 http://www.granite.edu/

Keene State College 229 Main St. Keene, New Hampshire 03435 1-800-KSC-1909

Their website: http://www.keene.edu/

Magdalen College 511 Kearsarge Mountain Road Warner, NH 03278 877-498-1723 http://www.magdalen.edu/

New England College

98 Bridge Street, Henniker, NH 03242

603-428-2000

Their website: http://www.nec.edu/

Plymouth State University

17 High Street.

Plymouth, New Hampshire 03264-1595

(603) 535-5000

Their website is: http://www.plymouth.edu/ Rivier College, A Catholic College in Nashua, NH

420 South Main Street · Nashua, NH 03060 · 1.800.44.RIVIER · (603) 888-1311

Their website is: http://www.rivier.edu/

Saint Anselm College, 100 Saint Anselm Drive, Manchester, New Hampshire

03102

Phone: (603) 641-7000

Their website is: http://www.anselm.edu/

Southern New Hampshire University

2500 N. River Road Manchester, NH, 03106

800-668-1249

Their website is: http://www.snhu.edu/

The Thomas More College of Liberal Arts

Six Manchester Street, Merrimack, NH 03054

phone (603) 880-8308 | fax (603) 880-9280 | info@thomasmorecollege.edu

Their website is:

http://www.thomasmorecollege.edu/thomasmorecollege.edu/http://www.

Hesser College

New Hampshire Campus Locations:

Portsmouth, Salem, Manchester, Concord, Nashua,

Their website is: http://www.hesser.edu/HesserCollegePortal/CurrentStudents/

Seacoast Career Schools

At the Jefferson Mill Building

670 North Commercial Street

Manchester, NH 03101

P: (603) 624-7222 F: (603) 624-2727

Their website is:

http://www.seacoastcareerschools.edu/Campuses_Programs/Manchester/17/

Local Adult Education Resources

Have a listing coming

 Brenda S. Gagne, Director Noble Adult & Community Education 388 Somersworth Road North Berwick, Maine 03906 (207) 676-3223



Helpful websites:

Pease Local Area:

Pease Air National Guard Base - http://www.nhpeas.ang.af.mil/
Portsmouth Naval Shipyard - http://www.ports.navy.mil/FFR/
Portsmouth Naval Shipyard - http://www.ports.navy.mil/FFR/currents.pdf
Hanscom Air Force Base Webpage - http://www.hanscom.af.mil/
Hanscom Air Force Base - http://www.hanscomservices.com/
American Red Cross - http://www.redcross.org/index.html

New Hampshire Websites of interest:

State of New Hampshire -

The Official Web Site of New Hampshire State Government - http://www.nh.gov/
Welcome to New Hampshire - http://www.nh.gov/nhveterans/bene.html
University of New Hampshire - Cooperative Extension - http://extension.unh.edu/

NH Operation Military Kids - http://extension.unh.edu/4H/4H_OMK.htm

PCS/Relocation/Moving Assistance:

<u>Military Homefront "Plan my Move"</u> – (including "Moving 101" and "Benefits and Entitlements" information)

http://www.militaryhomefront.dod.mil/portal/page/mhf/MHF/MHF_HOME_1?section_id=20.40.500.398.0.0.0.0

<u>Military OneSource</u> – Moving – <u>www.Militaryonesource.com</u>

<u>The Automated Housing Referral Network (AHRN.com)</u> is sponsored by the Department of Defense and is designed to improve the process of securing available housing for relocating military members and their families. - https://www.ahrn.com/index.php

<u>Cost of Living Calculator:</u> A report shows national average salaries adjusted by location. Get personalized answers with a Personal Salary Preview. http://seacoastonline.salary.com/CostOfLivingWizard/layoutscripts/coll_start.asp

BAH Rates: http://perdiem.hqda.pentagon.mil/perdiem/bah.html

Military Compensation:

<u>Pay and Allowances</u> at: http://www.defenselink.mil/militarypay/pay/index.html discusses the basic elements of what is considered the military equivalent of private sector salaries, referred to as RMC, or Regular Military Compensation.

These include basic pay (including Active Duty and Reserve pay tables), allowances for housing and subsistence, and tax advantage of the tax-free allowances. http://www.defenselink.mil/militarypay/pay/calc/

<u>Medical:</u>

TRICARE – Humana Military Healthcare Services - http://www.humana-military.com/ Martin's Point Healthcare/The US Family Health Plan is a TRICARE Prime option for military beneficiaries. Retirees, their dependents, and the families of active-duty personnel are eligible—even those 65 and over. - http://www.martinspoint.org/

Martins Point Handbook_—(New Hampshire 2nd Option for TRICARE Prime) http://www.usfhp.com/martins point files/MemberHandbook03.pdf

Tricare Handbook - http://www.tricare.mil/mybenefit/

Tricare Prime Remote -

http://www.tricare.mil/mybenefit/home/overview/Plans/PrimeRemote

Tricare Dental Program - United Concordia http://www.tricaredentalprogram.com/tdptws/enrollees/enrollees.jsp

National Guard and Air Force Websites:

Air Guard Base info - http://www.ang.af.mil/sites

National Guard Family Program Webpage – http://guardfamily.org/

Air National Guard - http://www.ang.af.mil/

Air National Guard Portal Redirection Notice - https://airguard.ang.af.mil/

DoD Special Report Website – www.defenselink.mil/specials

Air Force Crossroad – www.afcrossroads.com

Air Force Portal - https://www.my.af.mil/faf/FAF/fafHome.jsp

National Guard Bureau Publications & Forms Library http://www.ngbpdc.ngb.army.mil/

Other (including MWR and Recreation) Websites:

Military Homefront - http://www.militaryhomefront.dod.mil/

Military Living: Space A Travel and other useful information - http://militaryliving.com/

National Military Family Association (NMFA)- To educate military families concerning their rights, benefits and services available to them and to inform them regarding the issues that affect their lives and...To promote and protect the interests of military families by influencing the development and implementation of legislation and policies affecting them. http://www.nmfa.org/site/PageServer

USO New England - http://usonewengland.org/Whatshot.htm#theatre

U.S. Army MWR -

http://www.armymwr.com/portal/travel/lodging/patronlinks/sav.asp

U.S. Army Family and MWR Command - http://www.armymwr.com/

Cape Henry Resort, Fort Story, Virginia. - http://www.capehenry.com/news.htm

Commissary Scholarship for Military Youth - http://www.militaryscholar.org/

Military.Com – Benefits - http://www.military.com/benefits/tricare

Military Living Space A Living - http://spacea.info/

Milltary Wives - http://www.militarywives.com/

All the Benefits of the Service - http://www.military.com/

Employer Support of the Guard and Reserve – http://esgr.com/

Free Federal Handbooks - http://www.feddesk.com/freehandbooks.htm#twfp

Military Living (Temporary Military Lodging info)- http://www.militaryliving.com/

Shades of Green – Orlando, Florida Military Resort - http://www.shadesofgreen.org/

Homeland Security Emergency Preparedness - http://www.ready.gov/

VFW - http://www.vfw.org/index.cfm

Helmets to Hardhats - http://helmetstohardhats.org/

Army Reserve Family Program http://www.arfp.org/skins/ARFP/home.aspx?AllowSSL=true%2ctrue

Hawaii MWR Info - http://www.yourmilitaryinhawaii.com/pdf/AirForce.pdf

PSNY MWR - http://www.mwrports.com/ or 207-438-2713

Commissary - http://www.commissaries.com/

Base Exchange Online - http://www.aafes.com/

Boston Military Hotel (Boston) - http://www.constitutioninn.org/

Military Support http://www.operationhomefront.net/nh/index.htm

Child Care Aid for Military -

http://www.naccrra.org/MilitaryPrograms/index.php?program=omcc

AF Services Home Page - http://www.afsv.af.mil/

AF Lodging - http://www.afsv.af.mil/LD/

Misc. Travel Services -

http://www.afvclub.com/

https://www.aftravelonline.com/

http://www.govarm.com/

http://www.militaryrates.net/

http://www.militaryliving.com

Deployment Support:

Helping a child prepare for deployment -

http://www.militarychild.org/pdfs/DeploymentBooklet.pdf

Veterans Information:

Department of Veterans Affairs - http://www.va.gov/

VA Benefits Booklet - http://www1.va.gov/OPA/vadocs/current_benefits.asp

US Department of Labor Employees Benefits Security Administration - http://www.dol.gov/ebsa/