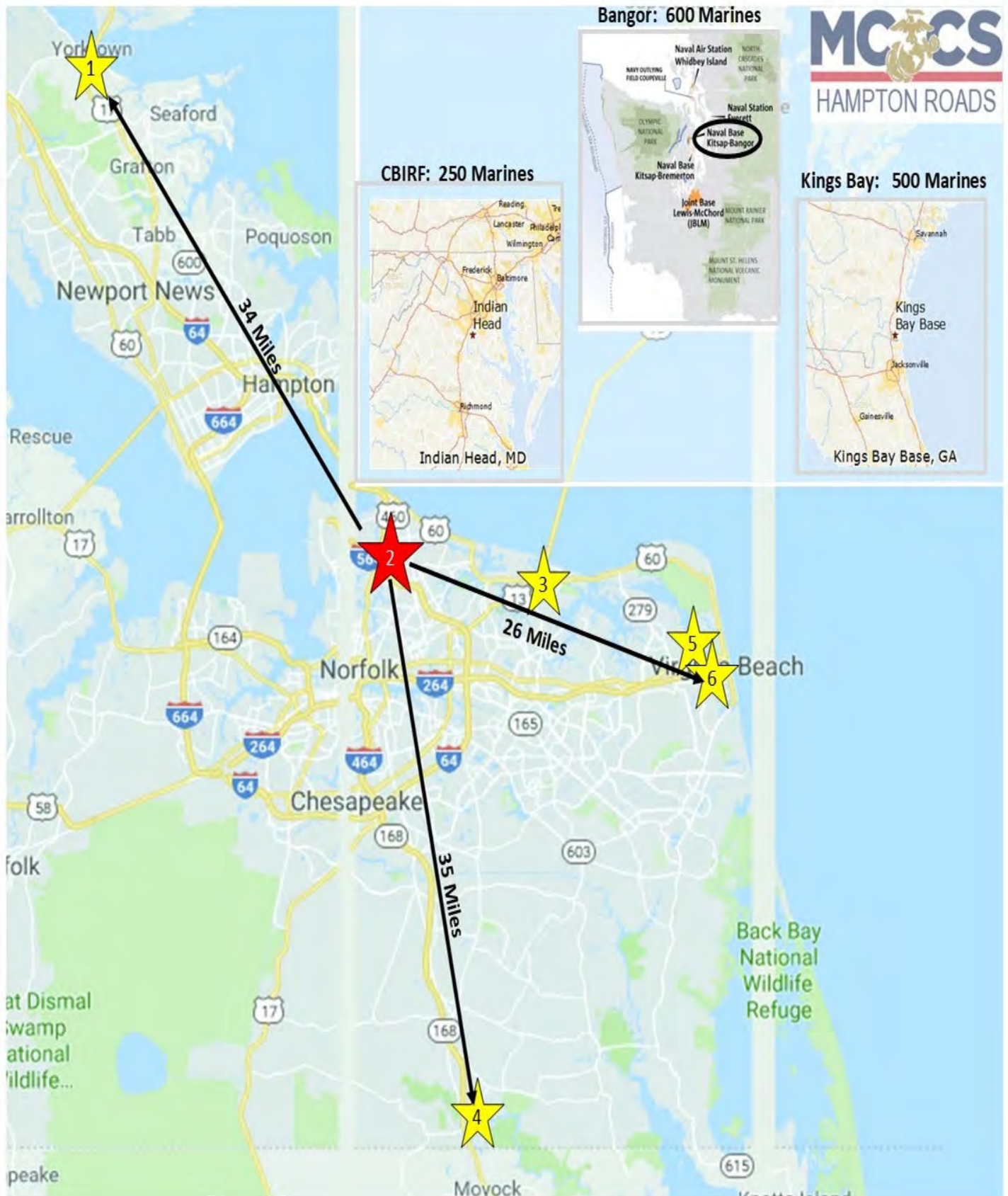


# MCCS Hampton Roads Resource Guide

April, May, June 2024



# MCCS Hampton Roads







<b>Naval Weapons Station Yorktown</b>	<b>1044</b>
Marine Corps Security Force Regiment	
⇒ ALPHA Co	
⇒ HQs Co	
⇒ BRAVO Co	
⇒ CHARLIE Co	



<b>Camp Elmore / Naval Support Activity Hampton Roads / NOB</b>	<b>328</b>
⇒ MARFORCOM/FMFLANT/ MARFORNORTH/PP&OSOUTH	



<b>JEB Little Creek - Fort Story @LC</b>	<b>163</b>
⇒ I-I STF CO A 4TH ASLT AMPHIB BN	
⇒ MARDET School of Music	
⇒ EWTGLANT	



<b>Naval Support Activity Northwest Annex</b>	<b>119</b>
⇒ MCSF Training Company	
⇒ MARDET NAVCONBRIG Chesapeake	



<b>Naval Air Station Oceana</b>	<b>140</b>
⇒ MACS-24	
⇒ MATSD	
⇒ CNATT	
⇒ VFA 106	



<b>NAS Oceana Dam Neck Annex</b>	<b>450</b>
⇒ MARDET Dam Neck	
⇒ MCIS HQs	

Marines located at outer MCCs stationed  
throughout Hampton Roads **838**

**Total Stationed Within Hampton Roads Area: 3082**

**Total to include Indian Head MD, Bangor WA, & Kings Bay GA: 4432**

<b>DIRECTOR</b>	<b>757.652.1734</b>
<b>MCFTB DIRECTOR</b>	<b>757.981.7812</b>
<b>TRAINER</b>	<b>757.288.8269</b>
<b>SEMPER FIT DIRECTOR</b>	<b>757.749.7823</b>
<b>SPORTS\ASST WARR COORDINATOR</b>	<b>757.981.7932</b>
<b>WARRIOR ATHLETE READINESS AND RESILIENCE COORDINATOR</b>	<b>757.288.8916</b>
<b>HAMPTON ROADS SMP COORDINATOR</b>	<b>757.749.7897</b>
<b>HUMAN PERFORMANCE EDUCATOR</b>	<b>757.445.2742</b>
<b>OUTDOOR RECREATION MANAGER</b>	<b>757.749.5226</b>
<b>EFMP MANAGER</b>	<b>757.981.1990</b>
<b>EFMP CASE WORKER</b>	<b>757.600.1366</b>
<b>EFMP TRAINING, EDUCATION &amp; OUTREACH</b>	<b>757.981.7916</b>
<b>CAREER SERVICES SPECIALIST</b>	<b>757.981.7914</b>



# FIREARMS COUNTER

Open:

Wed - Sat

Noon - 5PM

**HOLSTERS**

**AMMUNITION**

**WEAPON CASES**

**AMMO CANS**

**SAFES**

**SIGHTS**

**CORE  
BRANDS**  
***SIGSAUER***



Smith & Wesson®

**Can't Find What You Are  
Looking For?**

**We Special Order**



# NEED TO MOVE?



**Outdoor Equipment Rental  
has  
Open or Enclosed Towable  
Trailers**

**ODR Office located inside the  
Marine Corps Exchange  
1251 Yalu Street  
Norfolk VA 23515**



**For more information: 757.749.5226  
[outdoorrec.mccshr@usmc-mccs.org](mailto:outdoorrec.mccshr@usmc-mccs.org)**





# MCCS Hampton Roads



## Outdoor Equipment Rental



Inflatables



Canopies



Tables and Chairs



Grills

### Rental Items

Inflatables, Canopies, Tables and Chairs, Dunk Tanks, Kayaks, Canoes, Yard Games, Sno-cone and Popcorn Machines, Grills and much more

**Call Now For More Information 757.749.5226**



Winter Seasonal Hours  
Monday-Friday  
830am-5pm

Summer Seasonal Hours  
Call for Hours of Operation

**Located inside the MCX**

**1251 Yalu Street, Norfolk, VA 23515**



In honor of  
Memorial Day

# MURPH “HERO WOD”

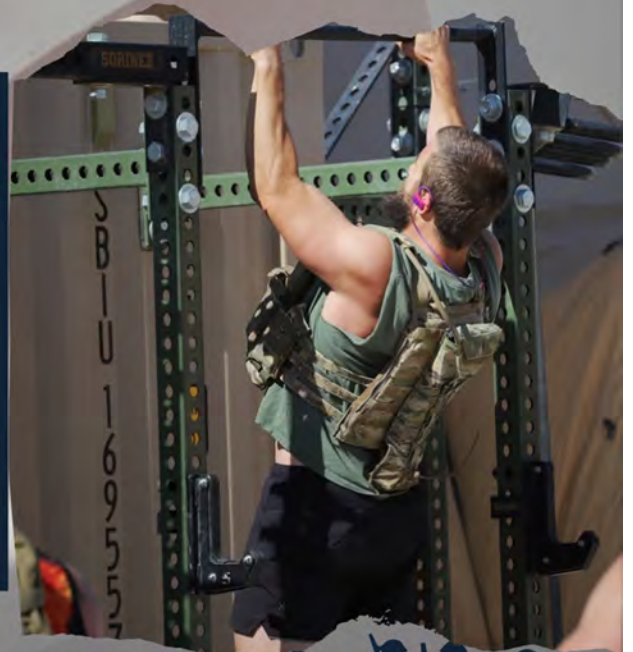
May 23 9AM - 11AM

The Murph is a “Hero WOD” consisting of

- 1mile run
- 100 pull-ups
- 200 push-ups
- 300 squats
- Finishing with another 1mile run.

Camp Elmore will be hosting the Murph to find who  
can complete the workout the fastest in all of  
Hampton Roads.

All commands are invited to participate



For more information:  
[semperfit.mccshr@usmc-mccs.org](mailto:semperfit.mccshr@usmc-mccs.org)





# SINGLE MARINE PROGRAM EVENTS

## APRIL

### **Bulls and Barrels Beach Rodeo**

VA Beach Ocean Front  
3rd Street  
Sun 13-Sat 14  
3-5PM  
\$25.00

### **Virginia International Tattoo**

Scope Arena  
Thurs 18-Sun 21  
7:30-10PM  
\$12.50

### **SMP Days of Service**

Sun 21-Sat 27  
8AM-5PM  
Free

## MAY

### **Virginia Beach Atlantic Coast Kite Festival**

VA Beach Ocean Front  
3rd Street  
Sat 4-Sun 5  
11AM-4PM  
Free

## JUNE

### **Virginia Beach Concerts**

VA Beach Ocean Front  
3rd Street  
Sat 1-Sun 2  
10AM-2PM  
Free

**For more information contact your**

**Command SMP Rep**

**[smp.mccshr@usmc-mccs.org](mailto:smp.mccshr@usmc-mccs.org)**





# WARRIOR ATHLETE

## READINESS & RESILIENCE

At Semper Fit Human Performance we use a holistic, research backed approach to provide individual and small group coaching to help Marines and their family members achieve their short term and long term overall health goals.

### NUTRITION

- 1-ON-1 AND GROUP NUTRITION COACHING
- LEARN ABOUT READING NUTRITION LABELS
- LEARN THE IMPORTANCE OF MACRO- AND MICRONUTRIENTS

### WEIGHT MANAGEMENT

- FREE IN-BODY TESTING TO MEASURE BODY COMPOSITION AND METABOLIC RATES
- UTILIZE OUR WARR TRAINERS AND NUTRITION ASSISTANCE FOR YOUR WEIGHT GOALS

### SLEEP HEALTH

- 1-ON-1 COACHING ON IMPROVING SLEEP HABITS
- REFERRALS TO MEET WITH A SLEEP SPECIALIST

### INJURY PREVENTION

- 1-ON-1 ASSISTANCE WITH INJURY PREVENTION AND MUSCLE RECOVERY
- SELF-SERVE RECOVERY ROOM AT CAMP ELMORE AND YORKTOWN

### CONTACT US

✉ [SEMPERFIT.MCCSHR@USMC-MCCS.ORG](mailto:SEMPERFIT.MCCSHR@USMC-MCCS.ORG)

☎ 757-286-7357

SCAN THE QR CODE  
TO CONNECT WITH US



### SERVICING MARINES ON THE FOLLOWING BASES

Camp Elmore  
Northwest Annex  
NAS Oceana

Dam Neck Annex  
Naval Weapons Station  
NSA Hampton Roads

JEB Little Creek



**EFMP** Exceptional  
Family Member  
Program  
MCCS Hampton Roads

**Successful PCS Transition  
and Managing Deployment**

**4/18 6pm**

**SSI and Medicaid Waiver  
Presented by Social Security  
Administration**

**4/24 2pm**

**Transitioning From Pediatrics to  
Adulthood: Establishing Permanent  
Dependency Sponsored by Naval Medical  
Center Portsmouth**

**4/25 9am**

**Tricare Overview Presented  
by Tricare at MCCS Camp  
Elmore Conference Room**

**4/29 9am**

**Introduction to EFMP and  
Respite Care**

**5/23 10am**

**Early Intervention and  
Inclusion Overview  
Presented by PEATC**

**5/09 6:30pm**

**Accessing Community  
Resources**

**6/27**



MCCS  
WEBSITE



**757-981-1990**

EFMP.MCCSHR@USMC-MCCS.ORG



FOLLOW US ON  
FACEBOOK





## THE 2024 VIRGINIA INTERNATIONAL TATTOO —A CELEBRATION OF FREEDOM

The heartbeat of the 2024 Virginia International Tattoo will be its incredible international cast featuring more than 800 performers with bands and drill teams from the U.S. Army, Navy, Air Force and Marine Corps joined by civilian and military performers from 7 nations. You will see returning favorites including Switzerland's Top Secret Drum Corps and the Netherlands Royal Marine Band and first time performers that are sure to become new favorites. Not to be forgotten are the Massed Pipes and Drums from 4 nations. The soul of the 2024 Tattoo will be an emotional and grateful Celebration of Freedom, 80 years from the D-Day landings and 75 years from the founding of NATO.

**FREE tickets for EFMP Families-Special Audience Night**  
**Wednesday, April 17, 2024 at 7:30 PM**  
**Norfolk Scope Arena, 201 Brambleton Ave, Norfolk, VA**  
*Limited availability. First come, first served.*

*Event open to all audiences April 18 - 21 [Tattoo - Virginia Arts Festival \(vafest.org\)](https://vafest.org)*

**Be sure to email: [efmp.mccshr@usmc-mccs.org](mailto:efmp.mccshr@usmc-mccs.org) and let us know how many tickets you need. Send along the sponsors name, email and a phone number. We will be sure to follow up!**



**EFMP** **Exceptional Family Member Program**



# CALENDAR OF EVENTS

Apr - Jun 2024

## GET INVOLVED

### UNIT/DEPLOYMENT READINESS COORDINATOR TRAINING

Tuesdays 0900-1300

April 2 & 16

May 7 & 21

June 4 & 18

### VOLUNTEERS



### PASSPORT TO VOLUNTEERING

Wednesdays 1000 - 1130

April 17; May 15

June 19

### COMMAND TEAM TRAINING

Thursdays 0900-1100

April 4 & 18

May 9 & 23

June 6 & 20

1

## GET TOGETHER

### Military Spouse Appreciation Celebration

Spouse Social Connection

Friday May 10

1000 - 1300

Location: TBD

2

## GET FAMILIAR

### L.I.N.K.S. MENTORSHIP

Wednesday April 10\*

1300 - 1500

\*Virtual\*

May 8

0900 - 1100

Location: MCCS Admin

### L.I.N.K.S. FOR MARINES

Friday June 14

0900- 1500

Location: MCCS Admin

3



MCCS FACEBOOK



MCCS WEBSITE





## **COMMAND TEAM TRAINING**

The training is designed to inform and guide members of a unit's Command Team on their roles and responsibilities within the Unit, Personal and Family Readiness Program.

## **UNIT/DEPLOYMENT READINESS COORDINATOR**

This class is only for designated DRC/URC. This training familiarizes the DRC/URC with their roles, responsibilities and operating components within the Unit, Personal and Family Readiness Program.

## **LINKS FOR MARINES** Lifestyles, Insights, Networking, Knowledge, And Skills

This workshop provides the essentials that every Marine needs to make the most of his or her military journey. We don't teach Marines how to be Marines. We just remind them; of the resources and benefits they or the Marine to the left or right of them may need. Subject matter experts, such as the Chaplain and Career Planner, are invited to facilitate these discussions.

## **PASSPORT TO VOLUNTEERING**

Learn the importance and benefits of volunteerism and share your skills with others! This workshop will give you all the resources and requirements for getting the most out of your volunteer journey.

## **LINKS MENTORSHIP**

The backbone of L.I.N.K.S. are our volunteers and mentors who selflessly give their time to help others. Attend any of the quarterly training session to help prepare you as a mentor. Share your gifts and abilities and learn about the benefits and opportunities to make an impact to the Corps!





# *Once Upon a Gown*

## Formal Dress Collection Drive

Help Military Spouses become the

*Belle of the Ball*

Marine Corps Community Services is collecting  
**NEW & GENTLY USED**  
Evening Gowns and Accessories

### Collection Locations:

#### Naval Weapons Station Yorktown

The Depot | 2006 Shupper Drive | Newport News, VA  
FFSC Yorktown | 1949 Von Steuben Drive | Newport News, VA

#### Camp Elmore

1251 Yalu Street | Norfolk, VA

#### MARDET Dam Neck

### Collection Dates:

April 1 - September 13, 2024

**For Any Questions, Please contact:**

Omb.mcftbnorfolk@usmc-mccs.org  
757.288.8269

**MARINE**  
& Family

Marine Corps Family  
Team Building





MCCS HAMPTON ROADS HOSTS



Federal Job  
**RESULTS**

C R A C K I N G   T H E   C O D E

**JOIN US FOR A VIRTUAL SESSION!**

**FEDERAL RESUME** webinar connects you with a subject matter expert that answers your questions, while providing resources and best practices to get your resume noticed!

**Tuesday, April 30, 2024**

**10:00 - 11:00 am**

REGISTER TODAY:  
[CAREERSERVICES\\_MCCSHR@USMC-MCCS.ORG](mailto:CAREERSERVICES_MCCSHR@USMC-MCCS.ORG)

**WE LOOK FORWARD TO  
VIRTUALLY CONNECTING  
WITH YOU!**



# April



**4/25**

**VA Disability  
Benefits  
Review**

**9AM - Noon**

**4/29**

**TRICARE  
Q&A**

**9 - 10AM**

**4/30**

**Federal Job  
Code Results  
(virtual)**

**10:30 - 11:30AM**

**\* CLASS DATES AND TIMES ARE SUBJECT TO CHANGE\***

To register or for more information: [careerservices.mccshr@usmc-mccs.org](mailto:careerservices.mccshr@usmc-mccs.org)

# MAY

**8**

**Retirement  
Benefits Seminar**  
8:30AM - 4:00PM

**14**

**Effective Resume  
Writing Strategies**  
8:30AM - 4:00PM

**15**

**Fundamentals of  
LINKEDIN**  
9AM - Noon

**22**

**VA Disability  
Benefits**  
9AM - Noon

**\*\*DATES, TIMES, AND LOCATION ARE SUBJECT TO CHANGE\*\***

# JUNE EVENTS

**18 JUNE**

**VA DISABILITY BENEFITS**  
9AM - NOON

**24 JUNE**

**EFFECTIVE RESUME WRITING**  
9AM - NOON

**25 JUNE**

**FUNDAMENTALS OF LINKEDIN**  
9AM - NOON

**27 JUNE**

**SKILLBRIDGE INFO SESSION**  
9:00 - 10:30AM

To register or for more information:

[careerservices.mccshr@usmc-mccs.org](mailto:careerservices.mccshr@usmc-mccs.org)

**\*\*DATES, TIMES, AND LOCATION ARE SUBJECT TO CHANGE\*\***



# UNIT TRANSITION COORDINATORS TRAINING



Required training for all unit transition coordinators.  
Training must be completed within 45 days of  
appointment.

For more information, send an email to:  
[careerservices.mccshr@usmc-mccs.org](mailto:careerservices.mccshr@usmc-mccs.org)

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## EASing? Have you scheduled your Capstone?

MCO1700.31 states that Capstone is the culmination of the transition process  
and occurs NLT 90 days preceding anticipating separation,  
retirement, demobilization, or deactivation.

To schedule your Capstone:

[CAREERSERVICES.MCCSHR@USMC-MCCS.ORG](mailto:CAREERSERVICES.MCCSHR@USMC-MCCS.ORG)



# CAPSTONE



**Hours of operation: 9AM - 5PM**

**(757) 505-7556**

**sales@kitchenfinit.com**

"Kitchenfinit was created to provide a multi-cultural and comfort food inspired menu to share with our customers so they can always try something new and unique. We offer a rotating menu influenced by different cuisines across the globe. We offer a rotating menu influenced by different cuisines across the globe • American Comfort Foods • Asian Street Food • Latin Fusion • Italian Twist • Seafood Boil and Fried Seafood • Delectable Sweet Treats and much more... You can count on us to serve great food and excellent customer service."

## WHY MCX?

### IT MATTERS WHERE YOU SHOP

#### TAX FREE

Always

#### GIVE BACK

You shop  
Marines Benefit

#### PRICE MATCH PROMISE

We Match That!

#### PRICE HACKS!

Save. Every Day!

#### 1775

Great Style.  
Value Priced

#### EXTREME VALUE

On Marine Essentials

# —Ready For That Summer Adventure?—

M-F 7:00AM-4:00PM, SAT 7:00AM-4:00PM, SUN CLOSED

1251 WONSAN ST, NORFOLK, VA 23515 | 757.401.6716 | FIRESTONECOMPLETE.COM





For all locations and events sponsored by MWR,  
visit <https://www.navylifema.com/>



HAMPTON ROADS, VA  
FLEET & FAMILY READINESS



Please join NSA Hampton Roads – Northwest Annex at these events

**-April 26<sup>th</sup> - Month of the Military Child Spring Fling.** It will be in the field next to the Mariner Community Recreation Center from 1600-1800. We have the rock wall, bounce houses, face painter, balloon artist, caricaturist, lawn games, giveaways and more.

**-May 24<sup>th</sup> - Bouncing Block Party.** It will be in the field next to the Mariner Community Recreation Center from 1600-1800. There will be a large inflatable obstacle course, bungee trampolines, bungee run, and other inflatable attractions.

**-June 21<sup>st</sup> - Summer Reading Kickoff Party** located in the field next to the Mariner Community Recreation Center from 1700-1900. We will provide info and supplies about the summer reading program as well as have the rock wall, bounce houses, carnival games, petting zoo, and more.



## Thirsty Thursdays Tasting Events at Your Elmore MCX



April 4: 3 - 4PM

Colonial Williamsburg Wine

April 11: 2 - 5PM

Cayman Jack Mojito

April 18: 3 - 5PM

Ole Smokey Moonshines

April 25: 2 - 5PM

Cayman Jack Mojito

May 2: 3 - 5PM

Patron Silver Margarita

May 9: 3 - 5PM

Barefoot Moscato

May 16: 3 - 5PM

Makers Mark Bourbon

May 23: 3 - 5PM

Andre Mimosas

May 30: 3 - 5PM

Malibu

June 6: 3 - 5PM

Barefoot Fruitscato

June 13: 3 - 5PM

BuzzBall Chillers

June 20: 3 - 5PM

Cutwater Margarita Pops

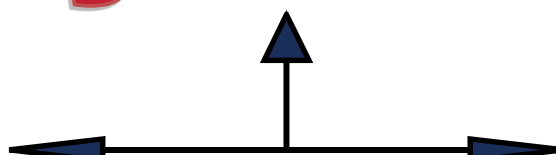
June 27: 3 - 5PM

Tails Ready to Drink Cocktails

# Stay Current



MCCS Website



MCCS Facebook



MCX Facebook



# OPERATION MWR

WE'VE GOT YOUR SIX.

PRESENTED BY

**GOVX**

FEATURING

*Multi-Platinum Country Music Star*

# DIERKS BENTLEY



## SATURDAY, MAY 4

NAVAL STATION | GATES OPEN  
**NORFOLK @5:30 PM**

*With Special Guest*

## COLBIE CAILLAT



[NavyLifeMA.com/OperationMWR](http://NavyLifeMA.com/OperationMWR)

No Navy endorsement implied.