



Deployment Readiness Coordinators
Unit Readiness Coordinators

3d Battalion, 4th Marines
DRC: Roy Garza
760-468-9078
roy.garza@usmc.mil

URC: GySgt Frank Navratil
frank.r.navratil2@usmc.mil

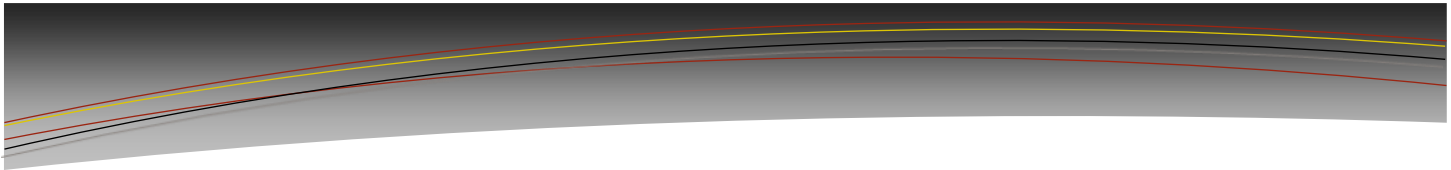
Welcome Aboard 3d Battalion, 4th Marines

Acknowledgement

Materials have been drawn from a variety of sources in creating this guide, including Sister Services, Marine units, and website resources. Regardless of source, all the material was selected to help military members and their families prepare for what is sometimes the most challenging part of a military career.

A PCS Move is a unique time for everyone. While it may be a source of emotional strain for all family members, it can also be a time to work together to strengthen or rebuild relationships.

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UNITED STATES MARINE CORPS
7TH MARINE REGIMENT
1ST MARINE DIVISION (REIN)
MARINE CORPS AIR GROUND COMBAT CENTER, BOX 788260
TWENTYNINE PALMS, CA 92278-8260

IN REPLY REFER TO:

5000
CO

From: Commanding Officer, 3d Battalion, 4th Marines
To: All Newly Assigned Personnel

Subj: WELCOME ABOARD TO "DARKSIDE" OF 3D BATTALION, 4TH MARINES (3/4)

1. Welcome to the Darkside Marine family of 3d Battalion, 4th Marines (3/4)! I am personally honored to serve with you, and excited your family has joined the team in the high desert oasis of Twentynine Palms, California.

2. 3/4 is headquartered aboard the Marine Corps Air Ground Combat Center (MCAGCC) and is a subordinate unit of the 7th Marine Regiment and 1st Marine Division. 3/4 has a rich legacy and lineage that includes service in China, Japan, the Philippines, Vietnam, as well as Australia in addition to the recent Global War on Terrorism campaigns in Iraq and Afghanistan. Our readiness and ability to "Fight Now" or forward deploy on our scheduled deployment is an integral part of our nation's expeditionary force-in-readiness.

4. My personal goal is to ensure you are received into Darkside in a positive and professional manner. The PCS transition and the assimilation into a new unit is full of natural friction and unforeseen events. To make this transition as smooth as possible your sponsor, along with this package, should help alleviate some of the stress. The following pages contain information on important quality of life issues like housing, education, on base services, support, and community partnerships which you may or may not be already aware of. I encourage you to review this information as soon as possible and contact your sponsor or our Deployment Readiness Coordinator with any questions or concerns you or your family may have.

5. Again, welcome to the Darkside Marine Family. The shared bonds and sacrifices of service to the Marine Corps and our great nation is truly a calling and privilege few will ever experience. The discipline, character, and resiliency you will build as part of Darkside will be a life altering experience, rich with lifelong friendships you will consider family long after your time in 3/4 is complete. I know your tour with 3/4 will be personally and professionally rewarding. I am honored to serve alongside you in this storied battalion and I look forward to meeting you and your family. Semper Fidelis...Always Faithful.

J. C. COPELAND



UNITED STATES MARINE CORPS
3D BATTALION, 4TH MARINE REGIMENT
1ST MARINE DIVISION (REIN)
1ST MARINE EXPEDITIONARY FORCE
MARINE CORPS AIR GROUND COMBAT CENTER, BOX 788260
TWENTYNINE PALMS, CA 92278-8260

Welcome Aboard Message from the Deployment Readiness Coordinator

On behalf of the Commanding Officer, I would like to take this opportunity to welcome you to the Darkside family. Myself and the Uniformed Readiness Coordinator are here to assist you and your family in all areas of morale and readiness while in CONUS and deployed.

The Marine Corps has defined family as any entity the Marine is born into, sworn into, or married into. Our Commandant's message is that a Marine makes an enduring commitment to the Corps and the Corps, in turn, makes an enduring commitment to every Marine and to his/her family.

This Welcome Aboard Package contains information on the Twentynine Palms area, as well as various important phone numbers. Please check in with your unit's Unit, Personal, & Family Readiness Program within 30 days of arriving to your unit. The information collected will assist the Commanding Officer in his quest to support for Marines, Sailors, and their families by providing them information, referrals and official command communication in compliance with Marine Corps Order 1754.9B.

Please take the time to examine the Welcome Aboard Package that has been assembled for you. In it you will find details regarding the Unit, Personal, and Family Readiness program, as well as valuable information about the local community that can support you in your transition. You will be surprised at what you can find in the desert if you take the time to look!

If there is anything further we can help you with, please don't hesitate to contact us. We look forward to meeting you during your check in process.

Respectfully,

Roy Garza
GySgt Frank Navratil



Transportation to USMC Base - Twentynine Palms

The Marine Corps Air Ground Combat Center (MCAGCC) is about fifty-five miles northeast of Palm Springs. The drive takes about 1.5 hours traveling through the towns of Morongo Valley, Yucca Valley and the town of Twentynine Palms. The entrance to the base is five miles from the town. There are a number of options for transportation to the base. Consider these options – ask a Volunteer.

Here are some options:

- **TAXI:** A taxi will cost from \$130 - \$150 for the fifty five mile, 1.5 hour ride. Be sure to negotiate the fare before you leave the airport. Contact the 'taxi dispatcher' at the taxi stand near the airport main entrance. Some drivers are more willing to negotiate than others as it is a three hour round-trip for the driver. If traveling on orders you should be reimbursed later. Always get a receipt. Do not use scab / unauthorized taxis - they can be a ripoff and cost more!
 - **Share a taxi?** Ask around the USO if anyone else wants to share a taxi fare to the Base!
 - **MBTA Bus Service** (public transportation): Route #15 direct bus service from airport to MCB. Departure: Fri 7 p.m.; Sat 12 noon, 6 p.m.; Sun. 6 p.m. Fare: Fr.Sa.Sun. \$20, \$25 round trip. Mon-Fri with connection in Yucca Valley, departs: 7:50 a.m., 10:10 a.m., 4:50 p.m. Fare \$10.
 - No holiday bus service, correct change only. Ask Volunteer for location of bus pickup stop.
 - **RENTAL CARS:** Enterprise Car Rental has a special one-way rate of \$70 including all taxes and fees dropping car off on base. Fill gas tank before return. Some age restrictions and other qualifications have been relaxed. Driver must have a valid driver's license and credit card, not a friends credit card. Check with the Volunteer or Enterprise Rental counter near the USO. Other car rental companies do not have one-way rentals and cars must be returned to the PSP.
- **S.O.S. - FREE RIDES:** A volunteer organization (not affiliated with the USO), Soldiers Organized Services, ('S.O.S.') provides free transportation from the airport to 29 Palms using volunteer drivers. For information telephone S.O.S. 760-799-5488, ask for Erica. If you receive a recording, leave a message and she will return your call. It may take an hour or two for her to locate a driver and be available to pick up at the airport. Consider all options.
- **MORE FREE RIDES:** Civilians or military personnel driving to Twentynine Palms frequently call or stop by the USO to see if anyone needs a ride. Ask the Volunteer on duty.
 - **BASE VAN PICK-UP:** If attending communications school, TDY or PCS, in some cases the receiving organization will send a driver and van to pick personnel to take to 29 Palms. Large groups arriving may have a prearranged van or bus to provide service. Check with the volunteer on duty for phone contact with new organization. This service is generally not available when returning from leave. If there is a van or bus at the airport picking up other authorized military, sometimes space is available. Check with Volunteer on duty or van driver.



SMP **Single Marine Program**

The Zone
Bldg. 1531
760.830.8454/4767
Sunday - Saturday: 10am - 10pm

The MCCS Twentynine Palms Single Marine Program resides inside the 5th Street Zone in Bldg 1531. This facility is open to active duty military. Single service and geographical bachelors can enjoy a variety of recreational activities including: pool, darts, foosball, ping pong and a variety of arcade games. Within The Zone you will also find:

- Free Movies

Did you know the Single Marine Program has a theater room available. SMP receives newer movies not yet released to DVD from Navy Motion Picture Service. SMP currently has over 750 movies in their library.

- The Gaming Area

The Single Marine Program has five televisions devoted to console gaming. TheZone has Xbox 360, Playstation 3 and Xbox Kinect setup for gaming.

- Free Shuttle Bus Program

On Friday through Sunday, a shuttle is available to transport Marines to and from various popular locations. SMP drives Marines and Sailors to the Commissary, Exchange, eateries, and to their barracks.

Gyms

Wilburn Gym
Building 1533
760.830.4070
Opens Monday at 4:30am and remains open until Friday at 9pm
Saturday & Sunday: 8am - 6pm

East Gym
Building 1588
760.830.6440
Monday - Friday: 4:30am - 9pm
Saturday & Sunday: Closed

West Gym
Building 1518 & 1519
760.830.6451/3009
Monday - Friday: 4:30am - 9pm
Saturday & Sunday: 10am - 6pm

Community Center Gym
Building 1004
760.830.3910
Monday - Friday: 8am - 7pm
Saturday & Sunday: Closed

Fitness Center is available 24/7. For access, participants must be 18 or older with base privileges. There is a one time fee of \$20 for an Access Key. For information please call 760.830.3380.

HITT Program

760.830.1883

The MCAGCC Fitness Centers and the High Intensity Tactical Training (HITT) Program offers world class training opportunities for Marines and Units. The equipment housed in our MCAGCC fitness facilities, along with the workouts presented in the HITT Program allows the most valuable athletes in the world, the men and women of the USMC, to train like elite and professional level athletes.

ITT Information, Tickets, & Tours

Bldg. 1502

760.830.4067/4122

Monday - Friday: 10am - 6pm

Saturday, Sunday & National Holidays: Closed

Information, Tickets and Tours is your one-stop shop for all your destinations. Our ITT office has discount tickets to many Southern California tourist attractions. Purchase tickets to area theme parks, dinner shows, whale watching tours, museums, aquariums and more.

Outdoor Adventures

Bldg. 1262

760.830.7235

Monday: 8:30am - 4:30pm

Tuesday: 8:30am - 12:30pm

Wednesday - Friday: 8:30am - 4:30pm

Saturday: 8:30am - 12:30pm

Sunday: Closed

OA provides recreational rentals, including equipment for winter and summer sports, camping, gardening and party gear. Children's games, tables, chairs, canopies and Jupiter Jump inflatables are also available.

Paintball

Bldg. 1262

1.866.985.4932

Open Friday - Sunday

The paintball park aboard base is open Friday through Sunday for individuals and private groups. Private groups can also rent this great facility Monday through Thursday. Bring your own equipment or rent it on site. It's a day of fun for the whole family!



Joshua Tree National Park



Two distinct desert ecosystems, the Mojave and the Colorado, come together in Joshua Tree National Park. A fascinating variety of plants and animals make their homes in a land sculpted by strong winds and occasional torrents of rain. Dark night skies, a rich cultural history, and surreal geologic features add to the wonder of this vast wilderness in southern California. Come explore for yourself.

Interagency Annual Pass: \$80 **FREE TO ACTIVE DUTY MILITARY PERSONNEL AND DEPENDANTS WITH PROPER ID**

This pass is available to the general public and provides access to federally-managed recreation sites that charge an Entrance or Standard Amenity Fee for a full year from month of purchase. The Annual Pass can be obtained in person at the park entrances or by calling 1-888-ASK USGS, or online.



Twentynine Palms

Marine Corps Air Ground Combat Center

Connections

When you arrive in Twentynine Palms, be sure to stop by the Village Center, Bldg. 1551, to visit the Relocation Assistance Office. We can give you maps and brochures about the local area and attractions. If you are still awaiting the arrival of your household goods, we can also provide you with a Loan Locker. The Loan Locker consists of basic household items such as pots and pans, plates and utensils, and even a coffee maker! You will be able to utilize the Loan Locker for 30 days or until your household goods reach the high desert. You will also want to sign up for the next Welcome Aboard Brief. The Welcome Aboard Brief will let you know everything there is to do on and off base while you're stationed at MCAGCC.

INFORMATION ABOUT MARINE CORPS AIR GROUND COMBAT CENTER AND THE COMMUNITY OF 29 PALMS:

The Marine Corps Air Ground Combat Center is the largest Marine Corps base in the world: covering over 900 square miles it is larger than some countries. The premier training facility sits nestled in the quiet desert paradise of Twentynine Palms, and together, makes up one of the most unique living environments in the western United States. From rock climbing to perusing the local art galleries, Twentynine Palms has something for everyone.

BASE INFORMATION:

<https://www.29palms.marines.mil/> - MCAGCC home page
http://www.mccs29palms.com/29Palms/assets/File/Guide2019_web_20181128.pdf - MCCS Guide Book - 2019
<http://www.mccs29palms.com/> - 29 Palms Marine Corps Community Services
<https://www.med.navy.mil/sites/nmw/commands/pages/NH%20Twentynine%20Palms.aspx> - Robert E. Bush Naval Hospital
<http://www.commissaries.com/> - Commissary information
<http://www.lincolnmilitary.com/29palms/> - Lincoln Military Housing
http://www.mccs29palms.com/29Palms/assets/File/MCCSBaseMapPhoneDirectory_20180807PRINT.pdf - Base Map

COMMUNITY INFORMATION:

<https://www.ci.twentynine-palms.ca.us/> - City of 29 Palms
<http://visit29.org/> - 29 Palms Tourism
<https://z1077fm.com> - Local Radio Station
<http://www.deserttrail.com/> - Community newspaper

SURROUNDING COMMUNITIES:

<http://www.ca.gov/> - California state website
<http://www.visitcalifornia.com/> - California tourism
<http://www.joshuatree traveler.com/> - Joshua Tree Traveler
<http://www.nps.gov/jotr/> - Joshua Tree National Park
<http://www.yucca-valley.org/> - Yucca Valley
<http://www.bigbearinfo.com/> - Big Bear Lake
<http://www.ci.palm-springs.ca.us/> - City of Palm Springs





Twentynine Palms MCAGCC Cont.

HOUSING:

The Family Housing Office works with Lincoln Military Housing to get you situated in base housing aboard MCAGCC. Family Housing can be reached by phone at 760-830-6611. Lincoln Military Housing is available at 760-368-4500.

<https://www.29palms.marines.mil/Family-Housing/> - Family Housing Office

<http://www.lincolnmilitary.com/29palms/> - Lincoln Military Housing

HOME RENTALS/SALES:

Contact the Housing Office and speak to the Housing Referral Specialist regarding available apartments/houses for rent or sale in the Twentynine Palms area. The Housing Referral Specialist can customize a search according to your family size, BAH, and any other special needs you may have. Call 760-830-1706 for more information.

Looking for off-base housing? You can find out about the Basic Allowance for Housing (BAH) at the DoD site at

<http://www.defensetravel.dod.mil/site/bah.cfm>. The zip code for 29 Palms is 92277

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

<http://www.pcsamerica.net/>

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

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

TEMPORARY LODGING:

If housing isn't immediately available to you, you can stay at The Sleepy Tortoise Lodge aboard MCAGCC. Call 760-830-6583 for more information and reservations. If temporary lodging isn't available, you can call the Family Housing Office at 760-830-6611 for a list of hotels in the local area.

<http://www.mccs29palms.com/index.cfm/food-lodging/lodging/> - Sleepy Tortoise Lodge

<https://www.29chamber.org/placestostay.html> - 29 Palms Chamber of Commerce list of local lodging options.

EMPLOYMENT:

Finding a job in the high desert can be a little tricky. The Family Member Employment Assistance Program can make the job hunt easier for family members of active duty personnel. Call 760-830-7225 for more information.

<http://www.mccs29palms.com/index.cfm/marine-family-programs/ppd/career-resource-office/> - Career Resources Office

<http://www.mccs29palms.com/index.cfm/employment/job-vacancies/> - MCCS 29 Palms job openings

<https://www.secnav.navy.mil/donhr/Pages/Default.aspx> - Department of the Navy Civilian Human Resources

<http://www.usajobs.com/> - All DoD job openings

<https://www.edd.ca.gov/jobs.htm> - California Employment Development Department

DISTRIBUTION MANAGEMENT OFFICE:

DMO (formally TMO) can assist you with personal property, travel claims and other information regarding the shipment and receipt of your household goods.

<https://www.29palms.marines.mil/Staff/G4-Installations-and-Logistics/Distribution-Management-Office/>

IMPORTANT PET INFORMATION:

Base Veterinarian

The base veterinary clinic offers both sick call and vaccination appointments for military pets. Call 760-830-6896 for more information.

<https://phc.amedd.army.mil/organization/Pages/VtfDetails.aspx?VtfID=10>

Importing Pets to the United States

When you are PCS-ing from an overseas military installation to Twentynine Palms, your pet will need to meet certain importation requirements when entering the United States. The following websites will outline specific importation regulations and requirements for the United States and the state of California.

<https://www.cdc.gov/importation/> - Center for Disease Control

http://www.aphis.usda.gov/import_export/ - State pet importation regulations

http://www.cdffa.ca.gov/ahfss/Animal_Health/Entry_Requirements.html - California Animal Health Branch



Twentynine Palms MCAGCC Cont.

Chamber of Commerce

Twentynine Palms Chamber of Commerce
760-367-3442 www.29chamber.org

Joshua Tree Chamber of Commerce
760-366-3723 www.joshuatreechamber.org

Yucca Valley Chamber of Commerce
760-365-6323 www.yuccavalley.org

Government Offices

Twentynine Palms
760-367-6799 www.ci.twentynine-palms.ca.us

Yucca Valley
760-369-7207 www.yucca-valley.org

Libraries

Joshua Tree 760-366-8615 www.joshuatreefol.org

29 Palms 760-367-9519 www.sbcounty.gov/library/home/

Yucca Valley 760-228-5455 www.yuccavalleyfol.org

Licensing Services

DMV 29 Palms - <https://www.dmv.ca.gov/portal/dmv/detail/fo/offices/fieldoffice?number=638>

Marriage Licenses & Ceremonies - Joshua Tree
<https://www.sbcounty.gov/ARC/Main/RecorderClerk/MarriageInformation.aspx>

Pet Registration—Twentynine Palms 760-367-0157

Pet Registration—Yucca Valley 760-369-7207

Transportation Airports

Palm Springs International Airport 760-318-3800
<http://www.palmspringsca.gov/government/departments/aviation-palm-springs-international-airport-ppsf/>

Los Angeles International Airport 855-463-5252
<https://www.flylax.com/>

Ontario International Airport 909-544-5300
<https://www.flyontario.com/>

Ground Transportation

Morongo Basin Transit Authority MBTA 760-367-7433
www.mbtabus.com

Amtrak 800-872-7245 www.amtrak.com

Utilities

Electricity

Southern California Edison Company 800-655-4555
<https://www.sce.com/>

Gas

Southern California Gas Company 800-238-0092
<https://www.socalgas.com/#>

If your house has a propane tank, call the company listed on the tank.

Cable Companies

Spectrum 800-892-4357
<https://www.spectrum.com/>
Direct TV 888-777-2454
<https://www.directv.com/>

Waste

Burrtec 760-365-2015
<http://www.burrtec.com>

Water

Hi-Desert Water District 760-365-8333
<https://www.hdwd.com/>

Joshua Basin Water District 760-366-8438
<http://www.jbwd.com/>

Twentynine Palms Water District 760-367-7546
<https://29palmswater.com/>



Hotels in the MCAGCC area

On Base:

Inns of the Corps-Desert View
Bldg. 690
Twentynine Palms, CA 92278
760-830-6583

Inns of the Corps-Mountain View
Bldg. 1088
Twentynine Palms, CA 92278
760-830-1054

Twilight Dunes RV Park
760-830-6583
LodgingReservations.TwilightDunesRVPark@usmc-mccs.org

Off Base:

Best Western Garden Inn and Suites
71487 29 Palms Highway,
Twentynine Palms, CA 92277
760-367-9141

Motel 6
72562 29 Palms Highway,
Twentynine Palms, CA 92277
760-367-2833

Americas Best Value Inn
71829 Twentynine Palms Hwy,
Twentynine Palms, CA 92277
760-367-0070

Harmony Motel
71161 Twentynine Palms Highway,
Twentynine Palms, CA 92277
760-367-3351

Holiday Inn Express Hotel and Suites
71809 29 Palms Highway,
Twentynine Palms, CA 92277
800-465-4329

Sunnyvale Garden Suites Hotel
73843 Sunnyvale Drive,
Twentynine Palms, CA 92277
760-361-3939

Fairfield Inn and Suites
6333 Encelia Avenue,
Twentynine Palms, CA 92277
760-361-5000

29 Palms Inn
73950 Inn Avenue,
Twentynine Palms, CA 92277
(760) 367-3505

Mojave Trails Inn and Suites
73842 Twentynine Palms Highway
Twentynine Palms, CA 92277
(760) 800-1112

9 Palms Inn
73193 Twentynine Palms Highway
Twentynine Palms, CA 92277
(760) 367-0334

Rodeway Inn & Suites 29 Palms
71809 Twentynine Palms Highway
Twentynine Palms, CA 92277
(760) 361-4009

El Rancho Dolores Motel
73352 Twentynine Palms Highway
Twentynine Palms, CA 92277
(760) 367-3528

More hotels can be found by searching in Joshua Tree and
Yucca Valley



Base Resources



Personal Financial
Management Program
760-830-4032

Relocation Assistance Program
760-830-4028

Retired Activities Office
760-830-7550

FOCUS
Families OverComing
Under Stress
760.830.3818

Exceptional Family
Member Program [EFMP]
760-830-7740

Community Counseling Center
760-830-7277

American Red Cross
760-830-6685
1-877-272-7337

HRO
Human Resource Office
760-830-7704
760-830-7696

New Parent Support Program
760-830-7622

Navy Marine Corps Relief
Society (NMCRS)
760-830-6323

Education Center
760-6681

Sexual Assault Prevention &
Response Program
760-799-0273

Marine Corps Family Team
Building
760-830-3110

DEERS
760-830-5365

Victim Advocate Services 760-
362-9837

Information and Referral
760-830-6344

Disabled Veteran Assistance
800-378-4559

RMD
Religious Ministries
Directorate
760-830-5430

Career Resource Office
Family Member Employment
Assistance Program
760-830-5955



Planning Your Move

When you receive Permanent Change of Station (PCS) orders, you're bound to have mixed feelings. You're likely to be excited about the upcoming change and the chance to meet new people and see new places. But you're also likely to feel stressed about the logistics of the move and about helping family members -- especially children and teenagers -- with the transition. Fortunately, there are steps you can take and resources available to help you make plans, stay organized, help your children -- and keep a step ahead while you move.

Best Practices

Gaining a sense of control over your move can help ease the stress. Whether this is your first move or your fifteenth, it's a good idea to:

Create a "command center" for your move. This is a central location for the details -- including "to-do" lists -- that relate to your move. This is also the place to keep all of your important documents (orders, medical records, Powers of Attorney, wills, birth certificates, passports, last statements for accounts if they aren't electronic). A large accordion-pleated binder works well for this. Even if you're keeping lists and other documents on your computer, be sure to make hard copies for your command center.

Prioritize. Rather than trying to do it all at once, make an "A" list, a "B" list, and a "C" list, depending on what needs to be done first. This can help you focus on the "deal-breakers" -- what's most important to get done.

Once you have orders in hand, contact your installation's Transportation Office to find out what is needed to set up the move. If the service member is deployed, the spouse will need a Power of Attorney to take care of the details.

Visit your current installation's relocation office for information to help you with the move.

Get Quick Overviews on the MilitaryINSTALLATIONS Website: Get information and base essentials on your new duty station -- including schools, housing and recreation. Find addresses, contact information, maps and more. Learn about or connect with a sponsor.

<https://Installations.MilitaryOneSource.mil>

Connect with friends who have lived on your new installation or are living there now. They'll be able to answer many of your questions from a first-hand perspective. Ask friends at your current installation for names of people they know at your new location.

Find out about the new community. Check with your current installation's relocation office to find out if your new installation can send you a "welcome aboard" package. If you aren't near an installation now, contact your new Deployment Readiness Coordinator.

You can also:

Access the Web site for the Chamber of Commerce that serves your new town or area.

See if your new town has a Web site by using the town and state as search terms.

Resources

Check out these helpful links!

MilitaryOneSource.com

www.militaryonesource.mil

This free 24-hour service, provided by the Department of Defense, is available to all active duty, Guard, and Reserve members and their families. Consultants provide information and make referrals on a wide range of issues, including relocation. You can reach the program by telephone at 1-800-342-9647 or through the Web site.

Plan Your Move

Use Plan My Move for Custom Task Lists to keep track of the to-dos and details for every PCS. Create custom task lists for your move that note considerations and how to address them. Tailor your list to your unique needs for things like finances, property, paperwork, family and more.

<https://PlanMyMove.MilitaryOneSource.mil>



Helping your children and teenagers

No matter what age your children are, there are steps you can take to help them with the transition. Keep in mind that from the very beginning -- when you first get PCS orders -- it's important to:

- *Acknowledge your children's feelings.* Make sure they know that it's OK to feel anxious about the move. Even though you'll be busy, it's important to make time to sit and talk about what the move will mean for everyone.
- *Be a role model with a positive attitude.* Try to convey to your child that, even though moving can be hard, it's also an adventure. Although it's important to acknowledge the stresses of moving, it's also important to focus on the good things about relocating: expanding your community of friends and learning about new places.



Helping younger children

- *Give your child pictures of the new installation and surrounding area.* Young children benefit from having a concrete idea of where they will be. Try to find photographs of your new community -- the installation, library, school, and recreation areas -- print them out, and give your child a folder to keep them in.
- *Try to keep routines intact.* Even though you'll be extremely busy organizing the details of the move, it's important to keep in mind that children are comforted by the routines of daily life. By continuing to have your usual Friday-night popcorn, bedtime reading, Saturday walk to the library -- or whatever rituals you enjoy together -- you will reassure your child that many of the important things in life stay the same, even when you're getting ready to move.
- *Help a younger child make an address book with pictures, addresses, phone numbers, and e-mail addresses.* An older child or teenager will appreciate an address book, too. Knowing that they will be able to stay in touch with old friends easily can help make the move feel less stressful.
- *Visit online resources with your child* that are specifically written for military children. MilitaryOneSource.mil has great articles about making moves easier for kids [HERE](#).

Helping teenagers

Relocating can be especially stressful for teenagers, whose emotional states are often in some sort of turmoil even without the knowledge of a coming move. It's important to make sure your teenager is included in the decisions she can be included in from the start. It's also important to make sure your teenager understands the details of the move. "Helping Your Teenager Cope with Relocation," available on the Military OneSource Web site, offers strategies for parents relocating with teenagers.

- *Encourage your teenager to attend relocation briefings.* Some installations may have relocation workshops for children and teens. Check your installation's relocation office or family support center to see what's available.
- *Tell your teenager about the move as soon as possible.* You may be tempted to delay breaking the news, but it's best to tell your teenager right away. Knowing about the move well ahead will give your teenager time to prepare emotionally and to start planning.

If your child has special needs

If your child has special needs, you will have some extra steps to take as you get ready to move. Be sure to:

- *Contact the coordinator or advisor for your service branch.* This is your Exceptional Family Member Program (EFMP) coordinator (for the Navy and Marine Corps), your Special Needs Advisor (Army), or for the Air Force, the Special Needs Coordinator (SNC) and Family Member Relocation Clearance Coordinator (FMRCC).
- *Talk with a Military OneSource consultant at 1-800-342-9647* about special-needs concerns. The program can help you with a wide range of issues, including finding respite care and advocates within the school system at your new location, state contact information. It can also help you find medical professionals, and give you contact information for national networks and coalitions that provide support and information for families with special-needs children.

Twentynine Palms Marine Corps Air Ground Combat Center School Liaison



While military children don't go to war, their experiences can be traumatic. From moving across the country, to making new friends, to dealing with a parent's deployment, these ordeals can add stress to their young lives. We are here to lessen that burden on parents and children alike.

The School Liaison Program is here to serve as a communication link between the local school district and the installation. We will also strive to provide the most current and relevant information to assist you in your transition to Twentynine Palms and throughout your stay aboard MCAGCC.

New To Twentynine Palms?

If you are new to California, some requirements may be different than your previous state. The following websites will provide an extensive amount of information.

California Required Immunizations:

<https://www.nvic.org/Vaccine-Laws/state-vaccine-requirements/california.aspx>

California Common Core State Standards:

<https://www.cde.ca.gov/re/cc/>

High School Graduation Requirements:

<http://www.cde.ca.gov/ci/gs/hs/hsgngen.asp>

California High School Exit Exam:

<http://www.cde.ca.gov/ta/tg/hs/>

To learn more about the schools in your area and their track record, visit these websites:

Blue Ribbon Schools:

<http://www.cde.ca.gov/ta/sr/br/>

Performance Statistics:

<http://www.cde.ca.gov/ds/>

Contacting the School Liaison Office

Phone: 760-830-1574

Website

<https://www.29palms.marines.mil/Staff-Offices/Government-and-External-Affairs/School-Liaison/>

Local Elementary, Junior High and High Schools

Twentynine Palms

29 Palms Elementary 74350 Playa Vista Twentynine Palms, CA.
Condor Elementary 2551 Condor Road, Twentynine Palms, CA.
Oasis Elementary 73175 El Paseo Drive, Twentynine Palms, CA.
Palm Vista Elementary 74350 Baseline Road Twentynine Palms, CA.
29 Palms Junior High 5798 Utah Trail, Twentynine Palms, CA.
Monument High School 72770 Hatch Road, Twentynine Palms, CA.
Twentynine Palms High School 72750 Wildcat Way Twentynine Palms, CA.

Joshua Tree

Friendly Hills Elementary 7252 Sunny Vista Rd , Joshua Tree, Ca.
Joshua Tree Elementary 6051 Sunburst Dr. Joshua Tree Ca

Landers

Landers Elementary 56450 Reche Rd., Landers, Ca.

Yucca Valley

Joshua Springs Christian School (Elementary/Junior High/High School)
57373 Joshua Lane Yucca Valley, Ca.
Onaga Elementary 58001 Onaga Trail Yucca Valley CA
Yucca Mesa Elementary 3380 Avalon Ave. Yucca Valley, CA.
Yucca Valley Elementary 7601 Hopi Trl., Yucca Valley, Ca.
La Contenta Middle School 7050 La Contenta Road Yucca Valley, CA.
Sky Continuation High School 59273 Sunnyslope Dr. Twentynine Palms Ca
Yucca Valley High School 7600 Sage Avenue, Yucca Valley, Ca.

Morongo Valley

Morongo Valley Elementary 10951 Hess Blvd. Morongo Valley Ca

Taking care of yourself

In order to navigate the adventure (and the boxes) ahead, you need to take all the steps you can to take care of yourself. Be sure to:

Ask for help. There are many resources available to help you, including other families on your installation. People will be happy to give you a hand by watching your children as you pack or even helping with some of the nitty-gritty details. Every military family knows the challenges of making a move and the importance of support from friends.

Make a point of spending time with friends and co-workers before you leave. Although you may feel as though you can't squeeze one more thing into your schedule, it's important to connect in person before you go.

Make time every day for some exercise. This can simply be a twenty-minute walk. Exercise, even for this amount of time, can be a great mind-clearer and stress-reducer.

Be sure to drink lots of water. It can be easy to become dehydrated when you're preoccupied with the details of a move. Try to keep water bottles at several locations in your home as you plan and pack.

Eat well. You may be so busy that you forget to eat meals -- which can lead to tiredness and lack of energy. Think about making a supply of sandwiches a day ahead and keeping them in the fridge along with some chopped up fruit and vegetables. Energy bars can come in handy, too -- you can keep one in your pocket or bag for emergencies.

Watch your back! You and other family members are likely to be lifting boxes on both ends of your move. It's important to understand the basics about keeping your back healthy in spite of lifting. The American Academy of Orthopedic Surgeons public information site at orthoinfo.aaos.org provides detailed information about safe lifting. Click on "spine" in "By Body Part," then click on "how to prevent back pain," then on "preventing back pain at work and home."



Are You a Service Member in Transition? *Are you concerned about your mental health treatment?*

Have you have received new orders? Are you looking at an upcoming change in status, relocation or return to civilian life? If so, and if you are currently receiving mental health care, transferring to a new provider can be easy.

in Transition is a voluntary program to support you as you move between health care systems or providers.

***in Transition* Coaching & Support Program**

When you contact *inTransition*, you will be assigned your own coach who will:

- Coach you one-on-one as you go through your transition
- Connect you with your new provider
- Empower you with tools to continue making healthy life choices

All *inTransition* coaches are skilled counselors. They understand today's military culture and issues. They understand and respect the importance of your privacy. They are with you every step of the way.

Ask Your Provider or Call Today

Ask your provider for more details or to get you started with the *inTransition* coaching and assistance program.

Or simply call the toll free numbers:

1-800-424-7877 Inside the United States;

1-800-424-4685 Outside the United States toll-free;

1-314-387-4700 Outside the United States collect.

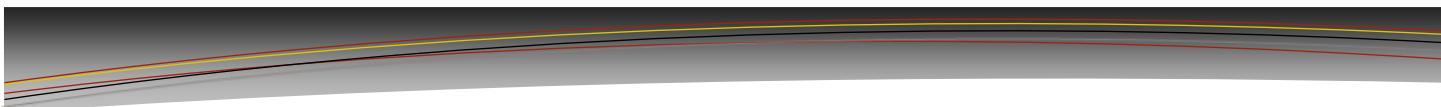
www.health.mil/inTransition



29 Things To Do Around 29 Palms

1. Drive around town to see why 29 Palms is nicknamed “Oasis of Murals”. www.oasisofmurals.org
2. Check out the Hi-Desert Nature Museum at the Community Center in Yucca Valley. www.hidesertnaturemuseum.org
3. Join in story hour at the Twentynine Palms San Bernardino Branch Library. 367-9519
4. Set aside a night for spectacular star gazing in your own backyard.
5. Ride the AerialTram to the top of Mt. San Jacinto in Palm Springs. www.pstramway.com
6. Children’s Discovery Museum in Rancho Mirage. www.cdmod.org
7. In August, check out Yucca Valley’s outdoor concert series. 369-7211
8. Grab an ice cream at Foster’s Freeze in downtown 29 Palms, Two Mile & Adobe Rds.
9. Grab your swimsuit and head to the pool at Luckie Park. 367-7562
10. Visit the Joshua Tree National Park Visitor’s Center in 29 Palms and learn all about the park. www.nps.gov/jotr
11. See a movie at the Smith’s Ranch Drive-In Theatre; pay per person for 2 movies. 367-7713
12. Check out the Wild West shootout reenactment by the Pioneertown Posse. www.pioneertown-posse.org
13. Grab a bite to eat at Pappy & Harriet’s while visiting Pioneertown. www.pappyandharriets.com
14. Look for petroglyphs along the Barker Dam trail in Joshua Tree National Park. www.nps.gov/jotr/
15. Skateboard at the 29 Palms Concrete Skate Park in Luckie Park. 367-7562
16. Take in a show at Theatre 29. www.theatre29.com
17. See a play or concert at Black Box Theatre/Hi-Desert Cultural Center. www.hidesertplayhouse.com
18. Take a rock climbing class at the Joshua Tree Rock Climbing School. 1-800-890-4745
19. Geocaching is the new craze, there are local sites and it’s free! www.geocaching.com
20. Visit the Old Schoolhouse Museum in 29 Palms. www.29palmshistorical.com
21. Check out the meerkats right here in the Morongo Valley. www.FellowEarthlings.org
22. Visit the Integratron in Landers for the acoustical experience of a sound bath. www.integratron.com
23. Go fishing in Joshua Tree Lake. www.jtlake.com
24. Hit the trails on a horse. www.visit29.org
25. Sign up for a class at the Creative Center in 29 Palms. www.29palmscreativecenter.com
26. Take a class at the Desert Institute. www.joshuatree.org
27. Critique the art at the 29 Palms Art Gallery. www.29palmsartgallery.com
28. Walk around Desert Christ Park in Yucca Valley. www.desertchristpark.org
29. Watch a movie in Luckie Park during the summer months. 367-7562

*Area code is 760 unless otherwise noted.



UNDER 100 MILES

35 mi. MOJAVE NATIONAL PRESERVE

- AMBOY CREATER- Hike in from the edge of old Route 66 to view the interior of this ancient black volcano. 760-326-7000
ROY'S PLACE ON OLD RT 66- Active relic of the National Trails Hwy when it was the "king of roads".
MOJAVE NATIONAL PRESERVE- Pristine shifting Kelso sand dunes & the Kelso Depot are attractions. 760-252-6100
MITCHELL CAVERNS- Provides visitors with a 1 ½ hour tour through this unique limestone wonderland. 760-928-2586

60 mi. DESERT HOT SPRINGS

- CABOTS LODGE MUSEUM- Featuring a record of the early days & development of Desert Hot Springs. 760-329-7610
SPAS & RESORTS- Numerous spas & personal treatment services help relax both body & mind. 760-329-6403

71 mi. COACHELLA VALLEY

- PALM SPRINGS AIR MUSEUM- Collection of static & operational World War II era military aircraft. 760-778-6262
PALM SPRINGS VILLAGE FEST- Every Thursday evening "main" street is closed down for this Street Fair. 760-320-3781
LIVING DESERT- 1200 acre world given over to the nurturing & display of exotic desert plants & animals. 760-346-5694
WINDMILL FARM TOURS- From its experimental beginnings in 1980, this farm boasts over 4,000 windmills. 760-251-1997

73 mi. LUCERNE VALLEY

- WOLF MOUNTAIN SANCTUARY- Spend some time with these noble creatures of the wild (by appointment). 760-248-7818

96 mi. OAK GLEN

- FAMOUS APPLE PIES- Stop at this quaint community en route to San Diego & sample their apple pies. 760-765-1857

UNDER 200 MILES

106 mi.

- ALPINE VILLAGE REOSRT- Head high into the Santa Rosa National Forest for unusual visitor experiences. IDYLLWILD 888-659-3259

107 mi. CHIRIACO SUMMIT

- GEORGE PATTON MUSEUM- WWII Allied & Axis battle tanks & a museum dedicated to our US Army. 760-227-3483

108 mi. BIG BEAR

- YEAR ROUND RESORT AREA- Boating, fishing, camping & skiing in the San Bernardino National Forest. 800-424-4232

111 mi. BARSTOW

- CALICO GHOST TOWN- Knott's Berry Farm founder helps you experience California's early gold rush days. 866-819-7654
RT 66 MUSEUM- Famous National Trails Highway-favored early route between Chicago and Santa Monica. 760-255-1890

123 mi. SALTON SEA

- SALTON SEA STATE PARK- Learn the fascinating history of this semi-natural desert bound body of water. 760-393-3052
SALVATION MOUNTAIN (Niland)- Large hand painted hillside often referred to as the "Watts of the Desert".

140 mi. TEMECULA

- SOCAL'S WINE GROWING REGION- Tour 22 SoCal wineries & sample the varied fruits of their labors. 800-801-6586
MT. PALOMAR OBSERVATORY- Another 28 miles from the wineries brings you to this famous observatory. 760-742-2119

165 mi. LOS ANGELES

- LABREA TAR PITS- Large ancient tar pit in mid LA & a museum displaying its animal victims. 23-934-7243
LA COUNTY MUSEUM- Major metropolitan museum featuring permanent & traveling art exhibits. 323-857-6000
UNIVERSAL STUDIOS- Universal offers tours showing the major inner workings of this famous studio. 800-UNIVERSAL
WARNER BROTHERS STUDIOS- This tour takes you behind the scenes of many movies & TV shows.

172 mi. BORREGO SPRINGS

- ANZA BORREGO STATE PARK- Landscapes ranging from barren earthen hills to vegetated desert vistas. 760-767-5311

186 mi. LAKE HAVASU

- LONDON BRIDGE- A Colorado river resort featuring the famous bridge transported here in the 1950's. 928-453-3444

UNDER 300 MILES

216 mi. RED ROCK CANYON STATE PARK

- RED ROCK CANYON SP- Experience the breathtaking landscape of this outstanding State Park. 661-942-0662
(mileages are approximate)



LEGEND

- MCCS/MCAGCC
- SPORTS, RECREATION & GYMS
- RETAIL & SERVICES
- FOOD, LODGING & CLUBS

NAVAL HOSPITAL
1142

3d Bn 4th Marines
Bldg 1448

7th Marine Regiment
Bldg 1538

2d Bn 7th Marines
3d Bn 7th Marines
Bldg 1436

1st Bn 7th Marines
Bldg 1416

TO CAMP WILSON

- MARINE MART
- FITNESS CENTER
- MARINE CLUB

GOLF COURSE

3611

RETAIL & SERVICES

- 182 ASYMCA/Thrift Store
- 1063 Auto Skills Center
- 1076 Car Wash
- 1083 Combat Auto Parts
- 1026 Commissary
- 1581 Dental Clinic
- 3811 Desert Winds Pro Shop
- 1078 Enterprise Rent-A-Car
- 1516 Frontview Credit Union
- 1517 Game Shop
- 1502 GNC
- 3853 Ocotillo Gas Station
- 1502 Marine Corps Exchange
- 1080 Marine Palms Laundromat
- 1080 Marine Mart Gas Station

FOOD, LODGING & CLUBS

- 1436 Post Office
- 1863 Silver Hanger Dry Cleaner
- 1028 Veterinary Clinic
- 1673 Brass & Rockers
- 1532 Bottoms Up
- 1082 Carl's Jr
- 1863 Coyote Grill
- 1081 DiCarlo's Italian Restaurant
- 1532 Domino's Pizza
- 1531 Exorcism: Enlisted Club
- 1024 Five Guys
- 1573 Frontline Restaurant
- 1584 Game Time Grill
- 890 Inns of the Corps

SPORTS, RECREATION & GYMS

- 1502 Intermision Cafe
- 1502 Jamila Juice
- 1517 Jersey Mike's Subs
- 1502 Nathan's Famous
- 1502 Polie Bowl
- 3811 Sand Trap Grill
- 1532 Single Marine Program
- 1502 Starbucks
- 1531 Taco Bell Express
- 890 Twilight Dunes RV Park
- 1502 Walther's Pizzeria

Shadow Mountain

- 1524 Branch Library
- 1004 Community Center and Youth Sports
- 3811 Desert Winds Golf Course
- 1588 East Gym
- 897 Family Pool
- 1578 Hill Top Pool
- 801 Intramural Sports, Fields & Grounds
- 1282 Outdoor Adventures & Stables
- 1282 Panball Park
- 1584 Sandy Hill Lanes: Bowling
- 1282 Outdoor Adventures

MCCS/MCAGCC

- 1438 Behavioral Health
- 1528 Career Resource Office
- 884 CDC/New Horizons
- 1622 MCCS Directorate
- 1530 Education Center
- 1107 Food Issue Point
- 1533 Human Resources

Information and Referral

- 1003 Lincoln Military Housing
- 1024 MCCS Warehouse
- 1024 Marketing, Sponsorship and Special Events
- 1564 MCAGCC HQ
- 1407 PMO
- 1427 MCCS Finance
- 1102 Sato Travel & TMO
- 1516 SJA
- 1088 Stepping Stones Child Care Center
- 1437 Substance Abuse Counseling
- 1561 Village Center