MWR RESOURCE GUIDE

Essential resources to promote and enhance MWR for U.S. Public Health Service (USPHS) Officers and their families

Updated: April 2014
JOAG’s Morale, Welfare and Recreation (MWR) Subcommittee, within the Public Health and Community Services (PHCS) Committee, created this MWR Resource Guide as an important and useful tool toward making MWR resources, activities, and information more widely available to those who are looking for guidance to planning and accessing related travel, recreation, and related activities.

The MWR Resource Guide outlines the most common MWR resources for USPHS Officers and their families while also providing quick links and tools that will connect the user with activities and locations of interest.

**JOAG researches, compiles, and provides MWR resources for informational purposes only and does not advocate for MWR benefits with private companies/businesses.**

The information provided in this guide is expected to achieve the following:

- **Accentuate and preserve our four core values: leadership, service, integrity, and excellence.**
- **Investigate and find no-cost or low-cost services, programs, and recreation locations that increase Officers’ morale.**
- **Ensure real-time access to quality of life information and resources.**
- **Endorse, manifest, encourage, support, restore, and expand both leisure activities that promote individual growth and group development, while fostering recruitment and retention for those serving our nation.**

**DISCLAIMER:** The appearance of external hyperlinks does not constitute endorsement by the United States Public Health Service (USPHS) of the linked websites, or the information, products or services contained therein. Such links are provided consistent with the stated purpose of this JOAG PHCS Website. Additionally, the MWR Resource Guide does not promote or solely endorse any particular offerings through the resource links.
Acknowledgments

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Special thanks for the support and guidance from the JOAG Executive Committee and Public Health and Community Services Committee leads:
(LCDR Mitchell Holliday, LCDR Kari Irvin, LCDR Frank Koch, and LCDR Samantha Pinizzotto)
MWR programs support over 12 million authorized patrons at nearly 300 military installations in over 30 countries worldwide. You owe it to yourself and your family to take advantage of the many programs available to you through MWR.

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National Resources

Resource Key

- Lodging
- Travel/Tickets/Tours
- Outdoor Recreation
- Shopping/Discounts

Military One Source

This resource offers programs that promote active living through participation in recreation, fitness, sports, cultural arts, and other leisure pursuits. Active living builds positive self-esteem and esprit de corps – essential qualities for personal and professional success. Active living also leads to improved personal health and well-being and helps build strong military families.

https://www.militaryonesource.mil
Phone Contact: 1-800-342-9647

Armed Forces Vacation Club

The Armed Forces Vacation Club® (AFVC) is a "space available" program that offers military and other government personnel the opportunity to enjoy vacations at popular destinations around the world. Your family and friends have access to spacious accommodations at more than 3,500 resorts, apartments, condominiums and homes in more than 80 countries. Stay with your loved ones at a beachfront resort in Mexico, a well-appointed cabin in the Canadian Rockies, or a centuries old home in the English countryside. Take your leave at a fun filled resort near Orlando’s theme parks, Greece’s ancient ruins or Tuscany’s rolling hills.

http://www.afvclub.com/
Reservations: 1-877-867-3639
Resource Key

- Lodging
- Travel/Tickets/Tours
- Outdoor Recreation
- Shopping/Discounts

Junior Officer Advisory Group

Become an active participant in JOAG, attend meetings and committees, and get access to the most up to date information about upcoming MWR activities and events.


Click [here](http://www.usphs.gov/corpslinks/joag/) to subscribe to the JOAG Listserv

Commissioned Officers Association - Local Branches

The [Commissioned Officers Association](http://www.usphs.gov/corpslinks/joag/) (COA) local branches have a variety of local resources and information relevant to MWR events and activities.

Click [here](http://www.usphs.gov/corpslinks/joag/) to locate your local COA branch and find out more.

**News Spot:**

Check out the JOAG MWR Subcommittee publications section for articles that highlight MWR Resources.
The mission of the Coast Guard Morale, Well-Being, and Recreation (MWR) Program is to uplift the spirits of the Coast Guard Family and be an essential element of Coast Guard readiness and retention through customer-owned and driven MWR programs and services. The link provides information about health and wellness activities, recreation, lodging, travel and golf packages. [http://www.uscg.mil/mwr/](http://www.uscg.mil/mwr/)

Click [here](http://www.uscg.mil/mwr/) for unit specific MWR sites and listings.

The Marine Corps Community Services web portal offers a wealth of information and resources for military, family, and retiree resources to recreation, sports and leisure, and fitness activities, shopping and more. [http://www.usmc-mccs.org/](http://www.usmc-mccs.org/)

The Navy MWR Division administers a varied program of recreation, social and community support activities on U.S. Navy facilities worldwide. These programs provide active duty, reserve, and retired Navy personnel and their families with sports and physical fitness activities, child development and youth programs, and a variety of food and beverage services. Their mission is to provide quality support and recreational services that contribute to the retention, readiness, mental, physical, and emotional well-being of our Sailors. [http://navymwr.org/](http://navymwr.org/)
U.S. Army Family and MWR, through the Army Family Covenant, seeks to bridge the gap between the garrison and the local community, and contribute to the Army’s strength and readiness by offering services that reduce stress, build skills and self confidence for Soldiers and their families. [http://www.armymwr.com/](http://www.armymwr.com/)

Click [here](http://www.armymwr.com/) to find an installation near you.

DoD Resources

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U.S. Air Force Services Agency (AFSVA)

The AFSVA offers a wealth of information and resources for military, family, and retiree to include lodging, Air Force clubs, golf courses, sports, tops in blue, and more. [http://www.afsv.af.mil/](http://www.afsv.af.mil/)

Click [here](http://www.afsv.af.mil/) to access AFSA resources near you.

Access MWR on the go using Smart Phone Apps

**Army “Mobile MWR”**

**MyAirForceLife**

Military4Life is a one stop shop for MWR, Military discounts, military pay, military life, and education.
DoD Lodging
Click [here](#) for quick access to an interactive map of Air Force and Navy lodging facilities throughout the U.S. and the world. Search by geographic region and state or the pick list to search by base/installation.

Other Lodging Links:
- DoD Lodging
- Armed Forces Recreation Center
- Navy [Cabins, Campgrounds, & RV Parks](#)
- Army [RV Parks and Campgrounds](#)
- Army [Lodging](#)
- Marine Corps [Recreational Lodging](#)
- Marine Corps [Inns of the Corps](#)
- Coast Guard [Lodging](#)

Useful Links/List-Serves
- Military One Source
- Military Officers Association of America
- Military Community and Family Policy e-magazine

You can earn travel rewards, use your [AAFES](#) Military Star Card, and receive military travel discounts through Government Vacation Awards. Click [here](#) to learn more or call 1.866.691.5109
Local Links & Resources

Local DoD Resources

Many uniformed service installations offer extensive Morale, Welfare, and Recreation (MWR) / Travel Information, Tickets, and Tours (ITT) offices, resources, programs, and web-links. Search MWR programs in your local jurisdiction to get the most up-to-date information and resources available to you.

This resource list, although not exhaustive, is provided as a useful tool to access local MWR resources.

Elmendorf AFB (Anchorage, AK)
Travis AFB (CA)
Peterson AFB (CO)
Fort Campbell (KY)
Andrews AFB (MD)
Fort Meade (MD)
Walter Reed / National Navy (MD)
Kirtland AFB (NM)
Fort Hamilton (NY)
Fort Belvoir (VA)
Fort Lee (VA)
Navy Life PNW (WA)
Physical Fitness
Most military installations offer some form of exercise option for the entire family. Services may include a full-service gym with amenities such as aerobics classes, swimming lessons, basketball, and tennis courts.

For runners, there are races across the nation, hosted by civilian organizations and branches of the uniformed services, throughout the year. For instance, the well-known Marine Corps Marathon is held in October of each year. Other examples of races, walk/run events are: The Army Ten Miler; Susan B. Komen Race for a Cure; Rebel Race; Military Challenge; Tribute to the Military; Act Today for Military Families; and Second Annual Military Appreciation 5K Walk/Run.

Military Golf Courses
This site is a comprehensive listing of military installation golf courses; sort by service, state, and country. http://www.militarygolfcourseguide.com

Space-A-Travel
This site offers first-come-first-serve flights for Uniformed Service Members and dependents. Members on orders have priority. AMC Flights
Click here to access the AMC passenger terminal contact list.

Check out these Smart Phone Apps
Army Physical Readiness Training
Military Glossary
Military ranks
Navy Fitness
Navy Life
**Military Discounts**

The following link, [http://www.military.com/discounts/](http://www.military.com/discounts/) includes savings for numerous items including computers, cell phone services, home improvement, auto parts, arts/entertainment, travel, rental cars, lodging, and dining.

**Commissaries**

The Defense Commissary Agency (DeCA) operates the military Commissaries throughout the world. DeCA Commissaries are supermarkets, usually located on military installations, that sell food, sundry and cleaning products for cost plus a 5 percent surcharge to active duty military, guard and reserve members, retirees and qualified family members.

**Exchanges**

Post exchanges, base exchanges, [Army and Air Force exchange service (AAFES)](http://www.army.mil/exchange/), [Navy exchanges (NEX)](http://www.militarybenefits.info/military-discounts/), and Shoppettes are all examples of military exchange stores. The exchange is the military department and drug store. Guard and Reserve personnel and their dependents have unlimited shopping privileges at any exchange. A military ID is required. Signing up for an account is quick and easy. PHS uniforms can be purchased from NEX with ease and confidence.

10% off Entire Order at check out off any purchase when you use the code FABSAV10 at checkout. Restrictions apply. Ends soon.Expiration: Apr 02, 2014.

Get 15% off Your Order of $100 or More with Macy's E-mail Sign Up.

**Useful Links/List-Serves**

**Military Discounts at Your Favorite Stores**

[Savings.com](http://www.giftcardgranny.com/blog/military-discounts)

[http://www.giftcardgranny.com/blog/military-discounts](http://www.giftcardgranny.com/blog/military-discounts)

[http://militarybenefits.info/military-discounts/](http://militarybenefits.info/military-discounts/)


**Check out these Smart Phone Apps**

**The Coupons App**

**Geo Coupons**

**Retail me Not Coupons**

**Entertainment Coupons**

**Travel Coupons**
Travel Apps & Gadgets

For those who want to navigate airports and highways during the holidays or plot a weekend getaway, planning is key. Here are some smartphone apps and travel gadgets that have replaced the necessity for old-school accessories (travel books, guides, and maps).

**Travel Apps**

**Google Translate**
Translates words and phrases for more than 65 languages.

**Tripso**
Swap guidebooks and maps for this travel app that brings to life cities and sights all around the world, offering information on tourist destinations, restaurants, weather and foreign phrases.

**Military Traveler**
A dynamic, up-to-date directory that covers 29 USOs and 269 bases, providing contact information for everything from child development centers to barber shops.

**Mom Maps**
This app finds parks, playgrounds, restaurants with indoor play areas and other child-friendly places in 28 metro areas.

**Gas Buddy**
A quick way to find the nearest gas station to you.

**Travel Gadgets**

**Spareone**
Translates words and phrases for more than 65 languages.

**Train Reaction Device**
Swap guidebooks and maps for this travel app that brings to life cities and sights all around the world, offering information on tourist destinations, restaurants, weather and foreign phrases.

**Tablet**
If you are traveling by train, plane or automobile, an iPad, Kindle, Nook or other tablet may be your best bet for entertaining yourself or young children, finding lodging, discovering new restaurants or navigating your surroundings.

**On-The-Go Power**
Ventev’s Dashport r2200 is a dual USB universal charger that can rapidly charge two devices at once using the 12-volt car outlet, eliminating road-trip arguments over whose phone, tablet or other devise gets recharged first. ([www.ventev.com](http://www.ventev.com))

Source: USAA Magazine, Fall 2013 pgs 18 – 21
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<td><a href="http://www.kirtlandforcesupport.com/">http://www.kirtlandforcesupport.com/</a></td>
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