

The Fall 2004 Junior Officer Spouse Workshop

For spouses of
Ensigns through
Lieutenant Commanders

Tuesday, October 26, 2004
Ely Hall, Naval Station Norfolk
Dinner at 6:00 pm
(with the speaker starting at 6:30)

Tidewater Collections open
5:30-6:15 pm

Supported by:
Fleet and Family Support Centers of Hampton Roads, Virginia
Navy League of the United States, Hampton Roads Council

**“Married to the Military:
How the Role of the
Military Spouse has Changed
Since the World War II Era”**

Guest Speaker:
Meredith Leyva,
Author of **Married to the Military:
A Survival Guide for Military Wives,
Girlfriends, and Women in Uniform**

This workshop will include breakout
sessions for you to get your
individual questions answered.

Conference fee: \$10.00
Registration Deadline: Friday, October 22

Make checks payable to:
Navy League

Mail registration and payment to:
Fleet and Family Support Center Norfolk
J.O. Spouse Workshop
7928 14th Street, Suite 102
Norfolk, VA 23505-1219

Registration Form

Name: _____

Address: _____

Phone: _____

Command: _____

Naval Community: _____

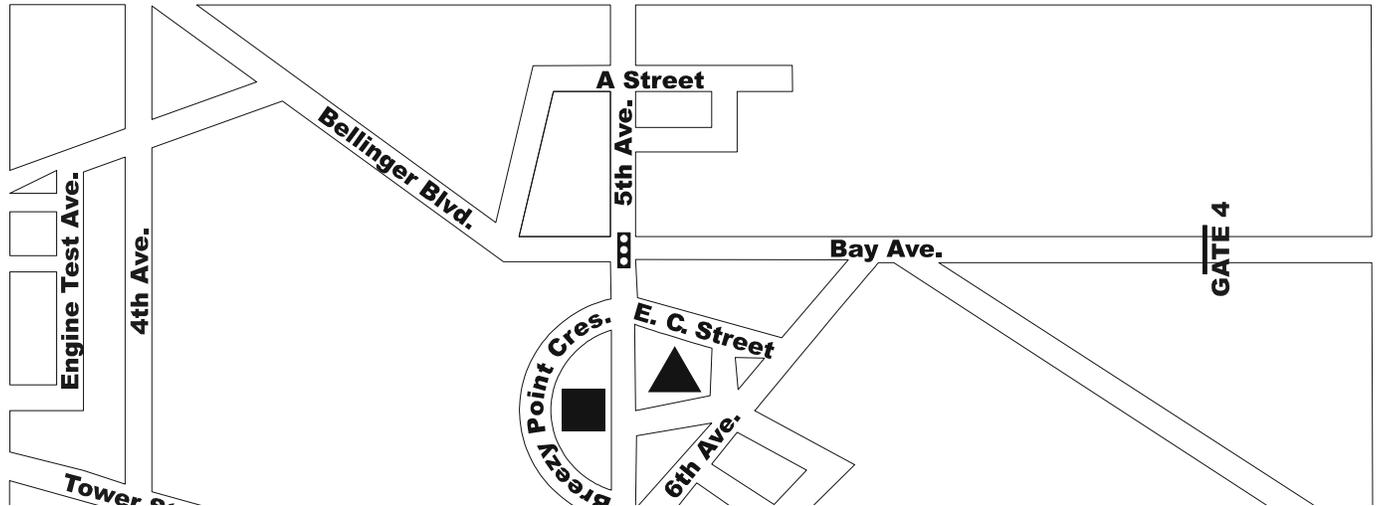
(example: surface, air, submarine, etc.)

Dinner Menu

Dinner Menu: Please check one sandwich OR salad.
(Dinners are from The Baker's Crust and include chips, pickle and a cookie.)

- Tuna Salad: Tuna salad in a bowl with lettuce, tomato, and cucumber.
- Martha's Vineyard: Rotisserie chicken, apples, raisins, sprouts with raspberry dressing
- Thai Noodle Salad: Oriental salad with peanuts
- Malibu Sandwich: Turkey, avocado, cheese on grain bread
- Club: Turkey, ham, bacon and swiss
- Veggie sandwich: Vegetarian option

DIRECTIONS TO ELY HALL



Driving Directions

From I-64 West to Gate 4:

- Take the Bay Avenue/Naval Station exit (#274)
- Follow the cloverleaf exit ramp under the Interstate, directly toward Gate 4

From I-64 East to Gate 4:

- Take the Ocean View exit (#273)
- Turn right at the end of a short ramp (as noted on the sign directing you to the Naval Station). Then, take an immediate left
- Proceed for approximately 1 mile (fence line will be on your right)
- At the stop sign, turn right onto First View. Proceed .3 miles.
- At the stop light, turn right onto Bay Avenue (.3 miles from last turn) leading you into Gate 4

From Gate 4 to Ely Hall:

- Proceed on Bellinger Boulevard (continuation of Bay Avenue once on base) to the first traffic light
- Turn left onto Fifth Avenue
- Note the Breezy Point Crescent street sign on right and Ely Hall, Building SP-17, just beyond
- Parking is available on the street, in the parking lot just beyond Breezy Point Officer's Club on left side of Fifth Avenue, or in the Ely Hall parking lot off of Breezy Point Crescent

Should you need additional information regarding the location, please contact the Ely Hall Front Desk, Building SP-17 at Naval Station Norfolk: 757-402-4552