

# WELCOME TO GRAND FORKS AIR FORCE BASE

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DEFENDERS OF LIBERTY



# GRIFFINS DETER DEFEND AND WIN



INNOVATIVE AIRMEN FOCUSED ON READINESS TO REMAIN THE MOST LETHAL FIGHTING FORCE IN THE WORLD

PRIORITY ONE

**BE READY TO WIN**



PRIORITY TWO

**GROW READY AND  
RESILIENT AIRMEN  
AND FAMILIES**



PRIORITY THREE

**BRING THE  
FUTURE FORWARD**



PRIORITY FOUR

**BUILD LASTING  
PARTNERSHIPS**



# WHAT IT MEANS TO BE A GRIFFIN

**CLOAKED IN AIR FORCE BLUE, THE GRIFFIN STANDS WATCH, READY FOR FLIGHT 24/7**

**ITS INTELLIGENT EAGLE EYES ARE A REMINDER THAT IT RULES THE SKY, SEES ALL, AND IS RELENTLESS IN PURSUIT OF ITS OBJECTIVES**

**ITS LION BODY SYMBOLIZES UNPARALLELED STRENGTH; A PERSISTENT DETERRENT TO ADVERSARIES**

**ITS TAIL CARRIES THE 319TH'S FLAME WORN ON THE PATCH OF EVERY AIRMAN AS A "DEFENSORES LIBERTATIS" A DEFENDER OF MY LIBERTY AND YOUR LIBERTY**





# IMPORTANT CONTACTS

**AIRMEN AGAINST DRUNK DRIVING**

(701) 747-2233

**AREA DEFENSE COUNSEL**

(701) 747-3341

**BALFOUR BEATTY COMMUNITIES**

(701) 594-8000

**BASE DEFENSE OPERATIONS CENTER**

(701) 747-5351

**CHAPEL**

(701) 747-5673/AFTER HOURS: (701) 747-6711

**CHILD DEVELOPMENT CENTER**

(701) 747-3042

**COMMAND POST**

(701) 747-6711/6771

**COMMUNITY CHILD CARE**

**COORDINATOR**

(701) 747-5033

**EDUCATION AND TRAINING CENTER**

(701) 747-3316/3317

**EFMP-FAMILY SUPPORT**

(701) 747-4484

**EQUAL OPPORTUNITY**

(701) 747-3193/3200

**FAMILY ADVOCACY PROGRAM**

(701) 747-6806

**HEALTH PROMOTION**

(701) 747-5918

**INSPECTOR GENERAL**

(701) 747-4444

**LEGAL ASSISTANCE**

(701) 747-3606

**LIBERTY SQUARE TEEN CENTER**

(701) 747-3428

**MENTAL HEALTH & ADAPT**

(701) 747-4460

**MILITARY & FAMILY LIFE COUNSELOR**

(701) 405-5894

**MILITARY & FAMILY READINESS CENTER**

(701) 747-3241

**MILITARY HOUSING OFFICE**

(701) 747-3035

**MEDICAL TREATMENT FACILITY**

(701) 747-5601

**MILITARY PERSONNEL SECTION**

(701) 747-3165

**MILITARY ONESOURCE**

1-800-342-9647

**OUTDOOR RECREATION**

(701) 747-3688

**SAPR**

(701) 747-7272

**SCHOOL AGE CARE**

(701) 747-3150

**SCHOOL LIAISON**

(701) 747-4506

**SERVICE CREDIT UNION**

(701) 594-3347

**SNOW LINE**

747-7669

**TRAFFIC MANAGEMENT OFFICE (TMO)**

(701) 747-3467

**TRICARE WEST**

1-888-TRIWEST (874-9378)

**WALKER WARRIOR**

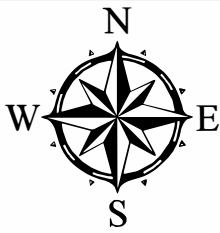
**PROFESSIONAL DEVELOPMENT CENTER**

(701) 747-4796

**IMPORTANT LOCATIONS ON BASE**

<b>BLDG#</b>	<b>DESCRIPTION</b>
	Main Gate
	Commercial Gate
101	MPF/FINANCE
105	BASE EXCHANGE
108	POST OFFICE
109	MEDICAL CLINIC
118	NORTHERN LIGHTS CLUB
119	HOUSING MANAGEMENT OFFICE
120	CHILD DEVELOPMENT CENTER
121	SCHOOL AGE CENTER
124	SUNFLOWER CHAPEL
144	MAIN GATEHOUSE/ID CHECK
145	MAIN GATE INSPECTION
175	ICE RINK WARMING HOUSE
201	LIBRARY
202	BOWLING CENTER
203	COMMUNITY ACTIVITIES CENTER
204	BASE THEATER
207	M&FRC/AIRMAN'S ATTIC/DDR
208	PRAIRIE ROSE CHAPEL
210	SERVICE CREDIT UNION
241	COMMISSARY
243	SHOPPETTE
252	EDUCATION CENTER
308	FITNESS CENTER
310	AUTO SKILLS CENTER
315	AIREY DINING FACILITY
316	YOUTH CENTER
320	LAUNDROMAT
327	POV CAR WASH
338	ENCLOSED PAVILION ON 7TH AVE
408	TMO
621	OUTDOOR RECREATION
624	RIDING STABLES, BARN

# Base Map





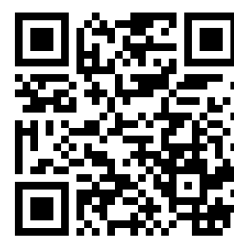
# MILITARY & FAMILY READINESS CENTER



For information regarding M&FRC programming, please check out the following:



[GRANDFORKS319FSS.COM/MFRC/](http://GRANDFORKS319FSS.COM/MFRC/)



[FACEBOOK.COM/GRANDFORKSMFR/](https://FACEBOOK.COM/GRANDFORKSMFR/)



(701) 747-3241



[319RW.MFRC.FSH@US.AF.MIL](mailto:319RW.MFRC.FSH@US.AF.MIL)

Grand Forks AFB & Cavalier SFS

# PRE-ARRIVAL *Orientation*

● *Third Wednesday of every month*

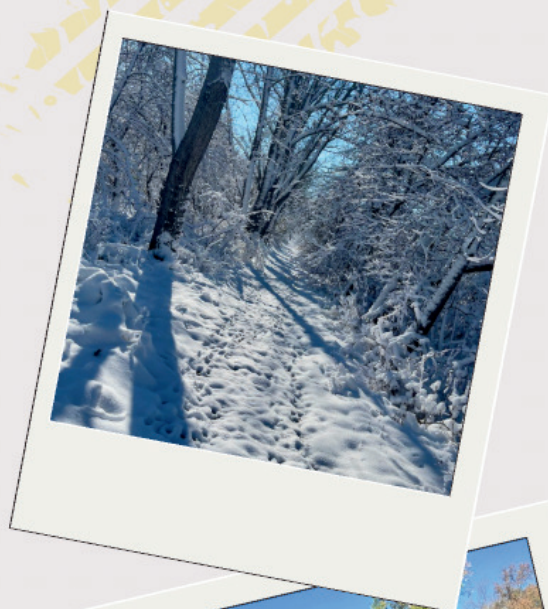
● *0900 & 1800 CST*

● *Learn About:*

The local area, housing, TMO, School Liaison, EFMP, employment, childcare, PCS finances, Tricare, and more!

**TO REGISTER:**

Email: [319rw.mfrc.fsh@us.af.mil](mailto:319rw.mfrc.fsh@us.af.mil)





# ESSENTIAL PCS RESOURCES

## PLAN MY MOVE

Plan My Move allows you to select your losing and gaining bases, answer questions about your specific circumstances, and will create a customized PCS to-do list. You can add to-do items, and delete ones that don't apply to you. It also provides articles to assist you in accomplishing tasks.



## MILITARY ONESOURCE

Military OneSource is a wealth of information when it comes to PCSing. Visit the website to learn more about PCS entitlements, traveling with pets, moving your personal property, and more.





## MILITARY INSTALLATIONS

Military Installations provides informational articles, contact information for POCs, pictures, and more. You can also create your own information packet by searching for Grand Forks AFB, selecting "create your custom booklet", and then choosing information items of interest to you.



Questions? Contact the Relocation Assistance Program.

 M&FRC, 575 Holzapple St  
GFAFB, ND, 58205

 (701) 747-3241

 319rw.mfrc.fsh@us.af.mil



# 5 TIPS FOR A SMOOTH PCS

1

Sell or donate items you no longer use to lighten the HHG load

2

Make sure bills are on autopay to avoid missing payments

3

Update your spend plan noting: changes in BAH, loss of a spouse's income, cost of living, etc

4

Prep your emergency fund! Experts advise having 3-6 months of expenses ready

5

Ask for help! For finance questions: [csp.cce.af.mil/#/profile](https://csp.cce.af.mil/#/profile). For other financial concerns, contact your local M&FRC

## ADDITIONAL FINANCIAL RESOURCES:



Office of Financial  
Readiness



MilSpouse Money  
Mission



ND Tax Info



Military OneSource





# LOAN LOCKER

## What is it?

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The Loan Locker is located within the Military & Family Readiness Center and offers household essentials to assist service members and their families during the PCS process. The Loan Locker is open for use for both inbound and outbound service members and dependents. Items can be checked out for 30 days at a time.

Those who are arriving to GFAFB and need children's items should consider checking out Airman's Attic, also found in building 207. Airman's Attic is free and runs off of donated items.

**Military & Family Readiness Center**  
575 Holzapple St, BLDG 207  
Grand Forks AFB, ND, 58205  
701-747-3241  
319rw.mfrc.fsh@us.af.mil

## What we offer:

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- Dish packs for 4 or 6
- Pyrex storage containers
- Coffee makers
- Toasters
- Crockpots
- Silverware
- Pots/pans
- Pack-and-plays
- Sleeping mats
- Folding tables/chairs
- Cooking utensils (spatulas, tongs, cheese graters, etc.)
- Iron/Ironing board

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If additional items are needed, please contact your First Sergeant.



# PLEASE NOTE

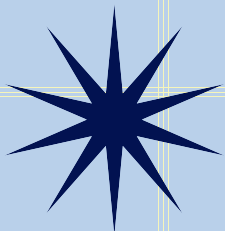
**Grand Forks AFB does not have a TLF.**

If needed, temporary lodging must be procured off base. Service members can be reimbursed for up to 21 days of temporary lodging expense (TLE) if PCSing CONUS to CONUS. Limitations vary depending on type of PCS. More information on TLE can be found here:



For help and questions regarding housing, please contact the Military Housing Office.

Military Housing Office (MHO)  
514 Louisiana St, BLDG 119  
(701) 747-3035  
319ces.ceih.militaryhousingpartner@us.af.mil  
To self register: [www.homes.mil](http://www.homes.mil)



# Unaccompanied HOUSING



If living in the dorms, your sponsor will secure living accommodations for you by emailing: [319ces.airmendormitoryleaders@us.af.mil](mailto:319ces.airmendormitoryleaders@us.af.mil)

**Renter's insurance** is highly recommended for airmen living in the dorms and can often be obtained for less than \$20 per month. Renter's insurance will protect you from the cost of replacing your items if the worst were to happen. Don't be stuck paying for a new laptop out of pocket! Call M&FRC with questions.



Position	Dorm Name	Office Phone	Building Number
UH, Superintendent	Gray Hall	701-747-3116	222
UH ADL	Eielson & Kollinger Hall	701-747-5677	217, 213
UH ADL	Barnes Hall	701-747-3493	319

**ADL Standby Cell Phone: (701) 330-0919**



# GFAFB Homes Community



Laundry  
Hookups



2-4 Bedrooms



Attached  
Garage



Splash Pad



24/7  
Maintenance



Playgrounds &  
Courts



**701-594-8000**

Please contact our office for more information, we are located at 514 Louisiana Street Bldg 119 Grand Forks AFB, ND 58204



  
**Grand Forks AFB**  
HOMES

**FOR OUR**

**FOREIGN BORN  
SPOUSES**

**CHECK OUT THE FOLLOWING RESOURCES:**

**My Base Guide:**

**Citizenship guide for military spouses**



**Foreign Born Military Spouse Network:**

**Connection, education, and resources**



**Military Helpline:**

**Helpline to assist with naturalization  
questions and concerns:**



**GF Global Friends Coalition:**

**Fostering community in Grand Forks**



**Military OneSource:**

**Resources for questions about citizenship  
and immigration**



**Don't forget to join one of Grand Forks AFB's culture-based clubs on Facebook! (Or start your own)**

# SPOUSE EMPLOYMENT

## First Stop: M&FRC

Your first stop for employment assistance should be the M&FRC. Our team offers personalized support to help you achieve your career goals. Services include:

- One-on-one career counseling and planning.
- Free workshops on resume writing, interview skills, salary negotiation, and networking.
- Assistance with creating a tailored career action plan.
- Access to computers, printers, and other job search resources.

## Financial Support for Your Career

Take advantage of programs designed to reduce the financial burden of career development and relocation:

- **SpouseWorks Scholarship (formerly known as My Career Advancement Account (MyCAA) Scholarship):** a scholarship for eligible spouses that provides up to \$4,000 in financial assistance for licenses, certifications, or associate degrees in portable career fields.
- **Licensure & Certification Reimbursement:** after a Permanent Change of Station (PCS), you may be reimbursed up to \$1,000 for costs to transfer your professional license or certification to a new state.
- **Small Business Relocation Reimbursement:** spouses who own a small business may be eligible for reimbursement of up to \$1,000 for relocation expenses incurred during a PCS.

## Spouse Employment & Education Programs

These Department of War and partner programs are the cornerstones of spouse employment support:

- **SpouseWorks (formerly known as Spouse Education and Career Opportunities or SECO):** a comprehensive portal for career exploration, education, and training. Connect with a career coach and explore a vast array of resources.  
<https://spouseworks.militaryonesource.mil/portal/>
- **Military Spouse Employer Partnership (MSEP):** connect directly with hundreds of vetted, military-friendly employers who are actively looking to hire military spouses.  
<https://msepjobs.militaryonesource.mil/msep/>
- **Hiring Our Heroes (HOH):** a U.S. Chamber of Commerce initiative that offers free hiring events, fellowship programs, and online tools to connect spouses with employers.  
<https://www.hiringourheroes.org/>

(701) 747-3241  
319rw.mfrc.fsh@us.af.mil



M&FRC  
575 Holzapple St, BLDG 206  
GFAFB

# SPOUSE EMPLOYMENT

## Finding & Applying For Federal Jobs

The federal government offers many opportunities and hiring preferences for military spouses:

- **USAJOBS:** the official website for all federal government job openings.  
<https://www.usajobs.gov/>
- **Military Spouse Preference (MSP):** a DoW program that provides employment preference for spouses applying to competitive DoW civilian positions. Contact the M&FRC or the Civilian Personnel Office for details on eligibility.
- **Special Hiring Authorities for Spouses:** learn about unique hiring paths, like non-competitive appointments, that can make the federal hiring process faster.

## Entrepreneurship & Self-Employment

If you dream of starting your own business, we have resources to help.

- **Home-Based Businesses (HBB):** the M&FRC and base housing office can provide information and referral on the process for obtaining approval to operate a business from your home on base.
- **Department of Labor Workshops:** the "TEAMS" program offers a free workshop on Entrepreneurship to help you get started.

## Networking & Job Search Platforms

Build your professional network and enhance your online presence.

- **Military & Family Readiness Center Job Board:** find local and on-base job openings specifically curated for our military community.  
<https://grandforksmfrcjobs.jobboardhq.com/>
- **Free LinkedIn Premium:** eligible spouses can receive a free one-year LinkedIn Premium subscription to expand their network and access job search tools.  
<https://myseco.militaryonesource.mil/portal/article/linkedin-premium-for-military-spouses>
- **Job Service of ND:** 1st Wednesday of each month between 3:00 pm and 4:30 pm at the Grand Forks Workforce Center for Workforce Wednesday Hiring & Resource Fair!

(701) 747-3241  
319rw.mfrc.fsh@us.af.mil



M&FRC  
575 Holzapple St, BLDG 206  
GFAFB



# MILITARY CHILDCARE dot com

*For Military-Connected Families*

MilitaryChildCare.com (MCC) is where your family can find quality child care and fee assistance options—all in one place!

MCC puts a global network of child care programs right at your fingertips. Here's how we help:



### **DoD-Operated Child Care**

DoD facility-based child care centers, school-age centers and Family Child Care Homes



### **Military Child Care in Your Neighborhood (MCCYN)**

Fee assistance for community-based child care centers, school-age programs (before/after, camps) and Family Child Care Homes



### **Child Care in Your Home (CCYH)**

Fee assistance for full-time, in-home child care by an eligible provider

Follow these simple steps:

1

Create an Account

2

Search and Request Care

3

Manage Your Requests

4

Accept and Enroll

## **Questions? Contact us!**

855.696.2934

familysupport@militarychildcare.com





# WORK FROM HOME & SET YOUR OWN HOURS

**Become a family child care provider at  
Grand Forks AFB.**

*Providers needed for full-time & expanded child care.*

**Providers receive:**

- Free training
- Materials and equipment on loan
- \$75-\$100 a week to care for your own children
- Various incentive payments available upon certification

**Contact [sydney.spicer@us.af.mil](mailto:sydney.spicer@us.af.mil)**

Residents of government privatized housing who provide child care in their homes are required to become Air Force licensed FCC providers.





# CHILD CARE for PCS



Supporting **Air Force and Space Force families** with child care assistance during the **Permanent Change of Station (PCS)** move process.

## Eligibility

- ★ All Active-duty Air Force and Space Force members (Must apply within 60 days of arrival or departure)
- ★ Air National Guard and Reserve members activated under Title 10, USC for more than 15 days with a PCS order
- ★ Air Force and Space Force members with retirement, Palace Chase, or separation orders, including those on the Temporary Disability Retired List (TDRL) (Only eligible within 60 days at the departure location)

## Program Benefits

- ★ **Financial Assistance**  
\$200 per dependent child up to age 12 (not to exceed \$1,000 per household)
- ★ **Provider Flexibility**  
Funds can be used for any child care option
- ★ **Direct Payment to Families**  
Approved funds are deposited to member via Zelle or ACH

## Documents Required

- ★ **PCS Order, Retirement Order, Separation Order**  
(Eligible children must be listed on the PCS order and must be moving to the PCS location with the sponsor)
- ★ **Confirmation Form**  
(Included in application process)
- ★ **Military ID**  
(Copy of front & back)

## To Apply

Visit [afas.org](https://afas.org) and select *Request Assistance*

or  
Scan QR Code



## Questions?

📞 703.972.2604

✉ [ea@afas.org](mailto:ea@afas.org)

# SCHOOLS

Our School Liaison Program Manager contacts all inbound families. For information regarding specific school districts, see below. With questions, or for help with homeschooling, please contact our SLPM

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Grand Forks Public Schools- [www.gfschools.org](http://www.gfschools.org)  
Emerado Public School District - <https://www.emeradok8.com/>  
Larimore Public School District - <https://www.larimorek12.org/>  
Northwood Public School District - <https://www.northwoodk12.com>  
Thompson Public School District - <https://www.tps-k12.org/>  
Manvel Public School District - <https://www.manvelk8.com/>  
Midway Public School District - <https://www.midwayk12.org/>  
East Grand Forks Public School District - <https://www.egf.k12.mn.us/>

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## Youth Sponsorship:

GFAFB School Age Care utilizes the Anchored 4 Life program for Youth sponsorship. Visit: <https://anchored4life.com>

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Jenny Schroeder  
School Liaison Program Manager

(701) 747-4056  
[jennifer.schroeder.4@us.af.mil](mailto:jennifer.schroeder.4@us.af.mil)

# WINTER SAFETY

## WINTER EMERGENCY CAR KIT

- Ice scraper/snow brush
- Warning lights
- Flashlight and batteries
- Battery bank/phone charger
- Whistle
- First aid kit
- Small tool kit
- Hand warmers
- Gloves
- Beanie/neck gaiter
- Blanket
- Collapsible box/storage bag
- Sand/cat litter (for traction)
- Shovel
- Tow rope/chain
- Road flares
- Antifreeze
- Fire extinguisher
- Extra clothing/footwear
- Non-perishable snacks/water
- Candle/small tin/matches (for heat)

## TO CHECK ROAD CONDITIONS:

ND ROADS



MINNESOTA 511



**A FULL WINTER SAFETY GUIDE CAN BE FOUND HERE:**



## EMERGENCY NUMBERS

Emergency services  
911

ND Highway Patrol  
(701) 795-3832

ND DOT (road conditions)  
1-(866) 696-3511

MN DOT (road conditions)  
1-(800) 542-0220

Grand Forks County Sheriff  
(701) 780-8280

GFAFB Command Post  
(701) 747-6711

GFAFB Security Forces  
(701) 747-5353

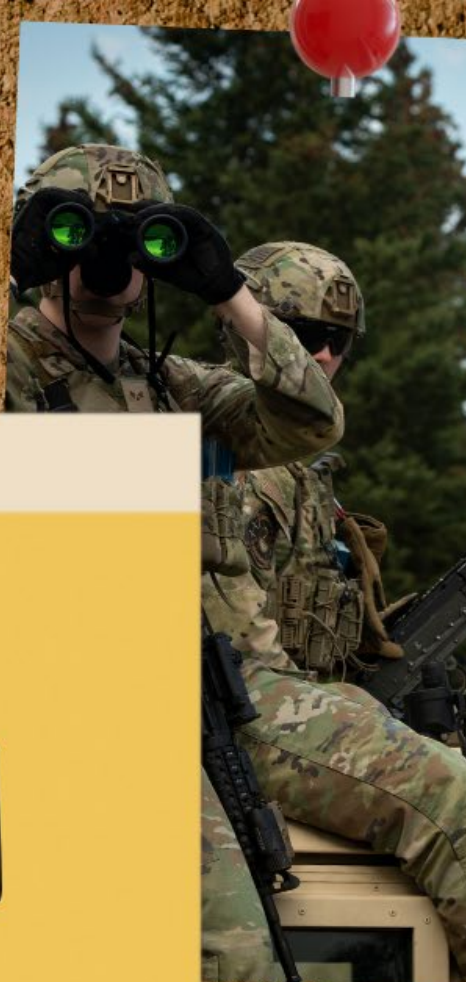
GFAFB Safety Office  
(701) 747-7233

Balfour Beatty Housing Maintenance  
(701) 594-8003

GFAFB Snow Line  
(701) 747-7669/747-SNOW

## IF TRAPPED IN A SNOW STORM:

1. Use your cellphone to call 911
2. Get the supplies needed from your trunk
3. Check the exhaust pipe for snow
4. Loosen tight clothing, remove metal jewelry, and layer extra clothing/blankets as needed
5. Run your engine sparingly
6. Open the downwind window slightly for ventilation
7. Burn a candle in a coffee can for heat
8. Set up flares/prepare to flash car lights
9. Eat a snack before sleeping and stay hydrated
10. Stay with your car until emergency services arrive



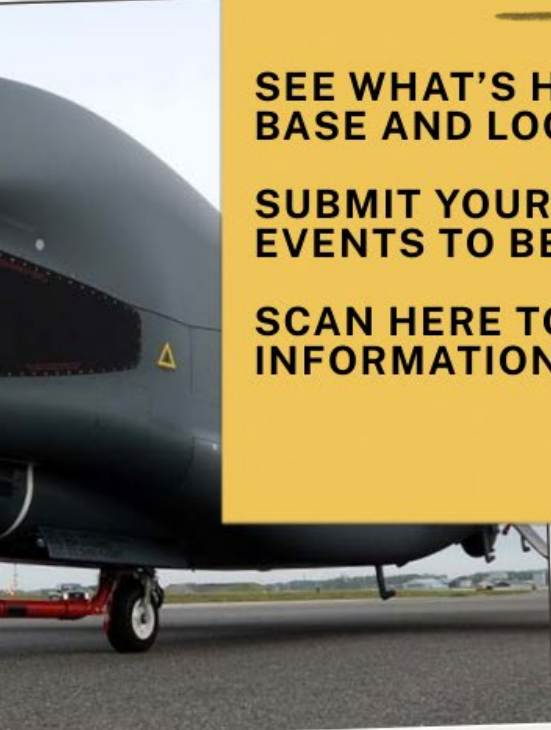
STAY UP TO DATE WITH THE

# GFAFB BULLETIN BOARD

SEE WHAT'S HAPPENING IN YOUR  
BASE AND LOCAL COMMUNITY!

SUBMIT YOUR OWN FLYERS AND  
EVENTS TO BE ADVERTISED!

SCAN HERE TO ACCESS  
INFORMATION ON-DEMAND.



# GET CONNECTED

## WITH FSS



### ARTS & CRAFTS

- Craft Supplies Store
- Custom Framing, Engraving, & Personalized Gifts/Awards
- Craft Classes
- DIY Workroom with Cricut, Die Cutter, & Sewing Machine
- Self-Service Photo Printing

### AUTO SKILLS

- Full-Service Repair Center
  - Oil Changes, Break Replacement, Block Heater Install, & More!
- DIY Stall Rental
- Welding Equipment Rental
- Self-Service Car Wash



### BASE THEATER

- Monthly Free Movie Nights
- Stage & Seating for 250 People
- Free Reservations for Parties, Meetings, Events etc.

### COMMUNITY ACTIVITY CENTER

- Indoor Playground for Ages 4 - 12
- Soft Play Area for Babies & Toddlers
- Free Reservations of Fireside Conference Room & Auditorium
  - Great for Birthday Parties, Meetings, & Events!



### DAKOTA LANES

- 24 Traditional Bowling Lanes
- 8 Hyperbowl Lanes
- Strike Zone Snack Bar
- Multisport Simulator
- Bowling Leagues, Tournaments, & Events



# GET CONNECTED

## WITH FSS



### FITNESS CENTER & AQUATIC CENTER

- Indoor Pool, Field House, Indoor Track, Weight Room, Cardio Room, Gyms, & More
- Parent/Child Workout Area
- Indoor Rock Climbing Wall
- ZeroGround Esports Lounge
- Free Fitness & Aquatics Classes + Events and More!

### LIBRARY

- Wide Variety of Checkout Materials - Books, Video Games, Blu-Rays, Board Games, Science Kits etc.
- Makerspace with 3D Printers
- Summer Reading Program, Monthly Book Club, STEAM Events, Teen D&D, & More!



### NORTHERN LIGHTS CLUB

- Full-Service Bar & Food
- Catering & Event Space Rentals
- TVs, Pool Table, Dart Boards
- First Friday & Special Events

### OUTDOOR RECREATION

- Equipment Rentals
- Trap, Skeet, & Archery Range
- Driving Range
- Paintball Field
- FamCamp
- Information, Tickets, & Travel
- Trips, Safety Classes, & More



### FOR MORE INFORMATION

Check out our **WEBSITE**



### & MANY MORE PROGRAMS!

- Child Development Center
- School Age Care
- Youth & Teen Center
- Airey Dining Facility
- Military & Family Readiness Center
- Education Center
- NAF HR & Civilian Personnel



319 FSS

GRANDFORKS319FSS.COM

@GRAND FORKS AFB FSS

@319FSS



# CHECK OUT ALL THINGS GRAND FORKS



CALENDAR OF EVENTS



GUIDE TO THE LOCAL AREA

