

*Know Before You Go*



*Welcome to the Nurturing Norfolk Chapter's hosting of FAWD in enchanting Hampton Roads! Known as the Mermaid City, our area is renowned is for its pristine beaches and mystical coastal charm. We promise an unforgettable experience both at FAWD and in your explorations beyond. We hope you find this Know Before You Go (KBUG) helpful.*





# Getting to Norfolk



## *AIR*

There are two airports in Hampton roads available to you:

**Norfolk International Airport (ORF)** (10 miles from the Hilton Main & Marriott)

**Newport News - Williamsburg Airport (PHF)** (30 miles away from the Hilton Main & Marriott)

## *AMTRAK*

Norfolk's Amtrak station (NFK) is located one mile away from the Hilton Main & Marriott).

Uber and Lyft are plentiful in the city of Norfolk and the surrounding areas to make sure you reach your destination, no matter the mode of transportation that you choose!

## *CAR*

Driving to the Norfolk? Please plan accordingly as the Hampton Roads area does have tolls which charge by license plate or EZPass. Rates vary according to time of day and toll road/tunnel.





# Weather



The weather in Norfolk may be humid and warm by the time FAWD occurs. Here is the current weather projection for FAWD beginning on 9/26:

26	27	28	29
78° 66°	78° 65°	77° 65°	77° 64°

Of note, hurricane season is in effect from June 1-November 30. Please make sure to bring an umbrella and shoes you don't mind getting wet in case there is inclement weather.





# Hotel Accommodations



100 E Main St,  
Norfolk, VA 23510

The Hilton Main is the official hotel of FAWD. Overflow rooms have also been secured at the Downtown Norfolk Marriott.

The majority of FAWD activities will take place at the Hilton Main.

The distance between both hotels is 0.1 mile, equivalent to a 2 minute walk.

Check-in at both hotels is 4PM and check-out is 11AM.

Check-in at the Hilton is located on the 2nd floor; Marriott check-in is located in the 1st floor lobby.



235 E Main St,  
Norfolk, VA 23510



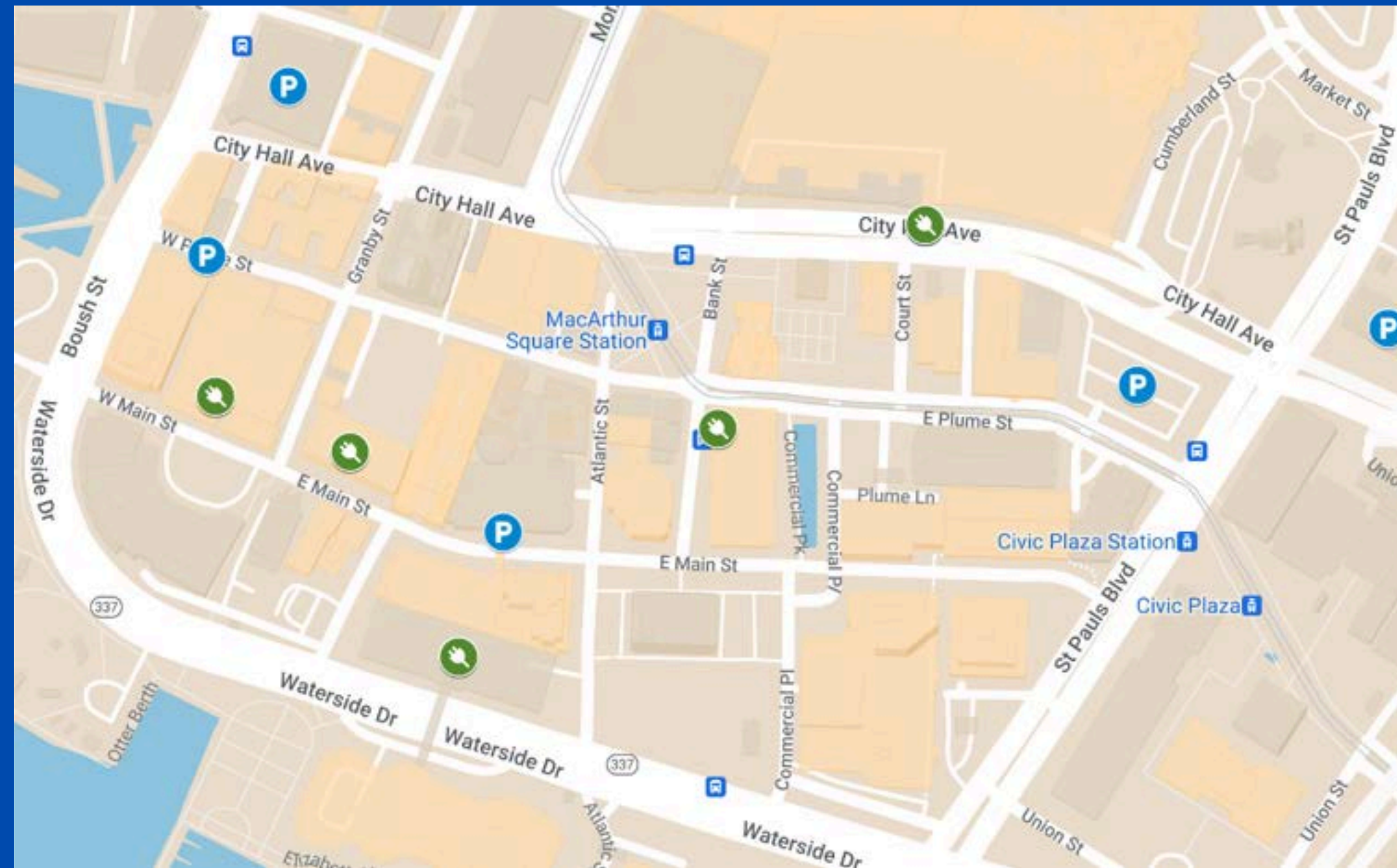


# Parking in Norfolk



There are numerous public parking garages in Downtown Norfolk. Current parking rates and nearest garages are below:

Length of Time	Rate
0 to 1 Hour	\$2
1 to 2 Hours	\$3
2 to 3 Hours	\$5
3 to 4 Hours	\$6
4 to 5 Hours	\$8
5 to 6 Hours	\$9
6 to 7 Hours	\$11
7 to 8 Hours	\$12
Maximum Daily Rate (up to 24 Hours)	\$13
Lost Ticket/Per Day	\$13
6 p.m. to 9 p.m./Collect-On-Exit	\$3
9 p.m. to 3 a.m./Collect-On-Exit	\$5
Special Event Rate/Collect-On-Entry	\$5 through \$20



**Electric Charging Stations:** Users are only charged the regular garage parking rate; once in the parking garage, there is no additional fee to use the chargers.





# Parking @ The Hilton



Valet and self-parking is available at the Hilton.

Parking rates are as follows:

On-Site/Self Parking:  
Daily: \$13.00

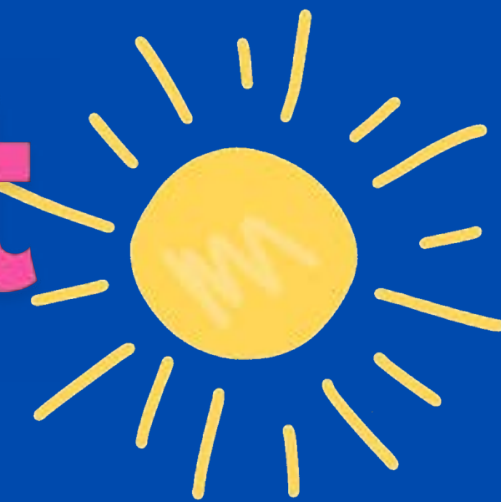
Valet:  
Daily: \$28.00

Hilton guests that add parking fees to their room folio will receive a code that allows them in/out access during their stay.





# Parking @ The Marriott



Valet and self-parking is available at the Marriott.

Parking rates are as follows:

On-Site/Self Parking:

Daily: \$22.00

Off-Site Parking:

Main Street Garage 0.1 Miles

Valet:

Daily: \$33.00







# Staying & Playing @ The Hilton



The Hilton Main stands as a vibrant nexus of local gatherings and merriment. Amidst the orchestrated festivities, seize a moment to venture into the culinary delights housed within the Hilton's walls, as well as the neighboring Selden Market, a haven showcasing the treasures of Hampton Roads' artisans and entrepreneurs.



### Grain

**Vibe:** Casual

**Menu:** Standard bar fare featuring coastal creations; buffet brunch served on the weekends.

Open until 2AM Friday & Saturday



### Saltine

**Vibe:** Business Casual/Dressy

**Menu:** Upscale seafood with brunch on the weekends. \*Reservations highly encouraged\*

Open until 11PM Friday & Saturday



### Varia

**Vibe:** Business Casual/Dressy

**Menu:** Upscale Italian fare and wine bar. \*Reservations highly encouraged\*

Open until 10PM Friday & Saturday





# Staying & Playing in Downtown Norfolk



Downtown Norfolk is a treasure trove waiting to be explored! Dive into history, fun, and excitement to make your visit to the Mermaid City absolutely unforgettable!

## POINTS OF INTEREST

- |  |                                     |
|--|-------------------------------------|
| 1 American Rover Tall Ship Cruises                           | 16 Pagoda and Oriental Garden       |
| 2 Armed Forces Memorial                                      | 17 Slover Library                   |
| 3 Cannonball Trail   | 18 St. Paul's Episcopal Church      |
| 4 Chrysler Museum of Art and Perry Glass Studio              | 19 Town Point Park                  |
| 5 City Cruises by Hornblower                                 | 20 Victory Rover Naval Base Cruises |
| 6 d'Art Center   | 21 Waterside District               |
| 7 Elizabeth River Ferry                                      | 22 Windows on History               |
| 8 Hampton Roads Naval Museum                                 |                                     |
| 9 Hunter House Victorian Museum                              |                                     |
| 10 MacArthur Memorial  |                                     |
| 11 Martin Luther King, Jr. Monument                          |                                     |
| 12 Monticello Arcade   |                                     |
| 13 Moses Myers House   |                                     |
| 14 Nauticus, Decker Half Moone Center & Battleship Wisconsin |                                     |
| 15 Norfolk History Museum at the Willoughby-Baylor House     |                                     |

## SHOPPING

- 23 MacArthur Center
- 24 Selden Market

## GIFT SHOP & INFORMATION

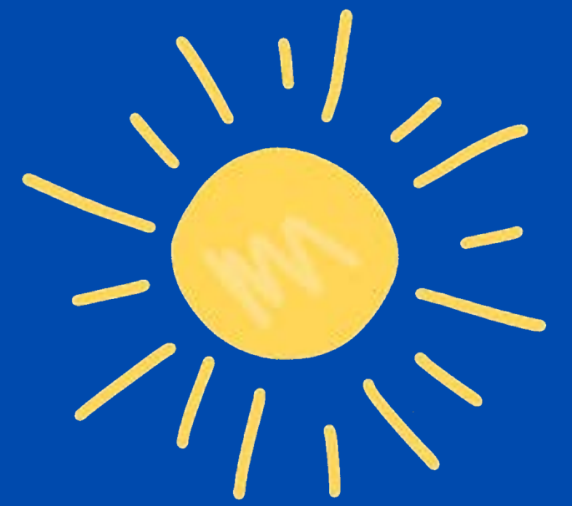
- Visitor Center & Mermaid Market  
Mon-Fri: 8:30 am - 5:00 pm  
Sat-Sun: 11:00 am - 2:00 pm







# Staying & Playing in Downtown Norfolk



We're not just home to the world's largest Naval Base, we've got some serious after-hours magic happening too!

Just a skip away from the Hilton, Granby Street is the ultimate spot for mouthwatering bites and lively nightlife.

And if you stroll a block the other way, you'll dive into the Waterside District - your ultimate destination for a blast!

## Local Nightlife

Baxter's Sports Lounge

Canvas Social Cuisine

Chicho's Backstage

Circuit Social

Gershwin's

Grace O'Malley's Irish Pub & Restaurant

Hell's Kitchen

Jack Brown's Beer & Burger Joint

Luce Restaurant

The Norva

Push Comedy Theater

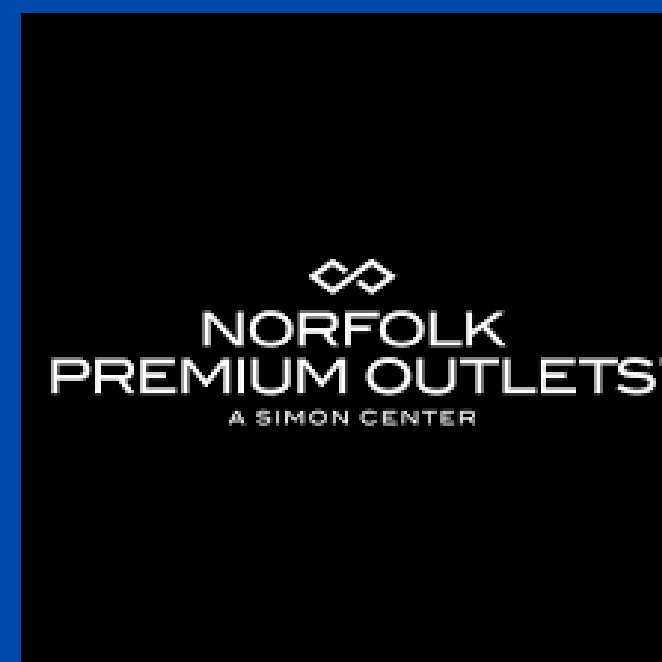
Republic On Granby

Tap It Local





# Staying & Playing in Hampton Roads







# Staying Healthy at FAWD



- **COVID-19 Protocols:** Masks are not required, but are welcome. We will have masks on site for your convenience.
- **Food allergies:** For our teens heading to NSU, please make sure that we are aware of any food allergies or dietary restrictions by communicating them to the chaperones. We want to make sure the teens have a great time on campus without any unexpected emergencies.
- Speaking of emergencies, here is the closest hospital and urgent care in proximity to FAWD:



**Sentara Norfolk General Hospital**  
600 Gresham Dr.  
Norfolk, VA 23507



7435 Granby Street  
Norfolk, VA 23505



# Mom Attire- Friday Night



**Jazzy Jack and Jill Bling w/ Dark Denim or Black Pants**

Break out your bling Jack and Jill shirts and get ready to board the Spirit of Mt. Vernon, or hang back at the hotel and enjoy a nice glass of wine!



If you don't have a bling Jack and Jill Shirt, jazz up your favorite Jack and Jill shirt with some sparkle!





# Mom Attire- Saturday



## Blue and Pink Nautical Glam with Pearls

Spin your style with a splash of nautical charm, but remember, pearls are a must!  
Here are some snazzy pics to get your creativity sailing:





# Teen Attire- Friday



## Collegiate Chic

Have your teen show their school spirit with a collegiate top paired with their favorite casual bottoms!







# Teen Attire- Saturday



## Jack and Jill Trendy

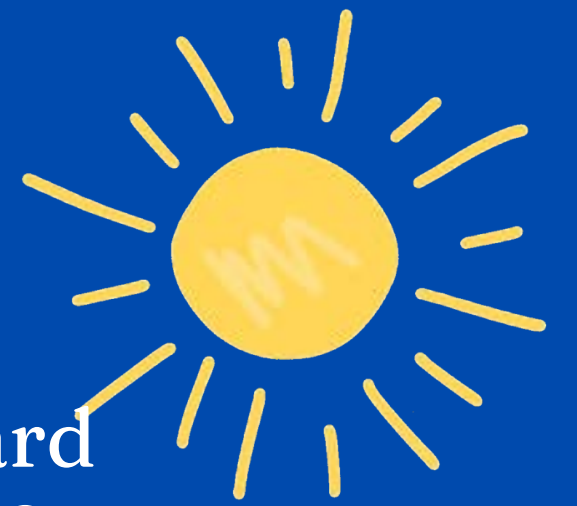
Our teens will rock a Jack and Jill tee, pair it with khakis, and strut across campus at NSU in their coolest sneakers!







# Leadership Events: 9/26



On Thursday, September 26th we will welcome National and Regional Board Members as well as Chapter Leadership from the MARVelous Mid-Atlantic.



Registration will take place on the 4th floor of the Hilton from 6:30-7:30PM.

A VIP Meet & Greet reception will take place on the 3rd floor of the Hilton beginning at 7:30 PM until 9:30PM.

Hors d'oeuvres and drinks will be served.





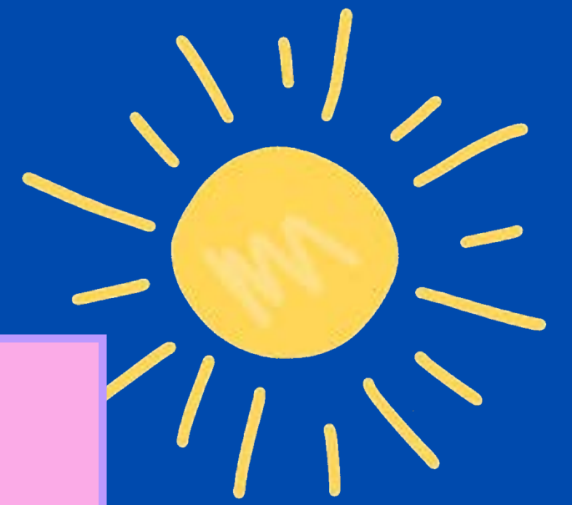
# Pre-Leadership Events 9/26



Event	Time	Location
Leadership Registration & Friday Attire Pick-Up	6:30-7:30PM	3rd Floor Registration Desk
REB, CP, CT & FS Evening Meet & Greet Reception	7:30-9:00PM	The Exchange (3rd Floor) Heavy Hor d'oeuvres



# Leadership Events 9/27



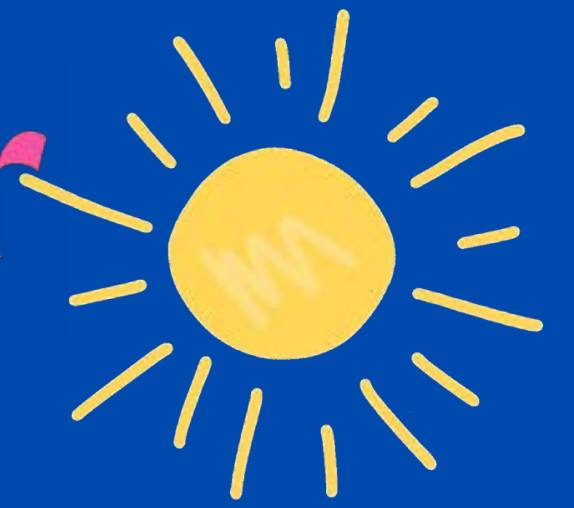
Event	Time	Location
Leadership Registration & Attire Pick-Up	8:00-9:00AM	4th Floor Registration Desk
Breakfast	8:00-9:30AM	4th Floor -Salon A
CP Headshots & Group Photos	8:00-9:30AM	TBD
Welcome & Joint Leadership Sessions	9:30AM-12:00PM	Paul D. Fraim Center for Excellence - 4th Floor
Lunch	12:15-1:00PM	4th Floor- Salon A
CP Session	1:15-4:00PM	Paul D. Fraim Center for Excellence - 4th Floor
Financial Officers Session	1:15-4:00PM	4th Floor-Salon B

CPs, CTs & FSs please wear navy blue bottoms (slacks or skirts) with the top provided at Leadership Registration.





# Leadership Guest Speaker



## *Dr. Angela Reddix*

- Chesapeake Chapter Associate Member
- Long-standing Community Philanthropist
- Best-Selling Author, USA Today and Wall Street Journal
- Entrepreneur and Innovative Leader, Ebony Power 100 List
- TEDx Speaker and United Negro College Fund Honoree



# General Mother Member & Teen Registration 9/27



- Friday's Registration will occur on the 4th floor of the Hilton from 4PM-7PM.
- At registration, you will receive your welcome bag, which includes your FAWD badge.
- Mother members and teens **MUST** wear their FAWD badge during all FAWD activities.





# Friday Night Festivities: Mother Members



Join us as we set sail aboard the  
Spirit of Mt. Vernon!!

**Dock:**

Otter Berth

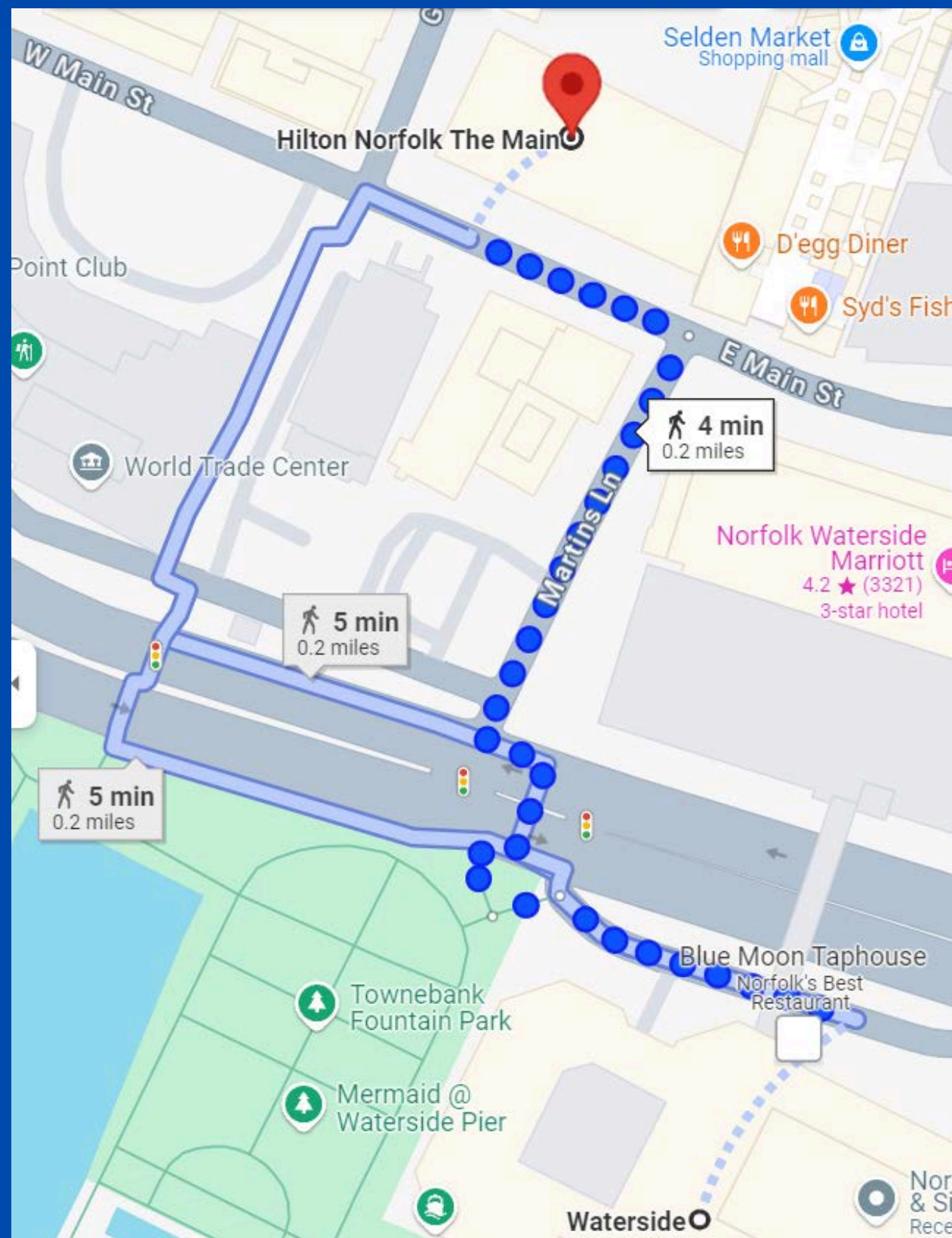
333 Waterside Drive  
Norfolk, VA 23510

**Parking:**

Town Point Garage  
110 W Main St  
Norfolk, VA 23510  
Corner of Waterside  
Dr & Main St or Valet  
Parking Services at  
Waterside District via  
VA Valet.



The pier is a short walk from the  
Hilton and Marriott. Boarding  
begins at 6:30PM for a 7PM  
departure.



\*Only Moms who **pre registered** for the cruise may attend.\*





# Friday Night Festivities: Mother Members



Mothers who completed the google form to confirm intent to attend, will receive a gift card for wine tasting at Varia restaurant at The Main. This private event will occur from 7:30PM-9PM with a sommolier led tasting.





# Friday Night Festivities: Teens



**Get ready for a night filled with epic dance moves and exciting games!**

**Time:** 7-9PM.

**Place:** Main Salons G-H on the 4th floor.

Host mothers will be available before and during the event to chaperone the teens.

If you are heading to the Spirit of Mt. Vernon, or just out on the town, you are welcome to bring your teen to Main Salon G-H beginning at 6:15PM.

Host mothers will contact you on your mobile phone in the event there are any emergencies or if dismissal guidance is requested for your teen(s). Your teens will NOT be allowed to leave the event unless checked out by you or another Mother/Parent.



# Teen Agenda 9/28



Teens will kick off the day with a hearty breakfast at the hotel before setting off for Norfolk State University (NSU), ready for a day filled with camaraderie, knowledge, and a taste of college life.



Event	Time	Location
Breakfast	7:30-8:10AM	Hilton Hotel- Salons G-H
Depart for NSU	8:15-8:30AM	Main Hotel Lobby
Workshops	10:00AM-12:00PM	NSU Student Union
Lunch	12:00-1:00PM	NSU Dining Hall
Campus Tour & Workshops	1:00-3:30PM	NSU Student Union
Depart for Hotel	3:30-3:45PM	





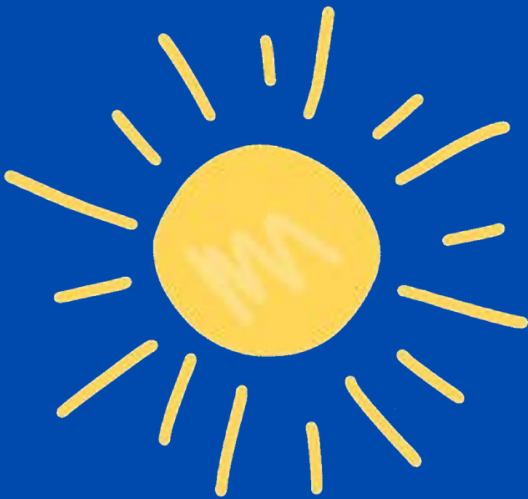
# Mother Member's Agenda 9/28



Event	Time	Location
<b>REGISTRATION</b>	<b>7:00AM-9:00AM</b>	4th Floor Registration Desk
Breakfast	7:30-8:15AM	Main Salons D-E
General Session	8:15-9:45AM	
Workshops	10:00-11:00AM	Various Salons
Chapter Photos	6:55AM-11:15AM	See attached for time
Workshops	12:00-1:00PM	Various Salons
Lunch	12:30-2:00PM	Main Salons D-E
Workshops	2:15-3:15PM	Various Salons
Closing Session	3:30-4:15PM	Main Salons D-E



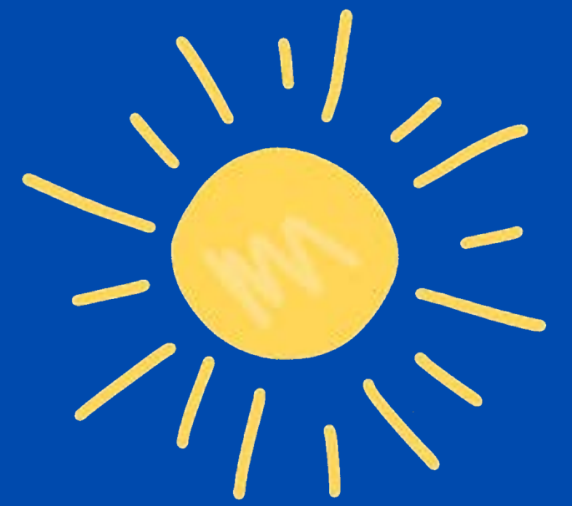
# Chapter Photo Schedule



CHAPTER NAME	PHOTO TIME
Norfolk Chapter	6:50AM
FAWD Chairs & Norfolk CP	6:53AM
Hampton Chapter	6:55AM
Regional Teen Officers	7:00AM
Regional Teen Extension Board	7:05AM
RCB and Regional Teen Officers	7:10AM
Regional Executive Board	7:15AM
RCB and RCB X	7:18AM
Capital City Chapter	7:20AM
Spartanburg Chapter	7:20AM
Upper Palmetto Chapter	7:23AM
Queen City Chapter	7:25AM
Charleston Chapter	7:30AM
James River Chapter	7:33AM



# Chapter Photo Schedule Cont'd



CHAPTER NAME	PHOTO TIME
Durham Chapter	7:35AM
Raleigh-Wake Chapter	7:38AM
Greater Chapel Hill Chapter	7:40AM
Richmond Chapter	7:42AM
Charlotte Chapter	7:45AM
Winston Salem	7:45AM
Gastonia-Piedmont Chapter	7:50AM
Portsmouth Chapter	7:55AM
Chesapeake Chapter	8:00AM
Greensboro Chapter	8:05AM
Columbia Chapter	9:45AM
Florence Chapter	9:45AM
Orangeburg Chapter	9:45AM
Greenville Chapter	9:45AM

# Chapter Photo Schedule -Cont'd



CHAPTER NAME	PHOTO TIME
South Charlotte Chapter	9:50AM
Roanoke Valley Chapter	9:55AM
Aiken County Chapter	9:55AM
Eastern North Carolina Chapter	9:58AM
Conway Chapter	10:00AM
Greater Fredericksburg Chapter	10:00AM
Wilmington Chapter	11:00AM
Burlington-Graham Chapter	11:03AM
Midlothian Chapter	11:05AM
Fayetteville Chapter	11:10AM
East Wake-Johnston County	11:15AM
<b>PHOTO MAKE-UP WINDOW</b>	<b>12:15-12:30PM</b>





# Community Service



## 2024 MAR Fall Area Workday Donation Drive

### Moms

We are looking to collect 400 dental hygiene kits for **ForKids**, which is enough for the organization for an entire year! The number of requested kits per chapter is located below. ForKids' mission is to break the cycle of homelessness and poverty for families and children. [Here is the link to the Amazon list for the dental kits](#)



<b>20 Dental Kits</b> Columbia (SC) Durham Greensboro Queen City Raleigh-Wake Richmond Charlotte South Charlotte Winston-Salem	<b>15 Dental Kits</b> Capital City East Wake-Johnston Gastonia-Piedmont Greenville Hampton James River Charleston Midlothian Spartanburg Upper Palmetto	<b>10 Dental Kits</b> Burlington-Graham Chesapeake Eastern N. C. Fayetteville Greater Chapel Hill Greater Fredericksburg Norfolk Orangeburg Portsmouth Wilmington	<b>5 Dental Kits</b> Aiken County Florence Roanoke Valley  <b>3 Dental Kits</b> Conway
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### Teens



In support of RTFC Willow Wrighten's Literacy Campaign, Teens are being asked to provide at least 100 books total. We are asking for three (3) books per chapter and one (1) per Teen for FAWD attendee. [Here is the Amazon Wishlist for the books](#), but you may provide any book you prefer. Books are benefitting **Reach, Inc**

Please drop off all community service donations (dental kits and books) at **Community Service**.

If you need to confirm that the Norfolk Chapter has received your Chapter's donations, you may inquire at the **Community Service desk**.





# General Information



A dedicated quiet space is available on the 3rd Floor in the Collaboration Room.



All lost and found items will be held for its rightful owner in the FAWD Command Center, located in room 1783 on the 3rd floor.



A dedicated Mother's Room is located in the hotel. Ask a host mother for more information.





# Sponsors



Thank you to the official sponsors of FAWD 2024!





*SEE YOU  
SOON*  
*in Norfolk, VA*