



# The Foghorn

United States Coast Guard  
Cape May Newsletter  
18 - 24 October

## CULTURAL HERITAGE COMMITTEE

*Cultural Heritage Committee is sponsoring a Hispanic American Luncheon and Chili Contest. Cost is \$5. Which includes chili, cornbread, soft drinks, and a sampling of delicious Hispanic dishes. We will have a guest speaker and prizes for those who enter the chili contest. 1130-1300 at the Oceanside.*

*Cost is \$5.00 (those bringing chili will be charged \$3.00)*

*AMERICAN INDIAN MONTH WILL CELEBRATE WITH A BUS TRIP TO WASHINGTON, DC TO TOUR THE NEWEST SMITHSONIAN INSTITUTION MUSEUM DEDICATED TO AMERICAN INDIAN HERITAGE. A beautiful building with great artifacts and you will have plenty of time to visit other points of interest in downtown DC. Trip is scheduled for Saturday, 20 November. Contact MWR for a reservation.*

The CHC is in need of participation for future events. Please think about joining us. Plans are being discussed regarding an International Holiday Event. Show off your holiday traditions, recipes, etc. Participation is the key to success.

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## ADMIN

### LEAVE CARRY OVER

When October Leave and Earnings Statements (LES) come out around the first week of November, several people will see that they lost leave. Don't let it get you down though - If you have more than 60 days leave accumulated, read on...

Due to OpTempo, ALCOAST 387/04 authorized CG personnel to carry over more than 60 days of leave at the end of Fiscal Year 2004, but only until December 31, 2004. If you carry over more than 60 days leave from FY04, you must use anything over 60 before December 31, 2004.

The Coast Guard Pay System automatically deducts leave at the end of the Fiscal Year, which ends on September 30, but if you did lose leave from FY04, you will be credited the leave back on your April 2005 LES.

For those of you that carried over leave from 2001, 2002, and 2003, you fall under a completely different set of guidelines, which can be explained if you don't already understand them.

If you have any questions, please contact YN1 Jake Cuomo in the Servicing Personnel Office at ext. 6375.

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## CPO WIN SOFTBALL INTRAMURALS



MCPOCG Frank Welch and the Chiefs proceeded to defeat the Officers in the final game of the season. CAPT Odom presents the plaque to Coach Pete Zalesny.

threw out the opening pitch

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## PLAN OF THE WEEK

### OCTOBER

- 20** – 1500 – CPO Lounge. Dedication of Plaque to CG members who lost their lives in Vietnam.  
**21** – 1130 - Hispanic Heritage Luncheon and chili contest. (details under MWR activities).  
**22** – 1500 – CPOA/CGEA Oktoberfest at CPO Club. For tickets contact YNC Sparks, BMC Hoagland, Don Hunnicutt, YNC Shumate or Pete Zalesny.  
**22** – 1530 - Officer's Social Hour @Oceanside  
**22** – 1700-1900 MWR Hayrides  
**29** – 1700 Jekyll and Hyde Bus Trip (details under MWR)  
**31** – 1800-2000 - "Trick or Treat" night in the City of Cape May.

## UPCOMING EVENTS

**Quote of the week – I realize that humor isn't for everyone. It's only for people who want to have fun, enjoy life and feel alive.** Anne Wilson Schaefer

Please view the [TRACEN Bulletin Board](#) on a daily basis.  
The [COMMAND CALENDAR](#) lists all meetings, visitors, MWR activities, chapel services, etc.

## PENTAGON FEDERAL CREDIT UNION

*Pentagon Federal Credit Union is now on Cape May ready to serve you with superior rates and proven service. We are located in the Coast Guard training facility, 1 Munro Ave. in Dempsey Hall: Monday - Friday, 9 :00 a.m. - 3:00 p.m. Or visit us any time online at [www.PenFed.org](http://www.PenFed.org) or over the phone at 1-800-247-5626.*

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## INFORMATION OF INTEREST

### \*\*\*\*\*FLAG VOICE 231\*\*\*\*\* ABSENTEE VOTING

## AND

## LOCAL EVENTS

ALCOAST 401/04 and COMDTINST 1742.3K describe the Coast Guard's Voting Assistance Program and the absentee voting process. The key to a successful absentee voting experience is the timely submission of an Absentee Ballot Request - Federal Post Card Application (FPCA), SF-76. Most states require receipt of this form at least 30 days prior to the General Election, which was October 4th of this year. For those participating in the absentees process, the next time-critical step is the completion and mailing of the ballot. This week, October 11-15, 2004, has been designated Absentee Voting Week and is intended to encourage all registered citizens to return their ballots without delay.

Every absentee ballot is important in the overall election process. Those voters assigned overseas that have not received their regular state absentee ballot, may use the Federal Write-In Absentee Ballot as an emergency ballot. The Federal Write-In Absentee Ballot is valid only when a U.S. citizen has made a timely ballot request, is voting from outside the United States (including APO and FPO addresses), and has not received the requested state ballot. Overseas voters who have not received their regular state ballot by the conclusion of Absentee Voting Week should use the Federal Write-In Absentee Ballot. Detailed instructions for completing and mailing the Federal Write-In Absentee Ballot are contained in the Federal Voting Assistance Guide 2004-2005 and in the September 2004 edition of the Voting Information News, available on the Federal Voting Assistance Program website at [www.fvap.gov](http://www.fvap.gov).

Voting Assistance Officers and Postal Officers onboard the 39 cutters with FPO addresses are reminded:

- To comply with the FY 02 National Defense Authorization Act. All units shall ensure that all absentee ballots have a clear and legible postmark on the envelope, indicating the date the ballot was mailed. In addition, the Act requires that absentee ballots be processed and dispatched expeditiously. It is very important that unit POC complete the weekly email voting survey reports required by the Act. These reports are being collected by the Coast Guard Mail Manager, CG-611. For cutters underway during a reporting period, unit POCs must answer the five questions regarding absentee ballot

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processing and complete the Ballot Count worksheet to account for ballots received and sent out each day. These voting survey reports are due at 1000 hours each Monday through 5 Nov 04.

- While the Federal Voting Assistance Program and the Military Postal Service Agency recommended that absentee ballots be mailed by 11 October 04 for units scheduled to be deployed/ underway in mid-October, this is not a deadline. Absentee ballots may be mailed at any time. However, the sooner the ballots are mailed, the less the burden on Local Election Officials throughout the United States. Coast Guard personnel deployed overseas in conjunction with DoD operations should continue to follow the host DOD installation procedures for mailing absentee ballots.

Units seeking immediate assistance in these final weeks and days leading up to the election may contact YNCM Lori McNaught, Voting Action Officer, 202-267-1636 or Mr. Ed Larson, Coast Guard Mail Manager, 202-267-2313.

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## PEOPLE IN THE NEWS

### SPORTS DAY RESULTS:

Pete Zalesny's team 1st place

Frank Gibson & Crystal Sparks Golden Girls team 2nd place

Mike Kohlbrenner's team 3rd place



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## CAREER DEVELOPMENT ADVISOR

Hello to All -

We are quickly approaching enrollment period for the Spring 05' semester. As a reminder, those who would like to participate in the upcoming General Psychology (PSY 101) class which will be held on-board during the lunch hour will need to if you haven't already done so:

1. Apply for admissions to Atlantic Cape Community College (ACCC). The quickest and easiest way to apply is on-line or if you prefer, you may stop by the ESO office and pick up an application.
2. Pay the \$35 application fee, which is reimbursable through CG Mutual Assistance Supplement Educational Grant (SEG) or the CG Foundation Grant.
3. If you haven't taken a college level English course or CLEP w/essay, take the English placement test through your ESO. Immediately after you've applied for admissions, contact Mr. Webb to schedule the English placement test.
4. Apply for Tuition Assistance.
5. Register on or about 01 December.

If a minimum of 15 members (AD, Civilian, Spouse or SelRes) enroll successfully, ACCC has agreed to consider future lunch time class offerings. *If you haven't satisfied college level general education requirements Brown Bag University is a great place to start.* If you would like to speak with someone about ACCC enrollment please contact myself or Mr. Webb (TRACEN ESO).  
/r, Chief Wooten

## ESO UPDATE

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## Congratulations!!

The following personnel in the Cape May area passed Coast Guard Institute end-of-course tests since the last update:

Name	Work Site	Course
ET3 Andrew Clopton	LSU	ET2

Well done, and keep up the good work!

## Servicewide Exams

Reserve SWEs will be held on Saturday morning, 16 October, in the TraCen ESO's office. Be there no later than 0745.

Regular SWEs will be held on Thursday, 04 November, in the Oceanside Club (behind the Security office). E-5 tests will begin promptly at 0800; no one will be admitted after 0750. E-6 tests will begin at noon; no one will be admitted after 1150.

### University of Phoenix fined by U.S. Dept. of Education

*Nashville Business Journal*

September 15, 2005

<http://www.bizjournals.com/nashville/stories/2004/09/13/daily25.html>

The University of Phoenix - the nation's largest for-profit university - has been fined \$9.8 million by federal regulators who found Phoenix violated a rule banning pay incentives for recruiters in an effort to boost enrollment.

It's the largest fine ever imposed by the U.S. Department of Education, which oversees federal financial-aid programs and has strict rules against paying recruiters based on the number of students they enroll.

Phoenix has more than 213,000 students worldwide, including nearly 110,000 through its online program. Phoenix operates a campus in Nashville.

The investigators' report detailed examples of the university's policy of evaluating recruiters and setting pay incentives based on the numbers of student they enrolled - all violations of the Higher Education Act - according to Tuesday's *Arizona Republic*, which obtained the report. The practices often resulted in unqualified students being enrolled, many of whom flunked out or were unable to finish the classes they'd signed up for.

The report says the university, which receives federal financial aid, went to extremes to try to hide the practices from the government.

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## Additions to Education/Career Library

We just received the following additions to our library:

- Peterson's *Four-Year Colleges*
- Peterson's *Two-Year Colleges*
- Peterson's *College Money Handbook*

Because we have only one copy of each, we can't lend them out. But you're welcome to look at them while you eat lunch or any other time the room's open.

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## Message Board

ALCOAST 456/04 - COMDTNOTE 4600

SUBJ: FY05 TRAVEL AND TRANSPORTATION ENTITLEMENT CHANGES

A. JOINT FEDERAL TRAVEL REGULATIONS (JFTR)

1. THE PURPOSE OF THIS ALCOAST IS TO ANNOUNCE NUMEROUS CHANGES AND UPDATES IN TRAVEL AND TRANSPORTATION ENTITLEMENTS AND REIMBURSEMENT COMPUTATIONS.

A. CONUS PER DIEM RATE CHANGES: EFFECTIVE 1 OCT 04, THE STANDARD PER DIEM RATE WILL INCREASE FROM 86 DOLLARS TO 91 DOLLARS (60 DOLLARS LODGING AND 31 DOLLARS FOR MEALS AND INCIDENTAL EXPENSES (M AND IE)). OF NOTE, THE MAXIMUM ALLOWED FOR LODGING WILL DECREASE IN SEVERAL MAJOR CITIES SUCH AS WASHINGTON DC, LOS ANGELES, CHICAGO AND ATLANTA. A COMPLETE LIST OF THE NEW PER DIEM RATES CAN BE FOUND ON-LINE AT: [HTTP://POLICYWORKS.GOV](http://POLICYWORKS.GOV).

B. TLE AND TLA: EFFECTIVE 1 OCT 04, THE COMPUTATION OF TEMPORARY LODGING EXPENSE (TLE) AND TEMPORARY LODGING ALLOWANCE (TLA) ARE BEING SIMPLIFIED BY ALIGNING THE COMPUTATION STEPS AS CLOSELY AS POSSIBLE WITH THE COMPUTATION METHOD FOR TDY. IT REMOVES THE DEDUCTION OF BAS, COLA AND HOUSING ALLOWANCES, WHICH WILL INCREASE THE MEMBERS REIMBURSEMENT. FOR TLE IT ADDS A 35 PERCENT RATE FOR DEPENDENTS AGE 12 AND OVER. IT ALSO CHANGES THE COMPUTATION FOR M AND IE FROM 46 PERCENT OF THE MAXIMUM RATE TO A PERCENTAGE OF THE ACTUAL M AND IE RATE BASED ON THE NUMBER AND AGES OF ELIGIBLE PERSONS OCCUPYING THE TEMPORARY QUARTERS.

C. MALT PLUS FOR PCS TRAVEL: EFFECTIVE 1 OCT 04,

(1) MILEAGE ALLOWANCE IN LIEU OF TRANSPORTATION (MALT) ENTITLEMENTS: WHEN MORE THAN ONE MEMBER TRAVELS AS AN AUTHORIZED TRAVELER IN THE SAME PRIVATELY OWNED CONVEYANCE (POC), EACH MEMBER IS AUTHORIZED MALT. FOR EXAMPLE, WHEN TWO MEMBERS ON PCS ORDERS TRAVEL TOGETHER IN THE SAME POC, EACH MEMBER WOULD BE ENTITLED TO 15 CENTS PER MILE MALT.

(2) PER DIEM RATE: FLAT PER DIEM AT THE CONUS STANDARD RATE (91.00 DOLLARS) IS PAID FOR EACH DAY OF AUTHORIZED PCS TRAVEL TIME. FOR DEPENDENT TRAVEL PER DIEM IS THREE-FOURTHS THE CONUS STANDARD RATE FOR EACH DEPENDENT AGE 12 YEARS OR OLDER (68.25 DOLLARS) AND ONE-HALF FOR EACH DEPENDENT UNDER AGE 12 (45.50 DOLLARS).

D. MILEAGE RATES FOR MILITARY MEMBERS ON TDY AND LOCAL TRAVEL: EFFECTIVE 1 NOV 04, TWO REDUCED MILEAGE RATES ARE BEING ADDED FOR MEMBERS WHO ELECT TO DRIVE A PRIVATELY OWNED CONVEYANCE (POC) INSTEAD OF USING AN AVAILABLE GOVT VEHICLE. THESE ADDITIONAL RATES WILL ALIGN POC MILEAGE FOR MILITARY MEMBERS WITH THOSE CURRENTLY AUTHORIZED FOR CIVILIAN TRAVELERS. THE STANDARD MILEAGE RATE OF 37.5 CENTS PER MILE REMAINS UNCHANGED FOR TRAVEL BY POC (AUTOMOBILE) WHEN A GOVT VEHICLE IS NOT AVAILABLE OR ITS USE IS NOT ADVANTAGEOUS TO THE GOVT.

(1) REIMBURSEMENT OF 27 CENTS PER MILE (COST TO OPERATE A GOVT VEHICLE) IF USE OF A GOVT VEHICLE IS ADVANTAGEOUS TO THE GOVT BUT THE ORDER ISSUING OFFICIAL AUTHORIZES THE MEMBER USE OF A POC INSTEAD OF USING A GOVT VEHICLE.

(2) REIMBURSEMENT OF 10.5 CENTS PER MILE IF THE MEMBER IS ASSIGNED A GOVT VEHICLE TO USE BUT THE MEMBER USES A POC.

(3) NO REIMBURSEMENT IS AUTHORIZED WHEN A MEMBER IS DIRECTED TO USE A GOVT VEHICLE AS A DRIVER OR PASSENGER IF THE GOVT VEHICLE MAKES THE TRIP WITHOUT THE MEMBER AND THE MEMBER USES A POC.

(4) THE ORDER ISSUING OFFICIAL MUST ENSURE THE APPROPRIATE MILEAGE RATE IS INDICATED ON THE TDY TRAVEL

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ORDERS OR LOCAL TRAVEL CLAIM.  
2. THE ABOVE ITEMS WILL BE INCORPORATED INTO FORTHCOMING CHANGES TO REF (A), WHICH IS AVAILABLE ON-LINE AT: [HTTP://WWW.DTIC.MIL/PERDIEM/](http://www.dtic.mil/perdiem/).  
3. QUESTIONS CONCERNING THE CHANGES CAN BE SUBMITTED VIA E-MAIL (PREFERRED) TO COMPENSATION (AT) COMDT.USCG.MIL OR, IF NO INTERNET ACCESS, BY PHONE TO MCPO MITCHELL AT 202-267-0573. 4. INTERNET RELEASE AUTHORIZED.  
5. MR. THOMAS F. FISHER, ACTING DIRECTOR OF PERSONNEL MANAGEMENT, SENDS.

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### **MAKE A DIFFERENCE DAY**

**Crest Haven Residents Plan to "Make a Difference"** - Residents of Crest Haven Nursing and Rehabilitation Center invite the public to join them in supporting U. S. Troops currently deployed on Friday, October 22, 2004 - "Make A Difference Day".

Crest Haven Recreation staff members are hoping to collect the following items that are needed for our Troops: powdered Gatorade & sports drinks, bug spray (Deep Woods Off pump spray), laundry detergent (small, samples, etc.), baby wipes, toilet paper, coffee, ramen noodles, canned tuna & fruit with pop top lids, canned meats (Spam, corned beef, Vienna sausage), snack food (canned Pringles, peanuts, trail mix, sunflower seeds), granola, protein bars, pop tarts, Slim Jims, beef jerky, microwaveable food (popcorn, etc.), batteries (any size), AT&T telephone calling cards, fly paper, disposable cameras.

Anyone wishing to contribute may do so by dropping off their donated items on October 22nd in the Main Recreation Room of Crest Haven Nursing and Rehabilitation Center, 12 Moore Road, Cape May Court House.

For additional information contact Anthony Samartino, Activities Director, at 465-1274.

### **Parent Seminar - ADHD**

It is estimated that between 5 to 15% of school age children are affected by ADHD. The children suffering from this as well as other disorders present a major challenge to their families and the school system. This **FREE** seminar is designated to provide information, understanding and support to those who are caring for these kids. Join us!

**WHO:** "Dr. Buzz" Mingin has a Master's Degree in Psychology and a Ph.D. in Education. He is a national speaker, specializing in ADD and other disabilities, who has provided services to the justice system, parent groups and public & private schools. Dr. Buzz has ADD and learning disabilities himself. He just released a co-authored book entitled "The Parent Menu" which provides a step-by-step process of how parents can support their ADHD children.

**WHAT:** Discussion of Anger Management, ADHD and Bi-Polar

**WHEN:** Thursday, October 21, 2004

6:00 pm until 9:00 pm

**WHERE:** Carl T. Mitnick School, 905 Seashore Road, Cape May

For additional information, please call 609-463-0991 or 609-485-0575. Sponsored by Atlantic Cape Family Service Organization and funded by Cape May County Department of Social Services.

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## TRACEN ASSOCIATIONS



**Chief Warrant Officers' Association – Meetings held the second Monday of the month at 1900 at the Oceanside.**

**CPOA (Chief Petty Officers' Association) – meetings are held at 1500 at the Chiefs Lounge the third Wednesday of the month.**

Pres - YNC Crystal Sparks, Vice Pres – ETCS Ruchser  
Secretary – HSCM Robert Berry, Treasurer FSCS Joseph Dennis



**CPOAA (Chief' Petty Officers' Association Auxiliary) meets the second Monday of each month at the Harborview!**



OSC (Officers' Spouses' Club)  
President – Stephanie Appleberry Vice-President: - Linda Shomin  
Treasurer – Beth Triner Secretary – Therese Forbes

CGSA (Coast Guard Spouses' Association) -  
Thrift Store: Open Wed. & Sat. from 10-2p.m. Call 898-6258.

**Coast Guard Enlisted Association – Meetings are held the 2<sup>nd</sup> Thursday of the month at 1300 at the Harborview.**

President – FS1 Michele Birch, Vice President – vacant  
Secretary – Don Hunnicutt and Treasurer – SN Watson



### CAPE MAY REGIONAL COAST GUARD RETIREE COUNCIL

Membership is open to Any retired Coast Guard member including officers, enlisted, reservists in receipt of retired pay, gray-area reservists, widows/widowers, retired USPHS, &NOAA.

Anyone interested contact Ib F.W. Andersen at (609) 889-6647. [kc2jpo@comcast.net](mailto:kc2jpo@comcast.net)

**Guest speaker at December 9 CGRC Meeting will be MCPOCG Vince Patton, USCG (Retired).**



**US Naval Sea Cadet Corps** - The Douglas A. Munro Division of the US Naval Sea Cadet Corps. For more information call LTJG L.J. McPhee at 898-6243 or 609-567-1865 or [munrodiv@yahoo.com](mailto:munrodiv@yahoo.com).

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## CHAPEL SERVICES



### GUARDIAN OF THE SEA CHAPEL

**LCDR Sam J Ferretti, CHC, USNR, (Catholic) COMMAND CHAPLAIN**

**LCDR Atticus T Taylor, CHC, USNR, (Protestant) CHAPLAIN**

Protestant - 0815

Roman Catholic - 1000

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## MWR

### Events

- 16 October – Captain's Cup Softball Tournament
- 22 October – Halloween Party and Hay Rides
- 27 October – Philadelphia Phantoms Hockey game
- 29 October – Trump Casino trip (dinner and play)
- 1 November – Intramural Volleyball League begins
- 5 Nov – Rockettes Radio City Music Hall tickets (sold out)
- 5 & 19 November – Turkey Shoot
- 12 November – Extreme Strength Showdown
- 20 November – Washington DC
- 4 Dec – Army-Navy Football game (sold out)

### Upcoming events

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Washington DC Trip – 20 November  
Turkey Shoot – November  
Children’s & Adult Holiday Parties-11 December  
NYC bus trip – 18 December

***Flyers on trips & activities can be found on the Training Center Cape May Bulletin Board under MWR Fliers.***

**22 October – Halloween Party and Hay Rides**

Party in the gym from 5 to 7 PM. Games, activities, & goodies! Please bring a tray of goodies to share. Free picture with TRACEN witch! Pie eating contest for adults & children. Hot dogs will be available for purchase. “Fun Hayrides” are from 5:30 PM with last ride at 6:30 PM. “Haunted Rides” are from 7:15 PM with last ride at 8:15 PM. Call MWR at 898-6922 to make reservations for hay rides. These events are for active duty, civilian employees, retirees, and their dependents.

**27 October – Phantom Hockey Game**

Bus will depart Ida Lewis Auditorium parking lot at 4:30 PM. Game is 7:00 at the Wachovia Center in Philadelphia against Bridgeport. Cost is \$8 for ID holders including civilian employees and their dependents and \$16 for guest. Sign up with payment at MWR Office.

**29 October – Trump Plaza Casino Trip**

Minimum age for participation is 21. Cost is \$20 for ID holders and \$35 for guest. Space is limited. Price includes ticket to 9 PM Show, “Jekyll and Hyde”, buffet, and \$10 in coin. Bus will depart Ida Lewis Auditorium at 5 PM and will leave the casino at midnight. Money is due by 12 October.

**5 November – Radio City Christmas Spectacular featuring the Rockettes**

Bus money is now due for the NYC Rockette trip. For more information, contact the MWR Office and view flyer posted in the TRACEN Cape May Bulletin board.

**5 & 19 November – Turkey Shoot**

From 1100 to 1300 at the Range. Register the day you shoot. Only 1 time to shoot! Cost is \$1.00 and is limited to CG Active Duty and CG Civilians. Winners will be notified and pick up day for turkeys will be Monday, 22 November.

**12 November – Extreme Strength Showdown** - Divisions- Female, male light weight less 175 lbs, male middle weight 175-219 lbs, male heavy weight 220 +. Contact LTjg Appleberry at 609-898-6366/6610.

**20 November – Washington DC**

Bus will depart from Ida Lewis Auditorium Parking Lot at 0630. The bus will drop off at the Air and Space Museum located at the Smithsonian Institution and leave Washington from the Air and Space museum at 1700. Cost is \$15 for ID holders and \$25 for guest. Deadline to sign up is 15 November or until filled.

**4 Dec – Army-Navy Game** - Sold out! Bus will depart from the Ida Lewis parking lot at 1000. We will have a tailgate party in Philly. Game time is 4:00.

CONSIGNMENT TICKETS AVAILABLE

**Six Flags Great Adventure Tickets**

½ off coupons

**Avalon Golf Certificates**

Cost is \$100 for four rounds of golf. This offer is open to CG active duty, CG civilian employees, and eligible dependents.

**Military Discount Tickets**

Many attractions throughout the USA including Disney Tickets!

Please look in the TRACEN Bulletin Board under recap on special promotions. There are several great offers available.

**Hershey Park and Dorney Park**

Discount coupons are available at the MWR Office.

**Myrtle Beach Golf Packages**

For more information call toll free 1-877-tee-ball or visit the web site at

[www.golfvacationpackages.com/uscg.htm](http://www.golfvacationpackages.com/uscg.htm)

**FYI:** Here is an interesting website for great deals in travel; [www.afvclub.com](http://www.afvclub.com) (Armed Forces Vacation Club.) Training Center Cape May’s installation number is 314. If you do book a trip, please use this number so that MWR gets credit for the booking.

**Naval Air Station Wildwood Aviation Museum**

This museum is located at the Cape May Airport in Rio Grande. This is free to ID holders. Regular admission is \$4 for adults and \$3 for children.

**Cape May National Golf Club**

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1 May – 31 October:

\$25 per person after 4:00 includes cart and greens 9 to 18 holes every day

1 November-30 April:

\$30 per person after 1200 includes cart and greens 9 – 18 holes every day

**Rehoboth Delaware Outlets** - Free coupon book for those with a military ID. These can be obtained at the Information Office located in Outlet # 3.

Cruise Travel Opportunity...check out the TRACEN Bulletin board or call MWR at 898-6922

**Sports News:**

**Tuesday Evening Volleyball**

Pick up games and women's volleyball team practice – 4:30 PM. Contact Ann (884-3032) for info about the Cape May city women's volleyball league; MWR wants to have two women's teams and needs more players.

**Street Hockey** – Any one interested in playing street hockey during lunch starting in September, please call the MWR Office.

**1 November – Volley Ball Intramurals Begin**

Please submit your rosters to the MWR Office or email them to Sherry DeRogatis by 25 October the latest. Games will start on 1 November. Anyone interested in being a referee, please contact MWR or email Sherry.

**Personal Trainers Available**

If interested in having your own certified personal trainer, call MWR at 898-6922. We will give you a list of names and numbers of available trainers. The personal trainers are charging \$20 per session.

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*Thank you for taking time to read **The Foghorn**. For questions about submissions or information found in this publication, contact June at 898-6901 or email her at [jlapp@tracencapemay.uscg.mil](mailto:jlapp@tracencapemay.uscg.mil).*

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