

# Welcome Aboard



## *The Birthplace of the Coast Guard's Enlisted Force*





## **TRACEN CAPE MAY'S MISSION**

- *Develop America's Enlisted Coast Guard Workforce in a manner that secures the trust and confidence of our service and the families who entrust us with the care of their loved ones.*
- *Provide the highest level of support to TRACEN Cape May and our tenant commands to ensure they have the proper environment to successfully execute their mission.*
- *Honor our profession as Coast Guard members through ensuring our crew is developed both professionally and personally to assume all duties and responsibilities.*
- *Respect our shipmates by providing the best possible place to live, work, and visit in the Coast Guard.*

## **COMMAND PHILOSOPHY**

- *Do Right (Honor)*
- *Care About Others and Yourself (Respect)*
- *Do Your Best (Devotion to Duty)*



# Coast Guard Training Center Cape May

*The Birthplace of the Coast Guard's Enlisted Workforce*

## Welcome Aboard from the Commanding Officer

We are excited to have you as a member of our crew! Your orders to Training Center Cape May mean you will be serving on the fifth largest base in the Coast Guard and the sole accession point for the entire enlisted workforce. You are fortunate to be joining one of the best units in the Coast Guard. It's easy for me to say that as the Commanding Officer of Training Center Cape May, but you are joining a team of dedicated men and women working together to develop the next generation of America's Enlisted Coast Guard Men and Women.

You have the opportunity to work in one of the most exceptional areas on the east coast. Cape May is a resort destination location for thousands each year. While the issues with traffic may concern you, you'll quickly find your way around and realize there are many benefits to living at the Beach!

As a crewmember on board Training Center Cape May, you will be serving your country as we work to transform America's civilian volunteers into the shipmates of tomorrow serving side by side with us in the Coast Guard. While our primary mission is to develop the enlisted workforce for the U.S. Coast Guard, we really see our mission having four parts:

The Men and Women of Training Center Cape May will:

- Develop America's Enlisted Coast Guard Workforce in a manner that secures the trust and confidence of our Service and the families who entrust us with the care of their loved ones.
- Provide the highest level of support to TRACEN Cape May and our tenant commands to ensure they have the proper environment to successfully execute their mission.
- Honor our profession as Coast Guard members through ensuring our crew is developed both professionally and personally to assume all duties and responsibilities.
- Respect our Shipmates by providing the best possible place to live, work, and visit in the Coast Guard.

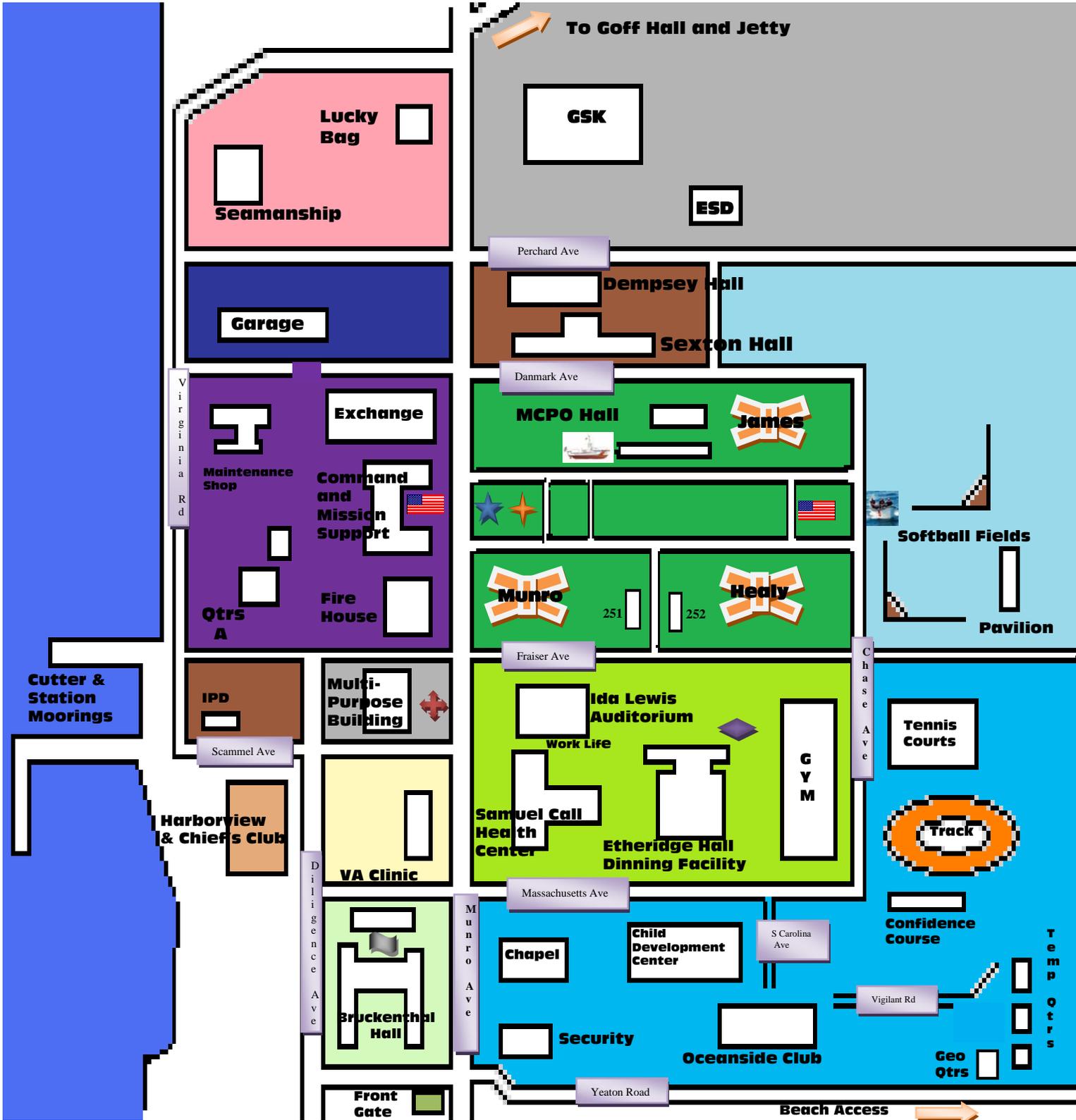
We are working together to ensure we accomplish each and every one of these missions day in and day out. I ask that you strive to qualify as quickly as possible so that you too can contribute at the highest level. We have a tremendous responsibility to our recruits, their families, our 14 tenant commands, and each and every crewmember and their families as well. This is an all-hands effort. Your input counts, your involvement is needed, and becoming part of the community of Training Center Cape May is essential. Please look for opportunities to get involved in our extremely active MWR program, look to volunteer and get involved in one of the many associations that are active around base such as the Cape May Chiefs, Coast Guard Enlisted, Military Officers, Company Commanders, Guardian Spouses, and the Cape May Spouses.

My wife Angie and son Tyler and I all look forward to meeting you and your family when you get settled in. Again, welcome to Training Center Cape May and we look forward to your contributions to Birthplace of America's Enlisted Workforce!

Captain William G. Kelly  
Commanding Officer Training Center Cape May

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# TRACEN General Map



Not to scale

## Key

-  Munro Statue
-  Auxiliary Memorial
-  Cutter Motor Surf Boats (MSB)
-  Spenser Mast
-  World War II and Vietnam Memorial
-  44 foot Motor Life Boat (MLB)
-  Bruckenthal Memorial (Fall 2012)

# Frequently Called Numbers

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**Emergency Number 911 on or off base**

**Base Emergency Information Line  
(base closings, evacuations, etc.)  
(609) 898-6700**

**All Numbers are (609) 898-XXXX**

|                                 |           |
|---------------------------------|-----------|
| Administration Office           | 6337      |
| Aids To Navigation Team         | 6987      |
| Barber/Beauty Shop              | 6939      |
| Command Master Chief            | 6923      |
| Chapel                          | 6974      |
| Child Development Center        | 6921/6920 |
| Clinic                          |           |
| Administrator                   | 6860      |
| After Hours                     | 6610/6366 |
| Dental Appointments             | 6960/6602 |
| Immunizations                   | 6610/6366 |
| Medical Appointments/Front Desk | 6610/6366 |
| Optometry                       | 6607      |
| Patient Affairs/Referral Mgmt   | 6966/6965 |
| Pharmacy                        | 6863      |
| Physical Exams                  | 6286      |
| Supervisor                      | 6277      |
| Chief Petty Officers' Club      | 6250      |
| Commanding Officer              | 6901      |
| CGC DEPENDABLE                  | 6293      |
| CGC FINBACK                     | 6208/6993 |
| CGC IBIS                        | 6870      |
| CGC MAKO                        | 6772/6972 |
| CGC VIGOROUS                    | 6990      |

|   |           |
|---|-----------|
| Education Service Officer (ESO)         | 6724      |
| Employee Assistance Program Coordinator | 6731      |
| Environmental Protection/Safety         | 6889      |
| Equal Opportunity Advisor               | 6798      |
| ESD                                     | 6336      |
| Exchange                                | 6940      |
| Family Advocacy                         | 6925      |
| Family Resource Specialist              | 6885      |
| Gym                                     | 6973      |
| Harborview Community Club               | 6937/6396 |
| Health Benefits Advisor                 | 6886      |
| Household Goods/GTRs                    | 6931      |
| Housing Office                          | 6918      |
| I.D. Office                             | 6340      |
| Legal Office                            | 6902      |
| Lucky Bag Locker                        | 6227      |
| Morale, Well-Being and Recreation (MWR) | 6922      |
| Oceanside Community Club                | 6935      |
| OOD TRACEN                              | 6915      |
| Post Office                             | 6573      |
| Servicing Personnel Office (SPO)        | 6375      |
| SATO Travel Office                      | 6317      |
| Security                                | 6915      |
| Station Cape May                        | 6995      |
| Substance Abuse Prevention Specialist   | 6924      |
| TRACEN Emergency Information Line       | 6700      |

|                 |      |
|-----------------|------|
| UDC             | 6796 |
| UPH/Barracks    | 6220 |
| Work Order Desk | 6946 |
| Work-Life       | 6882 |

# Table of Contents

---

|  | <u>Page</u> |
|--|-------------|
| <b><u>Introduction</u></b>                   |             |
| TRACEN Cape May's Mission                    | 1           |
| Captain's Welcome Aboard Letter              | 2           |
| TRACEN General Map                           | 4           |
| Frequently Called Numbers                    | 5           |
| Table of Contents                            | 8           |
| <b><u>Training Center &amp; Services</u></b> |             |
| Administration                               | 12          |
| Base Security                                | 13          |
| Chapel                                       | 15          |
| Chiefs Mess and Cape May Chiefs Association  | 17          |
| Child Development Center                     | 19          |
| Coast Guard Exchange                         | 21          |
| Education Services                           | 22          |
| Galley                                       | 23          |
| Garden State Enlisted Association            | 24          |
| Gym and Pool                                 | 25          |
| Health Center                                | 27          |
| Housing                                      | 30          |
| Jersey Cape Military Spouses' Club           | 32          |
| Legal  | 33          |
| Morale, Well-Being, & Recreation (MWR)       | 34          |
| Ombudsman                                    | 37          |
| Training Center Cape May (TRACEN)            | 38          |
| Uniform Distribution Center (UDC) Cape May   | 39          |
| UPH Barracks                                 | 40          |
| Work-Life                                    | 41          |
| <b><u>Tenants</u></b>                        |             |
| Cape May Aids to Navigation Team             | 46          |
| CGC FINBACK                                  | 47          |
| CGC IBIS                                     | 48          |
| CGC MAKO                                     | 49          |
| CGC DEPENDABLE                               | 50          |
| CGC VIGOROUS                                 | 51          |

|   |    |
|---|----|
| Coast Guard Investigation Service (CGI) | 52 |
| Electronic Support Detachment (ESD)     | 53 |
| Station Cape May                        | 54 |

**State, Local & General Information**

|                    |    |
|--------------------|----|
| Local Nice To Know | 57 |
|--------------------|----|

- Chamber of Commerce
- Emergency Management
- For Kids
- Health and Human Services
- Job Resources
- Libraries
- Local Towns & Counties
- Newspapers/TV Stations
- Parks and Outdoors
- Radio Stations
- Transportation
- Utilities

|                    |    |
|--------------------|----|
| Other Nice To Know | 62 |
|--------------------|----|

- Career and Retirement
- Family and Recreation
- Finance
- General Emergency Info
- Health
- Other

|         |    |
|---------|----|
| Schools | 70 |
|---------|----|

- Elementary Schools
- Middle Schools
- High Schools
- Local Colleges
- Private Schools

|                                |    |
|--------------------------------|----|
| TRACEN Cape May Exercise Loops | 74 |
|--------------------------------|----|

|       |    |
|-------|----|
| Notes | 75 |
|-------|----|

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**TRAINING CENTER  
&  
SERVICES**



*The Birthplace of the Coast Guard's  
Enlisted Force*



# Administration

## Command and Mission Support

### First Floor



**Command Staff (609) 898-6901**

**Education Services (609) 898-6724**

Contact the ESO for an appointment and more information.

**Household Good Shipments and GTRs (609) 898-6330/6931**

Appointments Monday thru Friday 0800-1130 and 1300-1530.

**ID Cards (609) 898-6337/6340**

Appointments Monday, Tuesday, and Friday 0730-1130 and 1300-1530.

**Legal (609) 898-6902**

Contact the legal office for an appointment and for more information.

**Public Affairs Officer (609) 898-6362**

**SATO Travel (800) 359-7286**

Appointments for recruits and PCS orders only.

Online booking - <http://www.uscg.mil/PPC/GETTHERE/>

### Second Floor

**Maintenance Branch (609) 898-6401**

<http://www.uscg.mil/hq/capemay/activeduty/FEMAIN.asp>

To place a work order in for TRACEN housing repair or maintenance, please click on the above link.

Maintenance department (609) 898-6946

For emergencies after hours, contact the TRACEN OOD (609) 898-6915

**Mutual Assistance/Decedent Affairs (609) 898-6909**

**Servicing Personnel Office (SPO) (609) 898-6828/6439**





## Base Security



Security Building

Security hours are:  
M-F 0745-1600

Office: (609) 898-6915  
Front Gate: (609) 898-6225  
**Emergency: 911**

<http://www.uscg.mil/hq/capemay/activeduty/Security.asp>

**All vehicles driving on TRACEN Cape May require a Coast Guard decal or a temporary pass**

**To obtain a Coast Guard Decal you will need the following:**

- ✓ Current and valid driver's license
- ✓ Current and valid registration in driver's name
- ✓ Proof of insurance
- ✓ ID Card
  
- Operating a vehicle and talking or texting on a cell phone or using other hand held devices is unlawful in the state of New Jersey as well as on TRACEN Cape May. **All drivers must pull over and place the vehicle in park to use a cellular phone OR use a hands-free device while on TRACEN.**
  
- All members operating a bicycle on base must wear a helmet.
  
- All members operating a motorcycle are required to have a valid license with a motorcycle endorsement, completed safety course required by the Commandant, and be added to the Motorcycle Members Roster at Security.

Sponsors are responsible for their guests at all times.  
No personal firearms/weapons are permitted inside TRACEN property.

**Obey posted speed limits:**

**Posted speed limit ON BASE is 20mph**  
**Posted speed limit IN HOUSING is 25mph**

## ID Cards

<http://www.uscg.mil/hq/capemay/activeduty/Admin.asp>

The ID card office is located in the Command and Mission Support building across from the Munro statue, 1<sup>st</sup> deck. ID cards are issued by appointment ((609) 898-6337) between the hours of 0700 and 1530 Monday, Tuesday and Friday. Click on the above link for required forms and more information. Please park in the back of the building.

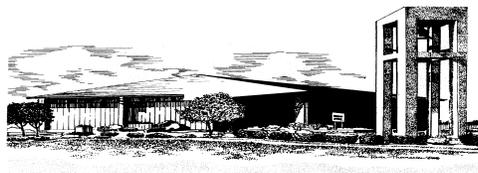
### LOCAL POLICE DEPARTMENT CONTACT NUMBERS

|                                 |  |
|---------------------------------|--|
| CGPD TRACEN CAPE MAY/MAIN GATE  | 609-898-6915/609-898-6225<br>CHIEF OF POLICE: 609-780-7958<br>PATROLMAN: 609-780-1805<br>PATROLMAN: 609-780-7086<br>PATROLMAN: 609-780-7950<br>OOD: 609-780-1346<br>PSI LT: 609-780-1729 |
| CITY OF CAPE MAY                | 609-884-9500   |
| LOWER TWP                       | 609-886-1619   |
| MIDDLE TWP                      | 609-465-8700   |
| NJ STATE POLICE                 | 609-861-5698   |
| WILDWOOD CREST                  | 609-522-2456   |
| WILDWOOD                        | 609-522-0222   |
| WEST WILDWOOD                   | 609-522-2396   |
| NORTH WILDWOOD                  | 609-522-2411   |
| STONE HARBOR                    | 609-368-2111   |
| AVALON                          | 609-967-3411   |
| DRBA/CAPE MAY-LEWES FERRY       | 609-886-0002   |
| SEA ISLE CITY                   | 609-263-4311   |
| OCEAN CITY                      | 609-399-9111   |
| STATE POLICE BARRACKS, WOODBINE | 609-861-5698   |

# Chapel

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## **The Guardian of the Sea Chapel**



**The Chaplain Office 0730-1600**

**(609) 898-6974**

[http://www.uscg.mil/hq/capemay/activeduty/Religious\\_Information.asp](http://www.uscg.mil/hq/capemay/activeduty/Religious_Information.asp)

## **Chaplain Locator**

<http://www.uscg.mil/chaplain/locations/>  
**(855) USCG-CHC**

## **CHAPLAIN RESOURCES**

The chaplains at the U.S. Coast Guard Training Center, Cape May, New Jersey provide pastoral care and counseling for recruits, permanent party members, civilians and their family members. Additionally, the chaplains provide coverage for base housing occupants, units afloat and tenant commands.

The Guardian of the Sea Chapel is staffed by both Catholic and Protestant Chaplains and has services every Sunday.

## **GUARDIAN OF THE SEA RELIGIOUS SERVICES**

**ON BASE Protestant Services 0815 Sundays**

**ON BASE Catholic Mass 1000 Sundays**

## **Off-Base Services available**

Beth Judah Temple (Jewish)  
Pacific and Spencer  
Wildwood, New Jersey  
Saturday 0900-1215

St. Demetrius Greek Orthodox Church

321 St. Demetrius St  
North Wildwood, New Jersey  
Sunday 0930-1230

The Church of Jesus Christ of Latter-Day Saints (MORMON)

803 Hand Ave  
Cape May Court House, New Jersey  
Sunday 0900-1200

Seventh-Day Adventist of Cape May Court House

Rt. 9 and 4th Ave.  
Cape May Court House, New Jersey  
Saturday 0900-1200

## **COUNSELING & CHAPEL PROGRAM**

All visits and calls to the chapel are confidential!!!

All American Red Cross emergency messages received/recorded/delivered for USCG training center.

We partner with the American Red Cross on Operation Fireside whereby recruits can visit a local family for Thanksgiving and Christmas.

We provide prayers for on-base ceremonies.

We provide prayers for departing underway cutters and burials at sea.

Visitations are available by chaplains to all hands upon admittance to local hospitals in New Jersey as they occur.

Use of the chapel is available for appropriate ceremonies.

A brief video can be seen on the Navy chaplains providing religious services for the USCG.

On base, only Protestant and Catholic services available; however, directions to other places of worship locally for faith of choice are also available.

We are a stop for Santa Claus during the Christmas season and provide support to holiday ceremonies.

# Chiefs Mess and Cape May Chiefs Association

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**Chiefs Mess part of the Harborview Building  
&  
Eagles and Anchors located in the permanent party part of the Galley**

**The Chief's Club bar opens M-F 1600**

**(609) 898-6250**

## **Chief's Mess**

The Chief's Mess is comprised of all active duty and reserve Training Center Cape May Chiefs. Meetings are held monthly and participation is required. Local tenants are always welcome.

### **Mission**

Provide leadership to the Enlisted Force, advice to the Coast Guard leadership, and create a mission-ready member of the military.

### **Vision**

A senior enlisted force that serves first and foremost as deckplate leaders committed to developing America's Coast Guard men and women, enforces standards, remains responsive, aligned, and well-connected to both leadership and the men and women who serve this nation, and conducts itself in a consistently professional, ethical, and traditional manner.

## **Cape May Chiefs Association**

The Cape May Chiefs Association is a power derived from active, reserve and retired E7 through E9s. They are dedicated to teach, mentor, and are a supporting force for the Coast Guard Command, their families, and community endeavors. Normally meetings are every third Wednesday of the month at the Chiefs Club. Contact the association President or Vice President for more information.

## **Chief's Club**

The Chief's Club is a self-run entity. It is a great place to meet with fellow Chiefs after work for Chiefly talk and fellowship. The Cape May Chiefs Association runs the bar area. In accordance with Coast Guard regulations, only beer, ale, and nonalcoholic beverages will be available. All drinks are paid for by donations from members and authorized guests on the Honor System, with suggested donations listed behind the bar.

All active duty and reserve Chief, Senior Chief and Master Chief Petty Officers permanently assigned to the TRACEN and its tenants are considered Chief's Club Members. All Chief's Club Members are entitled to key access to the club.

Active members of Cape May Chiefs Association that work on TRACEN Cape May are also provided a key.

Visiting Chiefs are welcome to use the club as well. Visiting retired Chiefs must be a member of the Cape May Chiefs Association to utilize the Chiefs Mess. Visiting Chiefs and visiting members of the Cape May Chiefs Association can contact the base OOD or COM for access.

The Chief's Club can be reserved by a member for personal functions on a first come basis not to interfere with any command sponsored meetings or events. Contact the COTM for further information.

### **Galley Eagles and Anchors**

There is an Eagles and Anchors Mess in Etheridge Hall for meals and command functions on the permanent party side of the galley. All Chiefs and officers are welcome.

# Child Development Center (CDC)

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**CDC Building**

**The CDC hours are M-F 0630-1700**

**Closed on all federal holidays**

[http://www.uscg.mil/hq/capemay/activeduty/Child\\_Development.asp](http://www.uscg.mil/hq/capemay/activeduty/Child_Development.asp)

**Main Number (609) 898-6921/6920**

**Emergency/Closing Information (609) 898-6700**

The CDC is designed to meet the needs of children in a safe, loving environment. We believe:

- Each child will be respected and accepted for his/her individuality.
- That learning occurs naturally in an environment that encourages and accepts the growth of each child.
- That children learn about their world through exposure to many experiences, their exploration in creative play, and the development of positive self-esteem and interpersonal relationships.

## **Eligibility**

Children are accepted at Coast Guard CDCs according to the following priorities (COMDTINST M1754.15):

1. Single parents, whether active duty Coast Guard or civilian Coast Guard employees (paid from either appropriated or non appropriated funds)
2. Active duty Coast Guard or civilian employees
3. Active duty DOD parents
4. Civilian DOD parents
5. DHS and other Federal Agencies
6. DHS contractors
7. Community at large (placed in top tuition bracket)

## **Programs and Services**

The center has various programs designed for ages six weeks to pre-k. Each program has the child's safety and developmental attributes in mind.

Whenever there is a space available, a child can be dropped off and there are half-day programs. Further information and restrictions can be obtained by contacting the center.

The Center is happy to work with state, county, city or private therapists who specialize in occupational, physical, and speech therapy. Whenever possible, every effort will be made to coordinate schedules to accommodate your child's individualized needs. Do not hesitate to bring your concerns to our attention.

Breakfast, lunch, and snack times are used as educational opportunities and social occasions. Once a day, a healthy breakfast and lunch are served. The CDC serves only 100 percent juice and/or milk daily. Snack is provided for all children over the age of one.

## **Fees**

Center fees are established annually based on the CDC budget. The new fee schedule is announced in January of each year via a memo. Fees are based on a sliding scale of total family income. Parents must bring a current LES and three (3) consecutive pay stubs at the time of registration to verify their income bracket.

Weekly tuition is due on Monday morning (or the prior Friday morning if a federal holiday closes the Center on a Monday). Services must be paid for in advance. The CDC accepts cash, checks, credit cards and money orders. Checks and money orders should be made out to MWR. Monthly programs are due the 1<sup>st</sup> of each month. **Parents are expected to pay for services at the Center whether their child is present or not. We cannot reduce fees for illness or vacation. In order to hold your child's place at the CDC, full fees are due each week. No reimbursement will be made for Center closings for any reason.** Drop-in fees are due the day your child uses the Center unless other arrangements are made in advance with the Center director. The rate for drop-in care is calculated **per hour only and required paperwork must be on file.**

A late fee is charged to any account not paid by close of business each Monday. If your account remains delinquent on Wednesday, your child will be ineligible to use the Center unless other arrangements are made with the Director. Following a termination of a child's enrollment for nonpayment, the parent's command will be notified and all appropriate collection actions will be taken. An additional fee is charged for re-instatement to the program after termination for non-payment.

All checks returned by the bank for non-payment will incur a fee plus the amount of the check. After two (2) returned checks, parents will only be permitted to pay for services in cash.

The TRACEN CDC requires two weeks advance notice of intent to withdraw a child from the Center. This notice requires a signature. Forms are available from the office.

**Call the CDC or click on their Web site for more information on their programs, regulations, and policies.**



SERVING THOSE WHO PROTECT AND DEFEND THE HOMELAND

## Coast Guard Exchange

### CG Exchange Building

The Exchange hours are:  
Monday through Thursday 0900 to 1700  
Friday 0830 to 1700  
Saturday 0830 to 1600 and Sunday 1000 to 1500  
Please call for Holiday hours.

(609) 898-6346

[www.cg-exchange.com](http://www.cg-exchange.com)

or visit

[www.facebook.com/home.php#/pages/Coast-Guard-Exchange/115726466200](http://www.facebook.com/home.php#/pages/Coast-Guard-Exchange/115726466200)



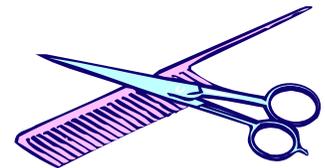
(609) 898-6573

Post Office hours are Monday through Friday 1100 to 1330.

### Dempsey Hall

Barber Shop (609) 898-6939

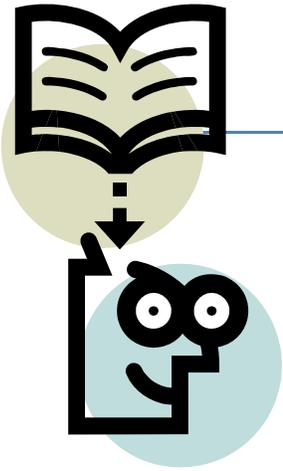
The Barber Shop hours are 0800 to 1600 Monday through Friday.



Tailor Shop (609) 898-6906



Open from 0730-1600 Monday through Friday for your tailoring and dry cleaning needs.



# Education Services

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**Command and Mission Support Building  
Room 113**

**The ESO hours are M-F 0700-1530**

**(609) 898-6724**

<http://www.uscg.mil/hq/capemay/Education/ESOMain.asp>

**and**

<http://www.uscg.mil/hq/capemay/Education/updates.asp>

TRACEN Cape May is one of only about 50 units in the Coast Guard with a full-time Education Services Officer (ESO). The ESO's whole purpose is to help you (military, civilian, or dependant) with the educational aspects of your professional and personal development.

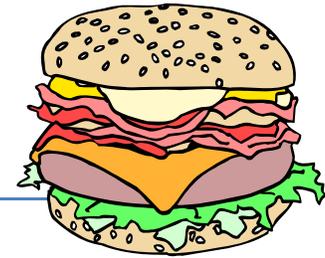
Information such as obtaining a college degree, CLEP tests, certifications, career transitions and development, distance learning, and financial aid is available.

Walk-ins are welcome, but be aware that people who have made appointments have precedence and you may have to wait awhile before the ESO can talk with you. For this reason, you can probably better use your time if you make an appointment either by email (preferred and found on the above link) or phone.





# Galley



**Etheridge Hall**

**(609) 898-6235**

## **Permanent Party and Residents**

**The galley provides an array of meal items along with a grill to order, soup, salads, sandwiches, and desserts.**

**Cost varies with the most current government meal rate.**

<http://www.defensetravel.dod.mil/site/faqmeal.cfm>

### **Monday thru Friday**

Breakfast 0630-0745

Lunch 1130-1300

Dinner 1630-1730

### **Saturday thru Sunday and Holidays**

Breakfast 0630-0800

Lunch 1130-1300

Dinner 1630-1730

Sunday Brunch 0900-1300 in lieu of Lunch

***Entrance from the front of the building is only for recruits. Please use the side closest to the clinic.***



# Garden State Enlisted Association

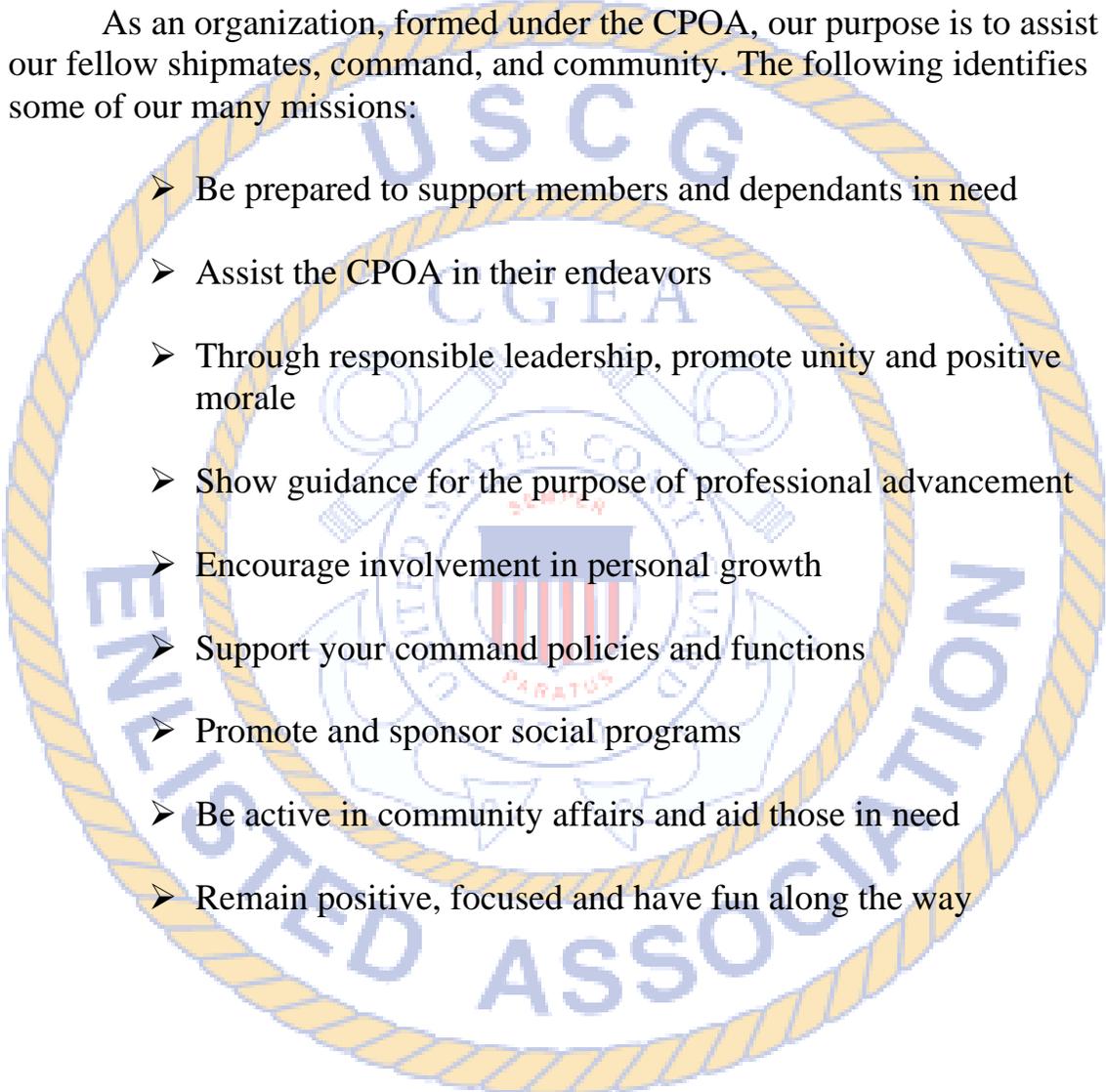
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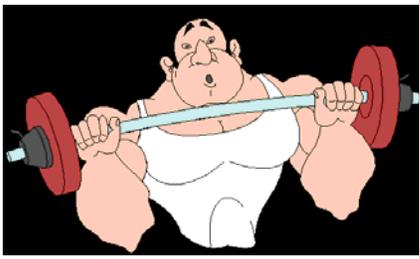
*With the traditions of the past, together we face the challenges of the future.*

<http://uscgcpoa.org/>

<http://uscgcpoa.org/cub.htm>

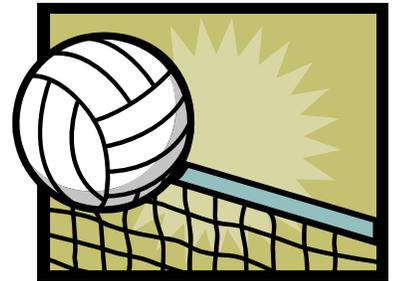
As an organization, formed under the CPOA, our purpose is to assist our fellow shipmates, command, and community. The following identifies some of our many missions:

- 
- Be prepared to support members and dependants in need
  - Assist the CPOA in their endeavors
  - Through responsible leadership, promote unity and positive morale
  - Show guidance for the purpose of professional advancement
  - Encourage involvement in personal growth
  - Support your command policies and functions
  - Promote and sponsor social programs
  - Be active in community affairs and aid those in need
  - Remain positive, focused and have fun along the way



# Gym and Pool

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## Base Gym

(609) 898-6973

[http://www.uscg.mil/hq/capemay/activeduty/MWR\\_Facilities.asp](http://www.uscg.mil/hq/capemay/activeduty/MWR_Facilities.asp)

### \*Gym

**MONDAY - FRIDAY: 0630 - 2100**

**SATURDAY: 0900-1800**

**SUNDAY: 0900-1800**

**\*Recruits may be using the facilities at certain times, especially in winter or adverse weather. Please check with the gym for availability.**

Open to all active duty, civilian employees, dependents, retirees, auxilarists, active duty reservist, local police (specific times apply, contact the gym for more info), and guests (must be with sponsor at all times).

Dependents and guests under the age of 14 are not allowed in the weight room and must be accompanied and supervised by someone 17 years or older in all other areas.

Civilian Employees and Police are not allowed to bring guests.

**\*\*PLEASE NOTE:** Racquetball courts, Treadmills, Stair Master are for Active Duty only during lunchtime.

Locker rooms with showers are provided. Temporary lockers are available for rent. See the gym staff for more details.

Proper attire must be worn at all times. No excessively revealing style of clothing, or clothing and accessories that are sexually explicit, drug, alcohol, tobacco, or gang related are allowed. Ear piercings are not permitted to be worn by male patrons.

All patrons are subject to random ID checks.

### *Multi-Purpose Basketball Gym*

There are six basketball hoops which include one full size court or two half court play areas and a volleyball court. In addition, the court is used for other events throughout the year. See MWR for equipment.

### **Racquetball Courts**

Two courts with one of the courts equipped to be set up for Wallyball. Equipment available from the MWR Office includes racquets, eye protection, and balls. Reservations are taken daily from 0800 to 1100 for play on that day only. No advance reservations.

### **Weight Gym**

There is a full array of free weights, CYBEX Equipment (60 pieces), and cardio equipment. A Cardio Theater room located in the main entrance area of the gym and is available for use.

### **Pool**

**Open Swim** - Active Duty, Civilian Employees, Dependents, Auxiliarists, Active Duty Reservists, Retirees, Local Police, & Guests

**Lap Swim** - Active Duty, Civilian Employees, Dependents, Auxiliarists, Active Duty Reservists, Retirees

#### **MONDAY-FRIDAY**

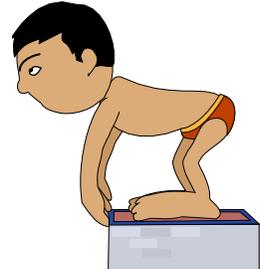
##### **Lap Swim Only**

**0645-0745**

**1130-1300**

##### **Open Swim**

**1800-2030**



#### **SATURDAY & SUNDAY:**

##### **Open Swim**

**Saturday**

**1230-1700**

**Sunday**

**1600-1700**

##### **Lap Swim Only**

**Sunday**

**0900-1300**



# Health Center



**Samuel J. Call Health Service Center**

**Clinic Hours Monday, Tuesday, Thursday & Friday  
0700-1130 and 1300-1600  
Wednesday 0700-1100 and 1230-1600**

*Routine medical appointments* are for follow-up care, long term care, non-urgent care (*greater than 24-48 hours*) and other care of a routine nature. It is requested that you check in 20 minutes prior to your scheduled appointment. If you cannot keep your appointment, please call 24-hours in advance

*Acute care appointments* are for illnesses or injuries that have occurred *within the last 24 to 48 hours*. An appointment may be made by calling for an appointment from 0730-0830 Monday thru Friday

*Urgent care* for medical illness and injuries can walk in or call for an appointment at anytime

**Emergency 911**

[http://www.uscg.mil/hq/capemay/activeduty/HS\\_Main.asp](http://www.uscg.mil/hq/capemay/activeduty/HS_Main.asp)

**Clinic Supervisor (609) 898-6277**

**Dental Appointments (609) 898-6960/6602**

**Medical Appointments/Front Desk (609) 898-6610/6366**

**Optometry Clinic (609) 898-6607**

**Patient Affairs/Referral Management (609) 898-6966/6965**

**Pharmacy (609) 898-6863**

**Physical Therapy (609) 898-6273**

**TRICARE (609) 898-6966**

## ***The Clinic***

The Health, Safety, and Work-Life (HSWL) Regional Practice Cape May is staffed by 17 Public Health Service officers, 6 Coast Guard Physician Assistants, 1 Coast Guard officer, 1 Civilian Physician Assistant, 49 Health Services Technicians, and 43 civil service and contract staff.

The dispensary is a large sized ambulatory care facility providing medical services delivered by family physicians, a physical therapy department, a dental clinic, optometry services, and a psychiatrist. The dispensary provides services to approximately 70,000 patients annually. The pharmacy fills over 35,000 prescriptions yearly.

## ***Dental***

The Dental services are available for active duty and recruits.

## ***Non-prescription Medication Program***

The Samuel J. Call Health Center Pharmacy operates a non-prescription medication program for military beneficiaries. A beneficiary family is limited to a maximum of two items per week from the program. Over the counter medications and other items contained on this list are available from the pharmacy during normal business hours. Items such as children's acetaminophen, ibuprofen, chapstick, bacitracin ointment, condoms, cold preparations, athlete's foot powder, and others are available free of charge (if funding is available). Questions about this program may be directed to the Pharmacy at (609) 898-6863. Certain conditions may preclude eligibility for this program, such as: age, budget, flight status, chronic health conditions, etc.

## ***Optometrist***

A licensed Optometrist staffs the optometry clinic. This clinic provides eye care services to active duty and recruits and to all others on a space available basis.

## ***Patient Affairs***

Two trained Health Benefits Advisors (HBA) staff the Patient Affairs department. The Patient Affairs office is located on the second floor of the dispensary to provide advice and assistance to patients seeking medical care from military or civilian providers. The Patient Affairs staff counsels patients in all aspects of TRICARE and TRICARE Family Dental Plan benefits and is available for lectures on all TRICARE subjects and general health services. This department also assists patients with referrals and consultations to military and civilian sources of care, performs bill-processing functions for authorized services, and arranges transportation (government vehicle) to local and distant health care facilities for recruits and active duty members. The HBA is available from 0700 – 1130 and 1300 – 1530, Monday through Friday. You can call the HBA by dialing (609) 898-6966 and follow the menu options to the Patient Affairs office.

## ***Pharmacy***

A registered U.S. Public Health Service Pharmacist and two pharmacy technicians staff the pharmacy. Pharmacy services are provided from 0700 – 1130 and 1300 – 1530 Monday through Friday, with the exception of Tuesday mornings from 1030 – 1100. The dispensary formulary is composed of medications regularly prescribed by our staff members for active duty. Refill service is available by calling our refill line at (609) 898-6748.

## ***Physical Therapy***

A licensed and certified U.S. Public Health Service Physical Therapist and a physical therapy technician staff the physical therapy department. Physical therapy is located on the first floor of the dispensary. Appointments are made by a referral through a medical officer. This clinic provides physical therapy services to all beneficiaries (non-active duty beneficiaries are on a space available basis).

## ***TRICARE Enrollments***

If you are an active duty member new to the Cape May area you must visit our HEALTHNET Service Center (TSC) office to enroll in TRICARE Prime; the clinic will be assigned as your Primary Care Manager (PCM). You may also bring in your dependents to enroll them in TRICARE Prime. If they are already enrolled in another region they must complete an enrollment Change Form or call Health Net to change their PCM. Dependents that were in TRICARE Standard in another area and wish to remain TRICARE Standard do not need to complete any forms; they must only ensure that their Military Identification card is current and their address has been updated in DEERS.

Please note that the clinic is not a Primary Care Manager for active duty family members or retirees; those beneficiaries enrolled in TRICARE Prime, Prime Remote and TRICARE for Life are NOT eligible for care in this facility; TRICARE Standard beneficiaries may be seen on a “space available” bases.

## **Health Benefit Questions – 1-800-9HBAHBA**

## ***Psychiatry***

A licensed and certified contract Psychiatrist and a licensed and certified contract Social Worker staff the Psychiatry department. Dependents in need of Mental Health Services may seek services in the civilian sector utilizing their TRICARE benefits or access services through the Employee Assistance Program Coordinator at (609) 898-6731 or 1-855-247-8778.



# Housing



## Ida Lewis Building

**Office hours are Monday through Friday 0730 – 1600**

**Housing Office – (609) 898-6918**

<http://www.uscg.mil/hq/capemay/activeduty/Housing.asp>

**Maintenance Branch (609) 898-6401/6946**

<http://www.uscg.mil/hq/capemay/activeduty/FEMAIN.asp>

For emergencies after hours, contact the TRACEN OOD (609) 898-6915

**City-Data.Com**

<http://www.city-data.com/city/New-Jersey.html>

**Guest Quarters**

[http://www.uscg.mil/hq/capemay/activeduty/MWR\\_Temporary\\_Quarters.asp](http://www.uscg.mil/hq/capemay/activeduty/MWR_Temporary_Quarters.asp)

TRACEN Cape May Housing comprises of 172 CG owned housing units. Eligibility for family housing is governed by the Coast Guard Housing Manual. Coast Guard managed housing is designated for military personnel assigned to Training Center Cape May and associated tenant commands. Normally, only personnel expected to be in the area more than one year will be assigned to housing except in special situations as determined by the Housing Officer. For humanitarian reasons, unusual personal situations may supersede other considerations in assigning family quarters. Such assignments will be made after consultation with the Work-Life or other required staff.

The Housing Office makes all assignments to quarters. Upon confirmation that the quarters are ready for occupancy, custody will be turned over to the Housing Office. The unit will then be assigned to an eligible member from an applicable waiting list. Non-acceptance of assignment will result in removal from the current waiting list. Members may then reapply and will be placed at the bottom of the current waiting list if applicable. Upon notification of assignment, the member and a Housing Inspector will jointly inspect the quarters. A check-in inspection report will be prepared and upon acceptance of the unit by the member, applicable BAH entitlements will cease. Once adequate quarters have been assigned and remain adequate, a move for the individual's convenience will be at the housing authority's discretion and at the member's expense.

Click on the housing office link, then "Application Process" or contact housing for more information.

There is also self help tools and garden equipment such as lawn mowers and weed whackers, available to check out from the Housing Maintenance Shop. Equipment check out is available on Tuesday 0800-1200, Thursday 1230-1630 and Saturday 0800-1300. Contact the Maintenance Branch for more information.

## **Rentals**

As with most areas that are summer tourist driven, finding a year-round rental property can be challenging. The housing office, local papers and realtors (some maintain year-round rental information) may be a good option. Another is to view listings in the Automated Housing Referral Network (<http://www.ahrn.com>). Contact the MWR staff ((609) 898-6922) for information on guest housing or click on the link above.

# Jersey Cape Military Spouses' Club

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**CG-11 Human Resources Office of Work-Life Programs – Spouse Club Program**

[http://www.uscg.mil/worklife/spouse\\_club.asp](http://www.uscg.mil/worklife/spouse_club.asp)

[JCMilitarySpousesClub@gmail.com](mailto:JCMilitarySpousesClub@gmail.com)

The purpose of the Jersey Cape Military Spouses' Club (JCMSC) is to promote the morale and well-being of uniformed personnel and their families. The club aims to do so by engaging in charitable social activities and to annually provide monetary educational awards to college bound or current college students.

The club sponsors and participates in many activities which may include bake sales, assisting MWR with holiday parties and base events, monthly bunco nights, book club, flower sales, and assisting Work-Life with Thanksgiving baskets and the Angel Tree program as well as other community events.

Jersey Cape Military Spouses Club is open to all branches and all ranks (active duty, retired, reserves) of the military and to other individuals interested in the purpose of the club. Male and female spouses are encouraged to join. JCMSC has monthly general meetings and events September through May.





# Legal

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## Command and Mission Support Building

**The staff hours are Monday through Friday 0730-1600**

**(609) 898-6902**

[http://www.uscg.mil/hq/capemay/activeduty/legal\\_page.asp](http://www.uscg.mil/hq/capemay/activeduty/legal_page.asp)

Training Center Cape May has an on-site legal assistance office. As duty permits, the Staff Judge Advocate (the attorney for the Commanding Officer) is available to assist eligible members with legal assistance matters.

Legal Assistance may be provided to active duty members of the U.S. Armed Forces and their dependents; members of the reserve components serving under orders on active duty for any period or when scheduled for deployment (including dependents of reservists in the above described status), retired members of the U.S. Armed Forces and their dependents; and dependent survivors of active duty and retired members.

This no cost service allows members to receive advice and assistance on matters involving family law, estate planning, consumer law, landlord-tenant relations, notary services, immigration or many other topics. Please call for an appointment.

### *Other Legal sites*

New Jersey Courts Online - <http://www.judiciary.state.nj.us/>

Atlantic/Cape May Counties - <http://www.judiciary.state.nj.us/atlantic/index.htm>

Coast Guard Legal Assistance Program (LSC-41) -  
[http://www.uscg.mil/lsc/legal\\_assistance\\_program\\_norfolk.asp](http://www.uscg.mil/lsc/legal_assistance_program_norfolk.asp)

U.S. Armed Forces Legal Assistance Locator -  
<http://legalassistance.law.af.mil/content/locator.php>

# Morale, Well-Being and Recreation (MWR)

Base Gym

The MWR office hours are Monday through Friday 0800-1630

[http://www.uscg.mil/hq/capemay/activeduty/MWR\\_Program.asp](http://www.uscg.mil/hq/capemay/activeduty/MWR_Program.asp)

MWR Calendar

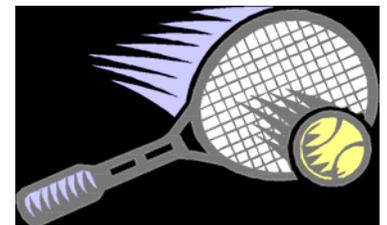
<http://www.uscg.mil/hq/capemay/docs/MWREvents.pdf>

(609) 898-6922

MWR is a comprehensive network of support in which leisure programs and services are provided to improve the quality of life of Service members, their families, and other eligible patrons. MWR strives to create a home community feel and promote a fun and healthy environment at the U.S. Coast Guard Training Center Cape May. Some of the programs offered are listed below.

## Morale Programs

The MWR office organizes a wide variety of all hands events such as Coast Guard Day, October Fest, Christmas parties, youth activities, and field trips, along with most competition programs such as softball, basketball, volleyball, golf, skiing, and various tournaments. There is also a ticket reimbursement program for movies and other events. Contact the MWR office for more information and if you would like to receive their monthly calendar of events.



## Guest Quarters

Guest quarters consist of six fully furnished two-bedroom units, each with a living room, kitchen, and full bathroom. The units are equipped with essential housing items for everyday living needs. To keep the daily rental rate at a minimum, maid service is not provided. Contact MWR for restrictions, regulations, rates, and eligibility requirements.

Contact the MWR staff for information on temporary housing.

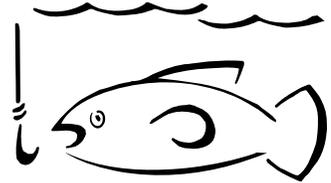
## Camping

TRACEN has a campground that consists of six tent only campsites located just south of the softball field. Each site has a picnic table, fire ring and trash/recycling receptacle. Click on the MWR link for more information.

## Picnic Pavilion and Jetty Fishing

A covered picnic pavilion is offered on a first come first serve bases. Drop by MWR to fill out a reservation form.

TRACEN's jetty area is known for its outstanding fishing opportunities. Passes can be obtained from the Training Center's Main Gate. There are restrictions and requirements.



## Lucky Bag Locker (located across from GSK) (609) 898-6227

Sells slightly used uniforms for pennies on the dollar. Open for active duty Thursdays from 1000-1300 and Coast Guard Auxiliary every 2<sup>nd</sup> and 4<sup>th</sup> Friday. Cash only.

## Base Theater (Ida Lewis Auditorium) (609) 898-6510

The base provides free films on most Fridays and Saturday s for children. Children under 12 must be accompanied by an adult. Contact MWR for movies and times.

## All Hands Clubs (609) 898-6937

The MWR operates two all hands clubs, the Harbor View Community Club, and the Oceanside Community Club. Both clubs are available for rental. Contact the club manager for rates and availability.

### Harbor View Community Club



#### **Monday & Tuesday**

1630-2200

Kitchen 1700-2100

#### **Wednesday**

Lunch 1100-1300

Evening 1630-2200

#### **Thursday**

Bar 1630-2200

Kitchen 1800-2100

#### **Saturday**

Open for recruits from 1500-1830

All hands 1930-2300

Kitchen 1830-2200

## Oceanside Community Club

The Oceanside Community Club is used for special events and does not have daily use hours. The dining room area seats 106 guests.

### **Rental Equipment**

There are various morale equipment available for a low cost or no cost. Below is some of the gear available. Contact MWR for more information.

#### *Athletic Gear*

*The Athletic Gear Issue Room is open during the gymnasium complex's normal operating hours. The following equipment is available at no charge:*



|             |             |
|-------------|-------------|
| Basketball  | Volleyball  |
| Tennis      | Football    |
| Speed-bag   | Jump Ropes  |
| Wally Ball  | Softball    |
| Racquetball | Badminton   |
| Soccer      | Horse Shoes |

#### **Recreation Equipment (Rental Fee Associated)**

|                     |                 |
|---------------------|-----------------|
| 2 Sunfish Sailboats | 2 Canoes        |
| 4 Single Kayaks     | 1 Double Kayaks |

*These vessels are for use by active duty, retired military, CG Reservists, auxiliary, and Training Center civilian personnel and their accompanied dependents.*

|                    |                            |
|--------------------|----------------------------|
| Tent (2 Man)       | Cooler                     |
| Tent (4 and 6 Man) | Fishing Rods (Boat & Surf) |
| Camp Stove         | Golf Clubs (7 day max)     |
| Camp Lantern       | Horseshoe Set              |
| Backpack           | Volleyball                 |
| Badminton          | Air Mattress               |
| Cot                | Canopy Tent                |
| Rotor – Tiller     | Power Washer               |
| Pop Up Camper      | Cargo Carrier (5x 8)       |
| Flatbed (5 x 10)   | Cargo Carrier (6 x 10)     |



# Ombudsman



## Human Resources Health, Safety, and Work-Life

[Ombudcm@hotmail.com](mailto:Ombudcm@hotmail.com)

[www.uscg.mil/worklife/ombudsman.asp](http://www.uscg.mil/worklife/ombudsman.asp)

The Ombudsman serves as a link between a Coast Guard command and the families of the command. An Ombudsman can assist families in locating resources, communicate information from the command to the families, and take concerns of families to the command.

The Ombudsman is a volunteer (who may be a Spouse, Reservist, or Auxiliarist) who is designated by a Command to serve as a link between the command and families, assisting the command in its functions of providing information and related services to families regarding sources of assistance available to them, Coast Guard and command policies, and activities of interest to family members.

There are several Ombudsmen here in Cape May who serve the TRACEN and tenant units. Ask your supervisor, sponsor, or the Family Resource Specialist ((609) 898-6885) who your Ombudsman is or click on the above e-mail address and make contact. This is a great resource for the family that shouldn't be overlooked!

# Training Center Cape May (TRACEN)

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**Officer of the Day (OOD) (609) 898-6915**

<http://www.uscg.mil/hq/capemay/>

<http://www.uscgbootcamp.com/go/doc/763/476815>

<https://cgportal.uscg.mil/delivery/Satellite/TRACENCAPEMAY/HOME>  
(Intranet)

United States Coast Guard Training Center Cape May, NJ, is the Nation's only Coast Guard Recruit Training Center. It sits on over 350 acres and is responsible for 86 buildings, 91 barracks rooms, and 172 CG owned housing units. Along with training our future enlisted force, TRACEN Cape May is also home to 14 tenant commands. On average, over 1,160 active duty, reserve, auxiliary, civilians, contractors, and recruits are here on a daily bases.

Access to the regiment (behind the Spencer's Mast to the softball field) is normally restricted to authorized personnel. Exceptions are made for special events (i.e. graduations, sunset parades). If in doubt, ask your supervisor or the OOD. The confidence course is for regimental use only.

Recruit training is not the only training conducted. TRACEN also hosts the Direct Entry Petty Officer Training Program (DEPOT), Recruiter Schools and Company Commander School.





# Uniform Distribution Center



**Dempsey Hall**

**(609) 898-6746**

**<http://www.uscg.mil/hq/cg1/udc/>**

**Cape May over the counter hours - Thursdays Only 0730-1530**

**Woodbine over the counter hours – Monday through Friday 0730-1500**

The Uniform Distribution Center (UDC) services the needs of the men and women who carry out the varied missions of the Coast Guard. We supply high-quality uniform items quickly and efficiently with an overall commitment toward customer service.

## Woodbine UDC Address

414 Madison Ave.  
Woodbine, NJ 08274

(609) 861-1221

Toll free (800) 874-6841





# UPH Barracks



## Bruckenthal Hall

Office hours are Monday through Friday 0800 - 1530

<http://www.uscg.mil/hq/capemay/activeduty/Barracks.asp>

### Barracks – (609) 898-6220

The UPH comprises of 73 permanent party rooms, 10 transient, 4 duty, 1 mentor and 4 VIP rooms. The net living area of the average permanent party berthing room, excluding the private bathroom, is about 320 square feet. Each room is provided with a separate three-fixture bathroom that includes a toilet, shower, and sink. The basic furnishings provided for each member are a bed, nightstand, locker, desk, wastebasket, lamp, and a desk chair. Each room contains a micro-fridge (combination compact refrigerator with microwave) for use by all occupants assigned to the room. Basic bed linens will be issued to personnel upon check-in. Permanent party personnel in pay grades E-4 and above will be assigned a private room. Permanent party personnel E-3 and below will be assigned two persons to a room. Single persons should contact the Master at Arms (MAA) at (609) 898-6224 for room availability.

Some barracks rules are below:

- ❖ The possession of any type of weapon is prohibited. Members with such items should contact the TRACEN security office at (609) 898-6915.
- ❖ Incense, candles, and/or open flames are **NOT** permitted. Flammable liquids and other heating devices such as space heaters or electrical blankets are also prohibited.
- ❖ Smoking is **NOT** permitted anywhere in the barracks. Designated smoking areas are located behind building 254 between the two wings and behind building 255 only.
- ❖ All personnel shall be appropriately attired when outside of their room. Males are prohibited from wearing earrings while on board.
- ❖ Laundry facilities are located in the common area and are for residents only.
- ❖ Residents 21 and over are permitted to consume beer (no more than one 6-pack) and ale in their OWN room. Wine and hard liquor are not permitted.
- ❖ The parking lots for UPH occupants are located adjacent to Massachusetts and Diligence Avenues. Vehicles found parked in posted "No Parking" areas will be ticketed.
- ❖ The maximum number of nonresident guests is two. Guests are only allowed in the UPH during the hours of 0800-2200.
- ❖ No members of the opposite sex will be in the same room without the door being completely open (90 degrees). And at no time will they be in the same room after hours.



# Work-Life



**Ida Lewis Building**

**The Work-Life staff hours are M thru F 0730-1630**

<http://www.uscg.mil/hq/capemay/activeduty/WorkLife.asp>

## **Coast Guard Support Program**

<http://www.cgsuprt.com>

1-855-CGSUPRT (247-8778)

## **Substance Abuse Prevention Specialist (609) 898-6924**

The Substance Abuse Program is intended to provide resources regarding training, education, treatment and administrative processing that supports Coast Guard's policy governing substance use, abuse and chemical dependency for Active Duty Service Members in the Coast Guard.

The following definitions apply to the Substance Abuse Program:

- **Substance Prevention Specialist (SAPS)** – Detached personnel located at major headquarters commands as full-time addiction prevention facilitators
- **Command Drug and Alcohol Rep (CDAR)** - Unit members who serve as consultants and advisors to their parent command in the administration of the unit Substance Abuse Prevention Program. CDAR's are not counselors and should not be perceived or utilized in a counselor capacity.

Information regarding the Substance Abuse Program is not confidential. However, personal, member information pertaining to substance use, abuse and chemical dependency case related is strictly confidential and shared only on a "Need-To-Know" basis.

## **Employee Assistance Program Coordinator (609) 898-6731**

Provides preventive education in life-skills areas, crisis management, and resource referrals. To help active duty and family members make independent, informed decisions to improve their quality of life.

The EAPC can provide:

- Suicide Prevention, Assessment, Intervention, and Therapeutic Referral
- Critical Incident Stress Management (CISM) Program Management, Coordination, Partnerships
- CISM Incident Coordination (Debriefings, Defusings, and Demobilizations)
- CISM Training (Pre-Incident, Basic, Peer, and Advanced)
- Consultant, Mental Health (Individuals and Commands)
- Victim-Witness Advocacy Program
- Rape/Sexual Assault Victim Advocacy
- Sexual Assault Response Program
- Workplace Violence Prevention Program
- Lifeskills Training
- American Red Cross Liaison

### **Equal Opportunity Advisor (609) 898-6798**

The Equal Opportunity Advisor (EOA) is trained to be a civil rights specialist who provides civil rights services, at field-level, to both military and civilian members. The EOA becomes an expert in CG policies, Civil Rights laws, and providing guidance and assistance. The EOA can assist with issues that may arise for all Coast Guard members based on the protected categories of Race, Color, National Origin, Gender, or Beliefs. Civilian members have additional protections based on age, disability, sexual orientation, etc.

The EOA at TRACEN Cape May's area of responsibility is all CG units in the state of New Jersey including Sector New York. Primary responsibility at TRACEN is training all recruits and employees with the required classes of Human Relations Awareness and Sexual Harassment Prevention. The recruit training focuses on the origin of discrimination and unique challenges of recognizing and dealing with negative prejudice, bias, and stereotypes. The EOA also assist area units with their Human Relations Council and cultural heritage observances.

### **Family Advocacy (609) 898-6925**

The Family Advocacy Program is a Congressionally mandated program intended to prevent and reduce the incidence of family violence and create an environment of intolerance for such behavior. Education and proper intervention and rehabilitation services result in prevention of the escalation of violence, serious injury and homicide. Services are provided to retain productive members in their careers, family and support the accomplishment of the Coast Guard mission.

The following services are available:

- Victim safety planning
- Domestic Violence Assessment and Rehabilitation
- Referrals to Mental Health Providers for diagnostic assessments
- Referrals to Anger Management, Parenting Classes, Couples Communications, and Substance Abuse Programs
- Ongoing case management by the FAS until successful resolution

- Referrals for financial assistance for victims
- Any other services/resource required to address the abusive situation

### **Family Resource Specialist (609) 898-6885**

The services that can be received from the Family Resource Specialist include, Special Needs training to units, information about the Coast Guard's Special Need Program, assistance in the enrollment process, information and referrals to community support services and management of Special Needs Case records.

The Family Resource Specialist can assist spouses living in government owned or leased housing to become Coast Guard certified Family Child Care providers. For individuals considering adoption of children, the Family Resource Specialist can provide the Adoption application and information to participate in the Coast Guard's Adoption Reimbursement Program. Annually in January through April, family members can obtain a detailed Scholarship packet listing the available Coast Guard Scholarships. Community resources by county for Child and elder care programs can also be obtained from the Family Resource Specialist.

### **Health Promotion Manager (609) 898-6886**

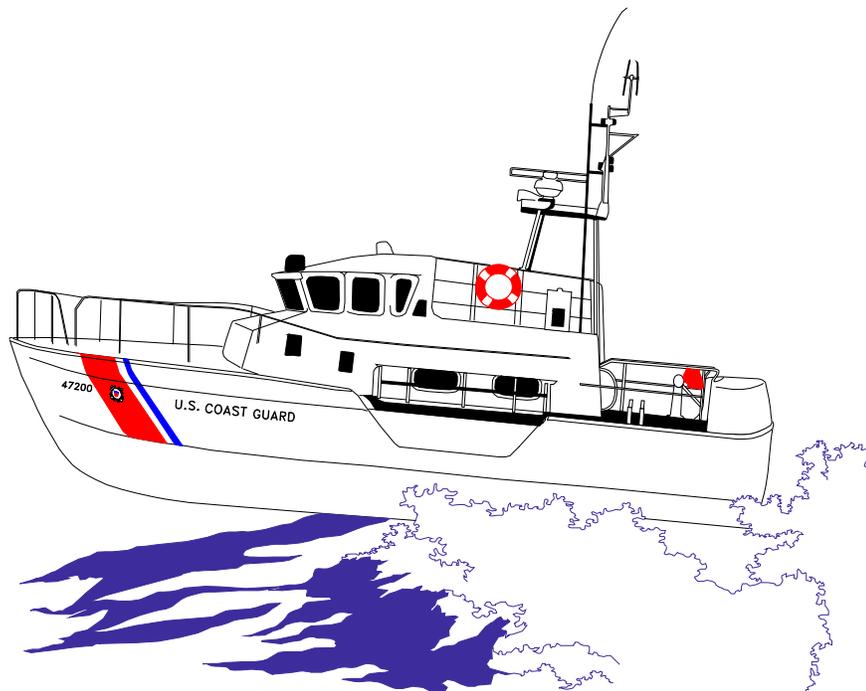
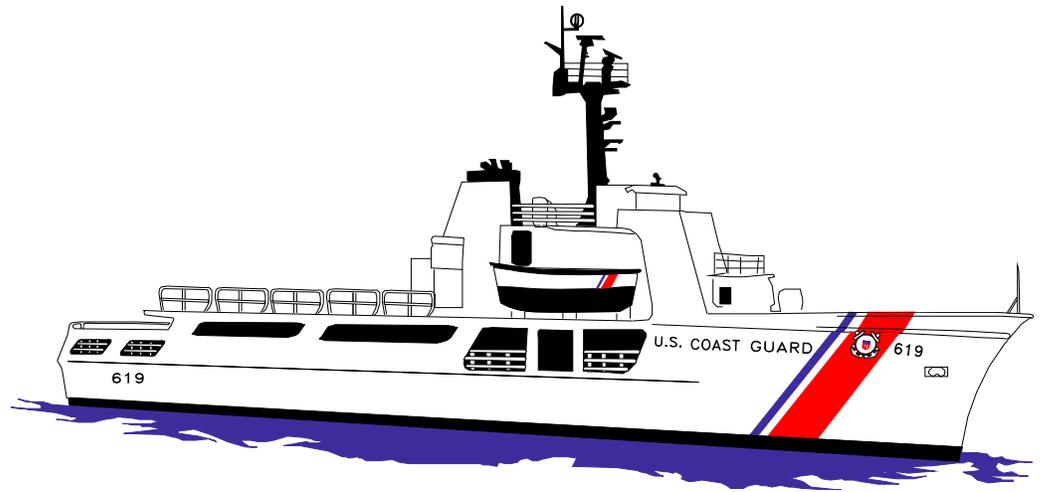
The HPM oversees a wide array of programs, services and resources dedicated to encouraging healthy life styles. The HPM encourages the Coast Guard community to make healthier choices which improve both health and quality of life and work. The HPM can provide:

- Health Risk Appraisals- this helps the individual identify health risks and offers suggestions for ways to improve their lifestyle.
- Weight Management- seeks to help members achieve and maintain a healthy body weight for fitness and disease prevention.
- Nutritional counseling- provides nutritional and dietary guidance for maintaining optimal health and weight.
- Tobacco Cessation- addiction to tobacco remains a primary health concern for the Coast Guard. A program is offered through TRICARE.

Stress Management- excessive stress can have negative impact on our health. The HPM maintains a variety of stress management resources and can provide unit training to enhance stress coping skills.

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# TENANTS





# Cape May Aids To Navigation Team

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**Multi-Mission Building**

**(609) 898-6987**

The Cape May Aids to Navigation Team is responsible for approximately 720 Aids, 213 buoys, 230 lights, 10 Lighthouses, 719 dayboards, and 375 miles of waterway. The area of responsibility runs from Shark River, NJ to Indian River, DE.

Life on board comprises of a Monday thru Friday workweek. When the unit is underway, the trips can last from one to five days.



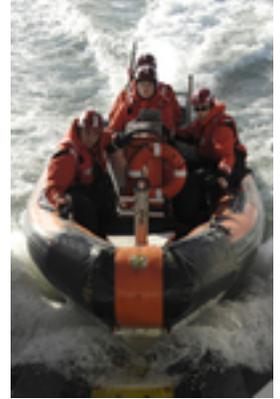


# CGC Finback (WPB - 87314)

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**Multi-Mission Building**

**(609) 898-6993**



The Coast Guard commissioned the 87-foot *CGC FINBACK* on January 13, 2000 and is one of the first cutters for the new millennium.

Built at Bollinger Shipyard, Lockport, LA., The *CGC FINBACK* cost \$5 million and will patrol the Eastern Seaboard between New Jersey and South Carolina. It is one of the new generation of Coast Guard cutters containing an integrated navigational system with autopilot, global positioning, and electronic charts. It has living quarters for the 10-member crew. The *CGC FINBACK* has twin 1,500-horsepower diesel engines and is capable of negotiating 25-foot seas.



# CGC Ibis (WPB - 87338)

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## Multi-Mission Building

(609) 898-6870

<http://www.uscg.mil/d5/cgcIbis/default.asp>

*CGC IBIS* is the 38th Hull of the newest type of Coast Guard patrol boat (WPB), called the “Marine Protector” class and named for marine animals. The *CGC IBIS* was built at Bollinger Shipyard in Lockport, Louisiana and entered service in October 2001.

Extensive use of state-of-the-art navigation and engineering technology permits *IBIS*’s crew to efficiently perform the wide range of Coast Guard missions. *IBIS* normally patrols within 100 miles of Cape May, roughly from New York City to Chesapeake Bay.

Length: 87ft.  
Beam: 19ft. 5in.  
Draft: 5ft. 7in.  
Speed: 25kts.  
Range: 900nm.  
Endurance: 3 days  
Operations: Sea State 5  
RIB launch: Sea State 5  
Fuel Capacity: 2800 gals.  
Towing Capacity: 200 Tons  
Engines: (2) MTU 8V396TE94  
Screws: 5-Blade Fixed Pitch  
Crew: 10 (mixed gender)  
Service Life: 25 years





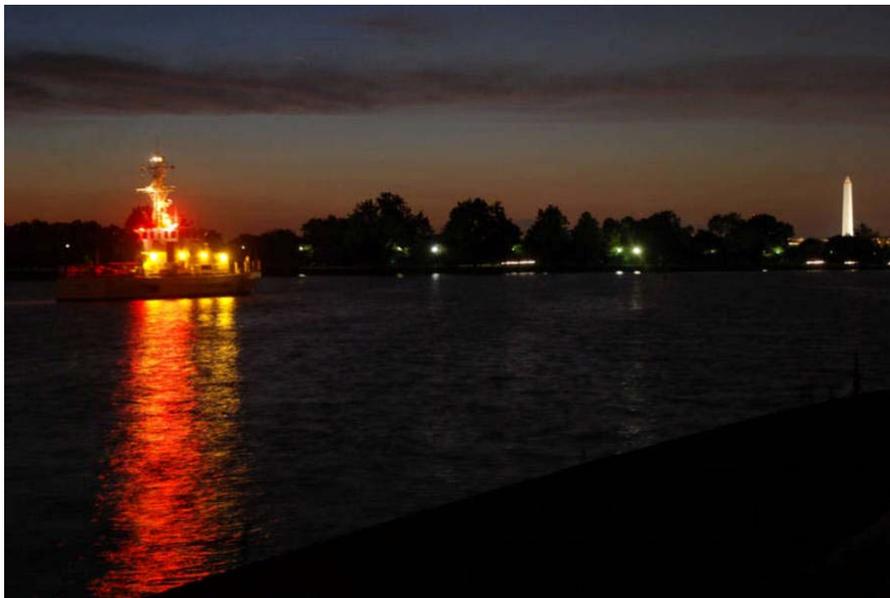
# CGC Mako (WPB - 87303)

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**Multi-Mission Building**

**(609) 898-6972**

*CGC MAKO* regularly patrols the offshore fishing grounds to ensure vessels have the proper safety equipment and comply with fishery regulations. The WPB is also one of the primary SAR cutters responding offshore to vessels in distress throughout the region. As a homeland security platform, the *MAKO*'s function as a security boarding escort platform, and Patrol Commander leading USCG and other government agency vessels in securing the waterways during high profile marine events.





## Coast Guard Cutter DEPENDABLE (WMEC 626)

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**(609) 898-6293**

<http://www.uscg.mil/lantarea/cgcDependable/default.asp>

The *CGC DEPENDABLE's* crew has the opportunity to patrol a variety of operating areas extending from the Gulf of Maine to the Caribbean Sea and Gulf of Mexico. The *DEPENDABLE* carries a crew of approximately 12 officers, 6 Chief Petty Officers, and 57 enlisted crewmembers. The mission areas include Homeland Security, Law Enforcement, Search and Rescue, Alien Migrant Interdiction and Environmental Protection.

If reporting and we are underway, report to the *DEPENDABLE* Servicing Personnel Office (SPO) Cape May, found on the second deck of the TRACEN Cape May Command and Mission Support building, directly above the recruit admin office.





# Coast Guard Cutter VIGOROUS (WMEC 627)

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(609) 898-6800/6990

<http://www.uscg.mil/lantarea/cgcVigorous/default.asp>

The *CGC VIGOROUS* is a multi-mission 210-foot medium endurance cutter. Our missions include Search and Rescue, Enforcement of Laws and Treaties, Maritime Defense and protection of our marine environment. We are always ready to act in the most challenging situations that we encounter. If you will be reporting aboard, we look forward to having you as a part of our team.

## ***PARATUS GERERE - Ready to Act***

If reporting and we are underway, report to the *CGC VIGOROUS* Servicing Personnel Office (SPO) Cape May, found on the second deck of the TRACEN Cape May Command and Mission Support building, directly above the recruit admin office. They will endorse your orders and will arrange your travel to meet us at the next available port call if possible.



# Coast Guard Investigative Service (CGIS)



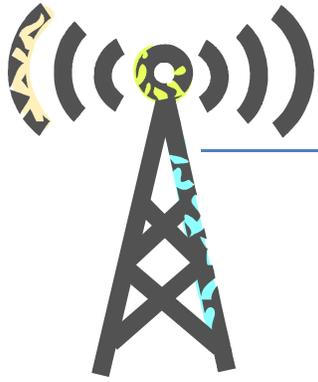
**Command and Mission Support Building**

**(609) 898-6999**

**<http://www.uscg.mil/hq/cg2/cgis/default.asp>**

The Coast Guard Investigative Service (CGIS) is a federal investigative and protective program established to carry out the Coast Guard's internal and external criminal investigations; to assist in providing personal security services; to protect the welfare of Coast Guard people; to aid in preserving the internal integrity of the Coast Guard; and to support Coast Guard missions worldwide.

Today CGIS is comprised of approximately 112 active duty military special agents, 121 civilian special agents (1811 series), and 158 special agents who are members of the Coast Guard Reserve. These agents along with support personnel are spread out among eight regional offices and over 35 Resident Agent offices along with CGIS-HQ located in Arlington, VA. In a period of declining budgets and personnel resources, CGIS remains firmly committed to providing effective law enforcement services, with minimal financial impact to the taxpayers of the United States.



# Electronics Systems Support Detachment (ESD)



**Building 296**

**(609) 898-6336**

ESD Cape May has a workforce of 14 active duty and 3 civilians. The team annually responds to over 120 electronic casualties, 7000 Coast Guard help tickets, supports TRACEN Cape May in electronic and computer issues in addition to supporting the Uniform Distribution Center, Industrial Support Command, Station Cape May, SARDET Townsends Inlet and Fortescue, the Cape May Aids to Navigation Team, three 87 foot cutters and two 210-foot cutters. They also add every enlisted member entering the Coast Guard (roughly 2500-3200 annually) into the Coast Guard computer system.

When not responding to casualties or other issues, the ESD conducts over 4200 preventative maintenance actions and completes numerous electronic installations, network projects and system upgrades.



# Station Cape May

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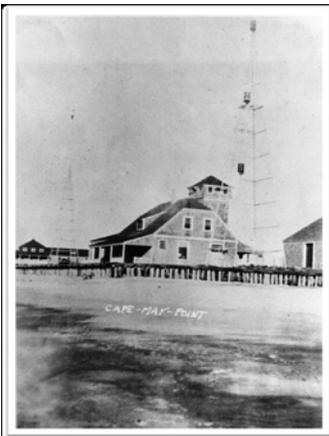


## Multi-Mission Building

**(609) 898-6995**

Originally a Life Saving Station at Cape May Point in 1849, Station Cape May was moved in the 1960s to TRACEN. In April of 2012 a new multi-mission building was commissioned where it housed not only the station, but the ATON team, 87' patrol boat offices and the Vessel Boarding and Security Team.

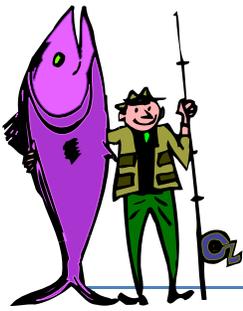
The station is an immediate response unit with the heavy weather capability of the 45' RB-Ms and the swiftness of the 25' RB-Ss. The boat crews are ready around the clock, day or night, to respond to the mariner in distress, as well as law enforcement missions, pollution reports, port safety and security. The station is responsible for nearly 1,300 square nautical miles of inland and offshore waters that includes Corsons Inlet and Cape May in New Jersey, Ship John Shoal and Cape Henlopen in Delaware.



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**SUBSIDIARY & GENERAL INFORMATION**



## Local Nice To Know



### Chamber of Commerce

Avalon Chamber of Commerce

<http://www.avalonbeach.com/>

Cape May County Chamber of Commerce

<http://www.capemaycountychamber.com/>

Dennis Township Chamber of Commerce

<http://www.dennistwp.org/dtlinks.htm>

Greater Cape May Chamber of Commerce

<http://www.capemaychamber.com/>

Greater Wildwood Chamber of Commerce

<http://www.gwcoc.com/>

Middle Township Chamber of Commerce

<http://www.middletownshipchamberofcommerce.org/>

Ocean City Chamber of Commerce

<http://www.oceancityvacation.com/>

Sea Isle City Chamber of Commerce

<http://www.seaislechamber.com/>

Stone Harbor Chamber of Commerce

<http://www.stoneharborbeach.com/>

### Emergency Management

Bring Fido

<http://www.bringfido.com/>

Cape May County Emergency Management  
Communications Center

<http://www.capemaycountygov.net/Cit-e-Access/webpage.cfm?TID=5&TPID=476>

Humane Society (Disaster Plans For Your Pet)

[http://www.humanesociety.org/issues/animal\\_rescue/tips/pet\\_disaster\\_plan.html](http://www.humanesociety.org/issues/animal_rescue/tips/pet_disaster_plan.html)

National Weather Service (NOAA)

<http://www.erh.noaa.gov/er/phi/>

New Jersey Weather

<http://www.newjerseyweather.com/>

NJ Office of Emergency Management

<http://www.nj.gov/njoem/>

NJ Public Safety & Security

<http://www.state.nj.us/nj/safety/>

NJ State Police

<http://www.njsp.org/index.html>

Storm Pulse <http://www.stormpulse.com>  
Pets Welcome <http://www.petswelcome.com/>

### *For Kids*

Boy Scouts [http://nnjbsa.org/openrosters/view\\_homepage.asp?orgkey=945](http://nnjbsa.org/openrosters/view_homepage.asp?orgkey=945)  
Boys and Girls Club <http://www.bgcnj.org/>  
Girl Scouts <http://www.gscsnj.org/>  
Go Kids NJ <http://www.gokidsnj.com/>  
NJ Kids Online <http://www.njkidsonline.com/>  
Hangout NJ [http://www.state.nj.us/hangout\\_nj/](http://www.state.nj.us/hangout_nj/)  
Parenting Center.com  
<http://www.parentingcenter.com/familyfun/newjersey.html>

### *Health and Human Services*

Community Food Bank of New Jersey <http://www.njfoodbank.org/>  
Department of Agriculture/Jersey Fresh <http://www.state.nj.us/jerseyfresh/>  
Jersey Cares <http://www.jerseycares.org/>  
NJ Department of Health and Senior Services <http://www.state.nj.us/health/>  
NJ Department of Human Services <http://www.state.nj.us/humanservices/>  
NJ Division of Youth and Family Services <http://www.nj.gov/dcf/divisions/dyfs/>  
Supplemental Nutrition Program for Women,  
Infants & Children (WIC/NJ)  
<http://www.state.nj.us/health/fhs/wic/index.shtml>

### *Job Resources*

Department of Labor and Workforce Development  
<http://lwd.dol.state.nj.us/labor/wnpjpin/content/PostedJobFairs.html>  
National Career Fairs <http://www.nationalcareerfairs.com/>  
NJWorks@yourlibrary <http://njworks.org/>

## *Libraries*

|                                |   |
|--------------------------------|---|
| Atlantic County Library System | <a href="http://www.atlanticlibrary.org/">http://www.atlanticlibrary.org/</a>                       |
| Cape May County Library        | <a href="http://www.cmclibrary.org/">http://www.cmclibrary.org/</a>                                 |
| Cumberland County Library      | <a href="http://www.clueslibs.org/">http://www.clueslibs.org/</a>                                   |
| New Jersey Libraries           | <a href="http://www.librarysites.info/states/nj.htm">http://www.librarysites.info/states/nj.htm</a> |
| NJ State Library               | <a href="http://www.njstatelib.org/">http://www.njstatelib.org/</a>                                 |

## *Local Towns & Counties*

|                           |   |
|---------------------------|---|
| Borough of Avalon         | <a href="http://www.avalonboro.org/">http://www.avalonboro.org/</a>                               |
| Borough of West Cape May  | <a href="http://www.westcapemay.us/">http://www.westcapemay.us/</a>                               |
| Borough of West Wildwood  | <a href="http://www.westwildwoodnj.com/">http://www.westwildwoodnj.com/</a>                       |
| Borough of Wildwood Crest | <a href="http://www.wildwoodcrest.org/">http://www.wildwoodcrest.org/</a>                         |
| Borough of Woodbine       | <a href="http://www.boroughofwoodbine.net/">http://www.boroughofwoodbine.net/</a>                 |
| Cape May County           | <a href="http://www.capemaycountygov.net/">http://www.capemaycountygov.net/</a>                   |
| Cape May Point            | <a href="http://www.cmpnj.com/">http://www.cmpnj.com/</a>   |
| City of Cape May          | <a href="http://www.capemaycity.org/">http://www.capemaycity.org/</a>                             |
| City of North Wildwood    | <a href="http://www.northwildwood.com/">http://www.northwildwood.com/</a>                         |
| City of Wildwood          | <a href="http://www.wildwoodnj.org/">http://www.wildwoodnj.org/</a>                               |
| Dennis Township           | <a href="http://www.dennistwp.org/">http://www.dennistwp.org/</a>                                 |
| Lower Township            | <a href="http://www.townshipoflower.org/">http://www.townshipoflower.org/</a>                     |
| Middle Township           | <a href="http://www.middleborough.com/">http://www.middleborough.com/</a>                         |
| Ocean City                | <a href="http://services.ocnj.us/">http://services.ocnj.us/</a>                                   |
| Sea Isle City             | <a href="http://www.sea-isle-city.nj.us/">http://www.sea-isle-city.nj.us/</a>                     |
| Stone Harbor              | <a href="http://www.stone-harbor.nj.us/default.asp">http://www.stone-harbor.nj.us/default.asp</a> |
| Upper Township            | <a href="http://www.uppertownship.com/index.asp">http://www.uppertownship.com/index.asp</a>       |

### *News Papers/TV Stations*

|                             |  |
|-----------------------------|--|
| Cape May County Herald      | <a href="http://www.capemaycountyherald.com">www.capemaycountyherald.com</a> |
| Cape May Times              | <a href="http://www.capemaytimes.com/">www.capemaytimes.com/</a>             |
| Courier-Post                | <a href="http://www.courierpostonline.com">www.courierpostonline.com</a>     |
| NBC 40 (Atlantic City)      | <a href="http://www.nbc40.net/">http://www.nbc40.net/</a>                    |
| Ocean City Sentinel         | <a href="http://www.ocsentinel.com">www.ocsentinel.com</a>                   |
| Press of Atlantic City      | <a href="http://www.pressofatlanticcity.com">www.pressofatlanticcity.com</a> |
| The Bright Side             | <a href="http://www.brightsidenewspaper.com">www.brightsidenewspaper.com</a> |
| The Middle Township Gazette | <a href="http://www.shorenwstoday.com">www.shorenwstoday.com</a>             |
| The Star-Ledger             | <a href="http://www.nj.com/starledger">www.nj.com/starledger</a>             |

### *Parks and Outdoors*

|                                       |  |
|---------------------------------------|--|
| Cape May County Department of Tourism | <a href="http://www.thejerseycap.com/">http://www.thejerseycap.com/</a>                      |
| NJ DEP Division of Fish and Wildlife  | <a href="http://www.state.nj.us/dep/fgw/fishing.htm">www.state.nj.us/dep/fgw/fishing.htm</a> |
| NJ DEP Division of Parks and Forestry | <a href="http://www.njparksandforests.org">www.njparksandforests.org</a>                     |

### *Radio Stations*

|               |   |
|---------------|---|
| WZXL 100.7 FM | <a href="http://www.wzxl.com/">http://www.wzxl.com/</a>         |
| WCMC 1230 AM  |   |
| WWZK 98.7 FM  | <a href="http://www.987krock.com/">http://www.987krock.com/</a> |
| WBNJ 105.5 FM |   |
| WSAX 102.3 FM | <a href="http://www.thesax.com/">http://www.thesax.com/</a>     |
| WEMG104.9 FM  |   |

### *Transportation*

|   |  |
|---|--|
| Cape May – Lewes Ferry                      | <a href="http://www.capemaylewesferry.com">www.capemaylewesferry.com</a> |
| Community Transportation of Cape May County |  |

<http://www.capemaycountygov.net/Cit-e-Access/webpage.cfm?TID=5&TPID=8504>

E-Z Pass (NJ)

<http://www.ezpassnj.com/>

New Jersey Department of Transportation

<http://www.state.nj.us/transportation/>

NJ Transit Schedules, Cape May Times

[www.capemaytimes.com/travel/new-jersey-transit.htm](http://www.capemaytimes.com/travel/new-jersey-transit.htm)

### *Utilities*

Cape May County Municipal Utilities Authority

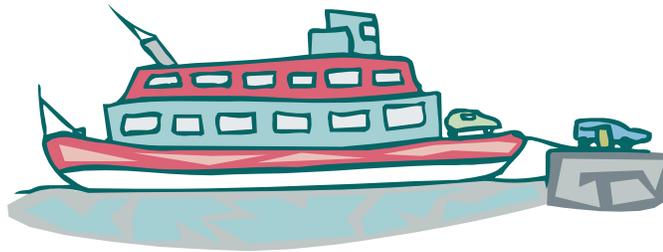
<http://www.cmcma.com/>

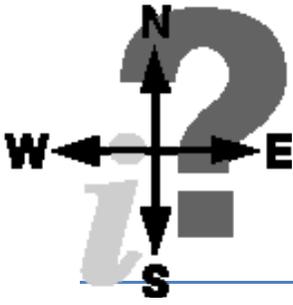
New Jersey Utility Companies

<http://www.connectutilities.com/directory/states/NewJersey.html>

NJ Board of Public Utilities

<http://www.bpu.state.nj.us/bpu/assistance/utility/>





## Other Nice to Know

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### *Career and Retirement*

#### **AARP Retirement Calculator**

[http://www.aarp.org/work/retirement-planning/retirement\\_calculator/](http://www.aarp.org/work/retirement-planning/retirement_calculator/)

#### **CareerBuilder.com**

<http://www.careerbuilder.com/>

#### **Coast Guard Civilian Jobs**

<http://www.uscg.mil/civilian>

#### **Corporate Gray**

<http://www.corporategray.com/>

#### **Enlisted Personnel Management Division**

<http://www.uscg.mil/psc/epm/default.asp>

#### **GI Jobs**

<http://www.gijobs.com/>

#### **Hero 2 Hired**

<https://h2h.jobs/>

#### **Latest Pay Rates and Benefits (USCG Pay & Personnel Center)**

<http://www.uscg.mil/ppc/rates.asp>

#### **PayScale**

<http://www.payscale.com/>

#### **Per Diem, Travel and Transportation Allowance Committee: Rates & Allowances**

<http://www.defensetravel.dod.mil/perdiem/rateinfo.html>

#### **Peterson's DOD MWR Libraries**

<http://www.nelnetsolutions.com/dod/Default.aspx?sponsor=12894>

#### **Recruit Military**

<http://recruitmilitary.com/>

#### **RetirePA**

<http://www.retirepa.com/>



**Retiree and Annuitant Pay (Defense Finance and Accounting Service)**  
<http://www.dfas.mil/retiredmilitary.html>

**Retirement Calculators (Office of Secretary of Defense/Military Compensation)**  
<http://militarypay.defense.gov/retirement/calc/>

**Social Security Department**  
[www.socialsecurity.gov](http://www.socialsecurity.gov)

**Taxes By State (Retirement Living Information Center)**  
<https://www.retirementliving.com/RLtaxes.html>

**Turbo Tap**  
<http://www.turbotap.org/register.tpp>

**USAJobs**  
<http://www.usajobs.gov/>

**U.S. Department of Labor**  
<http://www.dol.gov/index.htm>

**U.S. Department of Labor Veterans' Employment & Training Service**  
<http://www.dol.gov/vets/programs/>

**U.S. Department of Labor – Bureau of Labor Statistics**  
<http://www.bls.gov/>

**U.S. Department of Veterans Affairs**  
<http://www.va.gov/>

### ***Family and Recreation***

**All For Good**  
<http://www.allforgood.org/>

**Adoption Reimbursement (CG-11 Office of Work-Life)**  
<http://www.uscg.mil/hq/cg1/cg111/adoption.asp>

**Aging with Dignity**  
<http://www.agingwithdignity.org/>

**Armed Forces Sports Info and Application**  
<http://www.uscg.mil/MWR/SPORTS/ARMEDFORCESSPORTS.ASP>

**Bring Fido**  
<http://www.bringfido.com/>

**Child Care Aware**  
<http://www.childcareaware.org/en/>



**Child Welfare Information Gateway**  
<http://www.childwelfare.gov/>

**DoD Lodging Search**  
<http://www.dodlodging.net/>

**Elder Care (CG-11 Office of Work-Life)**  
[http://www.uscg.mil/hq/cg1/cg111/elder\\_care.asp](http://www.uscg.mil/hq/cg1/cg111/elder_care.asp)

**Eldercare Locator**  
<http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx>

**Military Homefront**  
[http://www.militaryhomefront.dod.mil/portal/page/mhf/MHF/MHF\\_HOMEPAGE](http://www.militaryhomefront.dod.mil/portal/page/mhf/MHF/MHF_HOMEPAGE)

**Motorcycle Riding** (requirements and training)  
<http://www.uscg.mil/HQ/CG1/CG113/CG1132/MOTORCYCLE.ASP>

**National Association of Area Agencies on Aging**  
<http://www.n4a.org/>

**National Military Family Association**  
<http://www.militaryfamily.org/>

**Pets Welcome**  
<http://www.petswelcome.com/>

**Space-A Travel (Air Mobility Command)**  
<http://www.amc.af.mil/amctravel/>

**Special Needs Program (CG-11 Office of Work-Life)**  
[http://www.uscg.mil/hq/cg1/cg111/special\\_needs.asp](http://www.uscg.mil/hq/cg1/cg111/special_needs.asp)

**United We Serve**  
<http://www.serve.gov/>

**U.S. Coast Guard Child Care Subsidy Program (GSA site)**  
<http://www.gsa.gov/portal/content/102063>

**U.S. National Park Service**  
<http://www.nps.gov/index.htm>

## **Finance**

**AnnualCreditReport.com**  
<https://www.annualcreditreport.com/cra/index.jsp>

**Basic Allowance for Housing (BAH) Calculator (DOD)**  
<http://www.defensetravel.dod.mil/site/bahCalc.cfm>



**Bankrate.com**

[http://www.bankrate.com/?ec\\_id=GOOG\\_ag\\_Bankrate.com\\_ky\\_Broad\\_k\\_bank\\_rate.com](http://www.bankrate.com/?ec_id=GOOG_ag_Bankrate.com_ky_Broad_k_bank_rate.com)

**Better Business Bureau**

<http://www.bbb.org/>

**Career Sea Pay Tables**

<http://www.uscg.mil/ppc/csp.asp>

**Consumer Action Handbook** (Tips about identity theft, understanding credit, filing a consumer complaint, consumer news, etc)

<http://www.consumeraction.gov/index.shtml>

**Consumer Reports**

<http://www.consumerreports.org/cro/index.htm>

**Consumer Union**

<http://www.consumersunion.org/>

**Credit Card Connection**

<http://www.creditcardconnection.org/>

**Defend Your Dollars**

<http://defendyourdollars.org/>

**Federal Deposit Insurance Corporation (FDIC)**

<http://www.fdic.gov/index.html>

**Federal Long-Term Care Insurance Program (FLTCIP)**

<http://www.opm.gov/insure/ltc/index.asp>

**Federal Trade Commission**

<http://www.ftc.gov/>

**Feed The Pig**

<http://www.feedthepig.org/>

**Financial Counseling Organizations (State of NJ Department of Banking & Insurance)**

[http://www.state.nj.us/dobi/division\\_consumers/finance/counselors.html](http://www.state.nj.us/dobi/division_consumers/finance/counselors.html)

**Homeowners Assistance Program**

<http://hap.usace.army.mil/>

**Humane Society of Atlantic County, The** (Spay/neuter and vaccination assistance)

<http://www.hsacpet.com/>

**Internal Revenue Service (IRS)**

<http://www.irs.gov/index.html>



**Kelley Blue Book**

<http://www.kbb.com/>

**Life Insurance (U.S. Department of Veterans Affairs Site)** (SGLI, and other VA life insurance)

<http://www.insurance.va.gov/miscellaneous/index.htm>

**Military Saves**

<http://www.militarysaves.org/>

**My FICO**

<http://www.myfico.com/crediteducation/>

**NADA** (Vehicle pricing and information)

<http://www.nada.com/>

**National Association of Personal Financial Advisors (NAPFA)**

<http://findanadvisor.napfa.org/Home.aspx>

**National Endowment for Financial Education**

<http://www.nefe.org/>

**National Foundation for Credit Counseling (NFCC)**

<http://www.nfcc.org/>

**NJ Bureau of Securities**

<http://www.njsecurities.gov/>

**NJ Division of Consumer Affairs**

<http://www.njconsumeraffairs.gov/>

**Property Room.com (Police Auctions)**

<http://www.propertyroom.com/Default.aspx>

**SaveAndInvest.org**

<http://www.saveandinvest.org/Military/index.htm>

**State of NJ Department of Health and Services/Veterinary Public Health** (Low Cost Spaying/Neutering Program)

<http://www.state.nj.us/health/cd/izdp/spayneut.shtml>

**Thrift Savings Plan**

<http://www.uscg.mil/ppc/tsp.asp#limits>

**Time: Moneyland**

<http://moneyland.time.com/>

**U.S. Department of Housing and Urban Development**

<http://portal.hud.gov/portal/page/portal/HUD>

**Work-Life Financial Management**  
<http://www.uscg.mil/worklife/financial.asp>

**Worth Monkey** (Asking and selling prices of used goods)  
<http://www.worthmonkey.com/>

**Zillow** (Real Estate values, listings, mortgage rates)  
<http://www.zillow.com/>

### **General Emergency Info**

**American Red Cross**  
[www.redcross.org](http://www.redcross.org)

**FEMA (Federal Emergency Management Agency)**  
<http://www.fema.gov/index.shtm>

**FEMA (Federal Emergency Management Agency) Map Service Center** (Flood Maps)  
<http://www.msc.fema.gov/webapp/wcs/stores/servlet/FemaWelcomeView?storeId=10001&catalogId=10001&langId=-1&userType=G>

**National Weather Service (NOAA)**  
<http://www.erh.noaa.gov/er/phi/>

**Ready Campaign**  
[www.ready.gov](http://www.ready.gov)

### **Health**

**American Council on Exercise (ACE)**  
<http://www.acefitness.org/>

**Centers for Disease Control and Prevention: Healthy Weight**  
<http://www.cdc.gov/healthyweight/index.html>

**Employee Assistance Program (1-800-222-0364)**  
[http://www.uscg.mil/worklife/employee\\_assistance.asp](http://www.uscg.mil/worklife/employee_assistance.asp)

**Federal Occupational Health**  
<http://www.foh.dhhs.gov/>

**Mental Health Self-Assessment Program**  
<http://www.militarymentalhealth.org/>

**MyDuty.mil** (sexual assault assistance link)  
<http://www.myduty.mil/>

**National Suicide Prevention Lifeline**



<http://www.suicidepreventionlifeline.org/Default.aspx>

**Navy and Marine Corps Public Health Center**

<http://www.nmcphc.med.navy.mil/>

**Office of Diversion Control (DEA)**

[http://www.deaiversion.usdoj.gov/drugs\\_concern/index.html](http://www.deaiversion.usdoj.gov/drugs_concern/index.html)

**PandemicFlu.gov/AvianFlu.gov**

[www.pandemicflu.gov](http://www.pandemicflu.gov)

**Quit Tobacco**

<http://www.ucanquit2.org/>

**Time: Healthland**

<http://healthland.time.com/>

**Tobacco Cessation Program (CG-11 Office of Work-Life Programs)**

[http://www.uscg.mil/HQ/CG1/CG111/TOBACCO\\_CESSATION.ASP](http://www.uscg.mil/HQ/CG1/CG111/TOBACCO_CESSATION.ASP)

**TRICARE Active Duty Dental Program Portal**

<https://secure.addp-ucci.com/ddpddw/adsm/adsm.xhtml>

**TRICARE North (Health Net)**

<https://www.hwwnfs.net/>

**TRICARE Pharmacy Program**

<http://www.tricare.mil/mybenefit/home/Prescriptions/PharmacyProgram?>

**United Concordia**

<https://secure.ucci.com/ducdws/home.xhtml>

**Weight Policy Resource Guide (CG-11 Health, Safety & Work-Life)**

<http://www.uscg.mil/HQ/CG1/CG111/WEIGHTGUIDE.ASP>

**WomensHealth.gov**

<http://www.womenshealth.gov/>

**World Health Organization**

[www.who.int](http://www.who.int)

### *Other*

**Boating Safety**

<http://www.uscgboating.org/>

**Coast Guard Academy**

<http://www.cga.edu/>

**Coast Guard Auxiliary**

<http://cgaux.org/>



**Coast Guard In Your Community**

<http://www.uscg.mil/community>

**Coast Guard Recruiting**

<http://www.gocoastguard.com>

**Drivers in the Military**

<http://www.dmv.org/military-drivers/>

**Master Chief of the Coast Guard**

<http://www.uscg.mil/mcpocg/>

**National Do Not Call Registry**

<https://www.donotcall.gov/default.aspx>

**On Scene – The Journal of U.S. Coast Guard Search and Rescue (CG Magazine)**

<http://www.uscg.mil/HQ/CG5/CG534/ONSCENE.ASP>

**Service Lines: People – Platforms – Systems (CG Magazine)**

<http://www.uscg.mil/MISSIONSUPPORT/SERVICELINES.ASP>

**The Reservist Magazine**

<http://www.uscg.mil/reservist/>

**Tools – Military OneSource** (Resources, legal, financial, health, relationships, etc) *CG does not qualify for all programs*

<http://www.militaryonesource.com/MOS/Tools.aspx>

**USA.gov** (agencies, documents, auctions, benefits, apps, etc)

<http://www.usa.gov/index.shtml>

**USCG Uniform Distribution Center**

<http://www.uscg.mil/hq/cg1/udc/>

**Voting and Elections**

<http://www.usa.gov/Citizen/Topics/Voting.shtml> or

<http://www.fvap.gov/>



# Schools

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**State of New Jersey Department of Education**

<http://education.state.nj.us/directory/>

**U.S. Department of Education (New Jersey)**

<http://www2.ed.gov/about/contacts/state/nj.html>

**State of New Jersey Commission on Higher Education**

<http://www.nj.gov/highereducation/colleges/>

**U.S. Department of Education**

<http://www.ed.gov/>

**Great Schools**

[www.greatschools.org/new-jersey](http://www.greatschools.org/new-jersey)

## ***Elementary/Intermediate Schools***

Avalon Elementary School (609) 967-7544

<http://avalon.capemayschools.com/Welcome.html>

Cape May City Elementary School (609) 884-8485

<http://www.capemaycityschool.org>

Carl T. Mitnick Elementary School (609) 884-9470

<http://lowertwpschools.com/mitnick/index.html>

David C. Douglass Veterans Memorial School (609) 884-9430

<http://lowertwpschools.com/memorial/index.html>

Dennis Township Elementary School (609) 861-2821

[http://www.dennistwpschools.org/elementary\\_school](http://www.dennistwpschools.org/elementary_school)

Glenwood Avenue Elementary School (609) 522-1630

|  |                |
|--|----------------|
| Margaret Mace Elementary School<br><a href="http://mmace.capemayschools.com">http://mmace.capemayschools.com</a>   | (609) 522-1454 |
| Maud H. Abrams Elementary School<br><a href="http://lowertwpschools.com/maudabrams/index.html">http://lowertwpschools.com/maudabrams/index.html</a>        | (609) 884-9420 |
| Middle Township Elementary School No 1<br><a href="http://www.middletp.k12.nj.us/">http://www.middletp.k12.nj.us/</a>                                      | (609) 463-1900 |
| Middle Township Elementary School No 2<br><a href="http://www.middletp.k12.nj.us/">http://www.middletp.k12.nj.us/</a>                                      | (609) 465-1828 |
| Middle Township Elementary School No 4<br><a href="http://www.middletp.k12.nj.us/">http://www.middletp.k12.nj.us/</a>                                      | (609) 465-1834 |
| Ocean Academy (Elementary School for children of special needs)<br><a href="http://www.cmcspecialservices.org/oa">http://www.cmcspecialservices.org/oa</a> | (609) 465-2720 |
| Ocean City Intermediate School<br><a href="http://oceancity.nj.oci.schoolinsites.com/">http://oceancity.nj.oci.schoolinsites.com/</a>                      | (609) 399-5611 |
| Ocean City Primary Elementary School<br><a href="http://oceancity.nj.ocp.schoolinsites.com/">http://oceancity.nj.ocp.schoolinsites.com/</a>                | (609) 399-3191 |
| Sandman Consolidated Elementary<br><a href="http://lowertwpschools.com/sandman/index.html">http://lowertwpschools.com/sandman/index.html</a>               | (609) 884-9410 |
| Sea Isle City Public Elementary School<br><a href="http://www.seaisleschool.com">http://www.seaisleschool.com</a>  | (609) 263-8461 |
| Stone Harbor Elementary School<br><a href="http://sh.capemayschools.com">http://sh.capemayschools.com</a>  | (609) 368-4413 |
| Upper Township Elementary School<br><a href="http://www.upperschools.org">http://www.upperschools.org</a>  | (609) 390-1242 |
| Upper Township Primary Elementary School<br><a href="http://www.upperschools.org">http://www.upperschools.org</a>  | (609) 390-2242 |
| West Cape May Elementary School<br><a href="http://wcm.capemayschools.com">http://wcm.capemayschools.com</a>   | (609) 884-4614 |
| Wildwood Crest Elementary School<br><a href="http://www.edline.net/pages/Wildwood_Crest_School">http://www.edline.net/pages/Wildwood_Crest_School</a>      | (609) 729-3760 |

### **Middle Schools**

|   |                |
|---|----------------|
| Dennis Township Middle School<br><a href="http://www.dennistwpschools.org/middle_school">http://www.dennistwpschools.org/middle_school</a>          | (609) 861-2821 |
| Richard M. Teitelman Middle School<br><a href="http://www.lcmrschooldistrict.com/rmt/index.php">http://www.lcmrschooldistrict.com/rmt/index.php</a> | (609) 884-3475 |
| Upper Township Middle School<br><a href="http://www.upperschools.org">http://www.upperschools.org</a>   | (609) 628-3500 |
| Wildwood Middle School  | (609) 522-7922 |
| Woodbine Elementary School<br><a href="http://woodbine.capemayschools.com">http://woodbine.capemayschools.com</a>                                   | (609) 861-5174 |

### **High Schools**

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|--|----------------|
| Cape May County High School (For children with special needs)<br><a href="http://www.cmcspecialservices.org/hs">http://www.cmcspecialservices.org/hs</a> | (609) 465-2720 |
| Cape May Co. Tech. H.S. (Evening Classes available)<br><a href="http://www.capemaytech.com">http://www.capemaytech.com</a>                               | (609) 465-2161 |
| Lower Cape May Regional High School<br><a href="http://www.lcmrschooldistrict.com/lcmr/index.php">http://www.lcmrschooldistrict.com/lcmr/index.php</a>   | (609) 884-3475 |
| Middle Township High School<br><a href="http://www.middletp.k12.nj.us/">http://www.middletp.k12.nj.us/</a>   | (609) 465-1852 |
| Ocean City High School<br><a href="http://oceancity.nj.och.schoolinsites.com/">http://oceancity.nj.och.schoolinsites.com/</a>                            | (609) 399-1290 |
| Wildwood High School   | (609) 522-7922 |

### **Local Colleges**

|   |                |
|---|----------------|
| Atlantic Cape Community College<br><a href="http://www.atlantic.edu/">http://www.atlantic.edu/</a>  | (609) 343-4800 |
| Stockton College of New Jersey<br><a href="http://intraweb.stockton.edu/eyos/page.cfm?siteID=197&amp;pageID=5&amp;layout=hp">http://intraweb.stockton.edu/eyos/page.cfm?siteID=197&amp;pageID=5&amp;layout=hp</a> | (609) 652-1776 |

### **Private Schools**

|  |                |
|--|----------------|
| Bishop McHugh (Grades PK-8)<br><a href="http://www.bishopmchugh.com/">http://www.bishopmchugh.com/</a> | (609) 522-2704 |
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Cape Christian Academy (Grades K-12)  
<http://www.capechristianacademy.com/>

(609) 465-4132

Cape Trinity Catholic School (Grades PK-8)  
<http://www.capetrinitycatholic.org/ctc/>

(609) 522-2704

Wildwood Catholic (Grades 9-12)  
<http://wildwoodcatholic.org/wwc/>

(609) 522-7257



1 Mile, 2 Mile and 3 Mile Running Routes

