

Welcome Aboard



The Birthplace of the Coast Guard's Premiere Maritime Enlisted Force





TRACEN CAPE MAY VISION

- *Develop American's premium maritime enlisted force 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 our tenant commands to ensure they have the proper environment to successfully execute their mission.*
- *Respect our shipmates and honor our profession as defenders of our Nation.*
- *Provide a first-class working environment that presents the finest image of the United States Coast Guard and allows us to effectively carry out our duties.*

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:

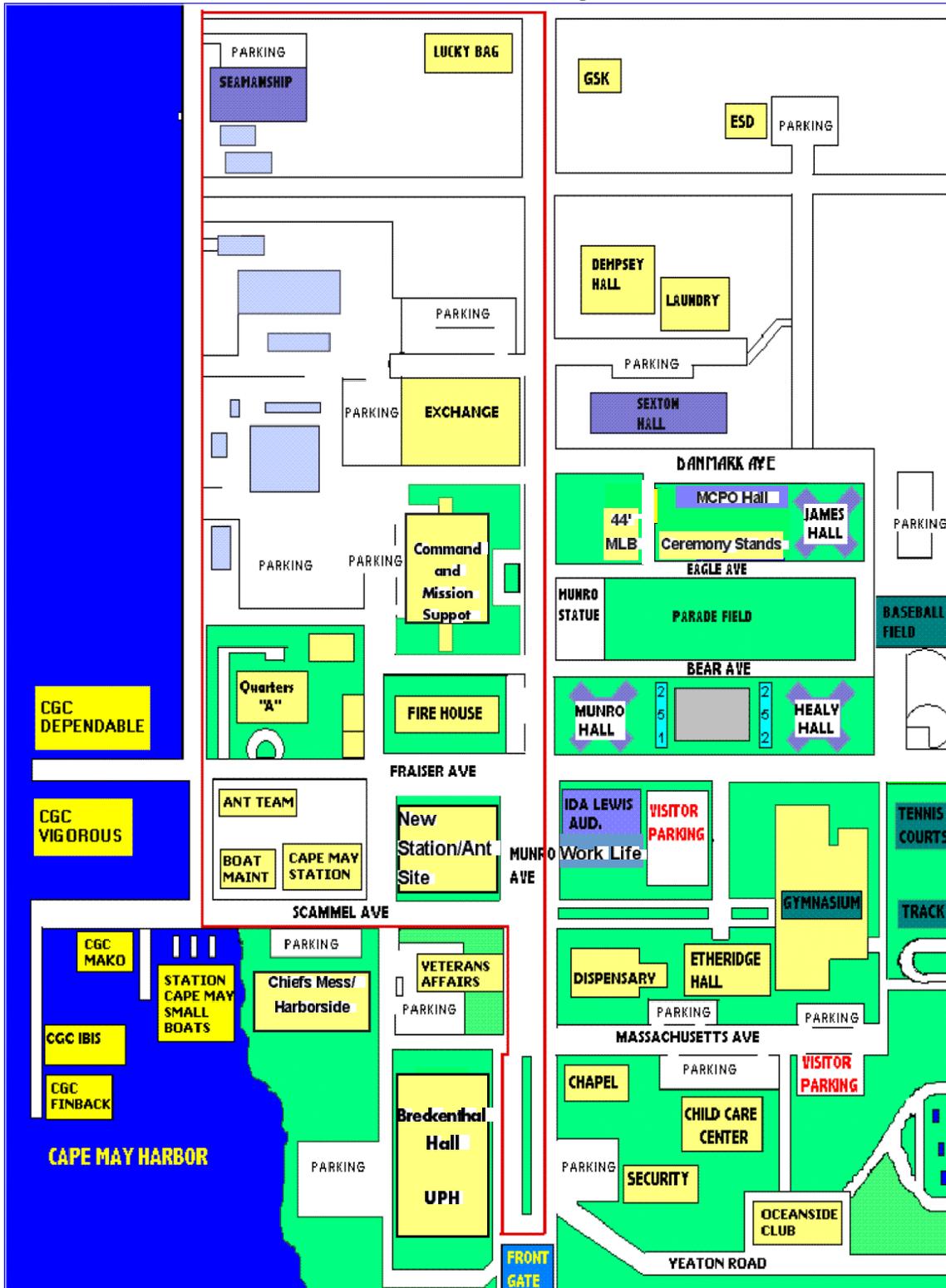
- Develop America's Enlisted Coast Guard Workforce in a manner that secures the trust and confidence of our Service and the families who entrust us with the care of their loved ones.
- Provide the highest level of support to TRACEN Cape May and our tenant commands to ensure they have the proper environment 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 and work 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

TRACEN General Map



Not to scale (cy2011)

Frequently Called Numbers



Emergency Number 911 on or off base

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

All Numbers are (609) 898-XXXX

Addictions Prevention Specialist	6924
Administration Office	6257
Aids To Navigation Team	6427
Barber/Beauty Shop	6939
Career Development Advisor	6280
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	6722
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
Environmental Protection/Safety	6889
Equal Opportunity Advisor	6919
Exchange	6940
Family Advocacy	6925
Family Resource Specialist	6885
Gym	6973
Harborview Community Club	6937/6396
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Household Goods/GTRs	6931
Housing Office	6918
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**TRAINING CENTER
&
SERVICES**



*The Birthplace of the Coast Guard's Premiere
Maritime 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.

House Hold Good Shipments and GTRs (609) 898-6330/6931

Appointments Mondays thru Fridays 0800-1130 and 1300-1530.

ID Cards (609) 898-6337/6340

Appointments Mondays and Tuesday 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 Gym and Pool



Base Gym

(609) 898-6973

http://www.uscg.mil/hq/capemay/activeduty/MWR_Facilities.asp

*Gym

MONDAY - FRIDAY: 0530 - 2100

SATURDAY: 0900-1700

SUNDAY: 1200-1700

***Recruits may be using the facilities at certain times. Please check with the gym for availability.**

Open to all active duty, civilian employees, dependents, retirees, auxilarists, active duty reservist, local police, and guests (must be with sponsor at all times)

Dependents, guests, and children 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, Tread Mills, 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. In addition, the gym also has a volleyball court and is used for indoor soccer and 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.

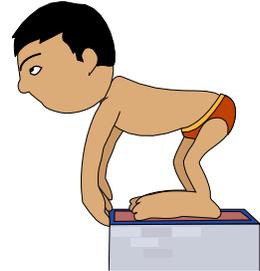
Pool

MONDAY-FRIDAY

Lap Swim Only

0645-0745

1130-1300



**Active Duty, Civilian Employees, Dependents, Auxiliarists, Active Duty Reservists, Retirees*

Open Swim

1800-2030

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

SATURDAY & SUNDAY:

Open Swim

1230-1630

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



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 name
- ✓ Proof of insurance
- ✓ ID Card

- Operating a vehicle and talking 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 use a hands-free devices.**

- All members operating a bicycle on base must wear a helmet.

- All members' operating a motorcycle is required to have a valid license with a motorcycle endorsement as well as a completed safety course required by the Commandant.

Sponsors are responsible for their guest 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, 1st deck. ID cards are issued by appointment ((609) 898-6337) between the hours of 0700 and 1530. 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 CHIEF OF POLICE: 609-780-7958 PATROLMAN: 609-780-1805 PATROLMAN: 609-780-7086 PATROLMAN: 609-780-7950 OOD: 609-780-1346 ETI 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

Chapel

The Guardian of the Sea Chapel



The Chaplain Office 0730-1600

(609) 898-6974

http://www.uscg.mil/hq/capemay/activeduty/Religious_Information.asp

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 Guardians 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, direction to other places of worship locally for faith of choice is also available.

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

Chiefs Mess and Cape May Chiefs Association

Chiefs Mess part of the Harbor View Building
The Chief's Club bar opens M-F 1600

(609) 898-6923

The Chiefs of Cape May are a power derived from active, reserve and retired E7 through E9s. They are dedicated to lead, teach, mentor, ensure standards are being met and remain a supporting force for the Coast Guard, their family, and community endeavors. Contact the Chief of the Mess, Chief of the Boat, Command Master Chief, or the association President for meeting dates and times.

Mission

Provide leadership to the Enlisted Force and advice to the Coast Guard leadership to create a mission-ready and guardians of the sea.

Vision

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

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. 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 in the geographic area of the mess are considered Chief's Club Members. All Chief's Club Members are entitled to key access to the club.

The Chief's Club can be reserved for personal functions on a first come basis not to interfere with any command sponsored meeting or events. Make all requests to the Club Committee at least 14 days in advance.

Galley Chief's Mess

There is a Chief's Mess in Etheridge Hall for meals and command functions on the permanent party side of the galley. All Chiefs are welcome.

Child Development Center (CDC)

CDC Building

**The CDC hours are M-F 0630-17100
Closed on all federal holidays**

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)

*Note: Priorities are in the process of being changed. Please call or click on the above link for updates.

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% 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 and money orders. Checks and money orders should be made out to MWR. Monthly programs are due the 1st 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 1500pm.

Please call for Holiday hours.

(609) 898-6346

www.cg-exchange.com

or visit

www.facebook.com/home.php#/pages/Coast-Guard-Exchange/115726466200

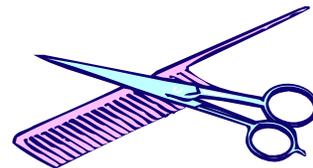


(609) 898-6573

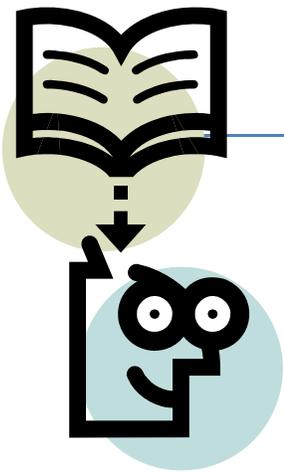
Post Office hours are Monday thru Friday 1100 to 1330.

BARBER SHOP (609) 898-6939

Dempsey Hall



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



Education Services

**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 fifty units in the Coast Guard with a full-time Educational Services Officer (ESO). The ESOs whole purpose is to help you (military, civilian, or dependant) with the educational aspects of your professional and personal development.

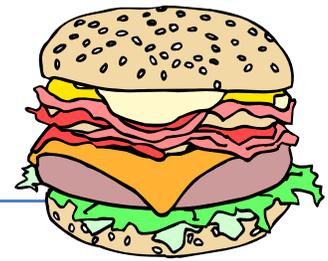
Information such as obtaining a college degree, CLEP tests, certifications, career transitions and development, distance learning, and financial aid is available.

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 Breakfast 0900-1100

Sunday Brunch 1100-1300 in lieu of Lunch

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



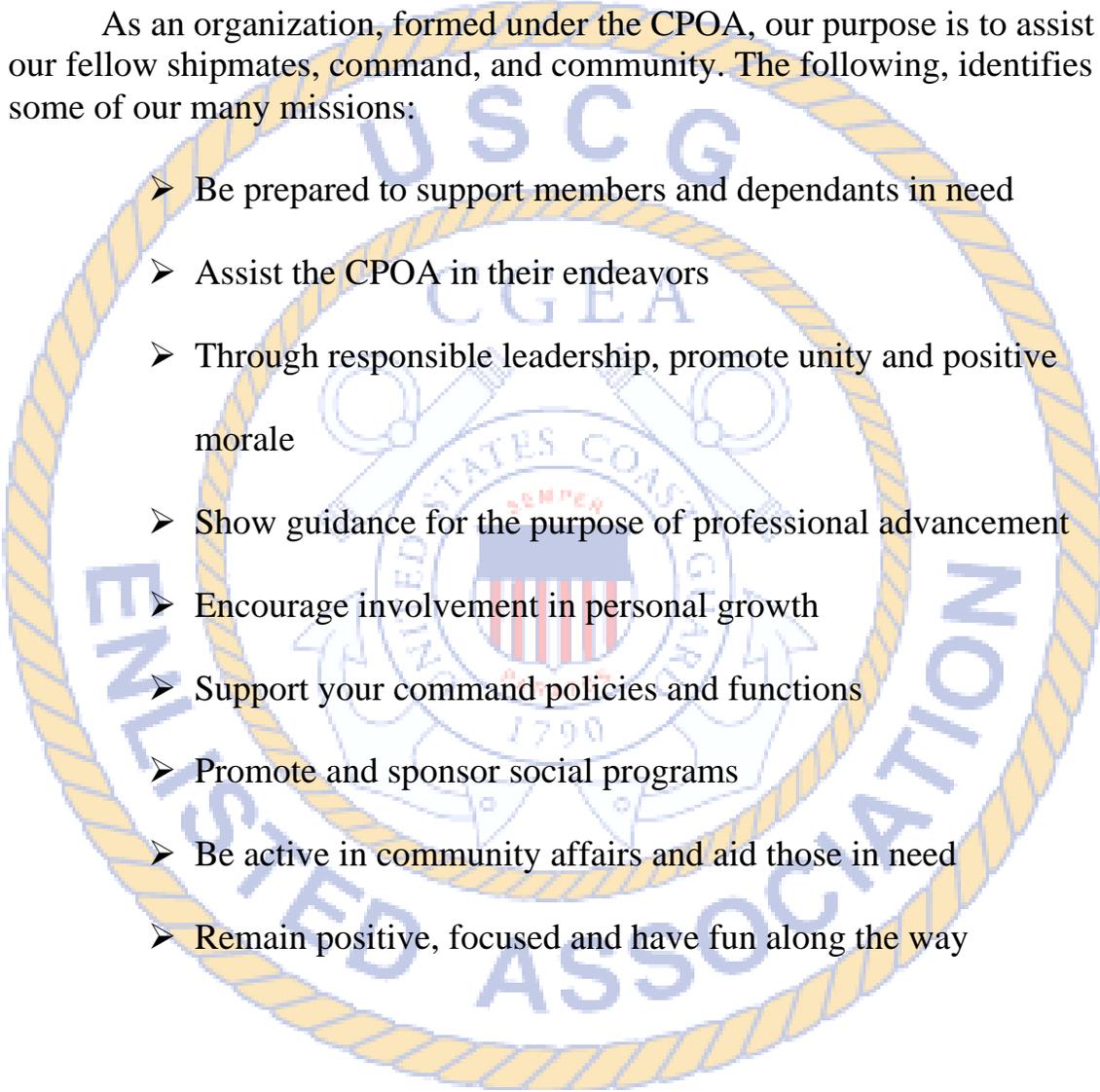
Garden State Enlisted Association

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



Health Center



Samuel J. Call Health Service Center

Clinic Hours M-F 0700-1130 and 1300-1600
Active duty sick call is during normal working hours
Emergency 911

http://www.uscg.mil/hq/capemay/activeduty/HS_Main.asp

Clinic Supervisor (609) 898-6722

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

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 service 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. 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 counsel's 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 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 P.M. 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

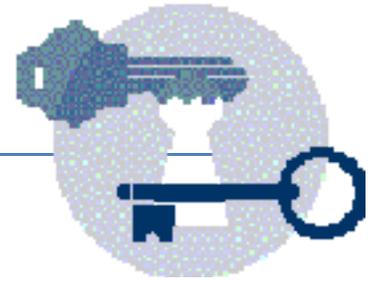
A licensed and certified U.S. Public Health Service Physical Therapist and a physical therapy technician staff the physical therapy department. Physical therapy is located on the first floor of the dispensary. Appointments are made by a referral through a medical officer. This clinic provides physical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

Psychiatry

A licensed and certified contract Psychiatrist and a licensed and certified contract Social Worker staff the Psychiatry department. The primary responsibility of this department is caring for the recruit and active duty population. Please contact EAP for dependants.



Housing



Ida Lewis Building

Office hours are M thru F 0730 – 1600

Housing Office – (609) 898-6919

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

City-Data.Com

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

Temporary Quarters

http://www.uscg.mil/hq/capemay/activeduty/MWR_Temporary_Quarters.asp

TRACEN Cape May Housing consists of 172 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. Once a set of quarters is vacated and a checkout inspection performed, custody of the unit will be turned over to the Housing Maintenance Supervisor for necessary maintenance. 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.

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 temporary housing or click on the temporary quarters link above.

Jersey Cape Military Spouses' Club

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

http://www.uscg.mil/worklife/spouse_club.asp

JCMilitarySpouses'Club@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 by engaging in charitable social activities and to provide educational monetary awards for college bound students. Activities included but are not limited to bake sales, assisting MWR with holiday parties and base events, bunco, book club, flower sales, assisting Work-Life with Thanksgiving Baskets and the Angel Tree and other base/community events. In addition to these activities, the Club also runs the consignment shop *TRACEN's Treasures* located across the lucky bag locker in the GSK building. Its hours run from 1100-1300 on Mondays and Saturdays and 1000-1400 on Fridays.

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

Command and Mission Support Building

The staff hours are M thru F 0730-1600

(609) 898-6902

<http://www.uscg.mil/hq/capemay/activeduty/LegalAssistance.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 US 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 US 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, 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 Website - <http://www.uscg.mil:80/legal/default.asp>

U.S. Armed Forces Legal Assistance -
<http://legalassistance.law.af.mil/content/afla.php?view=topics>

Morale, Well-Being and Recreation (MWR)

Base Gym

The MWR office hours are M-F 0800-1630

http://www.uscg.mil/hq/capemay/activeduty/MWR_Program.asp

MWR Calendar

<http://www.uscg.mil/hq/capemay/docs/MWREventsCalendar.doc>

(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 US Coast Guard Training Center Cape May. Some of the programs offered are listed below.

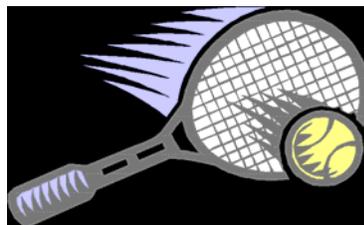
Rental Equipment

There are various morale gear such as camping equipment, coolers, fishing rods, golf clubs, bikes, rotor-tillers, power washers, canoes, kayaks, sunfish sail boats and trailers, available for a small fee. Contact MWR for more information.



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.



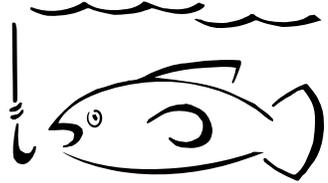
Temporary Quarters

Temporary 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.

Picnic Pavilion and Jetty Fishing

A covered picnic pavilion is offered on a first come first served bases. It is located across from the camping site.

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

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

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

The base provides free films on most Fridays and Saturdays 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

Tuesday, Wednesday, and Friday

Bar 1600-2200

Kitchen 1700-2100

Thursday

Bar 1600-2200

Kitchen 1800-2100

Saturday

Open for recruits from 1600-1900

All hands 1900-2400

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.



Ombudsman



Human Resources Health, Safety and Work-Life

Ombudcm@hotmail.com

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) that 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 that serves 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 email address and make contact. This is a great resource for the family that shouldn't be overlooked!

Training Center Cape May (TRACEN)

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, N.J., 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 174 owned housing units. Along with training our future enlisted force, TRACEN Cape May is also home to 14 tenant commands. On average, over 1160 active duty, reserve, auxiliary, civilians, contractors, and recruits are here on a daily bases.

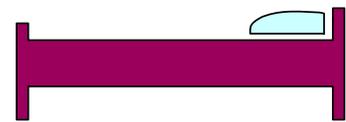
Access to the regiment (behind the Spencer's Mast to the softball field) is normally restricted to authorized personnel. Exceptions are made for special events (i.e. graduations, sunset parades). If in doubt, ask your supervisor or the OOD. The confidence course is for regimental use only.

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





UPH Barracks



Bruckenthal Hall

Office hours are M thru F 0800 - 1530

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

Barracks – (609) 898-6220

The UPH consist of 73 permanent party rooms, 7 transient rooms, and 5 duty rooms, 3 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 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 weapons 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 onboard.
- ❖ Laundry facilities are located in the common area and are for residents only.
- ❖ Residents 21 and over are permitted to consume beer and ale in their OWN room. No more than one 6-pack of beer. 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>

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.

Career Development Advisor (609) 898-6280

- Assist you with information on leadership and professional development programs.
- Advise you about your education benefits.
- Provide your unit with presentations on a variety of career development topics .
- Advise military members on career options such as advancement, the transition from enlisted to officer status, or joining the Reserve.
- Conduct one on one counseling for both members and their families on not only professional development, but sound financial advice and investment opportunities for their families future.

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) 898-6919

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.

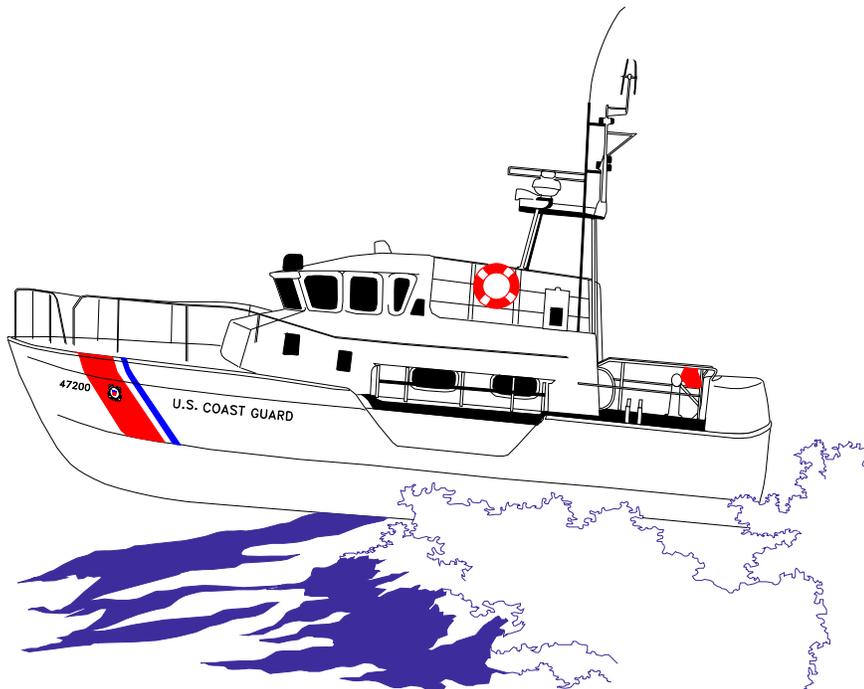
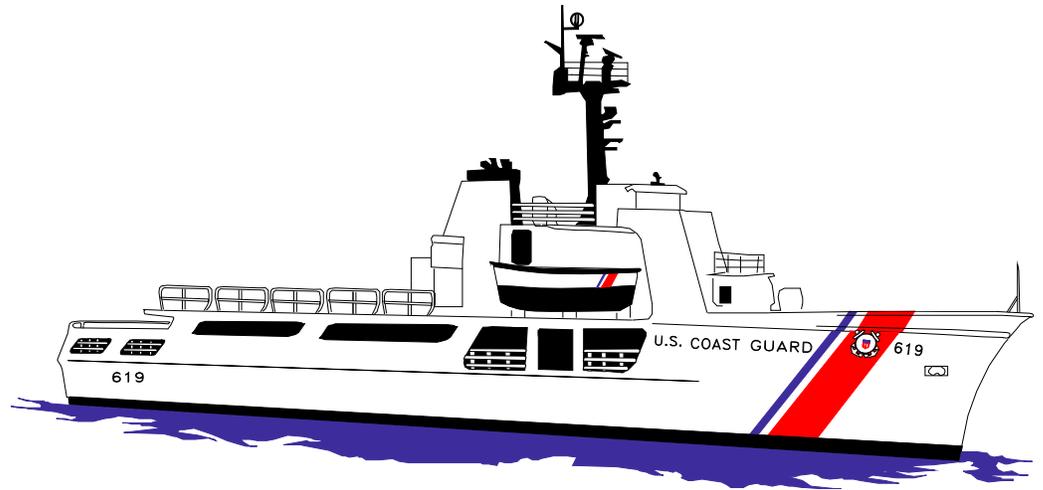
Health Benefits Advisor (609) 898-6886

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 lifestyles.
- 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.

TENANTS





Cape May Aids To Navigation Team



ATON Building (New Building in 2012)

(609) 898-6987

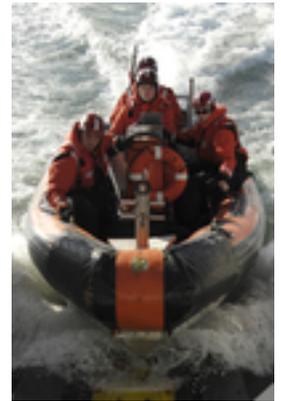
The Cape May Aids to Navigation Team is responsible for approximately 720 Aids, 213 buoys, 230 lights, 10 Lighthouses, 719 dayboards, and 375 miles of waterway. The area of responsibility runs from Shark River NJ to Indian River DE.

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





CGC Finback (WPB – 87314)



(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)

(609) 898-6870

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

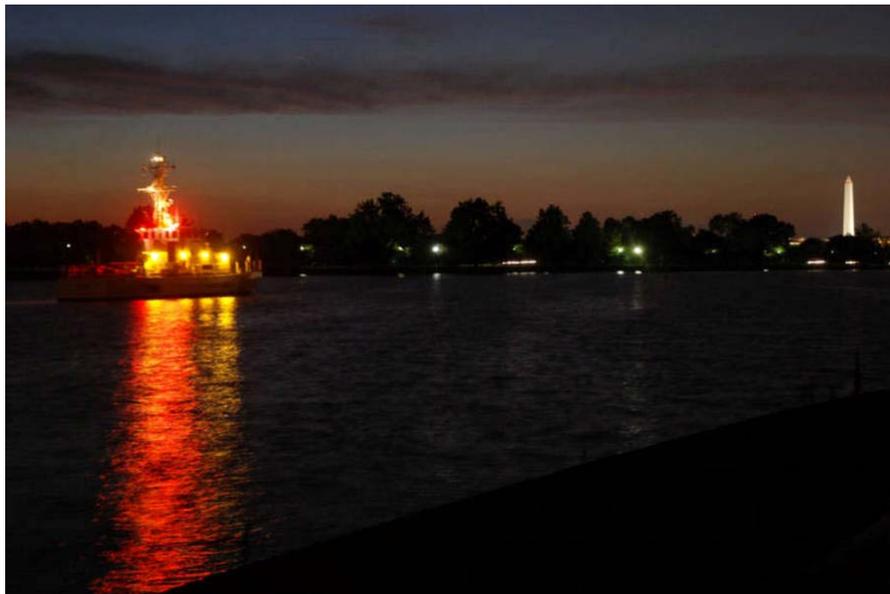




CGC Mako (WPB – 87303)

(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)

(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)

(609) 898-6800

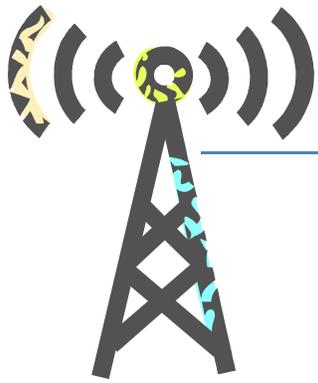
<http://www.uscg.mil/lantarea/cgcVigorous/default.asp>

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.





Electronics Systems Support Detachment (ESD)



Building 296

(609) 898-6600

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.



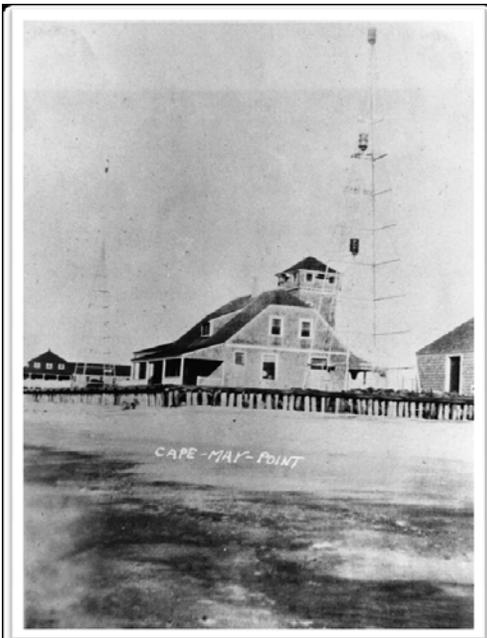
Station Cape May



Station Cape May Building (new building 2012)

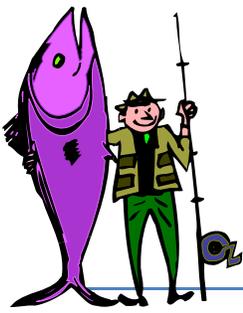
(609) 898-6995

Originally a Life Saving Station at Cape May Point in 1849, Station Cape May found its current resting place in the early 1960s. It is an immediate response unit, with boat crews 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 1300 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.





State, Local & 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.dennistwpchamber.com/
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

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

For Kids

Boy Scouts	http://nnjbsa.org/openrosters/view_homepage.asp?orgkey=945
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/

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 (Volunteering opportunities) <http://www.jerseycares.org/>

NJ Cares Network (Volunteering opportunities) <http://www.njcares.org/index.htm>

NJ Department of Health and Senior Services <http://www.state.nj.us/health/>

NJ Department of Human Services <http://www.state.nj.us/humanservices/>

Supplemental Nutrition Program for Women,
Infants & Children (WIC/NJ)
<http://www.state.nj.us/health/fhs/wic/index.shtml>

Job Fairs

Department of Labor and Workforce Development
<http://lwd.dol.state.nj.us/labor/wnpjpin/content/PostedJobFairs.html>

National Career Fairs <http://www.nationalcareerfairs.com/>

Libraries

Cape May County Libraries <http://www.cape-may.county.lib.nj.us/>

New Jersey Libraries <http://www.librarysites.info/states/nj.htm>

NJ State Library <http://www.njstatelib.org/>

Local Towns & Counties

Borough of Avalon <http://www.avalonboro.org/>

Borough of West Cape May <http://www.westcapemay.us/>

Borough of West Wildwood <http://www.westwildwoodnj.com/>

Borough of Wildwood Crest <http://www.wildwoodcrest.org/>

Borough of Woodbine <http://www.boroughofwoodbine.net/>

Cape May County	http://www.capemaycountygov.net/
Cape May Point	http://www.cmpnj.com/
City of Cape May	http://www.capemaycity.org/
City of North Wildwood	http://www.northwildwood.com/
City of Wildwood	http://www.wildwoodnj.org/
Dennis Township	http://www.dennistwp.org/
Lower Township	http://www.townshipoflower.org/
Middle Township	http://www.middletownship.com/
Ocean City	http://services.ocnj.us/
Sea Isle City	http://www.sea-isle-city.nj.us/
Stone Harbor	http://www.stone-harbor.nj.us/default.asp
Upper Township	http://www.uppertownship.com/index.asp

News Papers/TV Stations

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

Parks and Outdoors

Cape May County Department of Tourism	http://www.thejerseycap.com/
NJ DEP Division of Fish and Wildlife	www.state.nj.us/dep/fgw/fishing.htm

NJ DEP Division of Parks and Forestry

www.njparksandforests.org

Radio Stations

WZXL 100.7 FM

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

WCMC 1230 AM

WWZK 98.7 FM

<http://www.987krock.com/>

WBNJ 105.5 FM

WSAX 102.3 FM

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

WEMG104.9 FM

Transportation

Cape May – Lewes Ferry

www.capemaylewesferry.com

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

Utilities

Cape May County Municipal Utilities Authority

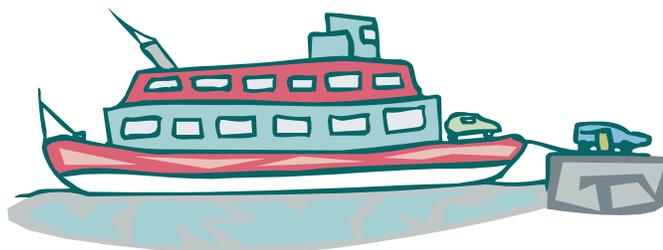
<http://www.cmcmua.com/>

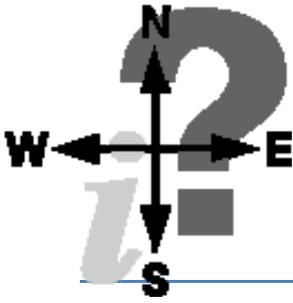
New Jersey Utility Companies

<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

Career and Retirement

AARP Retirement Calculator

http://www.aarp.org/work/retirement-planning/retirement_calculator/

Coast Guard Civilian Jobs

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

Enlisted Personnel Management Division

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

GI Jobs

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

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

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



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/rapay.html>

Retirement Calculator (Air Force Personnel Center)

<https://w11.afpc.randolph.af.mil/RetSepCalcNet/default.aspx>

Retirement Calculators (Office of Secretary of Defense/Military Compensation)

<http://militarypay.defense.gov/retirement/calc/>

Social Security Department

www.socialsecurity.gov

Taxes By State (Retirement Living Information Center)

<https://www.retirementliving.com/RLtaxes.html>

USAJobs

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

U.S. Department of Labor

<http://www.dol.gov/index.htm>

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

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>

Child Care Aware

<http://www.childcareaware.org/en/>

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

Eldercare Locator

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

Military Homefront

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/>

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

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



Angel Food Ministries (A non-profit, non-denominational organization that provides food relief to communities throughout the United States)

<http://www.angelfoodministries.com/hosts.asp?search=1&zip=08210&I1.x=23&I1.y=10>

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

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>

Credit Card Connection

<http://www.creditcardconnection.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

Homeowners Assistance Program

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

Internal Revenue Service (IRS)

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

Kelley Blue Book

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

Life Insurance (US 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 Endowment for Financial Education

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

National Foundation for Credit Counseling (NFCC)

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

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>

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

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

Thrift Savings Plan

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

Time: It's Your Money

<http://money.blogs.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

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/>

Storm Pulse (Weather Tracking Map/Hurricanes)

<http://www.stormpulse.com/severe/nj>

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

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

National Suicide Prevention Lifeline
<http://www.suicidepreventionlifeline.org/Default.aspx>

Office of Diversion Control (DEA)
http://www.deadiversion.usdoj.gov/drugs_concern/index.html

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

TRICARE Active Duty Dental Program Portal
<https://secure.addp-ucci.com/ddpddw/adsm/adsm.xhtml>

TRICARE North (Health Net)
<https://www.hnfs.net/bene/home/>

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>

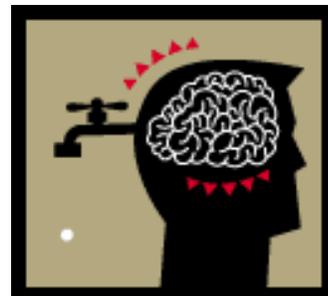
Other

AAA DUI Justice Link Sober Ride
<http://www.aaaduijusticelink.com/for-the-public/aaas-role/public-education/sober-ride>

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>

Tools – Military OneSource (Resources, legal, financial, health, relationships, etc)

<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

State of New Jersey Department of Education
<http://www.state.nj.us/education/directory/>

US 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/>

US Department of Education
<http://www.ed.gov/>

Great Schools
www.greatschools.org/new-jersey

Elementary 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/>

Dennis Township Elementary School (609) 861-2821
<http://www.dennistwpschools.org>

Glenwood Avenue Elementary School (609) 522-1630
<http://www.wildwooddistrict.org>

Intermediate Elementary School (609) 399-5611
<http://www.ocean.city.k12.nj.us>

Margaret Mace Elementary School (609) 522-1454
<http://mmace.capemayschools.com>

Maud H. Abrams Elementary School http://lowertwpschools.com/	(609) 884-9420
Memorial School Elementary http://lowertwpschools.com/	(609) 884-9430
Middle Township Elementary School No 1 http://www.middletp.k12.nj.us/	(609) 463-1900
Middle Township Elementary School No 2 http://www.middletp.k12.nj.us/	(609) 465-1828
Middle Township Elementary School No 4 http://www.middletp.k12.nj.us/	(609) 465-1834
Ocean Academy (Elementary School for Handicapped) http://cmcspecialservices.org	(609) 465-2720
Primary Elementary School http://www.ocean.city.k12.nj.us	(609) 399-3191
Sandman Consolidated Elementary http://lowertwpschools.com/	(609) 884-9410
Sea Isle City Public Elementary School http://www.seaisleschool.com	(609) 263-8461
Stone Harbor Elementary School http://sh.capemayschools.com	(609) 368-4413
Upper Township Elementary School http://www.upperschools.org	(609) 390-1242
Upper Township Primary Elementary School http://www.upperschools.org	(609) 390-2242
West Cape May Elementary School http://wcm.capemayschools.com	(609) 884-4614
Wildwood Crest Elementary School http://www.edline.net/pages/Wildwood_Crest_School	(609) 729-3760

Middle Schools

Dennis Township Middle School http://www.dennistwpschools.org	(609) 861-2821
Richard M. Teitelman Middle School http://www.lcmrschools.com	(609) 884-3475

Upper Township Middle School (609) 628-3500
<http://www.upperschools.org>

Wildwood Middle School (609) 522-7922
<http://www.wildwooddistrict.org>

Woodbine Elementary School (609) 861-5174
<http://woodbine.capemayschools.com>

High Schools

Cape May County High School (For Handicapped) (609) 465-2720
<http://cmcspecialservices.org>

Cape May Co. Tech. H.S. (Evening Classes available) (609) 465-2161
<http://www.capemaytech.com>

Lower Cape May Regional High School (609) 884-3475
<http://www.lcmrschools.com>

Middle Township High School (609) 465-1852
<http://www.middletp.k12.nj.us/>

Ocean City High School (609) 399-1290
<http://www.ocean.city.k12.nj.us>

Wildwood High School (609) 522-7922
<http://www.wildwooddistrict.org>

Local Colleges

Atlantic Cape Community College (609) 343-4800
<http://www.atlantic.edu/>

Stockton College of New Jersey (609) 652-1776
<http://intraweb.stockton.edu/eyos/page.cfm?siteID=197&pageID=5&layout=hp>

Private Schools

Bishop McHugh (Grades PK-8) (609) 522-2704
<http://www.bishopmchugh.com/>

Cape Trinity (Grades PK-8) (609) 522-2704
<http://www.capetrinitycatholic.org/ctc/>

Wildwood Catholic (Grades 9-12) (609) 522-7257
<http://wildwoodcatholic.org/wwc/>

