

March 7, 2014

**Special points of interest:**

- ◆ 2014 CG Ball
- ◆ State Laws
- ◆ PCS Season
- ◆ Tax Season
- ◆ Canoe & Kayak Rentals
- ◆ March Bunco

**Inside this issue:**

PCS Season	2
Safe Sitter Training	2
Canoe & Kayake Check-out	2
Safe Sitter Registration Form	3
CG SUPRT:	4
Tax Season	
Bunco	5
Helpful Websites	5

# ASAC Newsletter

## 2014 Coast Guard Ball

Commanding Officer, Training Center Cape May Cordially invites you to the 2014 Southern New Jersey Coast Guard Ball on Saturday, the Fifth of April From 6 pm to 11 pm at the Cape May Convention Center located at 714 Beach Ave, Cape May, NJ 08204.

Tickets must be purchased prior to 21 March, 2014

Tickets available to Uniformed members, CG civilian employees and one guest.

Please see attached file for FAQ's with dress code, ticket prices, child care, menu, and other details.

R.S.V.P. by 10 March 2014  
 POC: LT John P. Suckow (609) 898-6819

To see the full invite and the FAQ's file follow the link below.

<https://einvitations.afit.edu/inv/anim.cfm?i=182341&k=0369400A7F56>

The old PC failed me and would not pull up the link but my trusty Smart Phone came through and pulled it up like a champ. However, if technology fails you and you can't get the info please contact

LT Joe Coffman ASAC POC 609.677.2214 or  
 LT John Suckow 2014 CG Ball Coordinator 609.898.6819

They are also offering FREE onsite babysitting with limited space. It sounds like a great event and hope to see you all there!



## 10 Things about NJ to Remember

**Laws and regulations for New Jersey**

1. License plates have to be on the front and back of the car.
2. Fines are doubled for speeds exceeding 10mph or more on 65mph roads.
3. All children who weigh less than 80lbs must be buckled into an approved car or booster seat.

4. Hand held cell phone and texting is banned.

5. If you have a license permit or provisional license and are under 21yr old, you are prohibited from using a hands free cell phone.

6. If you own a firearm the state of new jersey does not recognize permits from other states.

7. You will need to get a Permit to Carry and a Firearms Purchaser

Identification Card.

8. Headlights have to be on whenever windshield wipers are in use.

9. Bicycle helmets are required for ages 16 and younger.

10. You must remove all ice and snow from car before driving; the driver will be responsible for any injury or property damage caused by flying snow and ice.

## Safe Sitter Agenda

### First Day

Welcome and Pre-Evaluation

Babysitting as a Business

Success on the Job

### Second Day

Safety for Sitter

Preventing Problem Behavior

Behavior Management

Babysitting Essentials

### Third Day

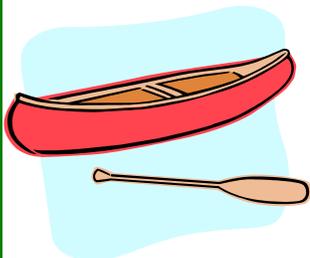
Infant / Child Choking & First Aid

### Last Day

Review / Help Sheet Practice

Written Test & Evaluation

Issue Certificates



## Morale: Canoe & Kayak Checkout

## PCS Season

PCS Season is quickly approaching. It's that time of year when we say farewell to friends and welcome new ones. This is a process we all go through and having helpful info and resources are a must!

## Safe Sitter Training

### 2014 Spring Break & Summer Safe Sitter Classes



Dear Parents & Students,

For anyone who is interested in enrolling in Safe Sitter. Safe Sitter is an outstanding hands-on class in child care training for teenagers. YOU will learn the business of babysitting, safety for the sitter, accident management, infant & child cardio pulmonary resuscitation, first aid and most important behavior management.

## Morale: Canoe & Kayak Checkout

### Canoe and Kayak Checkout Procedures

We finally have approval to check out the canoes and kayaks that are located behind the Butler Building. The liability form, a quiz, and a brochure are available through your Service members CG account. Please have them download and print these off prior to checking out the canoe/kayak.

Here are some helpful sites to consult for support and info from fellow wives in and around your incoming area and sites to help with housing and schools:

Coasties on the Move:

[www.Coastiesonthemove.com](http://www.Coastiesonthemove.com)

Ombudsman:

[cgombudsmanregistry.org/?m=login](http://cgombudsmanregistry.org/?m=login)

The button is on the bottom of the page in the right hand corner.

Housing:

AHRN: [www.ahrn.com](http://www.ahrn.com)

Militarybyowner:

[www.militarybyowner.com](http://www.militarybyowner.com)

Schools:

Greatschools:

[www.greatschools.org](http://www.greatschools.org)

SchoolDigger:

[www.schooldigger.com](http://www.schooldigger.com)

Safe Sitter classes will be held at

Work-Life TRACEN Cape May:

Spring Break April 14-17

from 1300 - 1530

June 23-26 1300-1530

July 21-24 1300-1530

August 18-21 1300-1530

MUST finish one complete session to obtain certificate

**This class is very interactive therefore, must have a minimum of 2 students and the max of 12**

The registration form and agenda are enclosed. Please complete the registration form if you are the parent of 11-17 year old or student. Have registration form at Work-Life No Later than a day before the class for a headcount.

Drop off / mail / e-mail or scan to:

HSWL Work-Life  
ATNN: Kathleen Grant / Judy Kunec  
1 Munro Avenue Cape May NJ 08204  
[kathleen.m.grant@uscg.mil](mailto:kathleen.m.grant@uscg.mil)  
[judith.a.kunec@uscg.mil](mailto:judith.a.kunec@uscg.mil)

We look forward to working with you.

Sincerely,  
Safe Sitter Coordinators

canoe/kayak in the check-out log.

3. Abide by the rules outlined in the liability agreement and ORGMAN, then return all items to their proper location/Morale Officer.

Please contact LT Pappe MWR Officer 609.677.2203 with any further questions.

1. Use the brochure to complete the quiz and fill out the liability form.

2. Return the liability form and completed quiz to the Morale Officer PRIOR to getting a canoe/kayak.

2. Get paddles and lifejackets from the Morale Officer, inform the Morale Officer which one(s) you're taking, and check-out the

# Safe Sitter Registration Form for 11 to 17 year olds

**Parent Please Fill Out & Student Bring to Class**

Class Date: \_\_\_\_\_  
Student Name: \_\_\_\_\_ Age: \_\_\_\_\_  
M \_\_\_\_\_ F \_\_\_\_\_ Grade \_\_\_\_\_ Birth Date: \_\_\_\_\_  
Name Student wants to be called in Class \_\_\_\_\_  
Parent/Guardian: \_\_\_\_\_ Home Phone: \_\_\_\_\_  
Cell Phone of Parents: \_\_\_\_\_  
Address: \_\_\_\_\_ Phone: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code \_\_\_\_\_

Dear Parents / Guardian: In the Safe Sitter course, a great deal of information is presented in a short period of time. Some students are unable to keep up with the pace. Because we want everyone student to succeed in the class, we will work with the student making an alternative plan if student has difficulty keeping up.

### **Please Initial**

I will take all responsibility for deciding whether my child is capable and mature enough to babysit \_\_\_\_\_ YES \_\_\_\_\_ NO  
I understand the importance of having my child attend each class session and arrive on time  
\_\_\_\_\_ YES \_\_\_\_\_ NO

Is there anything about your child that you'd like to share with us before e class?

### **Please initial**

Allergies: Does your child have an allergy such as food or latex? \_\_\_\_\_ YES \_\_\_\_\_ NO

**Manikin Practice:** the Safe Sitter class includes practice of rescue skills on CPR manikins. Strict standards for controlling infection are followed in using the manikins.

### **Please initial**

I agree not to send my child to class if he/she has a contagious illness \_\_\_\_\_ YES  
I give permission for my child to practice on the manikins \_\_\_\_\_ YES

### **Emergency Medical Permission**

#### **Please initial**

In the event of a health emergency, I authorize Safe Sitter Work-Life staff to call 911 \_\_\_\_\_ YES  
In the event of any accidents or health problem which may require the attention of a physician, Safe Sitter / Work-Life will contact Parent / Guardian. \_\_\_\_\_ YES  
Telephone # \_\_\_\_\_

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

## Safe-Sitter Registration Form 18 Years or older

Class Date: \_\_\_\_\_

Student Name: \_\_\_\_\_ Age: \_\_\_\_\_

Name Student wants to be called in Class \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Zip Code \_\_\_\_\_

### **Please initial**

Allergies: Does you have an allergy to certain food (s) or latex? \_\_\_\_\_ YES \_\_\_\_\_ NO

**Manikin Practice:** the Safe Sitter class includes practice of rescue skills on CPR manikins. Strict standards for controlling infection are followed in using the manikins.

### **Please initial**

I agree not to attend class with a contagious illness \_\_\_\_\_ YES

Signature \_\_\_\_\_ Date \_\_\_\_\_



## TAX SEASON IS HERE!

The Internal Revenue Service 2014 tax season begins on Jan. 31. CG SUPRT offers free 2013 tax return filing services from H&R Block. This free offer is only valid if you access H&R Block through the link on the CGSUPRT website.

### Eligibility

The following individuals are eligible for the free tax filing service:

All U.S. Coast Guard active-duty and members of the selected reserve.

Spouses and dependent children of the members noted above, and who are authorized in DEERS.

All civilian employees of the U.S. Coast Guard (non-contractors).

Household members and dependents of U.S. Coast Guard civilian employees.

### Important documents you may need:

- Social security numbers and dates of birth for you and your spouse
- All 1098 forms (1098-E school loan interest, 1098 home mortgage interest)
- W-2 forms from your employers for you and your spouse
- Miscellaneous income
- Bank routing numbers and account numbers if you are getting a refund

### Reminders:

Be sure to access H&R Block Tax Services through the link provided on the CG SUPRT website at [www.cgsuprt.com](http://www.cgsuprt.com)

- Remember to wait until you receive all of your W-2s and other tax documents (1098, etc.) before you file your returns. Otherwise, you may have to amend your returns.
- For first time users, make sure you have your Adjusted Gross Income. To get started, you will be prompted to create an account with a pin number.
- For returning users, make sure you have your Adjusted Gross Income and Electronic Filing Pin from your 2012 tax return before you start your return. You can reset your pin on the IRS website.
- Remember that electronic filing is subject to the IRS calendar. Though you may be able to complete your return, it will not be submitted to the IRS until the IRS begins accepting e-file returns on January 31st.
- If you are prompted for payment, please call CG SUPRT for assistance.
- CG SUPRT's H&R Block Tax Service allows for 1 Federal and up to 3 state returns per user.

**Questions?** If you have questions about this tax service or about your own tax returns, please call 1-855- CGSUPRT (247-8778) and ask to speak with a CG SUPRT tax consultant.

Trained tax consultants are available by appointment, Mondays through Fridays from 9 a.m. to 8 p.m., EST. Remember services are free and confidential within the limits of the law! available by appointment, Mondays through Fridays from 9 a.m. to 8 p.m., EST. Remember services are free and confidential within the limits of the law!



## Air Station Atlantic City

Commanding Officer  
U.S. Coast Guard Atlantic City  
FAA Technical Ctr, Bldg 350

Tiffanie Holt and Rebecca Bradshaw  
ombudasac@hotmail.com

We're on the Web!

[http://www.uscg.mil/  
d5/airstaAtlanticCity/  
ombudsman.asp](http://www.uscg.mil/d5/airstaAtlanticCity/ombudsman.asp)

# Spring Bunco!!!

Maybe if we think "spring," it will come! Join us for an evening indoor garden party, complete with Bunco of course! A prize will be given for the best hat or fascinator, so channel your inner countess and go posh, ladies! Bring your favorite spring-inspired food, drink, or dessert to share, and \$5 for the game. If you've never played before, don't worry - it's beginner-friendly!

**Host:**

Janna and Leni

**When:**

Friday, March 21 at 6:00 PM

**Where:**

Leni Young's House [2044 Haven Ave Ocean City, NJ 08226](http://www.uscg.mil/d5/airstaAtlanticCity/ombudsman.asp)



## BUNCO!!

Anyone who is interested in joining the Bunco invite list and or hosting one of the monthly game nights, please contact Dorothy Folk at [acasbunco@gmail.com](mailto:acasbunco@gmail.com)



## Helpful Websites

CG SUPRT: [www.CGSUPRT.com](http://www.CGSUPRT.com)

Work Life: [www.uscg.mil/hg/cg1/cg111](http://www.uscg.mil/hg/cg1/cg111)

Air Station Atlantic City: <http://www.uscg.mil/d5/airstaAtlanticCity/default.asp>

Ombudsman: <http://www.uscg.mil/d5/airstaAtlanticCity/ombudsman.asp>

Military Spouse Career Center: [www.military.com/spouse](http://www.military.com/spouse)

