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WELCOME

The staff of the USCG Base Cape Cod (BCC) Morale, Well-Being and Recreation (MWR) Division would like to welcome you to Joint Base Cape Cod (JBCC). This booklet includes information which will be helpful in getting you acquainted with the services we provide to make your time here more enjoyable.

Please keep in mind, we are continually changing and adapting our MWR operations and programs to support customer needs. **Items listed in the handbook are subject to change.** We recommend you call the MWR Office or the specific activity to confirm this printed information.

The MWR Mission. Across the Coast Guard, the mission of MWR operations is to **“to uplift the spirits of the Coast Guard family and be an essential element of Coast Guard mission readiness and retention through customer-owned and driven MWR programs and services around the world.”**

MWR Authorized Patrons/ Eligibility. While owned by the individual Commands, MWR operations overall are governed by Commandant Instruction M1710.13 (series). This manual outlines the “authorized patron” list. Generally speaking, the authorized patrons list includes:

1. All active duty military personnel and their family members
2. Members of the ready reserve, reserves in training, members of the National Guard and their family members
3. Commissioned Corps of the Public Health Service and NOAA, and their family members
4. Armed Forces retirees from active duty and their family members
5. DHS/DoD appropriated and non-appropriated funded civilian employees and their family members; retired appropriated and non-appropriated funded civilian employees and their family members and Coast Guard Auxiliarists

These are just a few...consult the MWR Manual (COMDTINST 1710.13 series) for more categories.

BCC MWR Activities. The MWR Division at BCC operates a variety of facilities and programs which help support the morale and well-being of our patrons. They are:

Facilities and Programs:

- **MWR Administration Office** (Personnel, Accounting, Marketing, Information-Tickets-Tours (ITT), Gear Issue Program, Beach Passes)
- **Child Development Center**
- **Roxy Movie Theater**
- **Falcon Golf Course** (Golf Course, Pro Shop, Driving Range, Function Room, Falcon Deli and Catering)
- **Crosswinds Activity Center** (Bar, Food Service, Bowling, Youth/Adult Activities)
- **MWR Lodging**
  - Wings Inn – hotel style berthing
  - Townhouses on LeMay – 3 and 4 bedroom townhouses
  - Nantucket House
  - RV Park – 5 sites
  - RV Storage Lot

MORE INFORMATION ABOUT BASE CAPE COD MWR

Base Cape Cod MWR’s “unofficial” website:

http:// www.mwrcapecod.com

Find us on Facebook!

http:// www.facebook.com/MoraleWellBeingRecCapeCod

Base Newspaper: “The OTIS Notice”

Found at several locations on the base including the Exchange and Gas Station.

Want to hear about all our events and programs via email? Please sign up for our mailing list! Email us at D01-smb-asccmwr@uscg.mil to be added.
MWR ADMINISTRATION OFFICE

Phone: General Information/Accounting: 508-968-6479
Tickets(ITT) and Gear Issue: 508-968-6447
Beach Passes, Social Media, Marketing and General Questions: 508-968-6689

Address: Building 5205 Ent Street

Hours of Operation: 8:00 a.m. – 4:30 p.m. Monday to Friday, 9:00 a.m. – 4:00 p.m. Saturday
(Closed on Federal holidays)

The MWR administrative office houses a variety of office functions which support our operation and a
variety of important programs which support you as a patron.

Information, Tickets and Tours(ITT): MWR has access to a variety of discount tickets to major
theme parks and local attractions at significant savings to the majority of our patrons. Current
offerings include, but are not limited to: Disney Theme Parks, Colonial Williamsburg, and Six Flags
New England, along with a host of local and out of state attractions.

MWR ITT also has access to several military vacation clubs and resorts which can save you
money on your PCS or family vacation. Please give us a call to see how we can save you money.

Beach Pass Program: Visiting most of the major beaches on the Cape will cost you
money during the summer (Memorial Day – Labor Day). Through the generosity of
the local townships, the MWR office has a stock of FREE day use beach passes
which our eligible patrons can check out. For more information contact the MWR
Office.

General Cape Recreation Information: Looking for something to do? The MWR office stocks a
variety of pamphlets, handouts, and maps of the activities found on the Cape. Stop by and take a
look.

Gear Issue Program: Missing equipment to make your stay on Cape Cod more enjoyable? Or
looking to make that home improvement job just a little easier? BCC MWR Gear Issue Program can
help. Our list is always changing but here’s a sample:

Recreational Equipment: bounce houses, portable (trailer) bar-b-que, coolers,
tables/chairs, coffee urns, portable volleyball sets, horseshoes, cornhole sets....

Home Improvement Equipment: lawn mowers, generators, log splitters, rototillers,
seed spreaders, core aerator, 5’x8’ open trailer....

A complete list of items available for checkout, along with additional policies
involving the checkout program is available at the MWR Office and on the web.

CHILD DEVELOPMENT CENTER

Phone: 508-968-6450
Address: Building 5205 Ent Street
Hours of Operation: 7:00 a.m. – 5:00 p.m. Monday through Friday
(Closed weekends and Holidays)

The Child Development Center (CDC) located at Base Cape Cod offers care for children 6 weeks to 6
years and a limited before school program for children attending Peebles Public School. Attendance
options range from part day, part week to full time.

Our CDC is accredited by the National Association for the Education of Young Children, offering all
children an organized approach to learning through Creative Curriculum.

The goal of the CDC is to create learning environments that encourage young children to explore
experiment and discover the family, the community and the world. Routine child assessments create
bridges of partnerships with our families and provide opportunities for sharing.

The CDC serves morning and afternoon snacks and lunches on Wednesdays and Fridays.
ROXY MOVIE THEATER

Movie Phone: 508-968-6452
Management Phone: 508-968-6585
Address: 5219 Turpentine Road
Hours of Operation:
  Show Times: Friday: 7:30 p.m.
  Saturday Afternoon: 5:00 p.m.
  Saturday Evening: 7:30 p.m.
  Sunday: 2:00 p.m.

Admission is FREE for all MWR patrons and guests
The 410-seat BCC Theater shows popular movies on Fridays, Saturdays, and Sundays. Additional shows are added during school vacation weeks (December, February and April).

Get your movie schedule by e-mail If you'd like to be sent an electronic reminder of the weekly updated show schedule and all other MWR-related announcements please email us at D01-smb-asccmwr@uscg.mil and be added to the “MWR Mailing List”.

Roxy is on Facebook Like us! www.facebook.com/Roxy-Theater/163137050386198

Great munchies at low prices The theater has a concession area which serves hot buttered popcorn, candies, cotton candy and cold drinks. Purchasing snacks from the concession stand helps insure the theater will continue to be open for on-base entertainment for your whole family.

Movie Ratings Be advised that children 16 years and under will not be permitted into R rated movies without the consent of a parent or guardian. The parent or guardian must be present when the child is admitted.

Host a Birthday Party at the Roxy! The Roxy Theater can host birthday parties for 8-16 children. Please contact management for birthday package information or view it on our website (on the Roxy’s page).

FALCON GOLF COURSE

Pro Shop Phone: 508-968-6453
Address: Building 3352 Gunther Road
Hours of Operation: (seasonal, please contact the Golf Course)

The Falcon Golf Course is a challenging nine hole (normally played as eighteen) facility with THE best rates available on Cape Cod. The course consists of two par 5, five par 4, and two par 3 holes (one of which is considered by many as the most difficult par 3 on the Cape). As an eighteen-hole course it is 6,706 yards long and has par of 72.

The Golf Course also encompasses a driving range and an excellent putting green. The pro shop offers golf carts, pull carts, rental clubs, and demo clubs.

The Falcon Pro Shop carries brand name Clubs - Shoes - Shirts - Outerwear and much more at unbeatable prices! The shop also carries demo clubs from most of the major brand names for you TO TRY BEFORE YOU BUY. Shop hours vary by the season, so call for a price quote or to check shop hours.

Golf lessons are also available, call 508-968-6453 for more information.

FALCON DELI AND CATERING

Phone: 508-968-6454
Address: Building 3352 Gunther Road
Hours of Operation:
  Please call for hours as they change seasonally.
  (Subject to change with weather conditions)

The Falcon clubhouse also has a snack bar, Falcon Deli & Catering, which serves lunch seven days a week seasonally and Monday-Friday year round. Orders can be called in to 508-968-6454 to insure faster service. Deli Specialties Include: Pulled Pork, Hot Pastrami and Steak & Cheese. Menu can be found on our website. Weekly and monthly coupons are posted to our website as well!

The facility also holds the Falcon Function Room which can seat 100 people, and has a screen and overhead projector for meetings and presentations. To make a reservation, please contact the Food and Beverage Manager at 508-968-6478.

Don't want to worry about food? Catering for your event can be arranged by calling the Food and Beverage Manager at 508-968-6478.

Reserve the Roxy for Event Looking for a large venue to hold training? The theater can seat 410 people and has audio/visual and public address capabilities. Please contact Pete DiGeronimo 508-968-6447 or Nicole Mantopoulos 508-968-6689 to schedule your event.
CROSSWINDS ACTIVITY CENTER

Address: Building 5210 East Hospital Road
*************************************************************************

The Crosswinds Activity Center plays host to a variety of activities and programs. The Center includes Free Wi-Fi and the following:

CROSSWINDS DINER

Phone: 508-968-6517

The restaurant offers pizzas, pub burgers, hot-dogs & fries, sandwiches & subs, wings, and assorted sodas. Call in orders at 508-968-6517.

Hours of Operation: Friday and Saturday 4:00 p.m. - 9:00 p.m.
Bar menu available on Wednesday and Thursday.
Closed: Sunday - Tuesday
Closed SOME Holiday Weekends (watch for announcements)

CROSSWINDS PUB

The Crosswinds Pub is a fully stocked bar with 4 large screen TVs, pool table and dart boards. The Crosswinds is a great place to unwind and meet with friends.

Hours of Operation: Wednesday and Thursday: 4:00 p.m. - 9:00 p.m.
Friday and Saturday 4:00 p.m. - Midnight.
Closed: Sunday - Tuesday
Closed SOME Holiday Weekends (watch for announcements)

BOWLING CENTER

Phone: 508-968-6477

Six lanes, state of the art scoring system (new in 2014). bumpers on all lanes and special lighting. Available for Birthday Parties or Morale Events. See our website for further information. There is a Wednesday night Adult league and a Thursday afternoon Youth league.

Hours of Operation: Wednesday and Thursday: 4:00 p.m. - 9:00 p.m.
Friday: 4:00 p.m. - 10:00 p.m.
Saturday: 4:00 p.m. - 10:00 p.m.
Closed Sunday - Tuesday (Functions can be pre-scheduled)
Closed SOME Holiday Weekends (watch for announcements)

CROSSWINDS Virtual Golf

Phone: 508-968-6444

Hours of Operation: Tuesday - Friday 11:00a – 8:00p

Full Swing Golf Simulator now open at Crosswinds. Reservations can be made online for $20 per hour of play time for up to 4 people. Visit mwrcapecod.com for more info.

Swimming Pool

Phone: 508-968-6476

Hours of Operation: Open Mid-June to Labor Day

The outdoor, heated pool is utilized for swimming and swim lessons as well as Air Station training. A schedule of activities is posted before each season. Please see our website for more information and schedules.

Youth Lounge/Youth Programs

Phone: 508-968-6446

Hours of Operation: (seasonal, call for current schedules and programming)

The Crosswinds Activity Center houses a youth lounge that offers computers, Nintendo Wii, Kinect, ping pong table, karaoke machine and many games, books, and movies for kids.

In addition, MWR offers a variety of sports and activities for kids of all ages. In conjunction with the Boys & Girls Club of America and the 4H Adventure Club, MWR offers programs such as golf lessons, bowling, triathlons, field trips to local attractions, adventure education, junior chef and homework power hours.

Adult Sports and Activities

Phone: 508-968-6446

Hours of Operation: (seasonal, call for current schedules and programming)

MWR provides a variety of sports leagues for adults of all ages. Many active duty adults participate in leagues including softball, flag football, volleyball, basketball, racquetball, wallyball and bowling.

Other special events such as fun runs are planned as staff time and facilities are available.
The following lodging venues are available from MWR for all our authorized patrons. Make a reservation. Stay in an affordable, clean facility here on the Cape. Nearby to beaches, golf and dining on the Cape Cod. The intended purpose of our lodging program is for short term daily rentals during your PCS, TAD/TDY, or vacation stay. We do not offer weekly or monthly rental rates and stays are limited to your priority (see Determining Priority for Reservations below). The maximum stay allowed under our policy is 30 days.

Reservation requests can be made online at
http://www.mwrcapecod.com/mwr-lodging-reservation-request-form/

**WINGS INN**

Located on Joint Base Cape Cod, the Wings Inn is a motel style building with 13 suites. Two room types available which can sleep up to 4 people each. Rooms have been recently renovated to make your stay even more pleasurable! Wings Inn is located next to the MWR Office and within walking distance of the CG Exchange, Crosswinds Bar and Bowling Center, Roxy Movie Theater and also the Activity Center outdoor pool(seasonal). All smoke-free rooms. No Pets other than service animals.

- **Reservation Requests**
  - Online: MWR Lodging Reservation Request Form
  - Phone: 508-968-6461
- **2016 RATES**
  - Flat Daily Rate – **$80/night** for either type of suite
    - Suite Options (2 bedroom)
      - 4 single beds (2/bedroom)
      - 2 double beds (1/bedroom)
    - Can accommodate groups up to 36, please call for details.

**Determination Priority for Reservations**

- 1st Priority – PCS reservation requests are accepted no earlier than 90 days out from check in date with max stay of 30 days; please have proof of orders and military ID.
- 2nd Priority – TAD/TDY reservation requests are accepted no earlier than 60 days out from the check in date with a max stay of 30 days; please have proof of orders and military ID.
- 3rd priority – Vacationers/all others may book up to 10 days then space available after check-in:
  - Off Season (October 1 – May 31): reservation requests are accepted no earlier than 45 days out from check in date with max stay of 10 days.
  - In Season (June 1 – Sept 30): reservation requests are accepted no earlier than 30 days out from check in date.

**TOWNHOUSES**

Nested in the Base Cape Cod Housing Area, the Townhouses offer more space for larger families and also can accommodate families traveling with pets. 13 townhouses are available with various bedding configurations, 3 or 4 bedroom options available. All townhouses are smoke-free.

- **2016 RATES**
  - Seasonal Rates Apply
    - **Off-Season:** Feb 1 2016 – June 30 2016 and Sept 1 2016 – Jan 31 2017
      - $95/night
      - $105/night with pet for 1st ten nights, $95/night for remaining nights.
    - **In-Season:** July 1 2016 – August 31 2016
      - $125/night
      - $135/night with pet for 1st ten nights, $125/night for remaining nights.
  - 3 day minimum stay required / 30 day maximum in all cases.
  - Free Wi-Fi

**Determination Priority for Reservations**

- 1st Priority – PCS reservation requests are accepted no earlier than 90 days out from check in date with max stay of 30 days; please have proof of orders and military ID.
- 2nd Priority – TAD/TDY reservation requests are accepted no earlier than 60 days out from the check in date with a max stay of 30 days; please have proof of orders and military ID.
- 3rd priority – Vacationers/all others may book up to 10 days then space available after check-in:
  - Off Season (October 1 – May 31): reservation requests are accepted no earlier than 45 days out from check in date with max stay of 10 days.
  - In Season (June 1 – Sept 30): reservation requests are accepted no earlier than 30 days out from check in date.
RECREATIONAL VEHICLE (RV) PARK

Check-in Location:
Wings Inn
5204 Ent Street
Buzzards Bay, MA 02542
Front Desk/Reservations/Office: 508-968-6461
Email: ascc.tq@gmail.com

Opened in 2013, the RV Park is a very popular facility on Joint Base Cape Cod (JBCC). The 5 gravel sites off an access road are nestled within the private housing area. The park is a short drive to the central part of Base Cape Cod where you will find the CG Exchange, Crosswinds Bar and Bowling Center, Roxy Movie Theater and also the Crosswinds Activity Center outdoor pool.

All RV's and campers MUST use the BOURNE GATE to access JBCC.

Reservation Information

- RV PARK AMENITIES
  - 30/50amp Electrical, Water and Sewer Hookups (left side of site on cement pad)
  - Fire Pit and Picnic Table
  - No Restrooms/Shower Facilities
  - Laundry and WiFi available at Wings Inn
  - Pet friendly
    - Pets are allowed at the sites but must be kept on a leash at all times. Owners must clean up after their pet and must ensure their pet(s) have current vaccinations. Pets cannot be left alone at the site.

- 2016 RATES
  - Seasonal Operation – May 2 – October 17
    - $25/night per gravel site.
  - Hard shell campers ONLY. No pop-up campers or tents allowed.
  - Reservations accepted 90 days (no sooner) before the desired start of the reservation.
  - The maximum length of stay at one time is 14 days with a max of 28 days in a calendar year.
    - After the initial 14 day stay is completed, patrons can continue on a space available basis. This second reservation period can last up to 14 additional days (28 days total).
    - If space is not available after the initial 14 day reservation is complete, a 7 day period must separate the first and second 14 day stay.

- Payment for the entire reservation period will be required at check-in.
  - Refunds will not be given if changes to the reservation period are made after payment is completed, unless the situation is due to an emergency.

RV STORAGE LOT

Office Location:
Wings Inn
5204 Ent Street
Buzzards Bay, MA 02542
Office: 508-968-6461
Email: ascc.tq@gmail.com

www.mwrapecod.com/facilities/mwr-lodging/rv-storage-lot/

Base Cape Cod MWR offers a storage facility on JBCC for your RV, boat, trailer, or camper. Patrons will be assigned a space in the lot and have key access for their convenience. Storage plan options include monthly, bi-annual or annual.

The lot is available to all MWR patrons living on or off base. This includes: Active Duty, Reserve, Guard and their families, Armed Forces Retirees, Coast Guard Auxiliarists, 100% disabled vets, DHS/DOD civilian employees and other Federal Employees.

Reservation Information

- 2016 RATES
  - On Base Housing Residents
    - Monthly - $15
    - 6 Month (prepaid) - $75
    - 12 Month (prepaid) - $150
  - All Other Patrons
    - Monthly - $30
    - 6 Month (prepaid) - $150
    - 12 Month (prepaid) - $300

Reservation Requests All reservation requests must be submitted via one of the following options:

- Online: RV Storage Lot Reservation Request Form
- Email: ascc.tq@gmail.com
- Phone: 508-968-6461
- In Person: Wings Inn Office – 5204 Ent Street

Reservation Requests All reservation requests must be submitted via one of the following three options:

- Online: MWR Lodging Reservation Request Form
- Email: ascc.tq@gmail.com
Located in Siasconset on the eastern end of Nantucket Island, our recreational house has 3 bedrooms (sleeps 8), 2 full bathrooms, comes fully furnished, laundry and WiFi provided and is within walking distance to the beach. Rents mid-May to mid-October.

- **2016 RATES**
  - Peak Season – $1350/week Saturday to Friday, 6 nights
  - Fall Season – $190/night with 3 night min/6 night max
- Requests for May 21 – September 9 (Peak Season) will be accepted from March 1-7.
- Requests for September 10 - October 17 (off-season) will be accepted from April 1-7.
- You may rent only once per calendar year.
- Reservation requests are handled as first come first serve, however, priority consideration will be applied and is as follows:
  - **First Priority:** Active Duty, (Full Time) Uniformed Military Personnel
  - **Second Priority:** All other current Uniformed Military Personnel (i.e. Reserves, National Guard etc.)
  - **Third Priority:** All other MWR eligible patrons, (this includes retirees, civilians and other personnel authorized to use MWR programs and activities)
- Reservations will be assigned by priority and submission date/time.
- Pets are not allowed under any circumstances.
- **RESERVATIONS MUST BE MADE ONLINE.**