



# AIR STATION SACRAMENTO

U.S. Department of  
**Homeland Security**

▶ **United States Coast Guard**



## **Serving the Coast Guard Aviation Community World Wide**



Welcome Aboard  
*Active Duty Personnel*



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**Robert J. Papp Jr.**  
**Commandant of the Coast Guard**



**Michael P. Leavitt**  
**Master Chief Petty Officer of the Coast Guard**



**Rear Admiral Joseph R. Castillo**  
**Commander**  
**District 11**



**Master Chief Petty Officer Charles R. "Rob" Bushey**  
**Command Master Chief**  
**11th Coast Guard District**



## **“UNITED STATES COAST GUARD ETHOS”**

**I AM A COAST GUARDSMAN.**

**I SERVE THE PEOPLE OF THE UNITED STATES.**

**I WILL PROTECT THEM.**

**I WILL DEFEND THEM.**

**I WILL SAVE THEM.**

**I AM THEIR SHIELD.**

**FOR THEM I AM SEMPER PARATUS.**

**I LIVE THE COAST GUARD CORE VALUES.**

**I AM PROUD TO BE A COAST GUARDSMAN.**

## FREQUENTLY ASKED QUESTIONS

### What uniform do I report in?

Tropical Blue

### What uniform is normally worn during the workday?

Coast Guard ODUs, Tropical Blue or Flight Suit dependant upon duty status and department assigned.

### Is messing available?

No. You will receive Regular BAS while stationed here.

### Are quarters/barracks available?

No. You will receive BAH and you will need to find housing on the economy.

Check your BAH entitlement: Area Code 95652

<https://secureapp2.hqda.pentagon.mil/perdiem/bah.html>

*Check with your current unit's Yeoman about receiving advance dislocation allowance (DLA). Advance DLA is authorized and highly recommended as you will need cash on hand for housing and utility deposits.*

### What are the ratings present at Air Station Sacramento?

AMT, AET, AST, DC, EM, MK, SK, OS, IT, YN and HS.

### What military facilities are in the Sacramento area?

Beale AFB, located approx. 45 miles north of Sacramento. Travis AFB, located approx. 50 miles west of Sacramento.

### Location of nearest medical facility?

Active Duty members will be seen at David Grant Medical Clinic by our Flight Surgeon. Family members will need to be enrolled in Tricare Prime and seen in town.

### Location of nearest exchange and commissary?

We currently have an exchange and commissary within one mile of Air Station Sacramento. (See page 28 for more.)



### **Introduction:**

This book is designed to assist active duty members with orders to Air Station Sacramento.

### **Emergency :**

In case of an emergency while aboard Air Station Sacramento, dial 9-911. If you encounter any security problems while on base, please call the guard shack at ext. 5140 and explain your situation.

Air Station Sacramento is located on the north side of McClellan Park. Air Station Sacramento was commissioned on the fifth of September 1978, becoming the Coast Guard's newest operational aviation facility. It is located at the north end of McClellan Air Force Base. Air Station Sacramento was established as an outgrowth of Air Station San Francisco, where ramp space and an increase in the number of aircraft required that the fixed-wing contingent be relocated. With a complement of 191 officers and enlisted personnel operating four HC-130 "Hercules" aircraft, Air Station Sacramento is an asset of the Department of Homeland Security under the operational and administrative control of the Commander, Eleventh Coast Guard District.

Air Station Sacramento participates in a wide range of Coast Guard missions. Primary among them and perhaps most widely known is Search and Rescue. Air Station Sacramento maintains a 24-hour immediate response capability, with a "ready" Search and Rescue crew on duty at all times. Search and rescue coverage is provided for the Eastern Pacific Area, the entire west coast of the United States, areas west of Canada, and south along the Baja California coast.

Patrols are flown year-round and are coordinated with Coast Guard cutters also on patrol, allowing a greater geographic area to be more thoroughly covered. As many as 6 or 8 Coast Guard cutters may be coordinated into a patrol. The aircraft extends the 'eyes' of the ship while patrolling not only coastal waters, but shipping lanes and fishing grounds miles at sea. The ship provides a boarding capability should a violation be detected.

Other missions of Air Station Sacramento are Marine Environmental Protection and Federal Law Enforcement. These efforts include fisheries patrols in support of the Fisheries Conservation and Management Act of 1976 and law enforcement patrols aimed at enforcing the 200-mile limit and combating the ever-increasing problem of drug smuggling.

Another major area of responsibility of Air Station Sacramento is that of providing transportation for the Pacific Strike Team, the Coast Guard's oil spill prevention and containment team on the west coast. Located at Hamilton Field, the Strike Team is immediately alerted in the event of an oil spill, responding to provide expert assistance in containment and cleanup of environmentally damaged areas.



# GETTING TO AIR STATION SACRAMENTO

## ARRIVING BY PLANE

**Sacramento International Airport (SMF)**

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



### DIRECTIONS FROM SMF AIRPORT

When leaving the Airport take ramp to highway 5 south. Travel about 6 miles and take exit 522 onto highway 80 towards Reno. Travel 8 miles to exit 94A for Watt Avenue. Turn left at Watt Avenue and travel 2 miles to Freedom

Park drive. Turn left on Freedom Park Drive and drive to the end of the road where the Air Station entrance will be on the right.

## DIRECTIONS FROM HIGHWAY 80 WESTBOUND

Take exit 96 onto Madison Avenue. Turn right on Madison Avenue and travel half a mile to Airbase Drive. Stay right onto Airbase drive and travel over the bridge to Watt Avenue. Turn right on Watt Avenue and travel 1 mile to Freedom Park drive. Turn left on Freedom park Drive and drive to the end of the road where the Air Station entrance will be on the right.



**DIRECTIONS FROM HIGHWAY 80 EASTBOUND**

Take exit 96 onto Madison Avenue. Turn right on Madison Avenue and travel half a mile to Airbase Drive. Stay right onto Airbase drive and travel over the bridge to Watt Avenue. Turn right on Watt Avenue and travel 1 mile to Freedom Park drive. Turn left on Freedom park Drive and drive to the end of the road where the Air Station entrance will be on the right.

**DIRECTIONS FROM HIGHWAY 5**

Merge onto highway 80 heading towards Reno. Take exit 94A for Watt Avenue. Turn left at Watt Avenue and travel 2 miles to Freedom Park drive. Turn left on Freedom Park Drive and drive to the end of the road where the Air Station entrance will be on the right.





## **REPORTING ABOARD**

Air Station Sacramento is located in McClellan, California on the grounds of the now closed McClellan AFB. We are currently the only active military unit located in the Sacramento area. The Air Force's exchange, commissary and the VA medical clinic have remained after the official base closing in 2001 and are within a couple miles of the Air Station.

Being stationed here offers you a fantastic place to work while also giving you plenty of opportunities to have fun and enjoy the California sunshine.

Unit Missions: Search and Rescue, Enforcement of Laws and Treaties (primarily D11/D13 Fisheries and HLS/Counter Narcotic Detection and Interdiction in the Eastern Pacific.)

Deployments: Deployments to Central America are the norm to include El Salvador, Ecuador, Panama, Costa Rica and Mexico.

Commercial Phone:	(916) 643-7600
Maintenance Control:	(916) 643-7634
Operations	(916) 643-7659
Fax:	(916) 643-7700
Command Master Chief:	(916) 643-7607
Admin/SPO YNC:	(916) 643-7614
Admin/SPO YN1:	(916) 643-7612
Admin YN1:	(916) 643-7608
Admin YN1:	(916) 643-7609
Corpsman:	(916) 869-2742

# REPORTING ABOARD

## Prior To Reporting

Keep in contact with your sponsor.

## Credit Card

Please ensure, prior to departing your old permanent duty station, you change your government travel charge card hierarchy to CG Air Station Sacramento by visiting your current Government Charge Card Coordinator.

## Check in Process

Please report to the Administration Office during normal business hours from 0800-1530, Monday through Friday. *You are strongly encouraged to check in during business hours, the best time being during the morning.* If you are checking in after hours or during weekend/holidays, please contact the Officer of the Day at (916) 643-7659

Special Procedures for reporting after hours: The best thing to do is be in contact with your sponsor so that your arrival in Sacramento goes smoothly. If you are not able to contact your sponsor or you do not have a sponsor, call the commercial phone number for assistance during working hours. You may also call the Operations desk at (916) 643-7659 after hours for assistance.

**When you are officially checking in to Air Station Sacramento you must report in the Uniform of the Day (Tropical Blue).**

## Gate Card

Air Station Sacramento has an automatic gate at its entrance. You will be issued a magnetic card for the gate from the maintenance department. Swiping the card at the gate allows you access to the A/S without an ID check from our fastidious gate guard.



## **ADMINISTRATION**



### **OVERVIEW**

Welcome to the Administration Branch at Air Station Sacramento. Our staff is here to assist you with "in processing", T-PAX/travel guidance and personal qualifications while assigned, and "out-processing" when it's time to leave. If we can be of any assistance to you please don't hesitate to contact our staff.

J. Eells

Yeoman Chief

### **STAFF INFORMATION**

Feel free to call us or stop by anytime for service. The following administration personnel can be reached at:

YNC Eells (916) 643-7614

YN1 Chavez (916) 643-7608

YN1 Meissner (916) 643-7612

YN2 King(916) 643-7609

# ADMINISTRATION

## YNC's Favorite Websites

**T-Pax:** Travel Claim Website, <http://cgweb.fincen.uscg.mil/travel.htm>

**TQC:** Info about a-schools and other training. [www.uscg.mil/hq/tqc](http://www.uscg.mil/hq/tqc)

**PPC:** Info about T-pax, Direct Access, LES's and other things related to pay.  
<http://cgweb.psc.uscg.mil/default.asp>

**CG Directives:** <http://cgweb2.comdt.uscg.mil/CGDIRECTIVES/>

## Mutual Assistance:

Coast Guard Mutual Assistance has been "looking out after our own" since 1924. Last year over 9,000 people received over \$7 million dollars as loans or grants. Over \$6 million went towards personal loans, while over \$1 million was given as grants.

Unit Mutual Assistance Representative Phone: (916) 643-7608

## Pay At Air Station Sacramento

**Basic Pay:** Visit the following website to determine your current basic pay  
<http://militarypay.defense.gov/pay/bp/index.html>

**BAH:** The BAH rates for the Sacramento area can be viewed at this website. The ZIP code for the area is 95652 [www.defensetravel.dod.mil/perdiem/bah.html](http://www.defensetravel.dod.mil/perdiem/bah.html)

**BAS:** Officers: \$223.04

Enlisted: \$323.87

**COLA:** There is currently no COLA authorized for the area.

## Deployability

**Credit Card Training:** In order to be deployable you need to have a government travel card. Before you will be issued a card you will have to take the credit card training. The DHS travel card training course is available on the Coast Guard Learning portal and is accessible from any computer with an internet connection. It is located under **Miscellaneous Training** courses in the course catalog.

**Red Passport:** Upon arrival to Sacramento you'll need to fill out the paper work and have your picture taken to receive a red passport. You will not be deployable until you receive your passport, which takes 6-8 weeks to arrive from the day the application is submitted.



**SPONSOR’S SIGNATURE**

All Sponsors must be present with their dependents, or have their dependent bring in a DD Form 1172 (Application for an ID Card) signed by the Sponsor before an ID card can be issued. For more information regarding requirements please contact the ID Card Staff.

**ID CARDS**

Identification Cards are property of the U.S. Government. If your I.D. card is stolen you are required to file a police report with the local police department. A copy of the report will be required for issuance of a new ID card. (See list of required documentation on next page).

**ID Card locations:**

<p>1. Army National Guard Center Goeth Road, Sacramento CA 95827 (916) 854-3277 (Apt only)</p>	<p>2. Army Corps of Engineers (AD only) 1325 J Street, Sacramento CA 95814 (916) 557-5238 Apt only</p>
<p>3. Beal AFB ID office Consolidated Support Bldg (530) 634-3187 (walk in)</p>	<p>4. Travis ID Office (707) 424-8466 (walk in)</p>

**Enrolling a Dependent in DEERS**

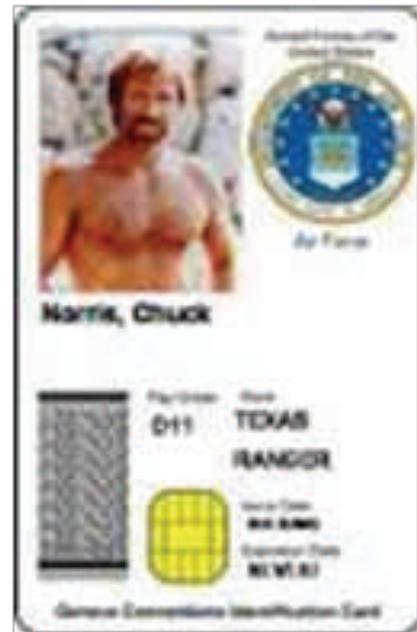
The following documentation is required to enroll a dependent into DEERS:

**Spouse**

- Marriage Certificate or state certified/sealed marriage license
- Social Security Card.
- Birth Certificate

**Child (Under age 21; includes adopted children and stepchildren)**

- Social Security Card
- Marriage Certificate for Stepchild is required.
- Birth Certificate, or Certificate of Live Birth, or Hospital Certificate of Live Birth, or VA Form Letter 27-656b for children of deceased DAV, or Adoption Decree, Adoption Papers, Adoption Certificate or Adoption Registration.



**YOU MUST HAVE TWO VALID FORMS OF ID**

The following are the only acceptable forms of ID in order to receive an ID card. Expired ID cards are not a valid form of ID.

Group A	Group B
Unexpired US Military card	Certificate of US Citizenship (INS Form N-560 or N-5611)
Unexpired US Military dependents ID card	Certificate of Naturalization (INS Form N-550 or N-570)
Driver's license or ID card issued by a state or outlying possession of the US provided it contains a photograph	Foreign Passport
ID Card issued by federal, state, or local government agencies or entities provided it contains a photograph	Unexpired Reentry Permits (INS Form I-327)
US Passport	Unexpired refugee Travel Documents (INS Form I-571)
US Coast Guard, Merchant Mariner Card	School ID with a photograph
Permanent Resident Card of Alien Registration Receipt Card with photograph (INS Form I-151 or I-551)	Voter's registration card
Unexpired Temporary resident Card (INS Form I-688)	Native American tribal document
Unexpired Employment Authorization Card (INS Form I-688A)	Drivers license issued by a Canadian government authority
Unexpired Employment Authorization Document issued by the INS which contains photograph (INS Form I-688B)	US Social Security card issued by the Social Security Administration
	Certificate of Birth Abroad issued by the Department of State (Form FS-545 or Form DS-1350)
	Original or certified copy of a birth certificate issued by a state, county, municipal authority or outlying possession of the US bearing an official seal.
	US Citizen ID Card (INS Form I-197)
	Unexpired employment authorization document issued by the INS
	School of record or report card
	Clinic, doctor, or hospital record
	Day-care or nursery school record



## MEDICAL

### Medical Location

The station's medical office is located in the VA Medical Center on the corner of Palm Avenue and Dudley Boulevard. The office is on the second floor of the building in the southwest corner (the red box in the picture).

**Medical Hours:** M-F 0730 -1530

Closed Thursday afternoon for training/meetings

Sick call check-in between 0730 - 0830

Regular appointments from 0900 - 1500

Phone Number— 916-561-7576

HS Duty Phone— 916-869-2742

### Dental

We are considered remote in this area which means we see a civilian dentist for our dental care. Please follow the instructions below for access to dental.

1. Log on: [www.addp-ucci.com](http://www.addp-ucci.com) (add this e-mail address to your favorites)
2. Select "Active Duty Service Member"
3. In left hand column: select "Forms & Materials"
4. Under Forms & Materials: select "ADDP Appointment Request Form"
5. You're going to fill out this form entirely. Please provide a good e-mail address AND phone number so United Concordia can get in touch with you if they need additional information.
6. For provider information please put the following address and number:  
Roseville Dental Group, 1441 Secret Ravine Pkwy, Suite 100, Roseville, CA 95661. (916) 782-7783
7. Verify all info is correct.
8. Hit "Submit" (located at bottom of form)
9. Print your confirmation page for your records.

\*\*An appointment control number will take 02 days or less. United Concordia will contact you if there is a problem processing your request. If you receive a denial please let us know so we can forward your info to our UCCI dental rep. \*\*



# TRICARE WEST

TRICARE offers comprehensive, affordable health coverage with several health plan options, a robust pharmacy benefit, dental options and other special programs.

## Medical Coverage

TRICARE provides comprehensive coverage for all beneficiaries to include:

- Outpatient visits
- Hospitalization
- Preventive services
- Maternity care
- Immunizations
- Mental/Behavioral health
- Health Plan Options

TRICARE offers different health plan options to provide coverage to 9.6 million beneficiaries around the globe.

### TRICARE Prime (Enrollment required)

- Most comprehensive and affordable coverage
- Most care received from an assigned primary care manager (PCM); referrals required for specialty care
- Providers coordinate your referrals/authorization and file health care claims
- Easy to transfer when you move
- Available in the U.S. in Prime Service Areas

### TRICARE Prime Remote (Enrollment required)

- TRICARE Prime option in designated remote locations in the United States
- Most care received from an assigned PCM; referrals required for specialty care
- Providers coordinate your referrals/authorization and file health care claims
- Easy to transfer when you move
- Only available to active duty service members and their families

### TRICARE Standard and Extra

- Most flexibility; visit any TRICARE-authorized provider (network or non-network)
- Schedule appointments at your convenience
- No referrals; authorization required for some services
- You pay a percentage of the total cost (cost share)
- May have to file your own claims
- Not available to active duty service members



# **CHOOSING A PLACE TO LIVE**

## **Desirable Neighborhoods**



### **Within 5 – 10 miles**

- Antelope (north of Antelope Rd.)
- Arden-Arcade (southern part)
- Carmichael
- Citrus Heights (east side of HWY 80)
- Fair Oaks
- Roseville
- Sacramento  
*Downtown, Midtown, East Sac, Land Park, Pocket-Greenhaven*

### **Within 10-15 miles**

- Granite Bay
- Gold River
- Loomis
- Natomas
- Orangevale
- Rocklin

### **Within 15-20 miles**

- Elk Grove
- Folsom
- Lincoln

### **Within 20-30 miles**

- Auburn
- Davis
- El Dorado Hills
- New Castle

## HELPFUL LINKS FOR RELOCATING

<b>Housing</b>		
Craigslist		<a href="http://sacramento.craigslist.org/apa">sacramento.craigslist.org/apa</a>
Apartments		<a href="http://rent.com/sacramento">rent.com/sacramento</a>
Houses		<a href="http://www.realtor.com/sacramento/nbregion.asp">www.realtor.com/sacramento/nbregion.asp</a>
Beale Transportation Management Office		530-634-2936
Travis Transportation Management Office		707-424-2411
Travis (PPM)		707-424-4178 x8176
<b>Utilities (Sac County)</b>		
SMUD (Electric)	888-742-SMUD	<a href="http://www.smud.org">www.smud.org</a>
PG&E (Gas)	800-743-5000	<a href="http://www.pge.com">www.pge.com</a>
Water	916-875-5555	
<b>Utilities (Placer County)</b>		
PG&E (Electric & Gas)	800-743-5000	<a href="http://www.pge.com">www.pge.com</a>
PCWA (Water)	800-464-0030	<a href="http://www.pcwa.net">www.pcwa.net</a>
<b>Schools</b>		
Sacramento County	<a href="http://www.scoe.net/schools/districts.html">www.scoe.net/schools/districts.html</a>	
Placer County	<a href="http://www.placercoe.k12.ca.us/Districts/Pages/Districts.aspx">www.placercoe.k12.ca.us/Districts/Pages/Districts.aspx</a>	
<b>Libraries</b>		
Sacramento County	<a href="http://www.saclibrary.org">www.saclibrary.org</a>	
Placer County	<a href="http://www.placer.ca.gov/Departments/Library.aspx">www.placer.ca.gov/Departments/Library.aspx</a>	
<b>Voter Registration</b>		
Sacramento County	916-875-6451	
Placer County	<a href="http://www.placerelections.com">www.placerelections.com</a>	



## **LOCAL HOTELS**

Below is a list of hotels near the Air Station to stay in during the house hunting process. Avoid the two motels south of the air station on Watt Ave. For safety purposes, it is not recommended.

### **Lions Gate**

3410 Westover St, McClellan, CA  
(916) 643-6222



### **Holiday Inn**

5321 Date Ave, Sacramento, CA  
916) 338-5800

### **Red Lion**

1401 Arden Way, Sacramento, CA  
(916) 922-8041



### **LaQuinta**

4604 Madison Ave, Sacramento, CA  
(916) 348-0900

# DRIVERS LICENSE / VEHICLE REGISTRATION



**DRIVERS LICENSE:**

[www.dmv.ca.gov/dl/dl.htm](http://www.dmv.ca.gov/dl/dl.htm)

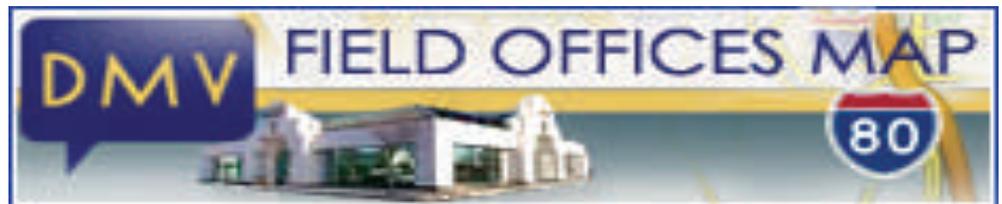
(valid for 5 yrs from date of issue)

**VEHICLE REGISTRATION:**

<http://www.dmv.ca.gov/vr/vr.htm>



**DMV OFFICES:**



**SACRAMENTO:**

4700 Broadway,  
Sacramento, 95820

**ROSEVILLE:**

222 Harding Boulevard, Roseville, 95678

**ROCKLIN:**

5245 South Grove, Rocklin, 95677

**CARMICHAEL:**

5209 North Avenue, Carmichael, 95608

**FOLSOM:**

323 E Bidwell Street, Folsom, 95630



# **MORALE - WELL-BEING - RECREATION**

## **MWR Overview**

Air Station Sacramento MWR offers bikes, kayaks, and parking spaces for rent. The Committee organizes and holds a monthly morale event. Some of the events we typically do are River Rafting, Lake Day, Ski Day, and Bowling day. All newly arriving members are encouraged to join the Morale Committee.



Contact LT Garcia with questions, (916) 643-7605.

## **Personal Fitness**

Air Station Sacramento has weight room, and cardio room available inside the hangar. There are also passes given out monthly by Chief Danner for access to California family fitness centers located around the area.

## **Continuing Education**

The Sacramento area offers many opportunities for continuing education at a number of local California Universities, community colleges, and nationwide colleges.

For universities you have your choice of Sacramento State University, and University of California Davis.

Community colleges include: American River College located in Carmichael, Sierra College located in Rocklin, and Folsom Lake College located in Folsom.

Other private colleges include: William Jessup University in Rocklin, University of Phoenix has a couple campuses, Heald College in Roseville, and MTI.

For more information about local schools and tuition assistance contact LT Durkton or LT Hanson at 916-643-7675 or 916-643-7691.

# Greater Sacramento Moral Opportunities

## Free Skiing



## Lake Tahoe A-Frames

- Available for very modest fees
- Located very close to North Tahoe ski areas
- Coast Guard gets first priority
- Available year round



## Air Station Sacramento MWR Locker

- Large Canoe
- Kayak
- Paddles, PFDs
- Mountain bikes
- Paintball gear



## **OTHER MWR OFFICES**

### **Travis AFB Force Support Squadron (MWR)**

Travis AFB, located in Fairfield, CA offers numerous things to take advantage of. They have camper rentals, winter sports equipment rentals, fishing boat rentals, access to discounted tickets for local events and theme parks, a rock climbing wall, and a paintball course. They also offer flight training (which you could use your GI bill for), and airplane rentals for those who know how to fly. You can also rent sailboats that are moored up at a marina in the San Francisco Bay.



You can find out more by visiting [www.travisfss.com](http://www.travisfss.com)

### **Beale AFB Force Support Squadron**

Beale AFB is located North of Sacramento near Marysville. Beale has an automotive shop with lifts, and personnel to assist in any maintenance or repairs that need to be made. While you're working on the car you can drop off the family at the arts and crafts building, or at the bowling center. Beale has a golf course with greens fees comparable to a round of mini golf (depending on your rank). They offer a number of boat, and trailer rentals, along with various sporting/outdoor equipment rentals. There is also a Rod and Gun club where you can shoot skeet, or using the firing range.

Check out [www.bealeservices.com](http://www.bealeservices.com) for more info.

### **Beale and Travis Commissaries and Exchanges**

The commissaries and exchanges at Beale AFB and Travis AFB are a lot larger than the one at McClellan. If you're looking for tax free furnishings for your new home or other supplies, either of these would be good places to include in your search. Below are the phone numbers for each to determine their hours.

#### **Beale AFB:**

Exchange—916-788-0221

Commissary—530-634-2416

#### **Travis AFB:**

## ISC ALAMEDA WORK LIFE

The Coast Guard's Work-Life Program is managed by the Office of Work-Life, a Headquarters program manager staff within the Health and Safety Directorate, reporting to the Assistant Commandant for Human Resources. This staff is responsible for establishing, developing and promulgating Work-Life policy and interpreting program standards for Coast Guard-wide implementation. The overall objective is to support the well-being of active duty, reserve and civilian employees and family members.

Work-Life staffs are charged to plan, develop, and administer programs affecting the well-being of the Coast Guard workforce through family advocacy, employee assistance, crisis intervention, relocation assistance, financial counseling, child and elder care and other human services. This is accomplished through the active employment of a number of services, resources and programs, targeted at prevention of problems and enhancement of quality of life. For the most part, the staff members are not direct providers of Work-Life services, but rather, serve as overseers and as a clearing house, ensuring that the customers receive the services that best meet their needs. The purpose of Work-Life initia-



tives and programs are to strike a reasonable balance between the needs of the Coast Guard, the needs of the member and their family members' needs.

**Employee Assistance Program Toll Free Hotline 1-800-222-0364**

**Work Life Program Contact Information**  
Toll free at 1-800-872-4957, ext 308  
Local: (510) 437-5920  
E-Mail: [CJ.Johnson@uscg.mil](mailto:CJ.Johnson@uscg.mil)



## **ON BASE SERVICES**



### **ARMY AND AIR FORCE EXCHANGE SERVICE**

There is an exchange located near Air Station Sacramento on Dudley Blvd. for all your tax free shopping needs.

**Hours:**

**Mon thru Sat 0900-1900**

**Sun 1000-1800**

**Holidays 0900-1700**

### **DECA COMMISSARY**

The commissary is located next door to the exchange.



**Hours: Sunday-Saturday 0900-1900**

**916-925-8541**



### **BARBER SHOP / BEAUTY SALON**

Both shops are located inside the exchange.

**Hours: Barber Shop: Mon-Sat 0800-1900/**

**Sun 1000-1700 – (916) 927-7521**

**Beauty Shop: Mon-Sat 0900-1900/**

**Sun - closed – (916) 923-3374**

### **SAFE CREDIT UNION**

There are many banks and credit unions located in the area. Safe Credit Union is the only one located on McClellan.



**Hours:**

**M-F, 9:00 a.m. to 6:00 p.m.**

**Sat, 9:00 a.m. to 2:00 p.m.**

## ON BASE SERVICES (CONT.)

The following eateries are located inside the exchange

### Anthony's Pizza

Mon-Fri 1030-1430 / Sat 1100-1600 / Sun 1100-1400

### Burger King

Mon-Sat 0830-1800 / Sun 0830-1900

### Robin Hood Sandwich Shop

Mon-Fri 1030-1430 / Sat 1100-1800 / Sun Closed

### Crater BBQ

Mon-Sat 0800-1500 / Sun Closed



### Café LeMonde

Café LeMonde is located across the street from the exchange and is a popular place to have lunch in the area. The tuna is a popular menu item.

5504 Dudley Blvd  
McClellan, CA 95652  
(916) 564-9946

Hours:  
Daily 0600-1600



## **ENTERTAINMENT IN SACRAMENTO**



### **Overview**

Sacramento offers a wide variety of things to do and see. The downtown area is just a 20-minute drive from the air station. Sacramento is the capital of California and has many things to offer everyone, whether you enjoy the city life, the country life, or a nice mix of both. There are movie theaters, malls, outdoor attractions, river rafting, fishing, hiking, bike trails, and Old Town Sacramento to name a few. Home to the Sacramento Kings, you will have the opportunity to see NBA basketball at it's best. Professional hockey, baseball, and football teams are within a few hours drive as well.

### **City Life**

For those who enjoy the hustle and bustle and being in the middle of it all, the Sacramento area has plenty to offer you. There are many clubs and bars to enjoy the night life in downtown Sacramento, and in the outlying areas of the city also. There are many art and craft festivals and galleries in the area, and 2nd Saturday offers the chance to go around and meet the artists. Sacramento also has many theaters and venues scattered around the area to enjoy plays, concerts, comedy, and poetry reading. If you prefer to enjoy local artists in a more intimate location you can put on your tight pants, sweater, and black rimmed glasses and stop by one of the many coffee shops scattered around downtown.

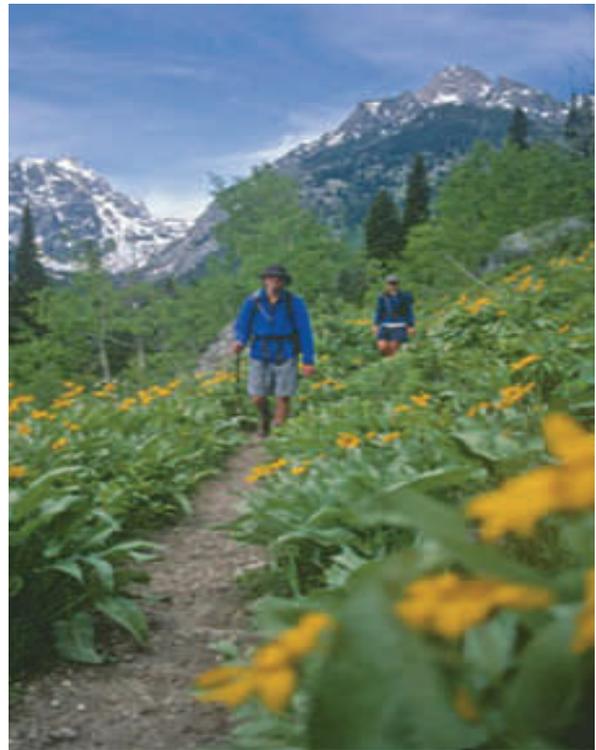
For those who love to shop, there are 4, soon to be 5 malls in the area. There is the Roseville Galleria, Sunrise Mall, Arden-Fair Mall, Downtown Galleria, and the Folsom Mall. Folsom also has a large outlet mall with stores from all those fancy pants companies. The most concentrated shopping centers in the area are in Roseville along Galleria Blvd., Citrus Heights along Sunrise Blvd., and Folsom along Iron Point Rd.

## FOR THE OUTDOORS ENTHUSIAST

The Sacramento area offers year round outdoor activities for those who appreciate the great outdoors.

There are many lakes and rivers in the area including the American, Sacramento, Bear, Yuba and Consumnes rivers. All offer swimming holes, white water rafting and kayaking, caves, waterfalls, and natural rock slides and cliffs to dive from. Most lakes in the area offer a place to put in a boat or jet-ski and do some fishing, water skiing, wake boarding, or just motoring around. Popular lakes include Folsom lake, Lake Clementine, Rollins Lake, and of course Lake Tahoe.

The Sacramento area is also well known for being bike friendly. Two communities in the area (Davis and Folsom) are known around the country as two of the top bike friendly cities. No matter what type of biking you enjoy, road biking, mountain biking, downhill mountain biking, you will find a place to do it, and a group to do it with.



State and national parks surround the greater Sacramento area, so you won't be far from opportunities to take advantage of all the wilderness has to offer. You can go camping, off-roading, hunting, rock climbing, hiking, and horse back riding.



## LOCAL PLACES TO VISIT



### **Old Town Sacramento**

The unique 28-acre National Historic Landmark District and State Historic Park is located along the Sacramento River. Bustling with activity, the district has shopping, dining, entertainment, historical attractions and world-renowned museums set within the time of the California Gold Rush and the Transcontinental Railroad.



### **Folsom**

Folsom is just east of Sacramento and offers many family activities. The city was named one of the top bike friendly cities in America with its expansive network of trails throughout the city. Activities in the area include the Folsom Rodeo, Cyclebration, market nights, and street fairs. If you want to enjoy nature you can take a bike out along the American River, rent a raft and float down the river, or boat on Lake Natoma or Folsom Lake.



### **Auburn**

Auburn is an old mining town rich with history. Auburn hosts many popular events and festivals including Fast Fridays motorcycle races, cruise nights for classic cars, farmers markets, the Mandarin festival, and many other family oriented events. Auburn is also the “endurance capital of the world,” and hosts many races through the Auburn State Recreation Area, and Tahoe National Forest.



### **Lake Tahoe**

Tahoe has a real bounty of year round outdoor activities. During the summer there is hiking, biking, boating, swimming, rafting, kayaking, camping, and off-roading. The winter offers snowmobiling, downhill skiing, cross country skiing, snowboarding, snow shoeing, and sledding.

## DAY TRIPS

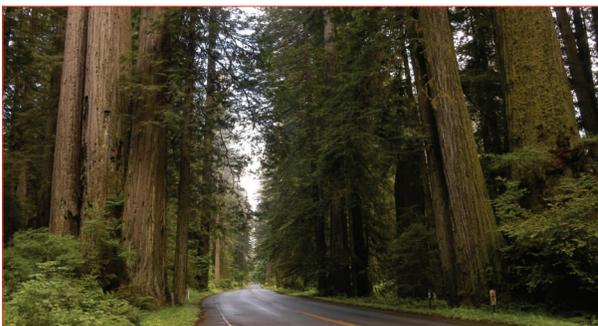
Popular destinations to spend a day or a weekend for sight seeing.



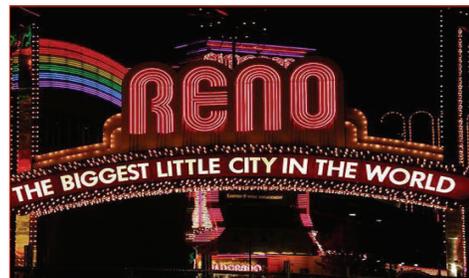
**San Francisco** is 2 hours west of Sacramento and offers many opportunities to experience other cultures. There is China town, Japan town, trolleys, the golden gate bridge, and many other parts of the city with their own unique flare. San Francisco has many museums, parks, attractions, and shopping centers.



**Napa Valley** is the heart of wine country and, like San Francisco, is only a couple hours away. You can rent a scooter and spend the day scooting around and taking in the scenery as the wind blows through your hair. Aside from the wineries and wine tasting, the Napa area offers many craft fairs, art galleries, nice scenery, and geysers.



**The Redwood Highway** is an option for those who like to sit back and enjoy nature fly by them as they sit in the comfort of their cars. If you choose to stop and get out, there are many things to see including huge trees, wood carved bears, and bigfoot.



**Reno** is two hours east of Sacramento on highway 80. Beside the casinos where you can voluntarily lose your money, you can also see the Red Bull air races, hot air balloon races, or venture into the desert for the burning man event.



# PROFESSIONAL SPORTS TEAMS

Here's a list of professional sports teams within driving distance of Sacramento.

## San Francisco Giants

[giants.mlb.com](http://giants.mlb.com)

AT&T Park, 24 Willie Mays Plaza,  
San Francisco, CA (415) 972-1800



## Sacramento River Cats

(AAA baseball)

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

400 Ballpark Drive  
West Sacramento, CA 95691

## Oakland Athletics

[athletics.mlb.com](http://athletics.mlb.com)

7000 Coliseum Way,  
Oakland, CA (510) 638-4900



## San Francisco 49ers

[www.49ers.com](http://www.49ers.com)

490 Jamestown Avenue,  
San Francisco, CA

(415) 656-4949

## Oakland Raiders

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

1220 Harbor Bay Parkway,  
Alameda, CA

(510) 864-5000



## Sacramento Mountain Lions (UFL)

[www.ufl-football.com/sacramento-mountain-lions](http://www.ufl-football.com/sacramento-mountain-lions)

6000 J Street, Sacramento, CA (916) 278-4323



## Sacramento Kings

[www.nba.com/kings](http://www.nba.com/kings)

1 Sports Parkway,  
Sacramento, CA  
916) 928-0000



## Golden State Warriors

[www.nba.com/warriors](http://www.nba.com/warriors)

1011 Broadway,  
Oakland, CA  
(510) 986-2200



## San Jose Sharks

[sharks.nhl.com](http://sharks.nhl.com)

525 West Santa  
Clara Street,  
San Jose, CA (408) 999-5735



## Stockton Thunder

(minor league hockey)

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

248 W Fremont St,  
Stockton, CA  
(209) 373-1500



## OTHER EVENT VENUES IN THE AREA

### **Infineon Raceway**

Infineon Raceway is a year-round motorsports complex with events including NASCAR, NHRA, Indy, Superbikes, and other road racing events.

29355 Arnold Dr, Sonoma, California (707) 938-8448



### **Sleep Train Amphitheater**

This is the local venue for all sorts of concerts and shows in the Sacramento area.

2677 Forty Mile Road, Wheatland, CA 95692



### **ARCO Arena**

ARCO arena is home to the Sacramento Kings and also hosts other events including motocross, concerts, and other types of entertainment.

One Sports Pkwy., Sacramento, CA, 95834

(916) 928-6900



### **Sacramento Convention Center**

The convention center is a complex of venues that caters to the uppity crowd with Broadway style plays, ballets, and orchestra concerts.

1400 J Street, Sacramento, CA 95814









## **USCG**

AIR STATION SACRAMENTO  
6037 PRICE AVENUE  
McCLELLAN CA 95652

Phone: 916-643-7659

Fax: 916-643-7700