



Address – 408 Atlantic Avenue, Boston, MA 02110: Web link: <http://cgweb.d1.uscg.mil/>

Vision Statement

The First District is an agile, expert military organization providing the best possible service in Maritime Safety, Homeland Security, National Defense, and Environmental Protection. In all that we do, we strive to earn the respect of the American people; for they are the reason we serve. We are committed to dedicated teamwork and comprised of empowered and inspired individuals who live our core values of honor, respect, and devotion to duty.

We have prepared this directory to assist you in locating the Coast Guard support services you may need while at the First District. If you require additional assistance, please contact the First District Administration Office at (617) 223-8341.

Sponsor: _____

Sponsor's Phone: _____

My Report Date: _____

WELCOME ABOARD!

1. Congratulations on your assignment to the First Coast Guard District. We look forward to you joining our talented team of professionals as we continue our proud history of mission excellence. You can learn more about the command by accessing our website at <http://cgweb.d1.uscg.mil/>.
2. At your earliest opportunity, please contact your sponsor for information about your new assignment and the Boston area. Please be prepared to discuss your desired reporting date in addition to any support you will need during your transfer. We are located at 408 Atlantic Avenue, Boston, MA 02110. The prescribed uniform is service dress blue or tropical blue long. Either uniform is appropriate for reporting in, all year round. Upon reporting in please report to the Admin office located on the 8th floor to start the check in process. Office hours are 0700-1600, Monday-Friday.
3. It is mission critical you close-out/transfer your computer user account prior to your departure. Submit a help ticket through the CG Fixit webpage or by calling 1-855-CGFIXIT to arrange for your CGSW account to be transferred to the D1 server prior to leaving your present command. It is recommended that you hand-write on the back of original orders, the network account closure request/tracking number. Failure to comply will result in delays logging-on to the network, accessing emails, and the possible loss of files.
4. Housing in the Boston area is expensive, but BAH and COLA rates help to offset the high cost. Before PCS arrival, all personnel must request a release from housing if they wish to receive basic allowance for housing (BAH) and live on the economy. You may obtain info on government housing, and/or a release from government housing form, at the local housing office, (617) 223-3366. BAH rates can be found at the following PPC Topeka web-link: http://cgweb.psc.uscg.mil. Click on the latest rates benefits tab on the left side of the above link, scroll down to housing allowances and there will be a link titled Basic Allowance for Housing. There you will enter your rank and the duty zip code of 02110, and the amount of your BAH (with or without dependents) will be shown.
5. If you would like to receive more information about the Boston area, the relocation assistance manager, Mr. Jim Freeman, can guide you on housing, schools, transportation, spouse employment and other issues of importance. He can also mail you a "Welcome Aboard" package with more detailed information on Boston and a host of relocation topics. Mr. Freeman can be contacted at (617) 223-3479 or e-mail [james.w.freeman\(at\)uscg.mil](mailto:james.w.freeman(at)uscg.mil).
6. Boston is a vibrant and historic city with much to offer CG members and their families. The First District is located on the waterfront in the heart of downtown, which is home to many fine restaurants and is in close proximity to Gillette Stadium (home of the New England Patriots), TD Banknorth Garden (home of the Boston Bruins and Celtics), Fenway Park (home of the Boston Red Sox), Faneuil Hall/Quincy Market, the Freedom Trail, the USS Constitution, Bunker Hill, the New England Aquarium, the Museum of Science, and numerous other historical and recreational attractions. Many of these are within walking distance or a short journey on the Massachusetts Transit System.
7. Base Boston, which is approximately 1 mile north (15 minute walk) from the First District, offers a medical/dental clinic, small exchange, gymnasium, weight room, and is host to the New England USO offering family/morale support activities. Hanscom Air Force Base is located about 20 miles northwest of Boston and has a large commissary, exchange and many recreational facilities. Addresses for these bases are 427 Commercial Street, Boston, MA 02109, and Hanscom AFB, MA 01731, to assist with on-line map searches.
8. If you choose to come to Boston before your PCS, for house hunting or to better understand the area, there are several places that offer temporary lodging for military families. You may contact

the Mariners House (11 North Shore, Boston, MA 02113) at (617) 227-3979, or Hanscom Inn (Hanscom AFB, MA 01731, building 1427) at (781) 377-2112, for temporary lodging.

9. Please ensure that your medical records are sent to HSWL Field Office Boston. You should make an appointment for a medical interview upon arrival. To enroll your dependents in Tricare, visit our local health benefits advisor at the Tricare Service Center located at the Base Boston Medical Clinic in bldg 8 on the 3rd deck or by phone at (877) 874-2273 or (617) 223-3121 to discuss all available health care options.

10. Boston is renowned as a hub of education, and there is certainly no shortage of colleges and universities in the area. To take advantage of the unique opportunity or pursue other educational endeavors, our ESO, CWO Kevin Nicholson, (617) 223-3491, is standing by to assist you with educational services and tuition assistance.

11. Again, congratulations on your new assignment. If we can be of any assistance, please do not hesitate to call your sponsor or your Admin Yeoman, YN3 Ariel Mollard at (617) 223-5451, YN3 Anita Beigel at (617) 223-8397 or YN3 Jennifer Gralia at (617) 223-8341

BASE BOSTON INFORMATION: (Located at 427 Commercial St, Boston, MA)

EXCHANGE

The Exchange is located on the 2nd deck of building 8.

Services: Teleflora, Dry Cleaning

Hours of Operation:

Monday – Saturday 0800-1600

Sunday CLOSED

BARBER SHOP (Located within Exchange) 617-223-3152

Hours of Operation:

Monday CLOSED

Tuesday 0930-1500

Wednesday 0930-1500

Thursday 0930-1500

Friday 0930-1500

Saturday 0930-1200

Sunday CLOSED

ALL HANDS CLUB

The All Hands Club is located on the main level of Building 1. You must be 21 years of age or older to consume alcohol at the Club. Appropriate dress and positive ID are required.

Please note the All Hands Club is for authorized patrons (military personnel, retired personnel, their dependents and federal employees). Authorized patrons may bring civilian guests, but they must be signed in at the Security desk.

Hours of Operation:

Monday CLOSED

Tuesday 1500-2400

Wednesday 1500-2400

Thursday	1500-2400
Friday	1500-2400
Saturday	1500-2400
Sunday	CLOSED

GYMNASIUM

The gymnasium is located on the third deck of building 15.

Hours of operation:

Sunday	1200-2200
Monday – Friday	0600-2200
Saturday	1000-2200

DINING FACILITY

The dining facility is located on the second deck of Building 1.

Government Meal Rates:

Breakfast: \$2.10

Lunch: \$3.30

Dinner: \$3.30

Hours of Operation:

Weekdays:

Breakfast: 0615-0715

Lunch: 1115-1215

Weekends and Holidays:

Breakfast 0700-0815

Brunch 1000-1215