

STANDARD INSTALLATION
TOPIC EXCHANGE SERVICE



RELOCATION INFORMATION FOR

USCG Kodiak
Alaska

Information Date
October 25, 2002

Visit the SITES Web Site at
<http://www.dmdc.osd.mil/sites>

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Installation

Installation Overview

Commanding Officer, USCG Integrated Support Command Kodiak, P O Box 195000, Kodiak, AK 99619-5000. Toll Free: (800) Kodiak 2

UNLESS OTHERWISE INDICATED, ALL TELEPHONE NUMBERS IN THIS BOOKLET ARE UNDER THE "907" AREA CODE.

Welcome Aboard! The Coast Guard Integrated Support Command encompasses 23,000 acres of land. It is the only Integrated Support Command in the Coast Guard that supports both cutters and aircraft.

Personnel assigned to Integrated Support Command Kodiak play a key role in Coast Guard operations in Western Alaska. Along with providing services for visiting cutters from the Pacific Area, the Integrated Support Command team provides administrative, logistical, and family support to the following thirteen operational units on Kodiak. These units combine to make the Kodiak complex the largest operational base in the Coast Guard.

Relocation can be very stressful, especially if you and your family are not fully informed of what to expect. The transportation and PERSRU offices at your departing and arriving unit are critical to a successful transfer. Your sponsor is the key to important unit information and the Transition-Relocation Manager at Work-life is available to provide additional information should you have any problems or questions.

Although your orders may not require you to report in for some time, it is a good idea to start planning your transfer early. Congratulations on your orders to the Emerald Isle of Kodiak!

Name: Integrated Support Command Kodiak
Address: P.O. Box 195000
City: Kodiak, AK 99619-0000
Phone: (800) 563-4252
FAX: 487-5546

Name: NAVCENDET Kodiak
Address: P. O. Box 195096
City: Kodiak, AK 99619-5096
Phone: (907) 487-5630
FAX: 487-5147

Name: Naval Special Warfare - Detachment Kodiak
Address: P.O. Box 190966
City: Kodiak, AK 99619-0966
Phone: (907) 487-5780

Name: USCG Marine Safety Detachment
Address: P. O. Box 190055 326 Center Street
City: Kodiak, AK 99619-0055
Phone: 486-5918 Ext. 4

Name: USCG 17th District Public Affairs Detachment
Address: P.O. Box 190094
City: Kodiak, AK 99619-0094
Phone: 487-5700
FAX: 487-5714

Name: USCG Air Station Kodiak
Address: P O Box 190033
City: Kodiak, AK 99619-0033
Phone: (907) 487-5836
FAX: 487-5033
WWW Link: http://www.ptialaska.net/~askodirm
Comments: Use the listed web page address to find out additional unit specific information concerning Air Station Kodiak.

Name: USCG Communication Station Kodiak
Address: P O Box 190017
City: Kodiak, AK 99619-0017
Phone: (907) 487-5281
FAX: 487-5517

Name: USCG Electronic Support Unit Kodiak
Address: P O Box 190049
City: Kodiak, AK 99619-0049
Phone: (907) 487-5313 Ext. 286

Name: USCG Investigations Office
Address: P.O. Box 195035
City: Kodiak, AK 99619-0035
Phone: 487-5422

Name: USCG Loran Station Kodiak
Address: P O Box 190032
City: Kodiak, AK 99619-0032
Phone: (907) 487-5082
FAX: 487-5083

Name: USCG North Pacific Regional Fisheries Training Center
Address: P.O. Box 190092
City: Kodiak, AK 99619-0092
Phone: (907) 487-5699 Ext. 300
FAX: 487-5716

Name: USCGC ALEX HALEY (WMEC-39)
Address: P O Box 190657
City: Kodiak, AK 99619-0657
Phone: (907) 487-5615
FAX: 487-5618

Name: USCGC FIREBUSH (WLB 393)
Address: P O Box 190653
City: Kodiak, AK 99619-0653
Phone: (907) 487-5830
FAX: 476-5541

Name: USCGC SPAR (WLB 206)
Address: P O Box 190651 C/O CG Integrated Support Command
City: Kodiak, AK 99619-0651
Phone: (907) 487-5507/5508/5509 Pre-Com Office

Name: USCGC STORIS (WMEC 38)
Address: P O Box 190655
City: Kodiak, AK 99619-0655
Phone: (907) 487-5166
FAX: 487-5535

Must Know Items

For more information on this subject:
Team Kodiak Relocation Web Page
<http://www.cgkodiak.com>

The entire support staff at ISC Kodiak is here to assist you during your relocation. The Transition-Relocation Manager, Deborah Bower, looks forward to answering any questions you or your spouse may have concerning the Kodiak community, base, spousal employment, or your relocation to Alaska.

Please be aware that enlisted families qualified for 3 and 4 bedroom housing units and officers qualified for 4 bedroom housing units can expect a 1-year wait to obtain government housing matching their

bedroom needs. Three and four bedroom rental units are limited and relatively costly. Officials conducting oconus screening must give careful consideration to housing needs and financial situation prior to requesting entry approval. WAIVERS REGARDING FAMILY SIZE MUST BE REQUESTED IAW PERSMAN ART 4.H.6.b. WAIVERS MAY NOT BE GRANTED DUE TO LIMITED HOUSING SUPPLY.

Before you transfer you should receive a Welcome Aboard message from your new unit which will include the name of your sponsor. It is very important to work with your sponsor to have a successful relocation to Kodiak. If you do not receive the message within two weeks of receiving your orders, contact your unit. Be sure to read and follow all requirements on your Welcome Aboard message.

An OVERSEAS ENTRY APPROVAL is necessary and the important first step to relocating to Kodiak. An overseas interview and screening checklist is contained in Chapter 4.H. of the Personnel Manual to provide guidance for screening you and your family members for overseas duty. Improper screening could result in many problems upon arrival. Try to resolve any problems that may be identified during the interview and if you have any questions, discuss them with your overseas interviewer.

Some questions in the area of medical, emotional, and educational needs are limited on Kodiak Island. Personnel with questions about services available are encouraged to contact the Family Advocacy Specialist or the Family Resource Specialist at ISC Kodiak Work-Life 800-872-4957 Ext. 272 or Ext. 274.

ENTRY APPROVAL is NECESSARY for transportation of you, your family members, household goods and privately owned vehicle (POV). Your administrative division must send a request for entry approval after you have met all requirements for overseas duty. It is advisable to meet all requirements as soon as possible in order to allow sufficient time in planning for your arrival. Entry approval into Kodiak and concurrent travel of family members is controlled by the USCG Integrated Support Command Housing Office you will not be eligible for reimbursement of travel or cost of living and housing allowances unless you have prior entry approval.

TEMPORARY LODGING ALLOWANCE(TLA):
Permanent housing will not be ready for immediate

occupancy. TLA is authorized upon the member's and dependent(s) arrival. TLA is not authorized for early arrival of the member prior to the dependent(s) arrival. Temporary lodging facilities are limited and very expensive. Early advance reservations (with confirmation) are essential due to limited occupancy. Members are required to pay for lodging and expenses prior to requesting reimbursement via the TLA program. All members are strongly encouraged to possess a CITIBANK gov't traveler's charge card or \$2000 in negotiable funds upon arrival to pay for lodging pending TLA reimbursement. The CITIBANK government traveler's charge card is the preferred method to pay for lodging which eliminates the member's initial out of pocket expense. The member must submit a TLA claim package to the housing office every ten days. FINCEN will process TLA payment to the member's direct deposit account within 21 days. TLA may be extended by the housing office for up to 60 days while the member is actively searching for housing on the community or waiting for government quarters.

Some of the services available through Work-Life and the relocation office are:

Kodiak Maps,Spousal Employment Information,Milepost Magazines (limited supply),Alaska Rental Laws,and Kodiak Phone Books. You or your sponsor will need to call the Kodiak Relocation Office with a current mailing address to request a package.

Organizing a move to Alaska can be confusing if this is your first overseas transfer, if you need information concerning transportation or housing entitlements you may contact the ISC at (800) 563-4252, Housing Office is at Ext. 141 and HHG/POV transportation office is at Ext. 188.

For all other questions concerning your transfer, please feel free to contact the Work-Life Office at (800) 872-4957, Ext. 563 then Ext. 275 for the Relocation Manager.

Must Know Items

<i>--Installation--</i>	
Site Name	USCG Kodiak
Last Updated	October 25, 2002
State/Territory	Alaska
County	
ZIP Code	99619
Service	USCG
Host Command	
Physical Size	
<i>--Personnel--</i>	
FSC/ACS Director	
Relocation Assistance Manager	
Relocation Assistance Specialist	
<i>--Phones--</i>	
DSN Country Code	
DSN Number	800-872-4957 Ext. 563 Ext. 275
Commercial Country Code	
Commercial Area Code	(907)
Commercial Number	487-5525 Ext 275
FAX DSN Country Code	
FAX DSN Number	
FAX Commercial Country Code	
FAX Commercial Area Code	(907)
FAX Commercial Number	487-5239
<i>--Official Mailing Address--</i>	
Street Line 1	ISC - Kodiak Work-Life
Street Line 2	P O Box 195022
City	Kodiak
State/Territory	AK
ZIP Code	99619-5022
<i>--Deliverable Address--</i>	
Street Line 1	ISC-Kodiak Work-Life
Street Line 2	P O Box 195022
City	Kodiak
State/Territory	AK
ZIP Code	99619-5022
E-Mail	dbower@cgalaska.uscg.mil

Geographically Separated or Satellite Locations

The Relocation Manager located at the Integrated Support Command Kodiak provides services to all of

the Coast Guard units located in Kodiak and Naval Special Warfare Detachment. Due to the isolated locations of the LORAN stations listed below, the unit sponsor will provide specific relocation information to transferring members.

Geographically Separated or Satellite Locations

<i>Satellite</i>	<i>Command</i>	<i>Distance</i>	<i>Associated Site Name</i>
Attu Island, Alaska	LORAN Station Attu	C-130 Air Access Only	USCG Kodiak
Port Clarence, Alaska	LORAN Station Port Clarence	C-130 & Commercial Air Access Only	USCG Kodiak
St Paul Island, Alaska	LORAN Station St Paul	C-130 & Commercial Air Access Only	USCG Kodiak

Nearby Installations (Listed Separately in SITES)

Elmendorf Air Force Base and Ft. Richardson Army Base are both located in Anchorage, Alaska,

approximately 250 miles by air from Kodiak. Environmental morale leave (EML) and space-A flights are available aboard Coast Guard C-130's to these bases.

Nearby Installations (Listed Separately in SITES)

<i>State/Country</i>	<i>Site Name</i>	<i>Service</i>	<i>Distance</i>
Alaska	Elmendorf AFB	USAF	250 miles by air
Alaska	Fort Richardson	USA	250 miles by air

Regulations

Military police are assigned to ISC Kodiak to enforce federal and state laws on Coast Guard property. They are located in the Administration Building, N-38, on the ground floor. The emergency phone number is 911. The ISC response number is 487-5555. Daily business may be phoned to 487-5266 Ext 010/011/012. Basic rules are that the speed limit is 25mph on all CG property unless otherwise posted. Anton Larson Road speed limit is 35mph. Military police are state certified in radar operation and most are also state certified in procedures for alcohol related incidents. Alaska State Troopers have jurisdiction on all federal property in the State of Alaska. This jurisdiction was granted by the federal government through the Alaska Statehood Act. They have full law enforcement jurisdiction on all CG property.

All personnel, military and civilian, with few exceptions, assigned to ISC or tenant commands are required to have a CG decal on their vehicle. Paperwork required for decals are: proof of insurance, registration, ID card and drivers license.

Decals are issued 24 hours a day at the Watch Captain's desk in Building N-38.

The State of Alaska requires all non-active duty drivers residing in the state to have an Alaska State Drivers License. All non-resident drivers, 16 years or older, have 90 days after entry into the state to get an Alaska State Drivers License. License information can be obtained from the Alaska Department of Motor Vehicles. More detailed parking, traffic and access regulations are published as ISC instruction and are available through Military Police.

Name: Alaska Division of Motor Vehicle (DMV)
Address: 2921-B Mill Bay Road
City: Kodiak, AK 99615
Phone: 907-486-4612
WWW Link: http://www.state.ak.us/dmv
Comments: Go to the table of contents to find the Alaska Drivers Manual. This site contains a lot of important information on the State of Alaska.

Commonly Referenced Numbers

<i>Name</i>	<i>Commercial</i>	<i>DSN</i>
Air Station Space A Flights	907-487-5149	-
American Red Cross (Elmendorf AFB)	DAY: 907-552-5253 AFTER HOURS: 877-272-7337	-
Armory	907-487-5266 Ext. 122	-
Bachelor Enlisted Quarters	907-487-5262	-
Bear Valley Golf Course	907-486-9793	-
CG Exchange Audio/Video	907-487-5748	-
CG Exchange Base Convenience Store	907-487-5519 or 5475	-
CG Exchange Furniture Store & Special Order Desk	907-487-5373	-
CG Exchange Nemetz Country Store	907-487-5359	-
CGES Gas Station	907-487-5107	-
Chaplain's Office	907-487-5730	-
Child Development Center (CDC)	907-487-5481 or 5482	-
Civilian Personnel Liaison	907-487-5320 Ext. 310	-
DECA Commissary	907-487-5204	-
Housing Office	800-563-4252 Ext 141 or 907-487-5310 Ext. 141	-
MWR Athletic Programs	907-487-5274	-
MWR Auto Hobby	907-487-5844	-
MWR Billiken Theater Movie Listing	907-487-5884	-
MWR Boat House	907-487-5047	-
MWR Bowling Alley	907-487-5401	-
MWR Guest House	907-487-5446	-
MWR Office	907-487-5108	-
MWR Pizza Parlor	907-487-5988	-
MWR Swimming Pool	907-487-5391 or 5392	-
MWR Teen Center	907-487-5271	-
MWR Youth Programs	907-487-5457	-
Relocation Manager	800-872-4957 Ext 563, Ext. 275 or 907-487-5525 Ext 275	-
Rockmore-King Clinic Dental Appointments	907-487-5757 Ext. 115	-
Rockmore-King Clinic Health Benefits Advisor	907-487-5757 Ext. 131	-
Rockmore-King Clinic Medical Appointments	907-487-5757 Ext. 293	-
Rockmore-King Clinic Medical Records	907-487-5757 Ext. 125 or 126 or 127	-
SATO Travel	907-487-2500	-
Self Help and Wood Hobby Shop	907-487-5464	-
Transportation Office	800-563-4252 Ext. 185	-
Work-Life Office	800-872-4957 Ext 563 or 907-487-5525	-

Major Unit Listing

The following is a list of all Coast Guard Units in the Kodiak Area. Telephone numbers listed all have the

907 area code. Number listed is the general or administrative number for the unit.

Major Unit Listing

<i>Unit</i>	<i>Command</i>	<i>Point of Contact</i>	<i>Commercial</i>	<i>DSN</i>	<i>Fax</i>
	Integrated Support Command Kodiak	Commanding Officer	907-487-5760 or 800-KODIAK 2		487-5546
	Naval Special Warfare - Detachment Kodiak	Commanding Officer	487-5780		
	USCG Marine Safety Detachment	Commanding Officer	486-5918		
	USCG 17th District Public Affairs Detachment	Commanding Officer	487-5700		487-5714
	USCG Air Station Kodiak	Commanding Officer	487-5165		487-5033
	USCG Communication Station Kodiak	Commanding Officer	487-5281		487-5430
	USCG Electronic Support Unit Kodiak	Commanding Officer	487-5313 Ext. 286		
	USCG Investigations Officer	Commanding Officer	487-5422		
	USCG Loran Station Kodiak	Commanding Officer	487-5082		487-5083
	USCG North Pacific Regional Fisheries Training Ctr	Commanding Officer	487-5699 Ext. 300		487-5716
	USCGC ALEX HALEY (WMEC-39)	Commanding Officer	487-5615		487-5618
	USCGC FIREBUSH (WLB 393)	Commanding Officer	487-5830		476-5541
	USCGC SPAR (WLB 206)	Commanding Officer	487-5344		
	USCGC STORIS (WMEC 38)	Commanding Officer	487-5166		487-5535

Transportation

Personnel without their own transportation will find getting around difficult. Private taxi service, though extremely expensive, is available. There is no public transportation available in Kodiak or on the base.

The main Coast Guard Complex is located approximately seven miles from the city of Kodiak, with some government housing between. Government transportation is limited and strictly controlled. Private vehicles are highly desirable.

The only paved roads on Kodiak are on base, between the base and town, in the city, and ten miles north and south. All other roads are gravel, resulting in high incidences of flat tires. Snow tires or all season steel belted radials are used year round for extra protection against flats. In the winter, studded snow tires or chains are used due to fluctuating temperatures resulting in the formation of ice. Purchasing snow tires before coming to Kodiak is a good idea, as they can be expensive here.

If you have a reasonably reliable vehicle, the purchase of a new vehicle is not necessary; and for everyday driving, four-wheel-drive is not needed. Vehicle repairs in Kodiak are considerably higher than in the "lower 48." Whether or not you need two vehicles depends on your family situation; only one vehicle can be shipped at government expense (for more information see POV In-Bound Shipment section).

There are two automobile dealerships on Kodiak that can accommodate repairs on new automobiles under warranty.

Kodiak Motors repairs and services: (Ford, Lincoln, Mercury)

Kodiak Auto Center repairs and services: (Chrysler, Dodge, Plymouth, Honda, Toyota, Yamaha, Jeep)

LICENSING AND REGISTERING VEHICLES

Alaska title and registration of motor vehicles is not required of military personnel in Alaska, unless the vehicle's owner has civilian employment in the state. Military members are not required to change their drivers license to Alaska, but family members are required to change their license by the end of a 90 day period after entry into the state.

All vehicles must be registered with Integrated Support Command Military Police by providing registration, valid driver's license, and proof of insurance. The minimum coverage required is: Bodily Injury - \$50,000 per person, \$100,000 per occurrence, Property Damage - \$25,000. Insurance shall meet either these requirements, the limits prescribed in the financial responsibility law or the compulsory insurance law of the state the vehicle is registered in, whichever is greater. Check with your insurance company, as some insurers have specific requirements concerning vehicles in Alaska. For licensing information contact:

Name: Driver's Licenses/License Plates, State of Alaska DMV
Address: 2921-B Mill Bay Road
City: Kodiak, AK 99615
Phone: 1-907-486-4612
WWW Link: http://www.state.ak.us/dmv

Commissary and Exchange Operations

The EXCHANGE/Convenience store offers some clothing and accessories, furniture, housewares, sporting goods, and audio/visual equipment. Limited food items, alcoholic beverages, tobacco, and video rentals are located on the lower floor. Special orders can be placed through the Customer Service desk on the 2nd floor and home layaway is available.

The Coast Guard COMMISSARY, operated by the Defense Commissary Agency (DECA), is conveniently located on the first floor of the PAC building. They carry an excellent selection of various meats, canned goods, baby foods, dairy products, frozen food, fruits, vegetables and staples. The Commissary is closed on Wednesday and Thursday of each week and also on some holidays.

Local Community

Local Community Overview

For more information on this subject:
Kodiak Visitors Guide
<http://www.kodiak.org>

So, you're considering accepting orders to a Coast Guard unit in Alaska. You've heard stories about what Alaska is like, but you would like to know more about it. Well, it's big, it's pretty remote, it's expensive and Coast Guard men and women and their families really need to know what to expect before they decide to take orders here. The distance

from Juneau to Kodiak, by air, is about 700 miles. Kodiak to Anchorage is over 250 miles or a one-hour flight. Even Ketchikan to Sitka is more than 200 miles. You have to travel by airplane or ferry boat to get to most of the Coast Guard units in Alaska. Very few Alaska towns and cities are connected by roads. In fact, the towns of Kodiak, Ketchikan, Petersburg and Sitka are all on islands. Juneau backs right up to mountains and glaciers.

The weather is another element of Alaska to be prepared for, Kodiak averages 76.2 inches of rain and snow every year. Ketchikan gets even more rain. Compare that to Seattle which receives an average of 37.7 inches of precipitation per year and you can imagine how wet it is here. Studded tires are a must on any vehicle between October and April, even four-wheel drives due to ice on the roads. There are some pretty nice days throughout the year, but they are often few and far between.

If you're expecting sunny and 80 degrees, don't! Kodiak summer temperatures only twice reached over 80 degrees. If temperatures reach 70 degrees, that's a hot day here.

Light and darkness are two other aspects of Alaska assignments that are difficult to get used to. In the middle of the summer in Kodiak, daylight is from about 3a.m. to 1a.m. In the winter, it's the opposite. It does not get light until about 10a.m. and it will get dark at about 5:00p.m.

There are no shopping malls or 24-hour-per-day conveniences in Kodiak. We do have a Wal-Mart, McDonalds, Dominos Pizza, KFC, Pizza Hut, and Blockbuster video.

Research as much as you can about Kodiak and prepare yourself for the adventure of living in the remote.

Time Zone Chart

<i>Location</i>	<i>Adjustment for GMT</i>
Alaska (USCG Kodiak)	-9
Pacific	-8
Mountain	-7
Central	-6
Eastern	-5
Greenwich (United Kingdom)	0
Central European (Germany)	1
East Asia (Japan)	9

Climate

For more information on this subject:
 Weather for Kodiak, AK 99615
<http://www.weather.com>

Kodiak's climate is mild for Alaska. During the summer months, cool ocean breezes keep temperatures in the 50's and 60's. Ocean winds in the winter give Kodiak average temperatures in the 20's and 30's. September, October, and January are the wettest months on Kodiak with each month averaging more than 7 inches of rain. Fog is also a very common occurrence on Kodiak and at times can be present for several weeks with light falling rain. The mountains around the island are a few thousand feet above sea level and maintain snow covered peaks from November until well into the summer. While there is always a chance of snow, it does not

generally accumulate in low lying areas because of the frequent rain and moderate temperatures. Ice is more common on Kodiak than snow.

Winter nights can be very long on Kodiak due to the lack of sunlight. During these months our daylight hours decrease to about six hours per day and with cloud coverage it can be dark by 3:30pm. The summer is a different story altogether with increasing daylight hours to almost 18 hours per day. It gets dark around midnight and light again at about 4:30 a.m. It takes quite a bit of getting used to, especially when you are scheduled to start a softball game at 10:00 p.m. Often children don't want to come in because it's still light out.

Kodiak has an annual rainfall of about 70 inches. That is a lot of rain, but after you have been here a while you will find a little Kodiak "liquid sunshine"

doesn't stop anyone from having a good time, indoors or out.

Climate

<i>Month</i>	<i>High</i>	<i>Low</i>	<i>Humidity</i>	<i>Precipitation</i>
January	35.0	24.7		7.4
February	36.1	24.9		5.3
March	38.9	26.9		4.6
April	43.7	31.4		4.2
May	49.5	37.5		5.5
June	55.6	43.6		4.8
July	60.5	48.2		3.7
August	61.9	48.4		5.2
September	56.6	43.4		7.0
October	47.2	34.2		7.2
November	39.9	28.8		6.0
December	36.4	25.2		6.8

Events Calendar

For more information on this subject:
 Kodiak Chamber of Commerce
<http://www.kodiak.org>

Kodiak's diverse cultures and maritime lifestyles are celebrated in a variety of special events. A full listing of annual events can be found in the local Kodiak Visitors Guide or on the Kodiak web page.

Name: Bear Country Music Festival
Comments:
 Annual musical extravaganza that includes a full-spectrum of bluegrass, country, folk, soft rock, and Alaskan music.

Name: Chad Ogden Ultramarathon
Comments:
 43-mile hilly course, beginning in Chiniak and ending at the Harbormaster Building in downtown Kodiak. Race attracts runners from all over the world.

Name: Comfish Alaska
Comments:
 The third largest commercial fishing show on the Pacific Coast. Features manufacturers and distributors displaying the latest technology of the fishing industry.

Name: FIL-AM Heritage Week
Comments:
 Kodiak's Filipino community celebrates their cultural heritage with a variety of events and performances.

Name: Harbor Stars
Comments:
 A Christmas fleet parade of brightly decorated vessels of all sizes.

Name: Kodiak Crab Festival
Comments:
 Celebration of spring and the Emerald Isle. Parades, carnival booths and midway, running events, golf tournament, bicycle and survival suit races, a blessing of the fleet ceremony, concerts, and much more.

Name: Kodiak State Fair and Rodeo
Comments:
 Both junior and main event rodeos have blue ribbon fair exhibits during this fun-filled weekend. Special contest include: bubble gum blowing, pie eating, nail pounding, watermelon seed spitting, and Rodeo Queen contest.

Name: Pillar Mountain Golf Classic
Comments:
 15th Annual tournament an irreverent par-70, one-hole golf tournament up the side of 1400' Pillar Mountain.

Name: Whale Fest Kodiak
Comments:
 Whale watchers celebrate the return of migrating whales. Whale sightings reported daily, with special art, literature and performances schedules throughout the festival.

Cultural Attractions

Name: Alutiiq Museum & Archaeological Repository
Address: 215 Mission Road Suite 101
City: Kodiak, AK 99615
Phone: 907-486-7004
FAX: 907-486-7048
E-Mail: alutiiq2@ptialaska.net
WWW Link: http://www.alutiiqmuseum.com

Name: Baranov Museum & Kodiak Historical Society
Address: 101 E. Marine Way
City: Kodiak, AK 99615-6307
Phone: 907-486-5920
FAX: 907-486-3166
E-Mail: baranov@ptialaska.net

Name: Dig Afognak
Address: 215 Mission Road Suite 014 P O Box 968
City: Kodiak, AK 99615-0968
Phone: 866-860-4777 or 907-486-2993
FAX: 907-486-6529
E-Mail: dig@afognak.org
Comments: A remote archaeological field camp offers a chance to work with local Native community, researching their past and studing natural history, geology & botany of Afognak island.

Name: Kodiak Arts Council
Address: P O Box 1792
City: Kodiak, AK 99615
Phone: 907-486-5291
FAX: 907-486-5591
WWW Link: http://www.jkodiak-arts-council@gci.net

Name: Kodiak Military History Museum
Address: FT. Abercrombie State Historical Park 1623 Mill Bay Road
City: Kodiak, AK 99615
Phone: 907-486-4700
FAX: 907-486-5541
E-Mail: joe@kadiak.org

Name: Kodiak Russian Balalaika Players
Address: P O Box 962
City: Kodiak, AK 99615-0962
Phone: 907-486-3891

Name: Kodiak Russian Balalaika Players
Address: P O Box 962
City: Kodiak, AK 99615
Phone: 907-486-3891

Name: Kodiak Tribal Council & Alutiiq Dancers
Address: P O Box 1974
City: Kodiak, AK 99615-1974
Phone: 907-486-4449
FAX: 907-486-3361

Name: Museum of the History of the Orthodox Church in AK
Address: 414 Mission Road
City: Kodiak, AK 99615
Phone: 907-486-3524
FAX: 907-486-5935
E-Mail: fflb@ptialaska.net

Recreation Opportunities

For more information on this subject:
USCG MWR
<http://www.kodiakmwr.com>

Kodiak is widely known for it's fishing and hunting adventures although there are many opportunities to enjoy other recreational opportunities such as sea kayaking, beachcombing, whale watching, hiking, birdwatching and tide pooling. Even individuals that have never been interested in fishing enjoy catching barn door-sized halibut, feisty rainbow trout, steelhead, Dolly Varden and all of the five salmon species found in Kodiak waters. Among the many options available is the USCG MWR 9 hole golf course known as Bear Valley where the #1 course rule is: always allow the bears to play through! The MWR also has boats and campers for rent along with various items of camping gear to help you experience fun in a remote setting. Several local ranches offer horseback trail riding and indoor and outdoor shooting ranges are available year round. Winter will bring many new options, including cross country skiing, snowboarding, sleding, snowmobiling, and snowshoeing. For those that prefer the indoors during the winter season there are many options available at the fully equipped MWR gymnasium including swim teams, weight training, basketball, and racketball, just to list a few. All of the MWR facilities are featured on their newly created web page, just click on the below listed address to see what our MWR has to offer. "Welcome Aboard" orientations are held each month during the summer so newcomers can be aware of what is available on Kodiak. For more information about attending an

orientation just contact the Work-Life office after you arrive at 487-5525.

Name: Alaska Fish & Game
WWW Link: http://www.state.ak.us/local/akpages/FISH.GAME/afghome.htm

Name: Kodiak Visitors Guide
WWW Link: http://www.kodiak.org

Name: USCG MWR
WWW Link: http://www.kodiakmwr.com

Military Related and Civic Organizations

Involvement in base and civic organizations can help members and their families have a more successful tour while in Kodiak. Some of those organizations are listed:

Name: American Association of University Women
Address: 1628 Monashka Circle
City: Kodiak, AK 99615
Phone: 907-486-2394

Name: Chief Petty Officer's Association Auxiliary
Address: P O Box 190899
City: Kodiak, AK 99619
Phone: 907-486-5777

Name: Kiwanis Club of Kodiak
Address: P O Box 2168
City: Kodiak, AK 99615
Phone: 907-486-3363

Name: Kodiak Barangay Lions Club
Address: P O Box 2748
City: Kodiak, AK 99615
Phone: 907-486-6585

Name: Kodiak Lions Club
Address: P O Box 1735
City: Kodiak, AK 99615
Phone: 907-486-2000

Name: Kodiak Rotary Club
Address: P O Box 652
City: Kodiak, AK 99615
Phone: 907-486-6181
FAX: 907-486-4503

Name: Soroptimist International of the Americas
Address: P O Box 367
City: Kodiak, AK 99615

Shopping

Shopping is limited on Kodiak and prices are higher therefore catalog and internet ordering is very popular. There are two grocery stores in the town of Kodiak along with a Wal-Mart and Cost Savers. Many of the other clothing, furniture, and gift stores are small local owned businesses.

Name: AC Value Center
Phone: 907-486-5761

Name: Safeway Food & Drug
Address: 2685 Mill Bay Road
City: Kodiak, AK 99615
Phone: 907-486-6811

Name: Wal-Mart
Address: 2911 Mill Bay RD
City: Kodiak, AK 99615
Phone: 907-481-1670

State and Community Social Service Agencies

Name: Alaska Division of Family Services
Address: 316 Mission RD Room 215
City: Kodiak, AK 99615
Phone: 907-486-6174

Name: Denali KidCare Office
Phone: 1-888-318-8890
WWW Link: http://www.hss.state.ak.us/dma/DenaliKidCare/
Comments: Family must meet income guidelines to qualify.

Name: Division of Public Assistance
Address: 305 Center Ave
City: Kodiak, AK 99615
Phone: 907-486-3783

Name: Healthy Alaskans Information Line
Phone: 800-478-2221

Name: Kodiak Public Health Center
Address: 316 Mission RD
City: Kodiak, AK 99615
Phone: 907-486-3319

Non-Profit Social Service Agencies

Name: Alcoholics Anonymous
Phone: 907-486-4040
Comments: 12 step recovery from alcoholism

Name: American Red Cross
POC: Armed Forces Emergency Services
Phone: 877-272-7337 Toll Free
Comments: To reach your family in times of emergency 24 hours a day, 365 days a year. Call toll free for service members assigned to CONUS, Alaska, Hawaii and Puerto Rico military installations.

Religious Activities

Both a Catholic and Protestant Navy Chaplain are assigned to Coast Guard Integrated Support Command Kodiak, providing a wide range of services to support your spiritual and personal needs.

The chaplains provide assistance, referral and pastoral counseling to all active duty members and family members stationed in Kodiak, and offer excellent worship, education, service and fellowship opportunities at the Star of the Sea Chapel.

The chapel is an active part in the lives of many families and individuals living in Kodiak. The office provides a variety of videos, cassette tapes and books on a wide range of topics. There are seasonal activities such as Vacation Bible School, Handbell, Adult and Children's choirs, as well as regularly schedules programs. Many volunteer positions are available in both the Catholic and Protestant programs.

If you are interested in becoming part of a growing, active and challenging chapel ministry, become a member of the Star of the Sea Chapel. If you have specific denominational requirements or desires you will find attached a listing of churches and religious groups in the Kodiak community.

The Sea of the Sea Chapel is located just off the main road as you enter the front gate to the base. The chaplains' office is located in Building 554, first

floor, Windrider Street. The office is open daily, Monday through Friday, and can be reached by calling 907-487-5730, Ext. 278. The chaplains are on call 24 hours a day and can be contacted in case of emergency after hours through Military Police at 907-487-5266, Ext. 010.

Churches in the area are listed below:

Name: Berean Baptist Church
Address: 1216 Ismailov
City: Kodiak, AK 99615
Phone: (907) 486-4847

Name: Church of Christ
Address: 3457 Spruce Cape Road
City: Kodiak, AK 99615
Phone: 907-486-4487 or 8216

Name: Church of the Nazarene
Address: P. O. Box 376
City: Kodiak, AK 99615
Phone: (907) 486-5345

Name: Community Baptist Church
Address: 216 Mill Bay Road
City: Kodiak, AK 99615
Phone: (907) 486-3458

Name: Frontier Southern Baptist
Address: 1910 Rezanof Drive
City: Kodiak, AK 99615
Phone: (907) 486-3589 or 486-2844

Name: Holy Resurrection Russian Orthodox Church
Address: 385 Kashevanof Circle
City: Kodiak, AK 99615
Phone: 907-486-8740

Name: Kodiak Assembly of God
Address: 3416 Woodland Drive P. O. Box 747
City: Kodiak, AK 99615
Phone: (907) 486-3894

Name: Kodiak Baptist Mission
Address: 1944 Rezanoff
City: Kodiak, AK 99615
Phone: (907) 486-4126

Name: Kodiak Bible Chapel
Address: P. O. Box 1245
City: Kodiak, AK 99615
Phone: (907) 486-5219

Name: Kodiak Community Church
Address: 2320 Mill Bay Road P. O. Box 784
City: Kodiak, AK 99615
Phone: (907) 486-3591

Name: Kodiak Seventh Day Adventist
Address: 1337 Mylark Lane
City: Kodiak, AK 99615
Phone: 486-5297

Name: Monashka Bay Baptist Church
Address: Corner of Baranof & Powell P. O. Box 3665
City: Kodiak, AK 99615
Phone: (907) 486-4346

Name: Our Lady, Star of the Sea Chapel - Catholic
Address: P O Box 195021
City: Kodiak, AK 99619-5021
Phone: 907-487-5730 Ext. 279
FAX: 907-487-5239
Comments: Located on the USCG Base.

Name: Saint James The Fisherman Episcopal Church
Address: P. O. Box 1668
City: Kodiak, AK 96615
Phone: (907) 486-5276

Name: Saint Mary's Catholic Church
Address: 2934 Mill Bay Road
City: Kodiak, AK 99615
Phone: (907) 486-5411

Name: Saint Paul Lutheran Church
Address: 3077 E. Rezanoff Drive P. O. Box 102
City: Kodiak, AK 99615
Phone: (907) 486-3632

Name: Salvation Army Church
Address: 1855 Mission Road
City: Kodiak, AK 99615
Phone: 907-486-8740

Name: Star of the Sea Chapel - Protestant
Address: P O Box 195021
City: Kodiak, AK 99619-5021
Phone: 907-487-5730 Ext. 280
FAX: 907-487-5239
Comments: Located on the USCG Base.

Community Transportation

There is no type of Public Transportation available on Kodiak at this time except for private taxi service which is expensive.

Education

Education Overview

The Kodiak Island Borough operates a fully staffed school district. You will find the school system in Kodiak, in all respects, equal to or superior to the schools your children are presently attending. The school year normally starts the last week of August and recesses for the summer vacation in the first week of June.

The district consists of four K-6 elementary schools, one grades 7 and 8 middle school, and one grades 9-12 high school. Peterson Elementary is located on base and the middle and high schools are located in town. There are also three alternative options available: the Area Wide School, the Educational Opportunity Program, and Correspondence Study. Attendance areas for elementary schools are based on your home address. Boundary exemptions are possible based on class size. Any one of the schools or the Central Office can assist you in determining the school your child will attend.

Enrollment information is available during the summer in the Central Office, located in Room 113 of the Borough Building or you may call 907-486-9228. After August 18 you may contact the schools directly. To enroll in school you must provide the school district with a birth certificate and current shot records. A physical examination less than 1 year old must be provided within 30 days of enrollment. All physical and immunization requirements can be met at the Coast Guard Medical Treatment Facility by appointment after arrival. Transferring students

should bring any previous school information (report cards, special needs information, etc.) with them at the time of registration and the school they are transferring into will request the student's file from the school they previously attended. Be prepared to list one or more emergency contacts and phone numbers such as a relative, neighbor or friend who will be able to act in your place in the event of an emergency. Children starting kindergarten must present proof of birthdate and be five years of age prior to August 15 of the school year they plan to enter.

If you know your student needs additional assistance in reading, writing, or math, indicate that on the enrollment form. The State of Alaska now requires students to pass a test in these areas in order to receive a high school diploma.

If you need specific information concerning the school system, you may contact the Kodiak Island Brough School District.

Name: Great Schools Information Site
WWW Link: http://www.greatschools.net
Comments: School information for public, private, and charter schools nationwide.

Name: Kodiak Island Borough School District
Address: 722 Mill Bay Road
City: Kodiak, AK 99615
Phone: 1-907-486-9210
FAX: 1-907-496-9277
WWW Link: http://www.kodiak.k12.ak.us

Public and DODDS Schools

For more information on this subject:
Kodiak Island Borough School District
<http://www.kodiak.k12.ak.us>

The four public ELEMENTARY schools (K-5) in Kodiak are: Main, East, Peterson and North Star. Children living in Coast Guard housing attend Peterson, which is located adjacent to the base and has approximately 350 students enrolled. Children of Coast Guard families living in town will attend either East, Main, or North Star Elementary, depending on where they live.

There is also a correspondence home study course available in the school district for the grades K-12.

Hot lunch programs are available, including a special hot lunch program for lower income families.

For those children who do not live within walking distance (1 mile) of their school, bus transportation is provided.

There is a regional High School and Middle School located in the town of Kodiak. There are approximately 550 Middle School students and over 600 in the High School student body. Both schools are fully accredited and offer a varied selection of electives as well as a complete physical fitness program with two weeks of swimming each school year. The State of Alaska will require high school students to pass a test in the areas of reading, writing and math to receive a high school diploma beginning with the graduating class of 2004.

For more information you may contact the schools listed below or the Kodiak Island Borough School District during the summer months at 907-486-9228.

Name: East Elementary
Address: 722 Mill Bay Road
City: Kodiak, AK 99615
Phone: 907-486-9215
FAX: 907-486-9160
Comments: East Elementary surrounded by tall spruce trees and fenced playgrounds, houses approximately 450 students in grades K-6 and is located across from the Kodiak Community College. East Services families in the north end of town as well as the Spruce Cape area.

Name: Kodiak Area Wide School
Address: 722 Mill Bay Road
City: Kodiak, AK 99615
Phone: 907-486-9251
FAX: 907-486-9190
Comments: The Area Wide School, serving students in grades 9-12, provides a variety of educational and counseling programs responsive to the needs of students. Academic alternatives, counseling services and employment guidance along with flexible scheduling combine to ensure that the academic needs of all students are met.

Name: Kodiak High School
Address: 722 Mill Bay Road
City: Kodiak, AK 99615
Phone: 1-907-486-9211
FAX: 907-486-9223
Comments: The high school course offerings provide diverse academic and career technology programs designed to provide an opportunity for each of the approximately 650 students in grades 9-12 to excel in their area of interest. A community auditorium, a pool and a commons area offer opportunities for varied student activities.

Name: Kodiak Middle School
Address: 722 Mill Bay Road
City: Kodiak, AK 99615
Phone: 907-486-9213
FAX: 907-486-9061
Comments: The middle school with approximately 350 students in grades 6-8, encourages student development by providing opportunities for students to pursue career education and participate in extra curricular activity programs. In addition to regular classrooms, it has a large library, a student commons, a gymnasium and specialized classrooms for technology, computers, business, and living skills.

Name: Main Elementary
Address: 722 mill Bay Road
City: Kodiak, AK 99615
Phone: 907-486-9100
FAX: 907-486-9286
Comments: Main Elementary, with grades K-5, is centrally located near the Kodiak Middle School and Kodiak High School and serves approximately 250 students.

Name: North Star Elementary
Address: 722 Mill Bay Road
City: Kodiak, AK 99615
Phone: 907-486-9000
FAX: 907-486-9020
Comments: North Star Elementary serves approximately 320 students in grades K-6 from the north end of town and the Monashka Bay areas.

Name: Peterson Elementary
City: Kodiak, AK 99615
Phone: 907-487-2125
FAX: 907-487-2376
Proximity to site: Located adjacent to the USCG Base
Comments: Peterson Elementary serves the USCG community and families who live in the Bell Flats area with educational programs designed for grades K-6. The school houses approximately 380 students.

Private Schools

The following is a list of the Parochial schools located in Kodiak:

Name: Kodiak Christian School
Address: P O Box 49
City: Kodiak, AK 99615
Phone: 907-486-4905
FAX: 907-486-2463
E-Mail: admin@kcseagles.org
Comments: This is a

Name: Seventh Day Adventist School
Address: P O Box 205
City: Kodiak, AK 99615
Phone: 1-907-486-5297
Comments: Grades 1-8

Name: St. Mary's Catholic School
Address: 2932 Mill Bay Road
City: Kodiak, AK 99615
Phone: 1-907-486-3513
Comments: Grades K-8.

Colleges and Universities

For more information on this subject:
Kodiak College
<http://www.koc.alaska.edu>

Kodiak College (satellite campus of University of Alaska-Anchorage) offers classes toward undergraduate and graduate degrees. For tuition purposes, active duty military and family members are considered state residents upon arrival.

The base also has a very active Education Center offering a variety of services including: education

assessment and evaluations through the Coast Guard Institute. Tuition assistance and DANTES college level examinations are a few of the services provided. Services are provided free to Active Duty members and some services may be provided to spouses of active duty members and federal civilian employees at no cost, while some require funding.

The Career Development Advisor (CDA) is also located at the education center and can provide a wide range of career counseling for active duty members.

Name: Kodiak College
Address: 117 Benny Benson Drive
City: Kodiak, AK 99615
Phone: 1-907-486-4161

Name: USCG Education Center
City: Kodiak, AK 99619-
Phone: 907-487-5394
FAX: 907-487-5396
E-Mail: RDorman@cgalaska.uscg.mil
Comments: The education center offers a variety of services including education assesment and evaluation through the Coast Guard Institute, tuition assistance, and DANTES college level examinations. These services are provided free to active duty members. Some of these services may be provided to spouses of active duty members and federal civilian employees at no cost, while some require funding. The Career Development Advisor (CDA) is also located at the education center and can provide a wide range of career counseling for the active duty member.

Adult or Continuing Education

For more information on this subject:
Kodiak College
<http://www.koc.alaska.edu>

Kodiak College offers assistance with GED, Adult and Continuing Education.

Special Education

Kodiak elementary schools have excellent Special Education programs for students with special needs. If your child has special needs, contact the school district at 1-907-486-9249 and contact the Coast Guard Family Resource Specialist, Collette Francisco

at 1-800-872-4957, Ext. 563 then Ext. 274 or 1-907-487-5525, Ext.274.

Employment

Employment Overview

For more information on this subject:
State of Alaska Employment Services
<http://www.jobs.state.ak.us>

Spouses interested in employment in Kodiak can view a current list of job openings via the internet at the State of Alaska Job Bank. Kodiak is located in the Gulf Coast Region of Alaska. Many employers list their job openings through the Alaska Employment Service.

The Relocation Manager at Work-Life is also available to discuss your employment options on Kodiak call 1-800-872-4957, Ext. 563, Ext. 275 or 1-907-487-5525, Ext. 275. Private appointments are available after arrival on Kodiak for both civilian and federal resume assistance.

The Kodiak Daily Mirror Newspaper is another excellent resource for looking at available employment.

Name: Alaska Employment Service
Address: 309 Center Street
City: Kodiak, AK 99615
Phone: 1-907-486-3105
WWW Link: http://www.jobs.state.ak.us
Proximity to site: 7 miles from base
Comments: Jobline: 1-907-486-6838.

Name: Kodiak Area Native Association (KANA)
WWW Link: http://www.kanaweb.org
Comments: Medical & Dental Clinic for Alaska Natives

Name: Kodiak Daily Mirror
Address: 1419 Selig
City: Kodiak, AK 99615
Phone: 907-486-3227
FAX: 907-486-3088
E-Mail: kdmnews@ptialaska.net
WWW Link: http://www.ptialaska.net/~kdmnews/index.htm

Name: Kodiak Island Borough School District
WWW Link: http://www.kodiak.k12.ak.us
Comments: Employment for teachers and substitute teachers. To substitute teach in the State of Alaska you are not required to have a college degree.

Name: Providence Medical Center
WWW Link: http://www.providence.org/alaska/kodiak/default.htm

Federal Civilian Employment for Spouses

Many of the Federal Civilians on the base are Coast Guard spouses. For openings available in the USCG Federal Civilian Sector you may check and apply for positions on the OPM listed web sight or contact the ISC Kodiak Command Staff Advisor's Office listed below.

There are also non-appropriated fund (NAF) positions available on base working for the Coast Guard Exchange System (CGES) and Moral, Welfare, & Recreation (MWR). Personnel offices for CGES and MWR are listed below and require an OF-612 federal application for all jobs.

Name: CGES Personnel Office
Address: PO Box 195024
City: Kodiak, AK 99619-5024
Phone: 907-487-5126
FAX: 907-487-5051

Name: Command Staff Advisor
City: Kodiak, AK 99619
Phone: 907-487-5320 Ext. 310
FAX: 907-487-5546
WWW Link: http://www.usajobs.opm.gov

Name: MWR Personnel Office
Address: PO Box 195027 2nd floor Base Gym
City: Kodiak, AK 99619-5027
Phone: 907-487-5128
FAX: 907-487-5275
WWW Link: http://www.kodiakmwr.com

Permanent Employment Resources

Many employers list their job openings through the Alaska Employment Service. Alaska Employment Services provides professional services that benefit you by referring you to positions utilizing your

maximum skills. There is no charge for these services. You may also see job openings on line at the listed web sight under the Gulf Coast Region.

Name: Alaska Job Services
Address: 309 Center Street
City: Kodiak, AK 99615
Phone: 907-486-3105
WWW Link: http://www.jobs.state.ak.us
Comments: Kodiak is in the Gulf Coast Region of Alaska.

Temporary Employment Resources

Name: Human Resources Centers of Alaska, LLC
POC: Jared Decker
Address: P O Box 8710
City: Kodiak, AK 99615
Phone: 907-486-7614
E-Mail: hrcofa@ptialaska.net
Comments: Recruits for all occupations from entry level to professional. There are no charges to applicants for these services.

Non-Paid or Volunteer Opportunities

Keeping busy is the key to having a successful tour on Kodiak. There are many organizations in which you may volunteer your services. They are as follows:

Name: 4-H
Address: 202 Center Street
City: Kodiak, AK 99615
Phone: 907-486-6369
FAX: 907-486-7020

Name: Alaska State Parks - Kodiak District
Address: Star Route Box 3800
City: Kodiak, AK 99615
Phone: 907-486-6339
Comments: Manages six state park units totaling over 96,000 acres. Provides public recreation opportunities; active volunteer program.

Name: Humane Society of Kodiak
Address: P O Box 8783
City: Kodiak, AK 99615
Phone: 907-486-8077

Name: Kodiak Area Special Olympics
Address: 610 Mill Bay Road
City: Kodiak, AK 99615
Phone: 907-486-8144

Name: Kodiak Arts Council
Address: P. O. Box 1792
City: Kodiak, AK 99615
Phone: 907-486-5291

Name: Kodiak Audubon Society
Address: P O Box 1756
City: Kodiak, AK 99615

Name: Kodiak Crime Stoppers
Address: P O Box 1329
City: Kodiak, AK 99615
Phone: 907-486-3113

Name: Kodiak Little League
Address: P O Box 1665
City: Kodiak, AK 99615
Phone: 907-486-3329

Name: Kodiak National Wildlife Refuge
Address: 1390 Buskin River Road
City: Kodiak, AK 99615
Phone: 907-487-2600
FAX: 907-487-2144

Chambers of Commerce

Name: Kodiak Island Convention & Visitors Bureau
Address: 100 Marine Way
City: Kodiak, AK 99615
Phone: 907-486-4782
FAX: 907-486-6545
E-Mail: kicvb@ptialaska.net

Name: Kodiak Chamber of Commerce
Address: 100 Marine Way
City: Kodiak, AK 99615
Phone: 907-486-5557
FAX: 907-486-7605
E-Mail: chamber@kodiak.org
WWW Link: http://www.kodiak.org

Private Sector Employment

Community job openings may be viewed through the Alaska Job Services web site. Teachers and medical professionals may contact the following offices to

request further information on job openings or submit a resume.

Name: Kodiak Island Borough School District
Phone: 907-486-9220

Name: Providence Medical Center
POC: Pepper Smith
Address: 1915 E. Rezanof
City: Kodiak, AK 99615
Phone: 907-486-9590 or 486-9591
FAX: 907-486-2336
E-Mail: psmith1@provak.org
Comments: Second Point of Contact: Ann Kjera Please call the above Human Resources Department for a current listing of all job openings. Coming soon will be a direct job line. This department will work with you in advance of your transfer to Kodiak by accepting resumes, please give them a call.

Government Employment

Many spouses and active duty members choose to work jobs on the Coast Guard Base. There are temporary, part-time, and full time positions available through the Coast Guard Exchange System and MWR activities on the base. You may find some of these jobs listed on the Alaska Job Services web site. Personnel Offices are listed in the federal employment section of this book.

Name: CGES/MWR Personnel Office
Address: P O Box 195024
City: Kodiak, AK 99619-5024
Phone: 907-487-5126

Medical And Dental

Medical and Dental Overview

Rockmore-King Clinic

To ensure the widest access to healthcare while saving the Coast Guard family hundreds of dollars a year. TRICARE and DOD have brought TRICARE Prime Remote for Active Duty Family Members (TPRADM) home to Kodiak! Under the new program your family incurs no out of pocket costs with the exception of pharmacy co-payments. This means no deductibles, cost-shares, or co-pays!!! Unlike TRICARE Prime you will not be assigned to a

Primary Care Manager (PCM), meaning you may see any TRICARE-certified family doctor in Kodiak and still be entitled to seek care at our Military Treatment Facility (Rockmore-King Clinic). If you have any questions you may contact the ISC Kodiak Health Benefits Advisor at (907) 487-5757 x131 or visit the TRICARE Home Page listed below.

If you are on PCS orders to Kodiak please keep in mind that Active duty and dependents should not disenroll from their managed care program (TRICARE Prime or Prime Remote) prior to transfer. You must contact your Health Care Finder/TRICARE Service Center from the region you are leaving for pre-authorization prior to any medical care you receive except emergencies while enroute to your new duty station. If you do not have your TRICARE region's HCF number you can find out by calling 1-800-242-6788, Option 2. The TRICARE Service Center is open 24 hours and it is important that you use your prior duty station address to avoid billing errors when filling out billing information at the clinic or hospital.

You will disenroll from your region once you arrive in Kodiak. You should however pick up your medical records for your spouse and all dependent children under the age of 18 before departure from your duty station and safely hand carry all of these to your new duty station (Kodiak). During the check-in process at your new unit it is important that you disenroll from your managed care plan and either reenroll in TRICARE Prime Remote or TRICARE Standard. These are the only two option available in the Kodiak area.

Your Health Benefits Advisor is an excellent source for information. If you have any questions, please contact the Coast Guard Health Benefits hotline at 1-800-942-2422.

The Kodiak Integrated Support Command Rockmore-King Clinic is located on base immediately inside the front gate and provides outpatient medical and dental care to active duty personnel and outpatient medical care to family members on a space available basis. School & sport physicals for school children are also available by appointment.

The facility has no inpatient capability but provides limited after-hours care to both active duty and family members. Most patients who require inpatient care are referred to Kodiak Island Providence Medical Center or Elmendorf Air Force Base in Anchorage. Patients are often flown to Anchorage

for Speciality appointments. Elemendorf Air Force Base Hospital referral appointments are made through the Elemendorf Appointment Desk. Appointment policies are made by Elemendorf Hospital. The clinic may request a certain time or day, however, Elemendorf Hospital has final authority in all scheduling. Local civilian care through TRICARE and Family Member Dental Plan is available in the community.

Ensure member and family overseas screening is complete due to limited availability of medical care. Most types of specialized care are not available on Kodiak, either at the Rockmore-King Clinic or in the community. If specialized or extensive medical treatment is required by you or your family members, you should request a change of orders. Chronic medical problems not declared during screening could be cause for disengagement from the military health care system for that problem. All medical problems that can be dealt with while in the lower 48 should be taken care of there due to the inaccessibility and expense of health care on Kodiak.

COAST GUARD HEALTH SERVICES FOR DENTAL

Complete dental care, with the exception of orthodontics, is provided for all active duty members. Dental care in the Kodiak community is very expensive and if not currently enrolled, it is strongly recommended that dependents be enrolled in Family Member Dental Plan (FMDP). You should also be aware of the fact that a civilian orthodontist does visit Kodiak periodically, but the care provided is on a private basis (not paid by Coast Guard or TRICARE)and very expensive.

All questions concerning health care on Kodiak can be addressed to the Health Benefits Advisor at the Rockmore King Clinic at 907-487-5757, Ext. 131.

Name: Rockmore-King Clinic
Address: Integrated Support Command Kodiak
City: Kodiak, AK 99619-5000
Phone: (907)487-5757
Comments: Medical Appointments - Ext. 293 Dental Appointments - Ext. 115 Medical Records - Ext. 125 Health Benefits Advisor - Ext. 131 Off Island Care - Ext. 119

Medical Services/Directory - on Installation

Information shown below:

Medical Services/Directory - on Installation

<i>Clinic</i>	<i>POC</i>	<i>Number</i>
Rockmore-King Clinic		(907) 487-5757

Health Benefits Advisor, Wellness, and CHAMPUS/TRICARE Programs

Active Duty and dependents should not disenroll from Managed Care Programs (MCP) prior to transfer. Managed Care Programs include TRICARE Prime, and Prime Remote. Review your health care benefits and the proper procedures to access health care prior to departing your current duty station. You will need to contact the Health Care Finder/TRICARE Service Center while enroute to your new duty station for all care except emergencies to receive an authorization before you receive care. Call 800-242-6788 available 24 hours per day. For all doctors visits while enroute, it is important that you use your prior duty station address to avoid billing errors. A critical point to remember is that until properly disenrolled from your previous MCP, non-emergent care MUST be pre-authorized by that region. It cannot be stressed enough that the member must ensure that disenrollment and reenrollment is completed as part of the normal check-in procedures. For the members benefit you should request written documentation of disenrollment/reenrollment, and keep copies of all paper work for your records. Tricare Prime Remote is now available in the Kodiak area. Your Health Benefits Advisor is an excellent source for this information. If you have any question please contact the Coast Guard Health Benefits hotline at 1-800-942-2422.

Ensure member and family overseas screening is complete due to limited availability of specialized medical care on Kodiak. If you or your family members have special medical care needs you should contact Collette Francisco at 800-872-4957, Ext. 563, then Ext. 274 to ask about availability of care. Chronic medical problems not declared during

screening could be cause for disengagement from the military health care system for that problem or the early return of dependents to an area were the services are provided. All medical problems that can be taken care of prior to your arrival in Kodiak should be resolved, due to the inaccessibility and the high cost of health care on Kodiak.

Community Hospitals

Providence Kodiak Island Medical Center is owned by the Kodiak Island Borough and operated under a lease-management agreement - by Providence Health System of Alaska. The Borough recently completed a major renovation and expansion of the hospital. Community health care providers include physicians, chiropractors, dentists, optometrists, pharmacists, registered nurses, public health care nurses, physician assistants; respiratory, speech and physical therapists.

The Kodiak Area Native Association contracts with the Alaska Area Native Health Service and Indian Health Service to provide health care services to Native Americans in Kodiak and outlying villages. You will need proof of Native heritage to be eligible for services.

Name: Kodiak Island Native Association (KANA)
WWW Link: http://www.kanaweb.org

Name: Providence Medical Center
WWW Link: http://providence.org/alaska/kodiak/default.htm

Dental Services/Directory - on Installation

Rockmore-King Clinic provides dental services for Active Duty Members only.

Dental Services/Directory - on Installation

<i>Clinic</i>	<i>POC</i>	<i>Number</i>
Rockmore-King Clinic		Main Switchboard 487-5757 Ext. 115

Family Member Dental Plan

It is strongly recommended that dependents be enrolled in the Family Members Dental Plan (FMDP). A civilian orthodontist travels through Kodiak one weekend a month, and he does not accept FMDP. Family members under the age of six, requiring dental treatment should have this completed prior to arriving in Kodiak, as there is no pedodontist. Everyone needing prosthetic dentistry should also plan on having it completed prior to arriving in Kodiak, due to the expense.

Housing

Housing Overview

For more information on this subject:
Team Kodiak Relocation Web Page
<http://www.cgkodiak.com>

Pictures of all family housing units and floor plans can be viewed at the Team Kodiak Relocation Web Site listed below. All questions concerning family housing on Kodiak should be directed to the ISC Housing Office at 800-563-4252 Ext. 141 or 907-487-5310 Ext. 141.

FAMILY HOUSING

FAMILIES QUALIFIED FOR 3 AND 4 BEDROOM HOUSING UNITS PLEASE BE AWARE THAT ENLISTED AND OFFICERS QUALIFIED FOR 4 BEDROOM HOUSING UNITS CAN EXPECT A 1-YEAR WAIT TO OBTAIN GOVERNMENT HOUSING MATCHING THEIR BEDROOM NEEDS. THREE AND FOUR BEDROOM RENTAL UNITS IN KODIAK ARE LIMITED AND RELATIVELY COSTLY. OFFICIALS CONDUCTING OCONUS SCREENING MUST GIVE CAREFUL CONSIDERATION TO HOUSING NEEDS AND FINANCIAL SITUATION PRIOR TO REQUESTING ENTRY APPROVAL. WAIVERS REGARDING FAMILY SIZE MUST BE REQUESTED IAW PERSMAN ART 4.H.6.b. WAIVERS MAY NOT BE GRANTED DUE TO LIMITED HOUSING SUPPLY.

BACHELOR ENLISTED QUARTERS

Bachelor Enlisted Quarters (BEQ) at the Integrated Support Command is a two-floor, four building complex joined together by an enclosed walkway which extends to the galley. The fifth two-floor single building is detached from the main complex and located just down the street. BEQ residents include members from all commands on the complex. One person fully furnished rooms are available for personnel E-4 and below afloat and E-3 and below ashore. Enlisted barracks rooms range in square footage from 1133 to 1210 square feet and are fully furnished. Bathrooms are shared between two adjacent rooms. There are TV lounges, laundry facilities and two community kitchens available. Individuals may bring most of their personal effects (no furniture) including fishing and hunting gear, television, stereo, etc., be aware that storage is not available on Kodiak. Long term Non-Temporary Storage (NTS) is available prior to departing your unit. You must obtain authorization from the CMAA to bring large or excessive items. BEQ contact number is (907) 487-5260. Pets are not permitted in the barracks. The Education Center is located in the BEQ along with a general computer area for residents to use.

BACHELOR OFFICER QUARTERS

Unfurnished one-bedroom suites approximately 850 square feet of living space are available for single officers complete with a full kitchen equipped with all major appliances. Laundry facilities are available in the building. All Bachelor Officers not residing in these suites are authorized Basic Allowance for Housing (BAH) to live on the community. Pets are not permitted in the barracks.

GEOGRAPHIC BACHELORS

Government quarters are not available for geographic bachelors. For more information please contact the ISC Housing Office at 800-563-4252 Ext. 141.

Housing Allowances

HOUSING ALLOWANCES FOR THE KODIAK AREA.

Housing Allowances

Housing allowance information is available from the Per Diem, Travel and Transportation Allowance Committee's Web Site:	
Rates and Allowances Home Page	http://www.dtic.mil/perdiem/rateinfo.html
Basic Allowance for Housing	http://www.dtic.mil/perdiem/bah.html
Overseas Housing Allowance	http://www.dtic.mil/perdiem/allooha.html

Government Housing

For more information on this subject:
 Team Kodiak Relocation Web Page
<http://www.cgkodiak.com>

THE FOLLOWING IS KODIAK'S HOUSING POLICY. FAMILIES QUALIFIED FOR 3 AND 4 BEDROOM HOUSING UNITS PLEASE BE AWARE THAT ENLISTED AND OFFICERS QUALIFIED FOR 4 BEDROOM HOUSING UNITS CAN EXPECT A 1-YEAR WAIT TO OBTAIN GOVERNMENT HOUSING MATCHING THEIR BEDROOM NEEDS. THREE AND FOUR BEDROOM RENTAL UNITS IN KODIAK ARE LIMITED AND RELATIVELY COSTLY. OFFICIALS CONDUCTING OCONUS SCREENING MUST GIVE CAREFUL CONSIDERATION TO HOUSING NEEDS AND FINANCIAL SITUATION PRIOR TO REQUESTING ENTRY APPROVAL. WAIVERS REGARDING FAMILY SIZE MUST BE REQUESTED IAW PERSMAN ART 4.H.6.b. WAIVERS MAY NOT BE GRANTED DUE TO LIMITED HOUSING SUPPLY.

INTEGRATED SUPPORT COMMAND KODIAK AREA HOUSING AUTHORITY POLICY

This instruction establishes housing policy and occupancy regulations for all individuals and commands for which the ISC Kodiak Area Housing Authority provides housing.

All personnel assigned to government quarters will be given a copy of this instruction and made familiar with its contents. All occupants assigned government owned housing should sign a receipt of this instruction. Signed receipt shall be kept in the housing file.

The Housing Program is designed to ensure that Coast Guard personnel are adequately housed.

The Area Housing Officer is guided by reference (a) in matters pertaining to housing.

CG leased housing is considered government quarters. All regulations and policies apply equally to owned and leased housing unless stated otherwise.

FAMILY HOUSING: Housing will be assigned to personnel stationed aboard commands located in the Kodiak area.

CONTROL DATE: A member's position on the housing waiting list will be based on the member's control date. The control date is the entry approval arrival date and the date the member reports to their unit.

ASSIGNMENT OF GOVERNMENT QUARTERS: Assignment of quarters is based on eligibility as defined in the Housing Manual (COMDTINST M11101.13C., Para 6.D.1). Assignment is first come, first served based on control date. A member declining assignment to government quarters will be removed from the housing waiting list but may reapply one year after quarters are declined. Members normally will not be offered quarters within 12 months of their rotation date. Any cases involving special hardship will be considered on an individual basis by the Area Housing Authority and the member's command.

INSPECTIONS: Routine inspections of assigned quarters are conducted to ensure proper maintenance is performed and living conditions are adequate. Government quarters are to be kept clean and in good repair. The Area Housing Authority conducts the inspections for cleanliness and maintenance. Failure to comply with standards may result in the loss of the member's privilege to reside in government housing.

Name: Bachelor Enlisted Quarters
POC: BMC Kurt Krieter
Address: P O Box 195013
City: Kodiak, AK 99619-5013
Phone: 907-487-5260 or 5262
WWW Link: http://cgkodiak.com
<p>Comments: BACHELOR ENLISTED QUARTERS</p> <p>The Bachelor Enlisted Quarters (BEQ) at the Integrated Support Command is a two-floor, four building complex joined together by an enclosed walkway which extends to the galley. The fifth two-floor single building is detached from the main complex and located just down the street. BEQ residents include members from all commands on the complex. One person fully furnished rooms are available for personnel E-4 and below afloat and E-3 and below ashore. Enlisted barracks rooms range in square footage from 1133 to 1210 square feet and are fully furnished. Bathrooms are shared between two adjacent rooms. There are TV lounges, laundry facilities and two community kitchens available. Individuals may bring most of their personal effects (no furniture) including fishing and hunting gear, television, stereo, etc., be aware that storage is not available on Kodiak. Long term Non-Temporary Storage (NTS) is available prior to departing your unit. You must obtain authorization from the CMAA to bring large or excessive items. BEQ contact number is (907) 487-5260. Pets are not permitted in the barracks. The Education Center is located in the BEQ along with a general computer area for residents to use.</p>

Name: Kodiak Housing Office
Address: P O Box 195011
City: Kodiak, AK 99619-5011
Phone: 800-563-4252 Ext. 141 or 907-487-5310 ext. 141
WWW Link: http://www.cgkodiak.com
<p>Comments: SEE THE ABOVE OVERVIEW SECTION FOR FULL DETAILS ON KODIAK'S GOVERNMENT HOUSING POLICY</p> <p>FAMILIES QUALIFIED FOR 3 AND 4 BEDROOM HOUSING UNITS PLEASE BE AWARE THAT ENLISTED AND OFFICERS QUALIFIED FOR 4 BEDROOM HOUSING UNITS CAN EXPECT A 1-YEAR WAIT TO OBTAIN GOVERNMENT HOUSING MATCHING THEIR BEDROOM NEEDS. THREE AND FOUR BEDROOM RENTAL UNITS IN KODIAK ARE LIMITED AND RELATIVELY COSTLY. OFFICIALS CONDUCTING OCONUS SCREENING MUST GIVE CAREFUL CONSIDERATION TO HOUSING NEEDS AND FINANCIAL SITUATION PRIOR TO REQUESTING ENTRY APPROVAL. WAIVERS REGARDING FAMILY SIZE MUST BE REQUESTED IAW PERSMAN ART 4.H.6.b. WAIVERS MAY NOT BE GRANTED DUE TO LIMITED HOUSING SUPPLY.</p> <p>All base family housing and most residences in Kodiak have home mail delivery. However, until a permanent residence is established, you may use your unit's post office box number.</p> <p>Members transferring to Kodiak are allowed their full weight entitlement. All units located in Kodiak are under full weight allowance. If you are assigned government quarters, they are furnished with a stove, refrigerator, washer, dryer and pull down type shades, mini-blinds, or curtains. All other furnishings, including curtains, must be supplied by the occupant.</p> <p>The size of the quarters assigned will depend on the number of family members. Remember that the measurements in the floor plans are approximate and vary from unit to unit, especially in the older units. Do not buy furnishings that require exact measurements (i.e. speciality shades, venetian blinds). However, these measurements can be used for most types of curtains and to determine how much space is available for furniture.</p> <p>Long term storage of household goods in Kodiak is not authorized at government expenses for incoming</p>

personnel. Not all available government quarters or rentals downtown have basements for adequate storage of excess personal property. You should carefully consider what you will need here and put the rest in Non-Temporary Storage (NTS) before moving to Kodiak.

Please understand that the housing situation in Kodiak is unique and difficult. Be sure you are well informed before moving to Kodiak. Specific questions on housing should be directed to the Housing Branch at (907)487-5310, Ext. 141 or (800)563-4252, Ext. 141.

BACHELOR OFFICER QUARTERS

There is a limited number of unfurnished one-bedroom suites available for single officers complete with a full kitchen. Kitchens are equipped with all major appliances. Laundry facilities are available in the building. All Bachelor Officers not residing in these suites are authorized Basic Allowance for Housing (BAH) to live on the community. Pets are not permitted in the barracks. Most single officers assigned to Kodiak units must obtain housing in the local community.

GEO BACHELOR QUARTERS

There are no quarters available on base for GEO bachelors, therefore they are usually required to find housing in the community.

Community Housing

It is suggested that if you plan to rent on the community that you have the ISC Legal Office look over your lease before signing. The limited rental market in Kodiak is unique, therefore we suggest that you wait until you arrive on Kodiak before signing a rental lease. The Landlord and Tenant Act is a booklet that summarizes landlord and tenant rights and obligations under Alaska Law. You may request a copy from the Kodiak Work-Life Relocation Manager or the Legal Office.

There are two real estate offices available in Kodiak to serve you although you might find that many of the rental properties are rented by private landlords. A good place to check out rental information is in the Kodiak Daily Mirror Newspaper.

Name: Associated Island Brokers
Address: 202 Center Street Suite 101
City: Kodiak, AK 99615
Phone: 907-486-2000
E-Mail: aibi@ptialaska.net
WWW Link: http://puffin.ptialaska.net/~aibi
Comments: RENTAL HOTLINE 907-486-8880

Name: Chelsea Realty
Address: 326 Center Street Suite 90-B
City: Kodiak, AK 99615
Phone: 907-486-3424
FAX: 907-486-2667
E-Mail: realty@ptialaska.net
WWW Link: http://chelsea-realty.com

Name: Kodiak Daily Mirror Newspaper
Address: 1419 Selig
City: Kodiak, AK 99615
Phone: 907-486-3227
FAX: 907-486-3088
E-Mail: kdmnews@ptialaska.net
WWW Link: http://www.ptialaska.net/~kdmnews/index.htm
Comments: "Covering America's Last Frontier"

Utilities

If you are planning to install a telephone in your quarters, you can expect to pay approximately \$60.00, which will include the first month's service and connect fees. Average bill for local service is approx. \$28 per month. Cable is available from \$40.00 to \$56.00 per month (this does not include any premium channels or services) plus installation (estimated installation charge is \$54.00). Heat and electricity are provided at no charge if you live in government housing but conservation is highly encouraged.

Name: ACS
Address: 3484 Rezanof Drive
City: Kodiak, AK 99615
Phone: 811 or 800-478-7121
WWW Link: http://acsalaska.net
Comments: ACS is the only local phone service on Kodiak. They can also provide long distance and internet service. Contact ACS for currect rate information.

Name: AT&T Alascom
Phone: 1-800-252-7266
Comments: Able to provide long distance service.

Name: GCI
Address: 2011 Mill Bay Road
City: Kodiak, AK 99615
Phone: (907) 486-3334
WWW Link: http://www.gci.com
Comments: Nationwide Customer Service 800-800-4800 GCI provides the only cable television service to the island but they also offer long distance service and internet service. GCI has just introduced Highspeed Cable modem Internet Access for approx. \$50 per month when bundled with their long distance service. Contact GCI for correct service fees.

Name: Kodiak City Water
Address: 2410 Mill Bay Road
City: Kodiak, AK 99615
Phone: (907) 486-8060
Comments: Only individuals residing in some community rentals will pay water bills. Kodiak has a flat fee for water, sewer, & garbage of \$98.00 per month.

Name: Kodiak Electric Association (KEA)
Address: 515 E. Marine Way
City: Kodiak, AK 99615
Phone: (907) 486-7700
Comments: Only members residing in some community rentals or owners of homes on Kodiak will need to be concerned with electric. Deposit is usually one half of previous bills from address plus association fee. KEA also has Internet service available to association members. Contact KEA for correct fee information.

Relocation Services

Relocation Services Overview

The Relocation Manager, Debbie Bower, is part of the ISC Kodiak Work-Life Staff. Our entire staff would like to welcome you to Kodiak and remind you that we are available to assist you with any needs you may encounter during your tour on Kodiak. Some of the additional information available from the relocation office that may assist you during your move or after you arrive on island are: Kodiak maps, drivers manuals, spousal employment information,

MILEPOST Magazines (limited supply), State rental laws, phone books, welcome aboard orientations, and Kodiak relocation video (limited supply). To request any of the above or if you have questions, please call 800-872-4957 Ext. 563 then Ext. 275.

DRIVING THE ALASKA HIGHWAY:

Military personnel and their family members may be authorized to travel on PCS orders by POV to Alaska via the Alaska Highway (ALCAN). The following information should not be interpreted as either recommending or discouraging travel by the ALCAN, but rather as an overview of what to expect if you elect to drive. Do keep in mind that a trip of this nature should NOT be undertaken to save money. The high cost along the way are more than government travel allows for, and customs regulations restrict the amount of food and gasoline you are allowed to carry.

The Alaska Highway is primarily an all-weather paved road from Dawson Creek, B.C. to Fairbanks, AK. For personnel coming to Kodiak, a turnoff at Tok Junction, AK, may be used to travel to Anchorage and on to Homer or Seward where the state-owned ferry, the M/V TUSTUMENA travels to and from Kodiak. There are a number of possible routes you may use when traveling the ALCAN. Your unit Yeoman should be able to tell you how many travel days you are allowed depending on the method by which you travel. Be sure and allow yourself plenty of time to enjoy the trip and also allow for any unexpected delays as the road is frequently under construction. The highway itself is well engineered and maintained, although road conditions at any given time depend upon weather. Usually the highway is open year round, although spring thaws in April and early May leave stretches of the highway in poor condition. Traveling is most favorable from June through September. Be aware it is usually very dusty during this time. It is suggested that a screen or shield should be placed across the grill and headlights of your vehicle to protect from loose gravel and rocks. Temperatures in the summer range from 35 to 70 degrees, with warm days and cool nights. Freezing nights usually begin in late September and snow and severe cold can be expected before the end of October. A MILEPOST Magazine is an extremely important tool to help plan your trip driving the ALCAN. Due to driving conditions on the ALCAN throughout the year, a minimum of the following should be carried: full size spare tire, jack, tools, flashlight, first aid kit, spare fan and alternator belts, tune-up kit, flares, tire chains, shovel and motor oil. Make sure your vehicle is in good operating condition as repairs along the ALCAN can be quite

expensive. You might also consider carrying extra food, water, and blankets in case of a break down. The ALCAN cuts through unsettled wilderness areas. Small settlements and trading post are strategically located along the highway providing food, gasoline and diesel at considerably increased prices. Lodging can also be found along the road although advance reservations are highly recommended. Many campsites are also located along the highway where food can be prepared and tents erected for those that enjoy camping. In general, Canadian campsites are excellent and conveniently located a day's travel apart. Also be aware that driving with your headlights on at all times is the LAW in Yukon Territory and on posted roads in Alaska. The above information is only a rough idea of what is required to travel via the ALCAN. If you decide to drive the ALCAN, start planning early and it is strongly recommended that you use a MILEPOST containing definite and interesting information about road conditions, sights to see, lodging and gas sights and much more vital travel information.

ENTRY INTO CANADA:

U.S. currency is accepted at businesses in Canada although they will often give a lower rate of exchange or none. The best advise is to exchange your currency at a bank in Canada to receive the rate of exchange prevailing on that day. Major American bank and credit cards are accepted. Credit card purchases are billed at the proper exchange rate for the day of billing.

Citizens of the U.S. do not require passports or visas to enter Canada. You should carry identifying papers that show your citizenship, in case you are asked for it. This should include a driver's license and voters registration (together), and birth certificates for children.

Motor vehicle registration forms should be carried. You are advised to obtain a Canadian Nonresident Interprovincial Motor Vehicle Liability Insurance Card, which provides evidence of financial responsibility. This is available through your insurance company or agent.

FIREARMS:

Be advised that Canada has STRICT FIREARM REGULATIONS. DO NOT TAKE PISTOLS. No handguns are allowed in Canada. Since you are not stationed in Canada the status of forces agreement does not protect you if you violate this law. The only gun a U.S. visitor may bring into Canada is a long gun, which is a regular hunting rifle or shotgun. The MILEPOST contains update information on these

regulations and all questions should be addressed to: Canadian Customs Regional Information Unit at 604-666-0545, the automated customs information service number is 800-461-9999. Remember that firearms can be shipped as household goods. PERSONAL PROTECTION DEVICES SUCH AS STUN-GUNS, MACE AND PEPPER SPRAY ARE ALSO PROHIBITED ENTRY INTO CANADA.

More detailed information on the above subjects can be obtained by checking with the companies listed below:

Name: Alaska Marine Highway System
Phone: 800-526-6731 or 800-642-0066
FAX: Kodiak Office 907-486-6166
WWW Link: http://www.dot.state.ak.us/external/amhs/home.html
Comments: If you plan to drive to Kodiak you will need to use the Alaska Marine Highway as part of your travel. You should make reservations as early as possible, the ferries, especially the southeast ferry system, are often sold out months in advance of the summer travel season. The transit time from Homer or Seward on the M/V Tustumena ia approximately 12 hours to Kodiak. The cost of passenger fares, stateroom, and vehicle fees are a reimbursable travel expense. Discuss your options with your Transportation Officer at your present unit. Members who choose to take the AMHS must pay for their tickets upfront out of personal funds or request an advance. Members will then list the AMHS reimbursement on their travel claim. You will need the following information to make a reservation: length, width, and height of vehicle; number of family members over and under the age of 12 years; you need to ask and reserve a cabin if needed. Updated sailing dates are located on the AKMHS web page.

Name: Alaska State Tourism
WWW Link: http://www.dced.state.ak.us/tourism/

Name: Canadian Customs Border Services
Phone: 604-666-0545
Comments: Contact for any questions and concerns about border crossing especially where firearms are concerned.

Name: Guest House - MWR
Bldg. N-30 Albatross Ave.
City: Kodiak, AK 99619
Phone: 907-487-5446
FAX: 907-487-5075
Comments: The Guest House is a hotel facility operated by MWR, located on the USCG Base. Reservations are taken on a first-come, first-serve basis. Members may reserve temporary lodging at the Guest House or any other hotel facility located on Kodiak. The Guest House is a three floor facility with 46 guest rooms; a children's playroom is also located on the first floor. There is a community kitchen and laundry room on each floor. Rooms are equipped with phone, cable tv, and refrigerator. No pets are allowed, this a non-smoking facility, and handi-cap rooms are available upon request.

Name: Northwest Territories Tourist Information
Phone: 800-661-0788
WWW Link: http://www.nwtravel.nt.ca

Name: Tourism British Columbia
Phone: 800-663-6000
WWW Link: http://www.travel.bc.ca

Name: Tourism Yukon Territory
Phone: 867-667-5340
E-Mail: info@touryukon.com
WWW Link: http://www.touryukon.com

Name: Travel Alberta
Phone: 800-661-8888
WWW Link: http://www.atp.ab.ca

Name: US Customs Service
Phone: 206-553-4676 - Seattle Office
WWW Link: http://www.customs.ustreas.gov/
Comments: Contact for questions and concerns regarding border crossings especially with firearms.

Name: Vernon Publications
Address: 3000 Northup Way Suite 200
City: Bellevue, WA 98004
Phone: 1-800-726-4707
E-Mail: books@themilepost.com
WWW Link: http://www.themilepost.com
Comments: If you plan to drive to Alaska you will need a Milepost to help plan your trip. You may request a Milepost free of charge by contacting the Kodiak Work-Life office at 800-872-4957 Ext. 563. Limited copies are available. The milepost is usually available in most bookstores or you may contact Vernon Publications to order a copy.

Relocation Assistance

If you have questions that can not be answered by your unit transportation office feel free to contact the following offices at ISC Kodiak, Alaska.

Name: ISC Housing Office
Phone: 800-563-4252 Ext 141 or 907-487-5310 Ext 141

Name: Work-Life Relocation Manager
POC: Debbie Bower
Address: P O Box 195022
City: Kodiak, AK 99619-5022
Phone: 800-872-4957 Ext. 263 Ext. 275 or 907-487-5525 Ext 275
FAX: 907-487-5239

In Transit Emergencies

No matter how well you plan, emergencies do happen. First of all, make sure you have your important papers with you and not packed in your household goods. Telephone numbers to your Commanding Officer and Sponsor can be invaluable in case of emergency while in transit.

The American Red Cross is always available for emergency aid anywhere you may be. Contact the nearest chapter through the phone directory. They can sometimes help with emergency financial assistance and contacting individuals that will need to know where you are and what is happening.

If you are traveling within the United States during an emergency you can reach the nearest USCG Work-Life Office by calling 1-800-872-4957. Extension 563 will contact the Kodiak office if this is your new duty station. The Work-life Office may be

able to assist you with a Mutual Assistance Loan or contacting your Command.

Financial Preparedness

PERMANENT CHANGE OF STATION MOVE - A SUMMARY OF BASIC ENTITLEMENTS AND ALLOWANCES

We have attempted to summarize most of the pay and allowances available to service members who are making a PCS move. Remember to maintain records and keep receipts during the move in order to file a claim for reimbursement. Please note that entitlement to any pay or allowance is based on meeting specific eligibility requirements. Certain additional restrictions may apply on these entitlements, so service members should check with their servicing personnel reporting unit to determine their specific entitlements.

DISLOCATION ALLOWANCE

Active duty personnel with families are entitled to a Dislocation Allowance to offset some of the hidden costs of closing one home and setting up another. These costs can include rent deposits, utility hookups, etc. This allowance is equal to two months' Basic Allowance for Quarters and can be drawn in advance of the transfer date. Single or unaccompanied service members may draw Dislocation Allowance at the "without dependent" rate, if they will be moving into non-government quarters. Dislocation Allowance does not require repayment.

Dislocation Allowance is not available to service members ordered from home to their first permanent duty station (this includes transfer between recruit training and first duty station); to single or unaccompanied service members who are assigned to unaccompanied government quarters at a new duty station; nor to those transferred to a duty station within the same geographic location. Dislocation Allowance is not payable on separation or retirement orders.

MILEAGE IN LIEU OF TRANSPORTATION

Service members receive Mileage in lieu of Transportation when they drive to a new assignment. The allowance is computed using federal tables of the mileage between the old and new duty stations. This official distance determines the allowance payable, though actual mileage driven may be longer or shorter. Mileage in lieu of Transportation is also paid to those going overseas if they drive from their stateside location to the port of embarkation for

transcontinental plane or ship, or from the port of debarkation to the new duty station.

Service members (or authorized family member) traveling alone receive 15 cents per mile, 17 cents per mile if traveling with one family member, 19 cents per mile if traveling with two family members, and 20 cents per mile if traveling with three or more.

These rates also apply to travel in a second car when its use is authorized. Specific approval for the use of three Privately Owned Vehicles is required in advance. Mileage in lieu of Transportation may be paid in advance.

PER DIEM ALLOWANCE

Along with Dislocation allowance and Mileage in Lieu of Transportation, food and lodging costs are reimbursed when making a move. The allowance is paid at a daily rate for you and your family members. Auto travel at a rate of 350 miles per day (not to exceed the official authorized distance) is used to determine how many days Per Diem will be paid. Service members receive \$50 per day plus \$37.50 per day for their spouse and each family member at least 12 years old, and \$25 per day for each family member under 12. When a spouse travels separately, the spouse receives \$50 per day; the Per Diem for other family members traveling separately is either \$37.50 or \$25 per day, depending on age. Per Diem may be drawn in advance of the move or upon arrival.

TEMPORARY LODGING EXPENSE ALLOWANCE

This allowance is for PCS transfers in the United States. Temporary Lodging Expense Allowance provides service members up to \$110 a day for ten days to offset temporary housing costs (food and lodging) incurred locally before departing an old duty station or after reporting to a new duty station. Personnel going overseas are entitled to Temporary Lodging Expense Allowance for five days. The actual Temporary Lodging Expense Allowance is figured by a complex formula and differs in each area. Single service members should check on the availability of BEQ/BOQ facilities at their new unit, and obtain authorization to be paid this allowance. Partial Temporary Lodging Expense Allowance can be paid if you stay with friends or family. Temporary Lodging Expense Allowance cannot be drawn in advance. Temporary Lodging Expense Allowance is not payable to service members ordered from home to their first permanent duty station (this includes transfer between recruit training and first permanent unit).

TEMPORARY LODGING ALLOWANCE

New arrivals at overseas bases (like Kodiak, Alaska) are eligible for this allowance to help offset the cost of temporary housing and meals. You are entitled to TLA even if you move into temporary government quarters. The amount of Temporary Lodging Allowance payable depends on several factors, including family size, local per diem rate, actual cost of quarters, whether the quarters have cooking and dining facilities, and other allowances you may be receiving. A single person or one family members receiving Temporary Lodging Allowance gets 65 percent of the local per diem if actual expenses are at least that amount. A member with one or two family members receive 100 percent of the per diem if expenses warrant. For each additional family member, the maximum Temporary Lodging Allowance is increased by 25 percent. Temporary Lodging Allowance is paid in 15 day increments and usually has a 60 day limit for those arriving, and a 10 day limit for those departing overseas.

ADVANCE PAY

Up to 3 months advance basic pay can be drawn prior to your move. Repayment is in equal installments from one to 12 months. A longer repayment period can be authorized with CO approval. Advance pay can be requested up to sixty days after arrival at the new unit.

ADVANCE PAY AND ALLOWANCES

Advance pay and allowances includes basic pay and monthly allowances, and can be paid up to 3 months. Advance pay and allowances are liquidated as accrued, and is authorized for new recruits and service members not on direct deposit. Commanding Officers must approve all advance pay and allowances requests.

ADVANCE HOUSING ALLOWANCE

Advance Housing Allowance (Advance BAH) may be paid to cover the expenses of renting a new home or apartment. A copy of the rental/lease agreement is required for approval of this payment. The new unit's Commanding Officer must approve all requests for this allowance. The advance must be requested for actual expenses, not to exceed the amount equal to three months BAH. Repayment of Advance Housing Allowances is normally made in equal installments over 12 months. Repayment generally begins the month after the advance is drawn.

COST OF LIVING ALLOWANCE

Cost of living Allowance is paid to service members stationed in high cost areas overseas and at a limited number of INCONUS locations. COLA is designed to help maintain the purchasing power of the dollar so that you will enjoy about the same standard of living wherever you are assigned. The amount of COLA received varies, depending on location, number of family members who accompany you to your new unit, and pay grade. In overseas areas, COLA is adjusted as often as every payday due to the variances in the exchange rate. Families living in government housing are eligible to draw COLA, as well as those who live on the economy.

Receipt of COLA is not automatic; you must apply as soon as you arrive overseas. Not all overseas area are authorized to draw COLA. Check with your sponsor or new PERSRU to verify whether your area is eligible for COLA, as well as the estimated amount.

ADDITIONAL BENEFITS

- House Hunting/Area Familiarization

Permissive orders up to five days for house hunting can be authorized by your commanding officer. These five days can be extended by combining periods of liberty, leave, holidays and TEMADD. House hunting permissive orders can be authorized before you transfer or after you report to a new command, under certain conditions. House hunting permissive orders CAN NOT be taken with other delay enroute under PCS orders - travel must take place before departure from old unit or after reporting to new unit. House hunting permissive orders are NOT AUTHORIZED under orders incident to first permanent duty station or recruit training and subsequent transfer to first permanent duty station.

- Proceed Time

Proceed time is an authorized period of delay enroute under PCS orders not charged as leave (Normally four days). Personnel with dependents who are relocating are generally authorized proceed time. Personnel without dependents in pay-grade E-4 with over 2 years service, who have maintained other than government quarters at their old or new duty station, and any member without dependents who is REQUIRED to maintain non-government quarters, are generally authorized proceed time. However, proceed time is NOT AUTHORIZED under orders incident to first permanent duty station or recruit

training and subsequent transfer to first permanent duty station.

- Travel Time

Travel time will depend on specific mode of transportation. The day of detachment will be considered a day of duty, and the reporting hour under orders involving travel time will normally be not later than 2400 of the reporting date. Travel time by privately owned vehicle will be based on the rate of 350 miles per day, with an extra day allowed for an excess of 176 miles. Only one day of travel time will be allowed when the official distance is less than 525 miles. Travel time by common carrier will be based on the rate of 1 hour for each 500 miles traveled by commercial air transportation. Generally, 1 day of travel time is authorized for air travel within CONUS.

Travel time by common carrier will be based on the rate of 1 hour for each 40 miles traveled by commercial surface (bus or rail) transportation.

For commercial transportation, a total of 18 hours of travel equals 1 day of travel time, with any fraction exceeding 18 hours being counted as an additional day.

Exceptional Family Member Program (EFMP)

DEPENDENT RESOURCE COORDINATOR PROGRAM

The Dependent Resource Coordinator (DRC) is responsible for accessing and marking of resources for the Special Needs, Child Care, Elder Care, Adoption Reimbursement and Scholarship Programs. The DRC provides direct services to service members, family members, retirees, civilians and reservists. Interested individuals also have access to a resource library for parents seeking information on child care, discipline options, children with disabilities, parenting skills, creative play and family-related issues. These books and tapes may be checked out for a limited period of time.

PROGRAM COMPONENTS -

Special Needs

The Coast Guard recognizes the "special needs" family member as having physical, intellectual, developmental, medical, educational and emotional disabilities, regardless of age. Service members who recognize they have a family member eligible for the Special Needs Program may avail themselves of the

following services: * Enrollment * Advocacy * Information and referral * Parent education * Consultation

Child Care

The Child Care program is designed to assist in locating and identifying affordable and dependable child care both in home and center based. The Child Care Program is also responsible for providing information on certification requirements and resources for family members interested in becoming in-home care providers.

Elder Care Program

The Elder Care Program was created due to the increasing number of elder parents and other relatives being cared for by service members. The program seeks to provide a comprehensive resource file that assists members in accessing resources in the area of health, employment, recreation and support to include support groups.

Scholarship Program

With the cost of acquiring a college degree skyrocketing it is important that families be aware of financial resources available. Service members whose dependents are seeking a post secondary, undergraduate or graduate education may contact the DRC for scholarship and financial assistance information.

Adoption Reimbursement

The Adoption Reimbursement Program allows Coast Guard couples the option of being reimbursed for expenses incurred during the adoption process, i.e. public and private agency fees and medical and legal fees. The program will not reimburse expenses from a private adoption outside the realm of a legally sanctioned adoption agency. Information packets concerning the reimbursement process may be obtained from the DRC.

Integrated Support Command Dependent Resource Coordinator, Work-Life Staff in Kodiak, AK can be reached at 487-5525 Ext. 274 or 1-800-872-4957 Ext. 563

Name: Dependent Resource Coordinator-Work-Life
POC: Mary Monroe
Address: P. O. Box 195022
City: Kodiak, AK 99619-5022
Phone: 800-872-4957 Ext. 263, Ext. 274 or 907-487-5525 Ext. 274
FAX: 907-487-5239

Household Goods In-Bound Shipments

*** BEFORE MOVE ****

1. Contact your Transportation Office soon after you receive your PCS orders and pick up a Moving Packet.

2. Review your insurance needs. The claims process is not a substitute for insurance. If you don't feel that the Military Personnel and Civilian Employees Claims Act will suffice for your potential losses, you may want to buy additional insurance. Check your homeowners/renters insurance policy to see if it covers loss or damage of household goods during your move. Most homeowners policies will cover thefts and unforeseeable natural disasters (also known as acts of God). Few will pay for nicks, gouges and other similar moving damages. You can also buy increased valuation insurance and full replacement protection from the carrier. Your TO will do this for you. Don't deal directly with the carrier. Increased valuation insurance can increase the carrier's liability beyond the (\$1.25) X (shipment weight) limitation, but given that the Coast Guard offers \$40,000 of coverage, this is not normally recommended. Full replacement protection will help avoid additional losses due to the depreciation the Claims Office must apply to your property during settlement, however, keep in mind, insuring your hhgs coming to or from Alaska will cost you twice as much as it would if you transfer within CONUS., i.e., Estimated weight of shipment X \$3.50 divided by 100 X \$1.70 minus the Governments cost for basic insurance.

3. Prepare a high value inventory. This is a two part project.

The first part is required. Get the High Value Inventory form from your TO and list firearms and any item valued at over \$200 which will not otherwise be listed separately (or be fully described) on the shipping inventory. For example: (Hummels, Lladros, etc. will be packed with other items),

(China, including brand, pattern, and number of place settings), and (Jewelry which you intend to ship). (Although Jewelry is used as an example, we do not recommend that you ship it. But if you intend to, list it.)

Tools, be specific. Give a copy of your High-Value Inventory to your Transportation Office, attach a copy to the inventory prepared by the carrier on packing day, and keep a copy which won't be shipped. Keep it with your other proof of ownership documents: receipts, owners manuals, appraisals, etc. b. The second part is also recommended. Make a separate list which includes the above items and your major electronics, art objects, cameras, etc. Include purchase dates, purchase prices, serial numbers and model numbers. This will help document your ownership and it will provide an exact description of your property should it be lost during the move.

On packing day, annotate your copy of your high-value inventory or personal list with the inventory number of the box each item is packed in. This will help you ensure that each item is packed. On delivery day, this will help you to find your valued property and to promptly report any loss.

4. Document what you own. One of the best ways to document ownership of an item or to show its pre-move condition is through photographs. Consider renting or borrowing a video camera and making a videotape of each room of your home, showing your furniture, wall hangings, etc. Open closet doors and photograph closet interiors; do the same for bureau drawers. If you make a video, be sure to show all your appliances in their operating condition. Do this before you disassemble or disconnect your appliances. (Note: If you submit your videotape to the Claims Office in support of your claim, you'll need to provide the tape numbers for each item you want us to look at.)

5. Identify what you don't want shipped. Don't wait until packing day to do this. Separate items you will be taking with you. Place them where they won't be accidentally packed by the carrier: in a spare bathroom or in your locked car. Plan to take items which would be difficult or impossible to replace with you in your personal baggage. This would include: jewelry, wills, financial records (including recent tax returns), photograph albums, small items of sentimental value, your personal inventory and other shipping documents, etc.

6. Identify what you need to protect. For the most part, theft isn't a problem, but if you leave your

jewelry, money, or classic Mickey Mouse watch laying around, it may turn up missing on delivery day. Separate these items from the rest of your property. If you intend to ship such items, place them in one corner of the living room or on the kitchen table. This will make it easier to make sure that they aren't taken and that they are packed. Annotate your personal inventory with the box number of the box where these items are packed. As a general rule, if you don't protect your property, we can't pay you for the loss. Making a thorough high-value inventory and separating your valuable property on packing day are good first steps.

7. GET APPRAISALS. If you don't have a recent purchase receipt, obtain appraisals of valuable items which, if lost or damaged, would be difficult to properly value, for example: Jewelry, antiques, heirlooms, expensive gifts for which the purchase price is unknown, etc.

8. GET A COPY OF YOUR GBL. Make sure to get a copy of the Government Bill of Lading (GBL), the SF-1203, from your Transportation Office (TO). If you bought added insurance, it will be noted in block 26. If it isn't, you don't have it and you should see your TO. Keep your GBL with your important papers that won't be shipped.

9. PACKING AND PICKUP DAY.

BE PREPARED BEFORE THE PACKERS ARRIVE. Typically the carrier will have several persons pack your household goods the day before the scheduled pick up date. Depending upon the size of your household, the packers may be difficult to supervise.

Some hints: Have a friend(s) help monitor the packers to make sure they are doing a proper job. Get someone to watch your kids and pets. Important: know where your pets are. Keep them out of the way. Separate items you need to protect or don't want shipped before the packers arrive. Do not leave small valuables such as wallets, purses, Jewelry or watches unattended while the packers are in your house.

The shipper (PCS member) whose name appears on the GBL should be present when possible. However, the shipper's spouse can sign all shipping documents if the spouse is listed as a pickup consignee or has a power of attorney. Under our agreement with the carrier industry, the carrier's hours are 0800-1700. You may mutually agree with the carrier to continue working after 1700.

THE HOUSEHOLD GOODS DESCRIPTIVE INVENTORY. This document provides a written description of each large item being shipped and lists it by inventory number. The descriptive inventory also shows the condition of each item prior to shipment. Ensure that all boxes/cartons are properly labeled and that the contents of each box/carton is properly identified on the inventory, i.e., the size of the carton and the correct description of what was packed inside the carton. b. When high value items such as VCRs and stereo equipment are packed, make sure that they are fully described on the inventory. The description should include serial and model numbers. The carrier will prepare the inventory prior to loading your household goods in the truck and will ask you to sign it. Before signing look at each item, especially wood furniture, and compare the actual condition of the item with the description the carrier made on the inventory. If you disagree with the carrier's assessment of any item's condition, note your disagreement on the bottom of the inventory form, under "REMARKS/EXCEPTIONS." If you need more space, use the space to the left of each line item. If you disagree with the exceptions and were denied the opportunity to compare the exceptions, explain why, i.e., "I was not allowed to compare the exceptions because the property had already been loaded on the truck before the driver showed me the inventory." If the driver exaggerated the exceptions, explain why you disagree, i.e., "I disagree with the exceptions to numbers 100-110. These were new items and were not scratched, soiled, etc. as indicated." Make sure the inventory lists all of your property. Don't let the carrier take anything without having it tagged and inventoried. (This often arises late in the day when the driver may tell you that he'll complete the inventory at the warehouse.) Finally, before the driver leaves, check all spaces in your home to ensure that the carrier has picked up everything you intended to ship. Check your closets, storage areas, basement, garage, etc. Once you are satisfied with the inventory, sign it. You should not withhold your signature. Make sure that the carrier gives you a legible copy of the inventory.

10. DELIVERY DAY

Contact your destination TO to confirm the date for delivery of your goods, even on door to door moves. Under the agreement between the carrier industry and the Government, the carrier is usually required to deliver household goods within five days after notification by the TO.

AGAIN, BE PREPARED. At least two adults should be available at delivery. One person should be at the truck or at the front door to check off items on the inventory and to note obvious damage as the items are unloaded. Obvious damage includes: wet, crushed, or holed cartons; dented appliances; ripped upholstery; repackaged boxes (look at the tape, is it the original?); and items which fell off the truck or were dropped. Open cartons showing signs of obvious damage before the movers leave and inspect the contents for internal damage. c. Use your camera to document obvious problems at delivery. The costs of film and processing used to substantiate damage at delivery can be submitted with your claim. The second person should be in the house to tell movers where to place items and to look for damage. It is important that these persons be free from other distractions (such as caring for children or pets). Consider asking an impartial member from your new command to be present to assist with observing the unloading process and noting obvious damage. A statement from this individual may be very useful when you file a damage claim.

ASSEMBLY AND UNPACKING. The carrier is responsible for reassembling items which the carrier disassembled. In addition, the carrier is responsible for unpacking all cartons. You may waive this -- many persons do, but you may then be responsible for disposing of the remaining packing materials.

INTERNAL DAMAGE. It is usually difficult to prove that internal damage to electrical (VCRs, CD players, etc.) or mechanical equipment (clocks, etc.) occurred during the move. If possible, before the carrier departs, turn on each appliance (washer, dryer, stereo, VCR, clock, etc.) to see if it still works. If there is a problem, be sure to look for any external damage to the item or the carton it was packed in. Note that damage on the DD1840.

NOTICE. You must notify the carrier of any loss or damage or else we may have to reduce your settlement. In most cases, we may not be able to pay you for your loss. You can notify the carrier of your losses at delivery or within 75 days after delivery.

NOTICE AT DELIVERY. The DD1840, the Joint Statement of Loss or Damage at Delivery, is the pink-form which the carrier will give you on delivery day. The reverse side of the form is the DD1840R, the Notice of Loss or Damage. You use the DD1840 to record all of the damage you identify before the carrier leaves. Complete Section B of the DD1840. For missing and damaged items, list: the inventory number a complete description of the item (e.g.,

Seiko anniversary clock; Simmons, queen size, hide-a-bed sofa, etc), a specific description of all move-related damage. Don't omit an inventory number if you can in any way determine what number it should have been. If you don't know the inventory number of an item, use your best guess. If you absolutely can't identify the number, explain why not. For example: Item delivered without inventory number attached. Several boxes delivered without numbers because of water damage.

List any carton showing signs of rough handling on the DD1840 even if nothing inside appears to have been damaged, i.e., carton number 147 was crushed. Later, you may discover that an item that was packed in this box was broken internally. Noting the crushed box will help prove that the internal damage was caused by shipment. List every separate item which has apparent damage. Complete Block 14, the member's acknowledgment. The dollar amount in Block 14c is an estimate only; it is not binding. The carrier's agent will complete Block 15. Make sure that the agent signs the form and that you are given three copies. You will need the reverse side to give additional notice. If you have more damage than can be noted on the DD1840, either use a continuation sheet or use the DD1840R side of the pink form. If you use a separate continuation sheet, make sure you get a copy before the carrier leaves. If you use the DD1840R, make sure that you reverse the carbons.

NOTICE AFTER DELIVERY. The DD1840R, the reverse side of the DD1840, is used to notify the carrier of damages or losses discovered after the delivery date.

TIME LIMIT. Failure to dispatch the DD1840R within 75 days of delivery may result in partial or complete denial of your claim. Don't miss this deadline!

SECTION A. Provide the requested information, listing all items in numerical order. Complete Block 2 of the DD1840R in the same manner as described above for Block 13 of the DD1840. Note: flip the carbons over to make three copies of the form. Attach additional sheets if necessary.

SECTION B. You can complete this section and mail the form to the carrier or you can give it to your unit's IO within 70 days of delivery:

Block 3a: use the same address listed in block 9 on the DD1840.

Block 3b: insert the date on which you (or your IO) mail the DD1840R to the carrier. Use Certified Mail - Return receipt Requested. We will want that receipt to establish the date of dispatch.

Block 4a: insert your unit address.

Block 4b, c, and d: your IO will complete these blocks.

Note: don't date this form and then hold it for mailing. Don't backdate this form either. Mail it on the date you put in block 3b. Also, the dates in blocks 3b and 4c should be the same. If they are not, all or part of your claim may be denied for improper notice.

RESPONSIBILITY FOR GIVING NOTICE. The DD1840R MUST be mailed CERTIFIED, RETURN RECEIPT REQUESTED within 75 days of delivery, It is your responsibility to mail this form or to get it to the unit IO within 70 days of delivery so that the IO can mail it for you. Remember, you remain responsible for notification even if you use your IO to give notice. Get someone at the post office to date stamp your Certified Mail receipt to prove the date of dispatch.

The Coast Guard is now part of the DOD TOPS system, call the Coast Guard Transportation office for the correct procedures.

Name: Transportation Office ISC Kodiak
Phone: 800-563-4252 Ext. 141 or 907-487-5310 Ext. 141
Comments: All questions my be addressed to the above office.

Household Goods Out-Bound Shipments

Name: Transportation Office ISC Kodiak
Phone: 907-487-5310 Ext. 141
Comments: Outbound PCS members should make an appointment with the above office as soon as possible to discuss their move. Smooth Move Seminars are also held each year to help outbound members prepare for their move. For time and location of seminars contact Debbie Bower at the Work-life 487-5525 Ext. 275.

Household Goods Claims

See section on Household Goods In-Bound Shipments.

Household Goods Weight Allowances

<i>Grade</i>	<i>Allowance w/Dependents</i>	<i>Allowance wo/Dependents</i>
E1	5,000	1,500
E2	5,000	1,500
E3	5,000	2,000
E4	7,000	3,500
E5	9,000	7,000
E6	11,000	8,000
E7	12,500	10,500
E8	13,500	11,000
E9	14,500	12,000
O-1	12,000	10,000
O-2	13,500	12,500
O-3	14,500	13,000
O-4	17,000	14,000
O-5	17,500	16,000
O-6+	18,000	18,000
W-1	12,000	10,000
W-2	13,500	12,500
W-3	14,500	13,000
W-4	17,000	14,000

<http://www.wherismypov.com>

POV In-Bound Shipments

For more information on this subject:

You are entitled to ship one (1) privately owned vehicle (POV) to Kodiak at government expense. If you drive the Alaska-Canadian highway, and/or take the Alaska Marine Highway System (ferry), you are still entitled to ship one POV at government expense. The cost of putting your POV on the ferry is considered a reimbursable expense and may be claimed on your travel claim. For example: If you are entitled/authorized to drive two POVs to Kodiak, you are still entitled to ship one POV at government expense. Authorization to utilize the ferry must be on your PCS orders.

Upon reporting to Kodiak, check-in with ISC Kodiak Administration Office, Building N38. Administration Personnel will then tell you if your vehicle has arrived and when you may pick it up.

Vehicles are shipped to Kodiak via SEALAND Barge. When picking up your vehicle, be sure to properly inspect it and carefully note all damage on the DD Form 788, Private Vehicle Shipping Document. DO NOT let the inspector rush you. The DD Form 788 is vital to filing any claims for damage.

The below information is designed for military and civilian personnel authorized to ship POVs at government expense. It is based on entitlements found in the Joint Federal Travel Regulations (JFTR), Volume I and Volume II, for military members and civilian government employees. In addition, it contains information generally found in Department of Defense (DoD) 4500.34R, Personal Property Traffic Management Regulations.

The POV should be delivered to the port prior to the departure of the person on whose orders the shipment is to be made. This includes dependent travel authorizations when no POV has been previously shipped on the sponsor's orders. A POV will also be accepted for shipment if delivered to the CONUS port within 90 days after the sponsor or dependent has departed for an overseas tour of duty in excess of one year. When delivery of the POV to the port has been delayed beyond 90 days from the date of departure of the member (or dependents) from CONUS, the POV may only be shipped with written approval from the overseas commander.

Make sure your POV is in safe and operable condition when it is turned in at the port. Check that all loose or personal items are removed from your POV. Do not leave any valuable equipment, or parts onboard, and remove (if possible) protruding objects from the exterior; these may include rear view mirrors, antennae, or spoilers. You must ensure that

only authorized articles remain in your POV when it is turned in for processing. The value of tools and tool boxes must not exceed the value prescribed by the JTR. AM/FM and citizen band radios, as well as tape decks and other accessories not permanently mounted must be removed before turning the vehicle in for shipment.

Shipment of any flammable or hazardous substance, including flares, waxes, oils, solvents, and polishes in your POV is prohibited. It is recommended that the car is empty, but it is possible to leave such items as jacks, tire irons, tire chains, tire inflater, first-aid kits, jumper cables, warning triangles, and other basic hand tools as well as a spare tire.

Compliance with the above standards is required for shipment; failure to meet these standards constitutes grounds for the terminal commander to refuse shipment.

If loss of any of these items occurs a claim may be filed with the transportation office, but it may take up to two years to be reimbursed and it is at the depreciated value, not replacement cost.

Your POV may be exposed to freezing temperatures during shipment or during storage at the destination terminal. For this reason, you should protect the POV's cooling system with a permanent type antifreeze solution. An antifreeze test to minus 20 degrees Fahrenheit (-20 F) or lower should be used.

You must ensure that your POV contains no more than one-fourth tank of fuel when it is delivered to the loading terminal. A POV with a diesel engine may be shipped with the fuel tank three-quarters full.

All exterior surfaces, including the undercarriage, must be clean and free of soil and other foreign matter before turn-in at the terminal. You may also want to consider rust protection and undercoating prior to shipment.

Name: For POV Shipment Questions Call
Phone: 907-487-5170 Ext. 184 or 185

Pet Boarding/Kennels

If you choose to stay on base at the Guest House pets are allowed and they may not be left in vehicles or tied outside, arrangements must be made prior to arrival for pet boarding. The following pet boarding facilities are located in the Kodiak area, please contact the boarding service for information on cost:

Name: Kathie's Canine Communications
Address: 2753 Monashka Bay Road
City: Kodiak, AK
Phone: (907) 486-2796
Comments: DOGS ONLY. All shots must be current. Reservations required.

Name: Kodiak Veterinary Clinic
Address: 1914 Mill Bay Road
City: Kodiak, AK
Phone: (907) 486-5418
Comments: CATS and DOGS Current on rabies and feline distemper. No minimum or maximum time limit. No waiting list, but prefer notice to ensure space is available.

Name: Redgate Shephers Kennels
Address: 10843 Chiniak Drive
City: Kodiak, AK
Phone: (907) 487-2731
Comments: CATS and DOGS All shots must to current. No minimum or maximum time limit. Reservations required.

Pet Licensing

Two domestic pets are allowed per Government Housing unit. There is generally no real problem with pets, but there are several requirements for keeping and controlling animals in Coast Guard Housing.

Animals must be under full control at all times. Building an outdoor run or kennel is not allowed in Government Housing areas. No animals, other than tropical fish, are allowed in the BEQ. If you intend to bring pets, advise your sponsor of the type of pet you are planning to bring and have him/her check with the Integrated Support Command Military Police for specific regulations or restrictions.

Veterinary services are available on the island, and an Army veterinarian visits the Integrated Support Command periodically. Make sure your pet has updated vaccinations and a health certificate before coming to Kodiak.

ANIMAL LICENSES

To have your animal licensed it must have a current rabies vaccination. The fees are \$35.00 yearly if the

animal is not spayed or neutered or \$10.00 yearly if the animal is spayed or neutered. Listed below are the names of places that you can obtain animal licenses:

Name: Animal Licenses Kodiak Island Borough
Address: 710 Mill Bay Road, Room #205
City: Kodiak, AK 99615
Phone: 1-907-486-9361

Name: Island Veterinary Services
Address: 2102 Mill Bay Road
City: Kodiak, AK 99615
Phone: 1-907-486-8850

Name: Kodiak Veterinary Clinic
Address: 1914 Mill Bay Road
City: Kodiak, AK 99615
Phone: 1-907-486-5418

Pet Quarantines

NO QUARANTINES IN ALASKA

Veterinary Services

The Army Veterinarian visits ISC Kodiak several times per year to provide routine checkups and vaccinations for pets. These visits are scheduled through the MWR office on base at 907-487-5108.

There are also three veterinary services available in the community of Kodiak they are:

Name: Great & Small Animal Care Center
POC: Dr. Kenny Brown
City: Kodiak, AK 99615
Phone: 907-486-1010
Comments: Boarding Available

Name: Island Veterinary Services
POC: Dr. Ada Berry
Address: 3181 Mill Bay Road
City: Kodiak, AK 99615
Phone: 907-486-8850

Name: Kodiak Veterinary Clinic
POC: Dr. David Colwell
Address: 1914 Mill Bay Road
City: Kodiak, AK 99615
Phone: 907-486-5418
Comments: Military Discounts and Boarding Available

Pet Transportation

Traveling through Canada with pets will require a certificate of rabies vaccination and health certificate within the last six months.

Traveling by air a health certificate and rabies, distemper, and hepatitis inoculations are recommended. Most airlines only honor certified health certificates for 10 days after a veterinarian has examined the animal and signed the form. The effects of tranquilizers are enhanced by cabin pressure, thus it's best not to use them unless your pet is totally unmanageable.

Traveling on the Alaska Marine Highway with pets you must possess a current health certificate (within 30 days) in order to transport the animal through Canada into Alaska. The transportation of birds is regulated, contact US and Canadian Customs for requirements. There is a charge for dogs, cats and other household pets but there is no charge for a certified service animal that accompanies a person with a disability. Animals not in vehicles must be in suitable containers (not provided by the State), must be cared for by the owner, and must remain on the car deck. Owners may visit their pets on the car deck only while vessels are in port. Passengers are not allowed on the car deck while the vessels are underway unless accompanied by a Marine Highway employee. Accompanied pet calls are announced approximately three times a day by the purser between Bellingham and Ketchikan and while crossing the Gulf.

AMC charter flights now ship pets on most of their charter flights as part of the normal service to DOD passengers. This service is provided to Germany, Italy, Spain, Greece, Turkey, Panama, Newfoundland, the Azores, Guantanamo Bay, Japan, and Guam. Pet shipment is limited to passengers in a permanent change of station (PCS) status only. Pets are defined as dogs and cats and restricted to a maximum of two pets per family.

*Two pets may be shipped, but only if they are in one carrier and are compatible. The combined weight may not exceed 60 pounds including the carrier.

There are limited pet spaces on all flights and reservations are handled on a first-come, first-served basis through the local transportation office. The passenger must provide an IATA-approved container for pet shipment which is available at many exchanges or retail stores. The passenger is also responsible for complying with all required

documentation, immunizations, and border clearance requirements and should be prepared to defray any associated cost.

PCS Reporting Procedures

Personnel assigned to Integrated Support Command Kodiak should check in with the Military Personnel Office at Building N-38 (first building to the right as you enter the gate). Normal hours are from 0800 until 1600, Monday through Friday.

Personnel assigned to tenant commands should check in directly with their commands. If the command is deployed, check in with the Integrated Support Command Military Personnel Office during normal business hours.

IT IS VERY IMPORTANT, TO ENSURE THAT ALLOWANCES ARE STARTED, CHECK-IN MUST BE COMPLETED ON THE DAY OF ARRIVAL. IF ARRIVAL IS AFTER NORMAL WORK HOURS OR UNIT IS DEPLOYED, DELAY IS AUTHORIZED UNTIL NEXT WORK DAY. IN THIS CASE AIRLINE OR FERRY ITINERARY MAY BE REQUIRED SO THAT ORDERS MAY BE ENDORSED WITH ACTUAL ARRIVAL TIME. FAILURE TO CHECK-IN COULD RESULT IN NONPAYMENT OF IMPORTANT ALLOWANCES. UNIFORM OF THE DAY IS REQUIRED WHEN CHECKING IN.

The uniform of the day is Service Dress Blue Bravo. Optional uniforms are Winter Dress Blue (Winter) and Tropical Blue Long (All Year).

Name: ISC Military Personnel Office
Phone: 907-487-5170 Ext. 184, 185 or 188

Separation Procedures

Procedures for departing Kodiak are provided during Smooth Move Seminars sponsored by the Relocation Office at Work-Life on an annual basis. For more information contact 487-5525, Ext. 275.

Billeting

The following is a listing of Kodiak area hotels and temporary lodging facilities. Families are advised to make temporary lodging reservations as soon as possible since space can be limited during the summer months. The following is a listing of establishments you may choose from on Kodiak. There are also 15 Bed & Breakfast establishments located in Kodiak, for more information please refer

to your Kodiak Visitors Guide. DON'T GET STRANDED - PLAN AND MAKE YOUR TEMPORARY LODGING ARRANGEMENTS EARLY!

Name: Best Western Kodiak Inn
Address: 236 West Rezanof
City: Kodiak, AK 99615
Phone: 1-907-486-5712 or 1-888-563-4254
Comments: Located 7 miles Off Base (Downtown) (81 Rooms) Restaurant & Lounge Cable TV, Microwave, Refrigerator, Coffee Maker (In Room) Coin Laundry (located across street) Pets Allowed Upon Approval (Damage Deposit Required, No Nightly Fee Charged)

Name: Buskin River Inn
Address: 1395 Airport Way
City: Kodiak, AK 99615
Phone: 1-907-487-2700 or 1-800-544-2202
Comments: Located 1 mile off Base (51 Rooms) Restaurant & Lounge Coin Laundry Pets Allowed (Nightly Fee Charged) Cable TV

Name: Guest House - MWR
POC: USCG ISC
Address: Bldg. N-30 Albatross Ave P. O. Box 195030
City: Kodiak, AK 99619-5030
Phone: 1-907-487-5446
FAX: 1-907-487-5075
Comments: Located on Base (Bldg N-30, 46 Rooms) Newly Renovated Reopened 1999 Community Kitchen on Each Floor Children's Playroom on First Floor Complimentary Laundry Area On Each Floor No Pets (Must be Boarded) Cable TV and Phone Non-smoking Facility & Handicap Room Available Reservations taken on a first-come/first serve basis.

Name: Russian Heritage Inn
Address: 119 Yukon
City: Kodiak, AK 99615
Phone: 1-907-486-5657
Comments: Located 8 miles Off Base (Downtown) Kitchenettes & Suites Available Cable TV Coin Laundry Coffee Pots & Refrigerators Available Pets Allowed Upon Approval (Damage Deposit Required, No Nightly Fee Charged)

Name: Shelikof Lodge
Address: 211 Thorsheim Avenue
City: Kodiak, AK 99615
Phone: 1-907-486-4141
Comments: Located 8 miles Off Base (Downtown 38 Rooms) Restaurant & Lounge Cable TV

Unaccompanied PCS

There is no on base housing for Geographical bachelors. Refer to Government Housing section for more information.

Support Services

Support Services Overview

Welcome to "TEAM KODIAK," the family of units at the Coast Guard's largest facility. Kodiak has a wide range of support services including Work-Life, MWR, Chaplain's, and various other support programs designed to help meet your needs during your tour on Kodiak.

The Barometer is Team Kodiak's newspaper that will keep you updated on base events during your tour in Kodiak. A Special Edition Barometer is also printed, designed with the new personnel in mind, so if you would like a copy in advance of your arrival be sure to request one from your sponsor. The Special Edition will highlight many of the support services available.

Whether this is your first tour on Kodiak, or you are returning to the "Emerald Isle," you will find this special edition of the Barometer to be a valuable resource.

One of the most popular support services is Space-A/EML Flights. Air Station Kodiak operates the

largest Space-A program in the Coast Guard. The Air Station does its best to ensure that each of their customers receives the best possible service.

Facilities Engineering has a Self Help staff. The primary job of Self Help is to aid housing residents and building tenants in performing minor recurring maintenance on the Coast Guard complex. Other services include temporary furniture to people awaiting delivery of Household goods.

Hospitality Loaner Kits are available to PCS families needing pots, pans, dishes, coffee makers, and kitchen items in general while awaiting arrival of there items.

More information about these services are listed below.

Name: Hospitality Loaner Kits
POC: YN1 Arron Russell
Address: Work-Life Office
Phone: 907-487-5525 Ext. 269
FAX: 907-487-5239
Comments: PCS Families may choose from the following below listed items as needed. Kits must be signed out and returned in good condition to the Work-Life Office. Loaner kits are issued on a first come/first serve basis.
Dinner Plates
Sandwich Plates
Cereal/Salad
Coffee Cups
Plastic Tumblers
Dinner Forks
Dinner Knives
Teaspoons
7-Piece Stainless Cookware
Paring Knife
Utility Knife
Slicer Knife
10 x 6 Cutting Board
2 qt All-Purpose Pitcher
Colander/Strainer
Pancake Turner (Stainless)
Basting Spoon (Stainless)
Rice Skimmer (Stainless)
Two Tine Fork (Stainless)
2 Cup Measuring Cup
Hand Can Opener
3 Piece Mixing Bowl Set w/Covers
2-Slice Toaster
Poly Perk Coffee Maker

Name: Self Help
Address: Building A709 (on Rezanof)
Phone: 907-487-5464
Comments: Facilities Engineering has a Self Help staff working in Building A709 (on Rezanof). Self Help's primary job is to aid Housing residents and building tenants in performing minor recurring maintenance on the Coast Guard Kodiak complex. Examples of Self Help projects include: unclogging toilets, mending fences, repairing screens, and painting building interiors. Please remember Housing occupants' maintenance responsibilities are identified in the ISC Housing Office's "Tenant Occupancy Guidelines."
Improvements to Government quarters are encouraged. If your thinking of an improvement project, please discuss it with our Self Help Staff. They'll share helpful hints on-the-spot and process project requests upon receipt. Several Self Help projects have already been established, such as do-it-yourself deck and landscaping packages. Want to "green up" your Government quarters lawn or the area outside of your work space? Come on down and check out some gardening tools, loam, and grass seed!
Other services available through Self Help include temporary futniture & moving truck loans and hazardous materials management. Furniture is available to people awaiting delivery of their Household goods, including people living in off-base housing. The moving truck is available for officially sanctioned activities, ranging from base landscaping projects to hauling Self Help furniture to and from temporary lodgings. One requirement for moving truck use is that driver and passengers are authorized Federal Government employees. Regarding hazardous materials, the Self Help staff accepts usable commercial products from personnel and makes them available to others. This helps the Coast Guard prevent pollution and minimize hazardous waste disposal cost. Please take advantage of this material if you can.
Self Help hours change due to seasonal requirements. Check posted hours at building A709 or call the office. Ask about our policies and inventory before you plan a project. If we don't have what you're looking for or if you have suggestions for the program, please let us know.

Name: Space-A/EML Flights
Phone: 907-487-5149
<p>Comments: Office hours are limited due to the staff being involved in numerous other duties. People signed up for Space-A flights must be at the passenger terminal at the assigned time to get on the plane. Kodiak Hanger 1 time is 6:15 a.m. and Elmendorf time is 4:00 p.m. The show time for the monthly Airways Training Flights are Kodiak Hanger 1 12:15 p.m. and Elmendorf 4:00 p.m.</p> <p>The passenger terminal is currently located in Hanger 1. Flight sign-up. Flights become available for sign-up on the Thursday four weeks prior to the departure date. To determine when a flight opens, count back four weeks from the flight date. Personnel are only allowed to sign-up themselves and their families. They may not sign-up friends. Registration procedures are posted in the passenger terminal. Flights leaving Kodiak. Medical flights are scheduled every other week on alternating Tuesdays and Wednesdays. Airways Training flights depart Kodiak once a month, generally as close to the mid-month payday as possible. Caution: Flight cost must be justified; therefore, flights may be canceled for various reasons such as insufficient medical patients. Weather also plays a factor in the flight schedule. Mission number listings are located in the northern end of Hanger 1 in the passenger terminal area. They list all flights that are open for sign-up.</p> <p>All Environmental Morale Leave (EML) travelers will be required to present an EML Authorization Letter, leave papers from their command, and a valid ID card for each person above the age of 10 who is traveling. Space-A travelers are required to present leave papers and a valid ID card for each traveler over the age of 10 years of age; this includes dependents traveling alone. If continued travel is intended on DOD aircraft, a DOD EML letter is required. The member's Administrative office usually provides these documents.</p> <p>Air Station Sacramento aircraft deploy to Alaska during the busy summer season. They offer additional Space-A opportunities to the Lower 48. Sacramento flights are listed as they become available.</p>

Name: Wood Hobby Shop
Address: Building A709 on Rezanof Drive
Phone: 907-487-5550
<p>Comments: Wood Hobby Shop is managed by Facilities Engineering and is co-located with Self Help at building A709 on Rezanof Drive. Hours vary with the season; please check the hours posted on the shop door or call the office. Shop users are required to attend a shop safety briefing and receive a qualification card prior to using the shop. The wood hobby shop relies on experienced, interested wood workers to serve as volunteer supervisors and maximize shop hours. Contact DC1 Mike O'Connor for more information at 487-5320 Ext. 220.</p>

Family Centers

Our goal at Work-Life is to provide you with the services that help you balance the requirements of work with the responsibilities as an individual or family member. We are your information network for community and Coast Guard resources.

To contact the Work-Life Staff at ISC Kodiak call 800-872-4957 Ext. 563 or 907-487-5525 and one of the extensions listed below:

Name: Administrative Support
POC: YN1 Arron Russell
Phone: Ext. 269
<p>Comments: Provides administrative support to Mutual Assistance Program and all offices within the Work-Life Office. Hospitality Loaner Kits are also available to be checked out by PCS families in need of pots, pans, dishes, and other items until their household goods arrive on Kodiak.</p>

Name: Dependent Resource Coordinator (DRC)
POC: Mary Monroe
Phone: Ext. 274
<p>Comments: DRC manages the Special Needs Program by securing enrollments and linking families with special services for medical, emotional and educational conditions. The DRC also assists with training for the Family Child Care and CDCChild Care Programs, which offer high quality child care for Coast Guard Families. Also offered are baby-sitting classes, scholarship information, elder care referrals, adoption assistance, and coordination of all Kodiak complex Ombudsman activities.</p>

Name: Employee Assistance Program Coordinator (EAPC)
POC: Jody Burcham
Phone: Ext. 273
Comments: The EAPC is responsible for Critical Incident Stress Management (CISM), Suicide Prevention, Victim/Witness Assistance, Work Place Violence, Financial Competency, and Employee Assistance Program (EAP) which provides free and confidential assessment, referral, and short-term counseling for employees and their families.

Name: Family Programs Administrator (FPA)
POC: Tom Winstead
Phone: Ext. 272
Comments: FPA provides family advocacy support and guidance to all commands served by ISC Kodiak. The FPA handles crisis intervention and case management of all child and spouse abuse reports. Family Programs focuses on prevention of family violence through educational programs.

Name: Ombudsman
POC: Mary Monroe
City: Kodiak, AK 99619
Phone: 907-487-5525 Ext. 274
Comments: Ombudsman, also known as Command Family Representatives, are Coast Guard spouses designated by commanding officers to act as the link between the command and families. They help families by providing information about resources, Coast Guard and command policies, and activities of interest to family members. They also bring family concerns to the attention of the command. Kodiak has an active Ombudsman Council from the various Kodiak commands. For more information contact Mary Monroe, Ombudsman coordinator.

Name: Transition-Relocation Manager (TRM)
POC: Debbie Bower
Phone: Ext. 275
Comments: The TRM is the source for transition, relocation and spousal employment information for active duty and their family members. The Transition Program provides group training and individual career counseling and referral services to personnel retiring or separating from the Coast Guard. Seminars are usually held on Kodiak twice per year. A large career counseling library is available for personnel. The Relocation Program provides relocation information, referral services and workshops to all personnel with PCS orders to units on Kodiak. Some of the various services available throughout the year are: relocation packets, videos, base, school, and community information, New Comer's Orientations and Sponsorship training. Resource referrals and smooth move seminars are available for PCS outbound personnel. Spousal Employment provides information and referrals to spouses arriving in Kodiak on PCS orders. A large career counseling library and services are available through individual appointments.

Name: Wellness Coordinator (WLC)
POC: Steve O'Brien
Phone: Ext. 276
Comments: WLC provides information dealing with health promotion covering the following: tobacco cessation, stress management, nutrition, weight control and fitness. Assessments and recommendations are provided for individuals or groups.

Name: Work-Life Supervisor
POC: LCDR Frank DeLeon
Phone: Ext. 270
Comments: Responsible for supervising all aspects of the Work-life Program on Kodiak. Additional responsibilities include the Child Development Center and Coast Guard Mutual Assistance Program.

Information and Referral

The Employee Assistance Program provides free and confidential assessment, referral, and short-term counseling for employees and their families.

To talk with an EAP counselor 24 hours a day, call 1-800-222-0364.

Financial Assistance Programs

Financial guidance and referral is offered to those experiencing money management difficulties or for those who wish to learn more about investing money for the future. The EAP at Work-Life is in charge of this program providing workshops, lending library information and referrals to Command Financial Representatives. For more information contact:

Name: Employee Assistance Coordinator
POC: Jody Burcham
Address: Work-Life ISC Kodiak
City: Kodiak, AK 99619
Phone: 907-487-5525 Ext. 273

Emergency Assistance

The American Red Cross Kodiak Chapter is in town but assistance for emergency leave verification is obtained through the Red Cross station at Elmendorf Air Force Base in Anchorage. During normal working hours call 907-552-5253. After hours call the base operator at 907-552-1110. They will assist in contacting the Red Cross Representative. It is in the best interest of all active duty and family members to educate themselves on the criteria and procedures for requesting emergency leave. In certain circumstances assistance is available through Coast Guard Mutual Assistance. For additional information contact the Kodiak Work-Life Office.

Name: American Red Cross
Address: Elmendorf Air Force Base
City: Anchorage, AK
Phone: 907-552-5253 or after hours 907-552-1110

Name: Work-Life Office - ISC Kodiak
POC: YN1 Arron Russell
Phone: 907-487-5525 Ext. 269

Family Advocacy

See Support Services Section or contact the Family Programs Administrator at Work-Life, 907-487-5525, Ext. 272.

Single Member Services

The Bear X Program

Newly established in May of 1999, this program targets our single members living in the barracks. The purpose is to provide opportunities of involvement in events/programs, which are healthy lifestyle choices. This includes volunteer information on community programs and services, sponsored parties and dances, and camping, fishing, hunting trips and ski trips to Anchorage. Access to the Armed Services YMCA Programs and Elmendorf AFB in Anchorage for arranging purchase or reservations of concert tickets, Alaska Railroad tickets, free baseball games and use of the Seward recreational cabins. Training opportunities, i.e. survival school, hunter safety, fitness and health are all part of this program.

Still in the development stage, we are seeking ideas and assistance in making this a well rounded program to make your Kodiak experience a memorable one. Contact is provided below for more information.

Name: Bear X Program
POC: Steve O'Brien
Phone: 907-487-5525 Ext. 276

Support Groups

Information not available.

Morale, Welfare, and Recreation

The Kodiak Complex has the finest and most comprehensive MWR Program in the entire Coast Guard. The range and scope of its offerings are truly unique for a base this size.

Facilities include an excellent nine-hole golf course, eleven recreational boats for halibut fishing and crabbing, fully equipped auto and wood hobby shops, a bowling center, library, movie theater, ceramic shop, swimming pool, and a gym complete with weight room, cardiovascular room and racquetball courts. Aerobics and other workout programs are also offered at the gym.

Kodiak Island offers vast opportunities for the outdoorsman. MWR ear issue can outfit you for virtually any outdoor activity.

MWR has a Winter Recreation facility which offers a variety of outdoor winter activities from downhill skiing to sledding hills.

MWR is in charge of the Complex sports and activities program. There is an active inter-unit sports competition, the Captain's Cup, and seasonally appropriate youth activities leagues for children. The youth activities program also runs the base Teen Center and conducts a variety of other youth functions.

MWR is a key element in ensuring that your tour in Kodiak will be a enjoyable one for both you and your family.

Chapel Services and Programs

Both a Catholic and Protestant Navy Chaplain are assigned to Coast Guard Integrated Support Command Kodiak, providing a wide range of services to support your spiritual and personal needs.

The chaplains provide assistance, referral and counseling to all active duty members and family members stationed in Kodiak, and offer excellent worship, education, service and fellowship opportunities at the Star of the Sea Chapel.

The chapel is an active part in the lives of many families and individuals living in Kodiak. The office provides a variety of videos, cassette tapes and books on a wide range of topics. There are several seasonal activities such as Vacation Bible School, Handbell, Adult and Children's choirs, as well as regularly scheduled programs. Many volunteer positions are available in both the Catholic and Protestant programs.

If you are interested in becoming part of a growing, active and challenging chapel ministry, become a member of the Star of the Sea Chapel. If you have specific denominational requirements or desires, our chaplains will be glad to place you in contact with one of many fine churches or religious groups in the Kodiak community. Both chaplains are active members of the local Ministeral Alliance and work closely with area ministers.

The Chapel is located just off the main road as you enter the front gate. The chaplain's office is located in Building LL, second floor, across from the Chapel. The office is open daily, Monday through Friday, and can be reached by calling 1-907-487-5730. The chaplains are on call 24 hours a day and can be contacted in case of emergency after hours through Military Police at 487-5266, X010.

Drug and Alcohol

The Addiction Prevention Specialist (APS) is an educational and referral resource for commands, personnel, and family members on substance abuse issues. Additionally the APS provides information and education to the Collateral Duty Addictions Representatives from each command, and initial screenings and assessments for personnel with substances abuse issues. The contact information for the Kodiak APS is listed below.

Name: Addiction Prevention Specialist (APS)
POC: GM1 John Pendrey
Address: P O Box 190423
City: Kodiak, AK 99619-0423
Phone: 907-487-5757 Ext. 136

Legal Assistance

The Legal Office at ISC Kodiak is located in the Administrative building, N-38, on the third floor, North side. There is a Coast Guard lawyer and a legal yeoman assigned to the office.

The Legal Office is available to assist personnel with a variety of services. These services include preparing wills, powers of attorney, federal income tax assistance, information on the Alaska Permanent Fund dividend, Notary Public services and information packages on divorce in Alaska. Services are available to active, reserve, and retired military members and their dependent family members.

To receive available services contact the Legal Office and arrange an appointment. Bring all applicable forms and documents to the appointment, including a military identification card. If unable to make it to the appointment, contact the office to cancel or reschedule.

Name: ISC Kodiak Legal Office
Address: Administrative Building N-38, Third Floor
City: Kodiak, AK 99619
Phone: 907-487-5474

Child And Teen Services

Child and Teen Services Overview

Some of the programs available in Alaska are the Alaska Child Care Assistance Program and Denali Kidcare Program. Both of these programs are

operated by the State of Alaska to assist some families with child care cost and medical care cost. Eligibility is based upon income, for more information contacts are listed below.

Our philosophy at our Child Development Center is built around learning through play. Activities are designed to encourage the development of appropriate social skills, as well as large and fine motor coordination. Each day your child will have the opportunity to participate in a variety of activities specially tailored to his/her developmental needs. We feel that our program offers fun and enjoyment as well as valuable learning experiences.

Many different programs exist to involve teenagers in volunteer work, activities, or employment. Please see the listings below.

Name: Alaska Child Care Programs
POC: Marylynn McFarland
Address: 710 Mill Bay Road, Room 108
City: Kodiak, AK 99615
Phone: 907-486-9375
FAX: 907-486-9397
Comments: Parents/guardians are eligible if you have children through 12 years or children with a developmental disability through age 17, and you are: seeking work, working, going to school, or in a training program, and you meet program income guidelines. Based on your family size and income you may receive benefits in the range of 25% to 97% of your child care cost. For more information or to apply contact the office listed above.

Name: Alaska Employment Center Kodiak
Address: 309 Center Street
City: Kodiak, AK 99615
Phone: 907-486-3105
Comments: Summer Youth Employment and Job Training Partnership Act (JPTA)

Name: Camp Woody
POC: Questa Harper
Address: Woody Island
City: Kodiak, AK 99615
Phone: 907-486-4574 or 486-7679
Comments: Christian Summer Camp for 4th through 12th graders.

Name: Child Development Center
Address: USCG Integrated Support Command P O Box 190091
City: Kodiak, AK 99619-5091
Phone: 907-487-5481 or 5482
Comments: The CDC provides supervised developmental programs for children from ages 6 weeks to 5 years of age. Hours of operation are 7:15 a.m. to 5:15 p.m. Monday through Friday There is registration fee of \$20.00. Monthly fees are based on a sliding scale. For more information please contact the CDC.

Name: City of Kodiak Parks and Recreation Department
POC: Ian Fulp
Address: 410 Cedar
City: Kodiak, AK 99615
Phone: 907-486-8665
Comments: Regularly scheduled recreational activities including Gymnastics and Dance classes, swim lessons, water aerobics, Sports Camps, track and field, youth soccer, in-line roller hockey, and Teen Center open time.

Name: Denali Kidcare
Address: P O Box 240047
City: Anchorage, AK 99524-0047
Phone: 907-269-6529 or 888-318-8890
WWW Link: http://www.hss.state.ak.us/dma/denali.htm
Comments: Denali KidCare is broad health coverage for children and youth age 18 or younger and for pregnant women who meet income guidelines. It's a new program provided by the State of Alaska that makes it possible for pregnant women and for children to have health insurance coverage.

Name: Kodiak Arts Council
Address: P O Box 792 Gerald C. Wilson Auditorium Foyer
City: Kodiak, AK 99615
Phone: 907-486-5291
Comments: Summer Arts Program for youth; Visual Arts League; annual Performing Arts Series including local productions and visiting performers; partners in education with the Kennedy Center.

Name: Kodiak Baptist Mission
Address: 1944 Rezanof Drive
City: Kodiak, AK 99615
Phone: 907-486-4126
Comments: Christian family center with a variety of educational and recreational programs, including Circle J Ranch equestrian education program; family fitness center; basketball games and coaching for middle to high school aged youth; Higher Grounds Coffee House for 9th through 12 graders.

Name: Kodiak National Wildlife Refuge
Address: Corner of West Rezanof and Buskin River Road
City: Kodiak, AK 99615
Phone: 907-487-2600
Comments: Interpretive displays about local wildlife; Families Understanding Nature (FUN) activities, hikes and other activities on request.

Child Care Programs - on Installation

The Coast Guard Child Development Center provides supervised developmental programs for children from 6 weeks to 11 years of age. Parents eligible to use the service are Coast Guard Active Duty and Retired, Civil Service, CGES and MWR, and Base contracted employees.

In addition to child care services, the Center offers a Pre-School Program for 3 and 4 year olds and an afterschool program is also available for school age children which provides indoor and outdoor games, crafts and off-site field trips.

Upon acceptance, a registration packet must be completed and kept of file. In compliance with health regulations, it is necessary for all children to have immunizations up to date. A current TB test is also required for any child one year or older. For more information about registration fees and monthly rates, please contact the Child Development Center.

The Family Child Care Program offers high quality, in-home child care as private businesses run by Coast Guard spouses. For a list of providers or other information contact the Family Child Care Coordinator listed below.

Name: Child Development Center
POC: Karen Perkins
Phone: 907-487-5481
Comments: Some families may be eligible for the Daycare Assistance Program which subsidizes approved childcare on a need and availability basis.

Name: Family Child Care Coordinator, USCG ISC Kodiak
Address: P O Box 195022
City: Kodiak, AK 99619
Phone: 1-907-487-5922

Child Care Programs - Community

For parents living in town, there are state certified in-home child care providers, and several day care centers located in the city of Kodiak. For information contact 1-907-487-5922.

Schools

Refer to information listed under Education public and private school.

Youth Employment

Refer to the overview section of this section for employment resources available.

Youth Centers

Information not available at this time.

Survival Tips For First Termers

Survival Tips for First Termers Overview

Kodiak is considered an overseas billet, therefore entry approval must be requested and granted for the member and dependents. Members that get married in route to Kodiak or plan to marry after reporting into their new duty station can experience major financial and family hardships if the individuals are not aware of what entitlements are effected. If you are planning to be married after you receive orders to a unit in Kodiak it is extremely important that you contact your new unit so you are counseled correctly on entitlements and command sponsorship of dependents. You should also be aware that marriage and command sponsorship will increase your tour length on Kodiak.

Below is a listing of entitlements that are effected if Denial or Voluntary Declination of Command Sponsorship of Dependents is necessary:

ENTITLEMENTS FORFEITED:

You are not entitled for government funded travel/transportation on behalf of your non-command sponsored dependent(s) travel to your current OUTCONUS duty station location.

You are not entitled to government housing based on non-command sponsored dependent(s).

You are not entitled COLA allowance for non-command sponsored dependent(s) UNLESS said dependent(s) was/were a legal resident of the state of Alaska prior to the date you acquired them as dependent(s) AND the dependent(s) currently reside in Alaska.

Should you receive a subsequent PCS order to an INCONUS duty station: You are not entitled to dependent(s) travel/transportation (including HHG weight allowance) for the entire official distance (from your current OUTCONUS duty station to your new duty station INCONUS). You will only be entitled to dependent(s) travel/transportation allowances computed from the nearest port of entry (Seattle) to your new INCONUS duty station.

You are not entitled to government funded emergency leave travel for non-command sponsored dependent(s).

You are not entitled to early return of dependent(s) travel/transportation for non-command sponsored dependent(s).

You are not entitled to student dependent(s) travel for non-command sponsored dependent(s).

You are not entitled to consecutive overseas tour (COT) or in-place overseas tour (IPCOT) travel for

non-command sponsored dependent(s) should you receive COT or IPCOT orders.

You are not entitled to Environmental Morale Leave (EML) government flights on behalf of non-command sponsored dependent(s).

ENTITLEMENTS NOT AFFECTED:

You are entitled to Basic Allowance for Housing (BAH) at the with dependent(s) rate for the location where your dependent(s) reside.

You are entitled to dependent(s) medical care at any military treatment facility (MTF) subject to local MTF guidelines. You are entitled to dependent(s) medical care via TRICARE means. TRICARE supplemental insurance coverage is highly encouraged due to the high cost of medical care in Alaska.

You are entitled to government funded travel for dependent(s) to receive medical care (MTF referral required).

You are entitled to utilize the employee assistance program (EAP) and work-life staff assistance on behalf of your dependent(s).

You are entitled commissary, exchange, theater, and exchange benefits on behalf of your dependent(s).

You are entitled to Family Separation Allowance for your dependent(s) if otherwise eligible.

You are entitled to apply for CGMA and MWR benefits on behalf of your dependent(s).

You are entitled to space A aboard military airlift command (MAC) flights on behalf of your dependent(s) for OUTCONUS travel.

Your current tour of duty length will remain unchanged.

At A Glance

Facility/Services Summary

<i>--Officer and Enlisted Population--</i>			
Active Duty Officer	116	Active Duty Warrant Officer	21
Guard Reserve Officer	0	Guard Reserve Warrant Officer	0
Retired (Officer and Enlisted)		Foreign Service Officers	0
Active Duty Enlisted	884	Guard Reserve Enlisted	0
Foreign Service Enlisted	0		
<i>--Civilians--</i>			
Civil Service	79	Wage Grade	10
Non-Appropriated Funds	135	Family Members -on and off Installation-	1500
<i>--Family Services--</i>			
Family Centers	1	Teen Centers	1
Child Day Care	1	Family Child Care Certified Homes	12
Total Child Capacity	100	Total Child Capacity	60
Average Waiting List Time -Months-	1		
<i>--Other Services--</i>			
Commissary	1	Exchanges	1
Shoppettes	2	Gas Stations	1
Movie Theaters	1	Banks and Credit Unions	1
McDonalds/Burger King	0	Other i.e. Exchange concessionaires	0

Housing Summary

<i>--Officer Housing--</i>			
Senior Officer Waiting		Senior Officer 3 Bed Room	
Senior Officer 4 Bed Room		Senior Officer Other	5
Company Grade Officer Waiting		Company Grade Officer 2 Bed Room	10
Company Grade Officer 3 Bed Room	62	Company Grade Officer 4 Bed Room	24
Company Grade Officer Other	0	BOQ	0
<i>--Enlisted Housing--</i>			
Senior Enlisted Waiting		Senior Enlisted 3 Bed Room	
Senior Enlisted 4 Bed Room	50	Senior Enlisted Other	
Enlisted Waiting		Enlisted 2 Bed Room	130
Enlisted 3 Bed Room	44	Enlisted Other	
BEQ	127	Transient Lodging Facilities	8

Education Summary

<i>Name</i>	<i>Numbers</i>
Elementary School	4
Jr High/Middle School	1
High School	1

Local Community Summary

<i>Type of Housing</i>	<i>Avg.</i>	<i>Low</i>	<i>High</i>
Apartment Rent	1000	800	1200
House Rent	1400	1200	1600
House Price - Single Family	190000	150000	250000
Townhouse/Condominium Price	0	0	0

Medical and Dental Summary

<i>--Medical Facilities--</i>					
Medical Treatment Facilities	Y	Number of Beds	0	Medical Clinic	0
Alcohol	Y	Allergy	N	Audiology	Y
Cardiology	N	Coronary care	N	Dermatology	N
Dietary	Y	Emergency room	N	Endocrinology	N
Family Practice	Y	General surgery	N	Gynecology	Y
HIV Unit	N	Hematology	N	Immunization	Y
Infect Disease	N	Intensive Care	N	Laboratory	Y
Mental Health	N	Neonatal Intensive Care Unit	N	Nuclear Medicine	N
Nephrology	N	Neurology	N	Neurosurgery	N
Obstetrics	N	Oncology	N	Ophthalmology	N
Optometry	Y	Orthopedics	N	Otolaryngology	N
Pathology	N	Pediatrics	N	Physical Therapy	Y
Podiatry	N	Primary Care	Y	Radiology	Y
Rheumatology	N	Urology	N		
<i>--Dental Facilities--</i>					
Dental Clinics	1	Adolescent	N	Endodontics	N
General Dentistry	Y	Oral Surgery	Y	Orthodontics	N
Pedodontist	N	Periodontics	N		

Relocation and Support Services Summary

<i>--Military Clubs--</i>			
Officers Club	0	Non-Commissioned Officers Club	0
Enlisted Club	0		
<i>--Recreation--</i>			
Arts and Crafts	0	Automobile Hobby Centers	1
Bowling Centers	1	Recreational Centers	1
Libraries	0	Music and Theater Locations	1
<i>--Physical Fitness/Sports--</i>			
9 Hole Golf Courses	1	18 Hole Golf Courses	0
Gyms/Physical Fitness Centers	1	Jogging Paths	1
Tennis Clubs/Courts	0	Tennis Courts - Lighted	0
Swimming Pools - Public	1		
<i>--Nature/Outdoor Activities--</i>			
Outdoor Recreation Centers	0	Campgrounds	0
Fishing Areas	1	Horse Stables	0

APPENDIX

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