



SEVENTEENTH COAST GUARD DISTRICT

GENERAL INFORMATION

RELATING TO THE

LORAN TRANSMITTING STATION

ADAK



DEPARTMENT OF TRANSPORTATION
UNITED STATES COAST GUARD

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LETTER OF PROMULGATION

This letter promulgates a Loran Station Information Book for each of the nine Seventeenth District Loran Stations. These books are designed to provide information to commands and staff components concerned with the stations' logistic support, operation, and administration; and to training commands to familiarize themselves and their students with station equipment, environment, problems, and routines. The books purposely omit unnecessary details. Additional information regarding any phase of the stations' operation, equipment, or plant can be obtained from Commander, Seventeenth Coast Guard District, Juneau, Alaska.

Loran Station Information Books will be reviewed periodically and new editions issued as the need arises.

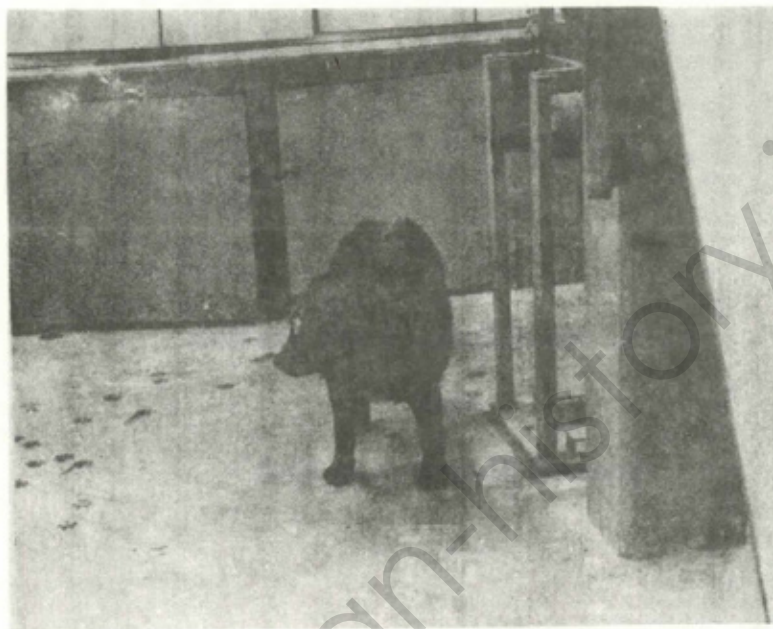
J. B. Hayes
J. B. HAYES

U. S. Coast Guard Loran Station

Adak

General Information Book

WELCOME ABOARD



FROM BMI CHARLES (CHUCK) A. BOATSKY

STATION MASCOT

GENERAL INFORMATION BOOK
USCG LORAN STATION ADAK, ALASKA

I. General Information

1. Geographic Location: The station is located on Adak Island, Alaska, on the Aleutian Chain. The island is approximately 25 miles wide by 32 miles long. The station is located on the northern tip of the island.
2. Topography: Adak is a mountainous, barren island. There are approximately 125 miles of gravel road on the island, the station being served by a road maintained by the Navy. The volcanic soil does not lend itself to the growing of anything other than tundra grass and several varieties of wild flowers in the early spring and summer. The island is covered with quonset huts and other deteriorated World War II construction.
3. Weather: The weather is moderate year-round. The temperatures are rarely above 60 in the summer or below 20 degrees in the winter. Snow accumulation in the lower elevation is minimal. Adak is known as the "Birthplace of the Winds", and windstorms are prevalent year-round. A unique feature of the Adak weather is the "Arctic Willawaw". During these storms wind gusts of up to 120 miles per hour can be expected.
4. Nearby Civilization: There is no native population on the island. The military installation is rather large and consists of the following commands:

U. S. Naval Station (CO is CAPT, USN)
U. S. Naval Facility (CO is CDR, USN)
U. S. Naval Communications Station (CO is CAPT, USN)
USCGC, IRONWOOD (CO is LCDR, USCG)
Marine Barracks (CO is MAJOR USMC)
Deployed ASW Squadron (CO is CDR, USN)

The population of the island, which includes military, civil service employees, and dependents, is approximately 5000. The Naval Communications Station is approximately four miles from the Loran Station. The Naval Station and other commands are approximately 14 miles distant. The naval station is the senior command and includes all housing, shopping, medical and recreational facilities.

II. Personnel

1. Complement: The personnel allowance is as follows: This includes seven radiomen assigned to Coast Guard Radio Station Adak, (NOX).

1-DC2	1-MK3	1-SK2
1-RMC	1-ETC	1-SS1
1-RM1	1-ET1	3-SN
3-RM2	1-ET2	1-FN
3-RM3	2-ET3	
1-MK1	1-YN2	

2. Records: All personnel and health records are maintained aboard the station. Pay records are maintained by CCGD SEVENTEEN and the crew is paid monthly by check.

3. Medical Facilities: The station has no hospital corpsman assigned. A dispensary is available at the Naval Communication Station., and a complete hospital and dental clinic at the U.S. Naval Station. The senior dental officer is a Commander and the senior Medical Officer a Lieutenant Commander. Both medical and dental care for all personnel is considered excellent.

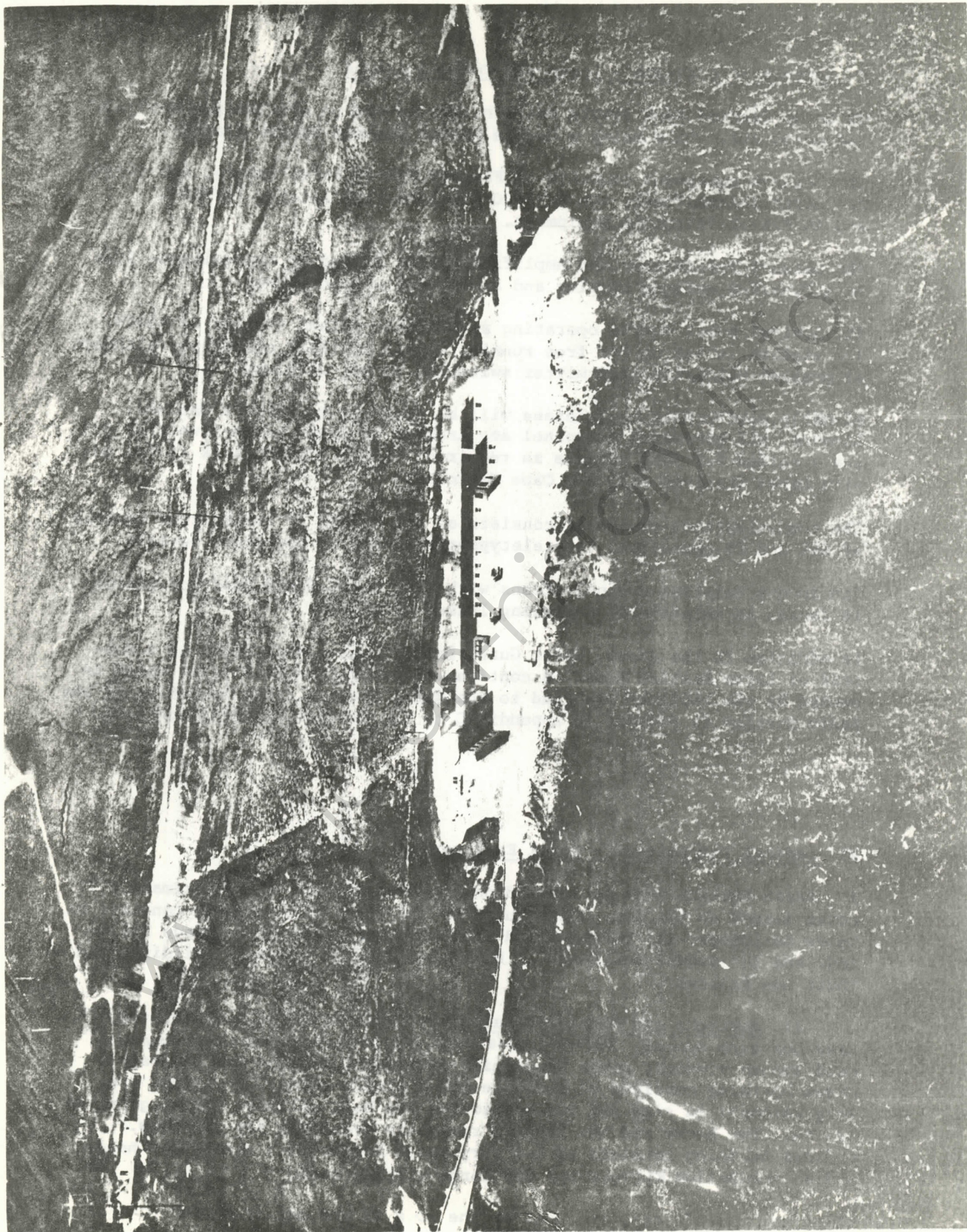
4. Morale and Welfare: Recreational facilities include; bowling alleys, swimming pool, theater, Officer, CPO, and enlisted clubs and hobby shops. The station maintains an adequate stock of outdoor recreation equipment. Movies are obtained from the Naval Station MPX and other recreation items are available from Naval Station Special Services.

There are two chaplains (Protestant and Catholic) on the island, and regular church services are held aboard the Naval Station. There is also a Red Cross representative available and emergency funds are available to Coast Guard Personnel through the Red Cross.

Adak is served by Reeve Aleutian Airways, with passenger and mail flights three times weekly, depending upon the season and demand. All mail is handled by a Post Office on the Naval Station.

III Station Operation and Administration: Factual information concerning operational and administrative matters, is included in the Station Organization Book. Items not specifically or completely covered in the preceeding paragraphs or appended publications are dealt with separately in the following paragraphs:

IV Loran Station Attu - Pay and Supply: Adak has the responsibility for Attu re-supply. All items being sent to Attu, except those going through the mail, must come through Adak. Attu is serviced by Reeve Aleutian Airways twice weekly (weather permitting). At least every two weeks fresh commissary supplies and urgently needed general stores items are sent to Attu by Reeve Aleutian. Additionally, each quarter, a logistics trip to Attu is made by an aircraft from CGAS Kodiak. The amount of supplies on the quarterly re-supply trip varies between fifteen and twenty-five tons and consists of all general supplies, frozen meats, beer and soda, and exchange items which have accumulated over the past three months. These supplies awaiting transportation are stored in an area designated by the Naval Station in one of their supply warehouses. Handling supplies for Attu is very time-consuming and the SK is continually involved in the sorting, marking, and storing of the material. A good portion of the supplies ordered by Attu are procured from NAVSTA ADAK. All items being sent to Attu, except by regular mail, must come to Adak for transshipment. All items being shipped on GBLs from Attu are intercepted here and reshipped under Navy Manifest on Foss Alaska Lines.



V General Information - Loran and Communications:

CG Loran Station Adak serves one function involving electronics equipment and personnel. This being a double pulsed Loran-A Master Station.

The Loran-A equipment consists of Four AN/FPN-30 Loran Timers, two T-325/FPN Loran Transmitters, two AM-1700/FPN Loran Amplifiers, AN/FPA-2 and AN/FPA-3B Switching Equipment.

The Loran-A Transmitter and Amplifier output is fed by transmission line to a CU-815/U antenna coupler and a 106-foot antenna tower.

The nominal power output operating as a double pulsed station is 800KW. The station is set up for free running type 3 Modified operation, although at present automatic transmitter switching is not utilized.

Normally, electronics technicians will be assigned to Loran-A watches, however, all non-rated personnel are trained to stand Loran-A watches and are utilized for this purpose as required. Loran Station Adak is paired with Loran Stations Attu and Cape Sarichef.

The communications equipment consists of one AN/URC 77 transmitter capable of SSB and CW operation, two teletypewriters and an operators console.

Continuous teletype communications with 17th Coast Guard District Office in Juneau is maintained, utilizing leased circuits.

In addition to the above, Coast Guard Radio Station Adak (NOX) is a sub-unit of Loran Station Adak. A continuous twenty-four hour radio watch is manned by the radiomen assigned to the Radio Station. The operation of the Radio Station is covered in Appendix C to the Station Organization Book.

VI General Information - Civil Engineering

1. Loran Station Adak is located on a parcel of land of approximately 77 acres leased to the U.S. Coast Guard by the Navy. The station consists of three buildings; (1) barracks and machinery building, (2) storage building, and (3) signal building. A brief description of these buildings and their use follows:

(a) Barracks and Machinery Building: This building contains the crew berthing spaces, office, mess deck and galley, commissary dry and cold stores stowage, power generating equipment, DC shop and 3 garages. Crews berthing consists of 8 double and 4 single rooms. The rooms are very adequate in size and are considered the best enlisted berthing on the island. Two heads and two laundry rooms are available for the crew. Officer berthing consists of two very large bedrooms, a shower and head, and a combination kitchenette and large sitting room.

There are two offices, one used by the CO & YN and one by the SK.

Additionally, there is a lounge for crew use.

The mess deck will seat 20 people, contains the pool table, and is used for showing movies. The galley and commissary stores stowage area are all of ample size and contains up-to-date equipment.

The "machinery room" contains 3 D-342 Caterpillar Diesel Electric Sets for generating station power. Only one set is required to be in use at any one time, with one on immediate standby and one in maintenance. Additionally, the "machinery room" contains the apparatus used to chlorinate the station's water, various pumps and tanks for the station domestic and heating water systems. Water is heated from the main engine by use of heat exchange.

The DC shop is large and contains an ample supply of metal and woodworking tools. The three garage bays accommodate the station's vehicles and one is used as a work area for vehicles.

b. Metal Stowage Building: The storage building constructed of sheet metal accommodates the paint locker, boatswains locker and miscellaneous bulky items. Two rooms are partitioned off and heated; one is used for the paint locker and the other for secure stowage of material which might be harmed by cold or dampness. This building is adequate in size, although it's construction does not lend itself well to use in areas exposed to cold and wind driven rain.

c. Signal Building: The signal building is located approximately 200 yards from the barracks building. Access is by way of a concrete lighted walkway. This building, like the rest of the station, is approximately 25 years old and continuous maintenance is a necessity.

2. Water Supply:

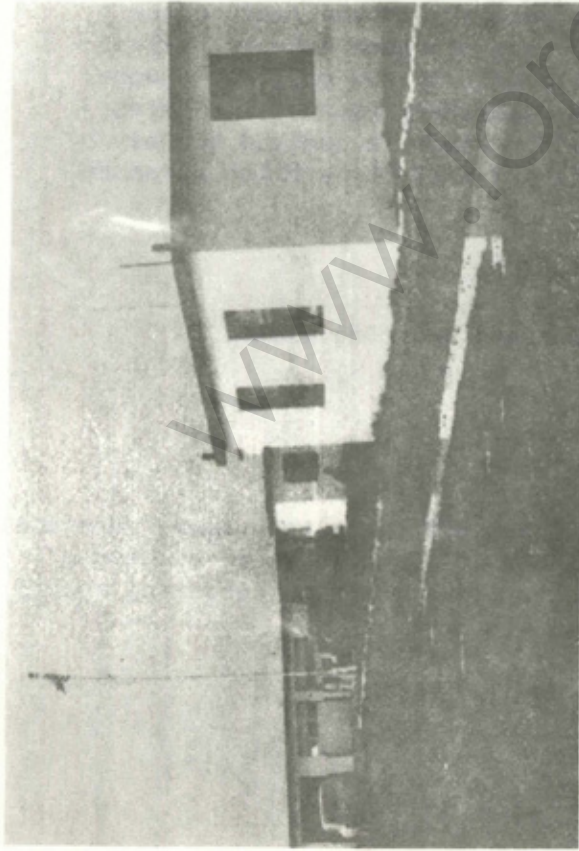
Fresh water is obtained from a lake on Mt. Adagdak, to the rear of the station. The lines come down the mountain into pressure reducing valves, then into two cisterns each holding approximately 35,000 gallons, thence, to the station entering at the rear of the "machinery room". The water supply is more than adequate the year around. Water is checked monthly by NAVSTA Adak medical personnel for bacteria, and daily by station personnel for residual chlorine content.

3. Sewage Disposal

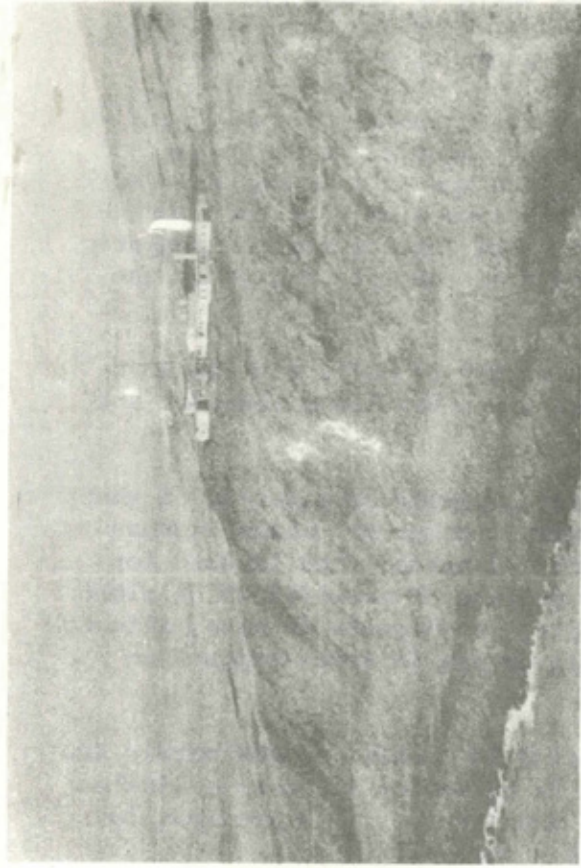
Sewage disposal is by means of a septic tank and leaching field.

VII Conclusion

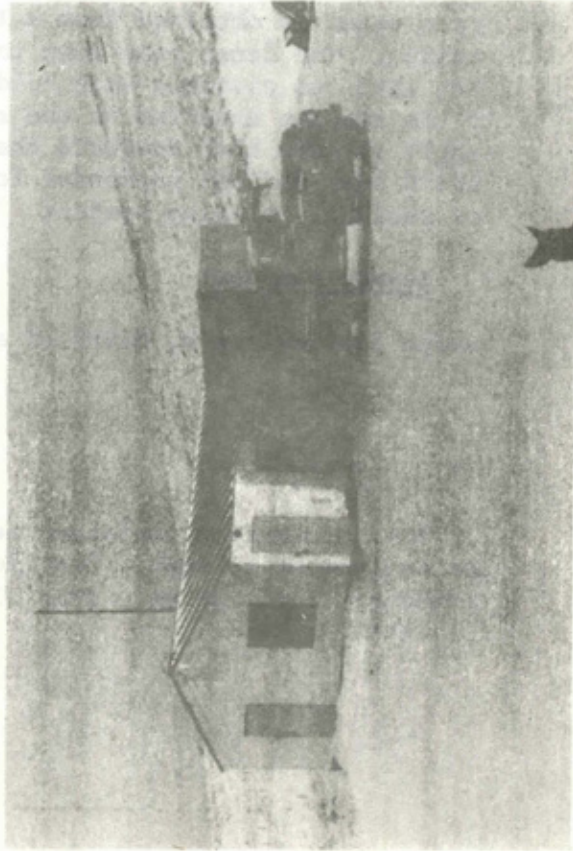
1. The information contained herein should be sufficient to prepare personnel for assignment to Adak. Additionally, all new CO's should read and become thoroughly familiar with the following publications prior to reporting aboard for duty:



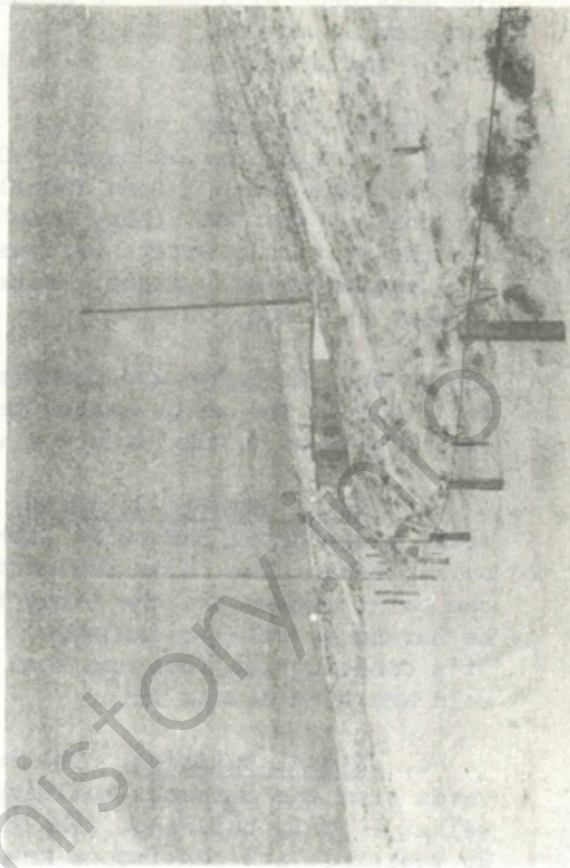
Main Bldg., barracks, offices, engineering spaces, and garage.



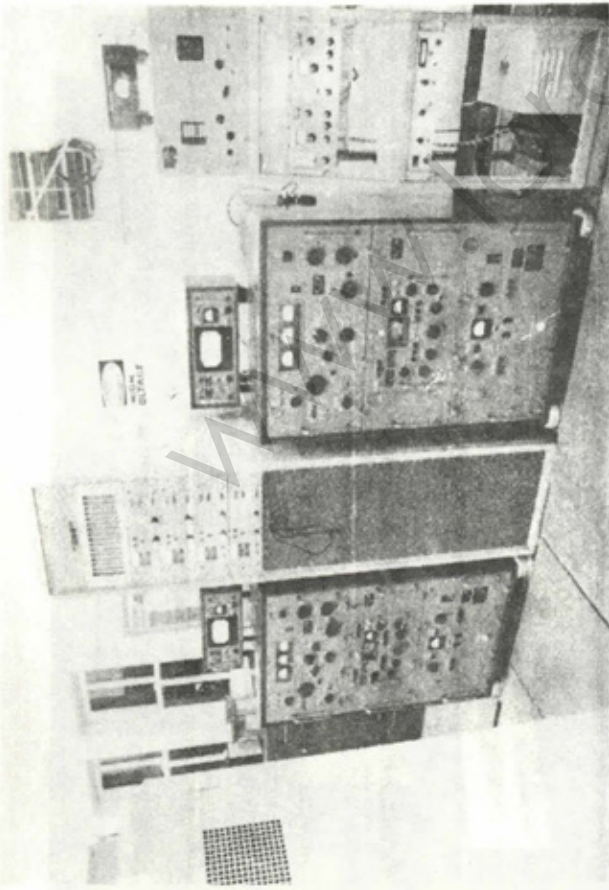
Station as seen from Cliff Road across Loran Cove.



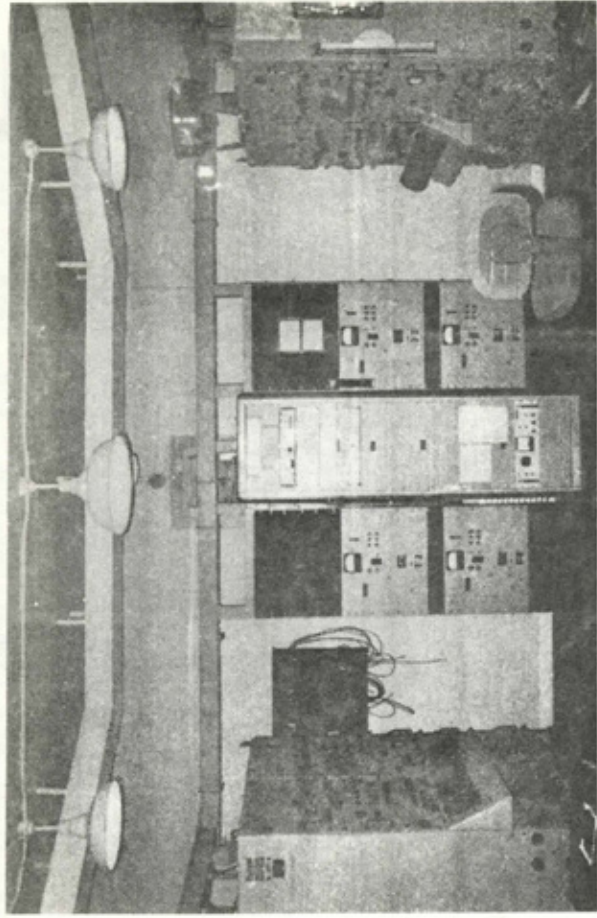
Metal shed, storage bldg., bos'n stores and paint locker. New International 1 1/2 ton truck.



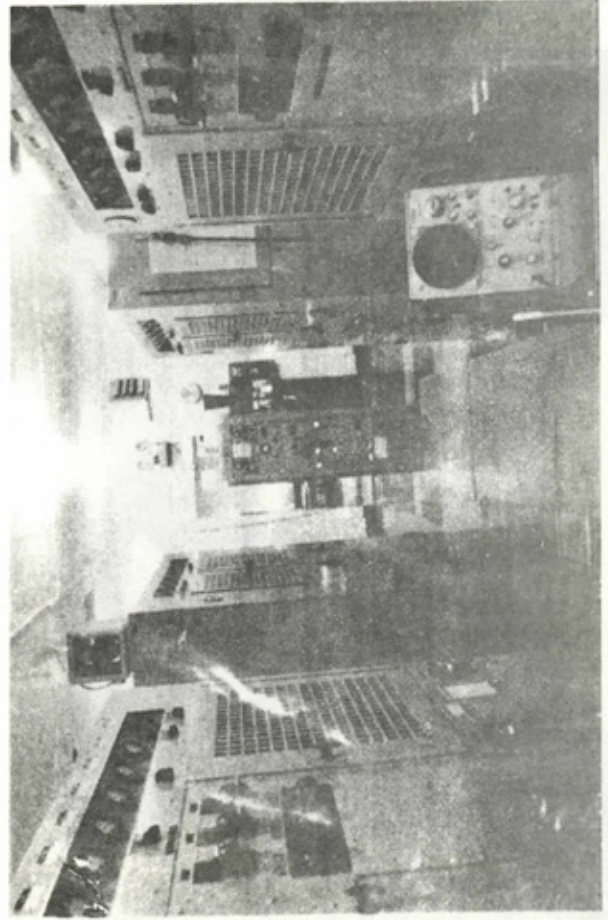
Loran signal bldg. and walkway leading to it.



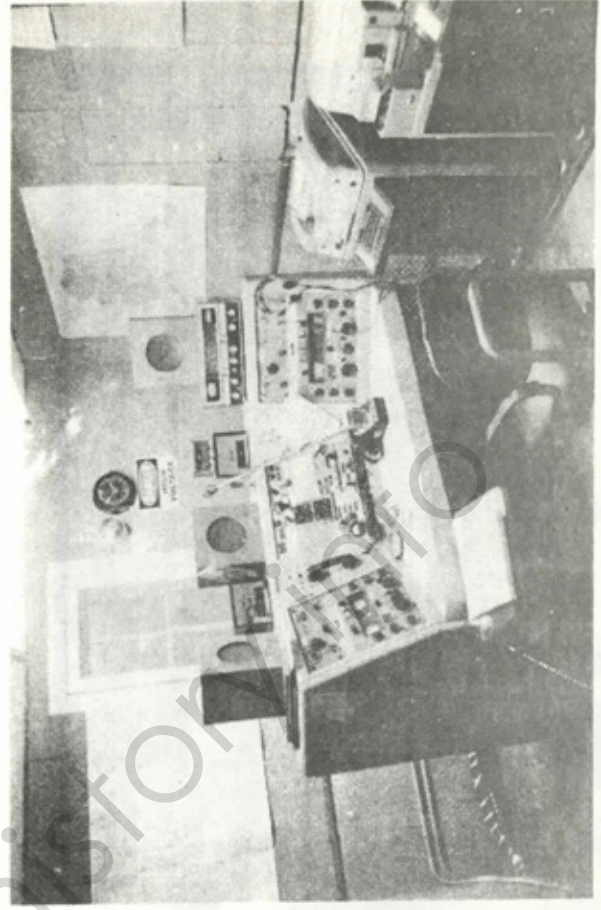
Signal bldg.-communications equipment and patch panel.



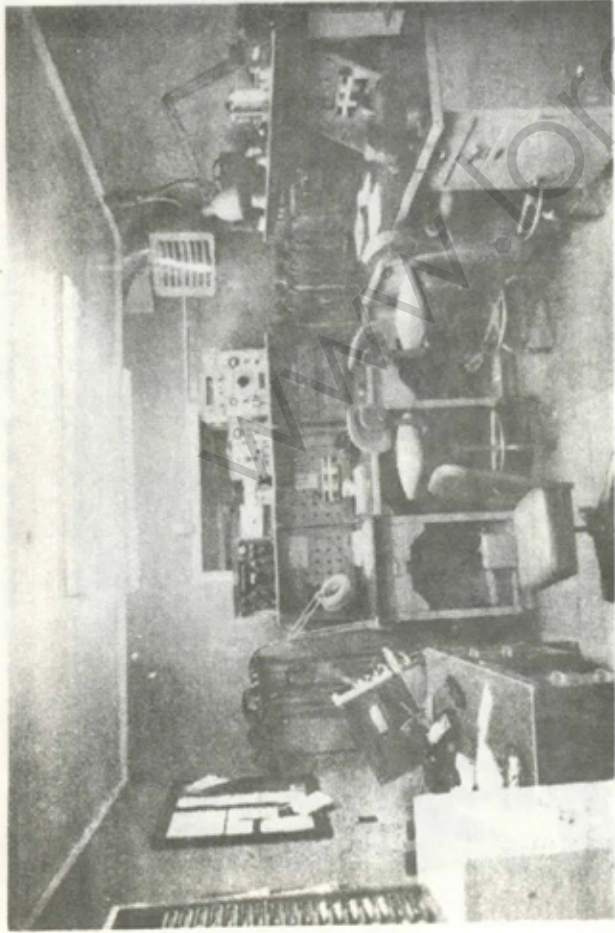
Signal bldg.-timers and rubidium frequency standard.



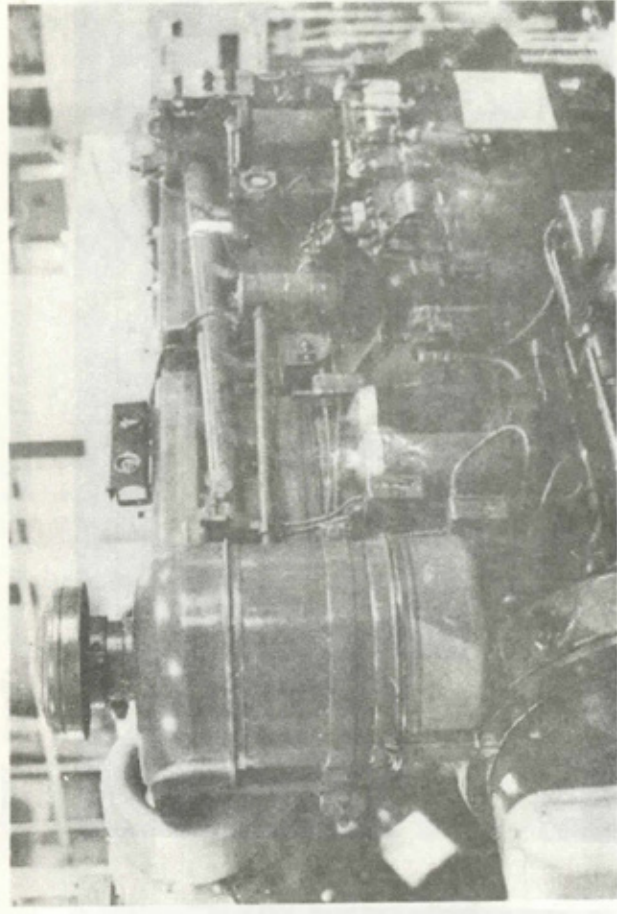
Signal bldg.-transmitters and amplifiers, switching unit in center



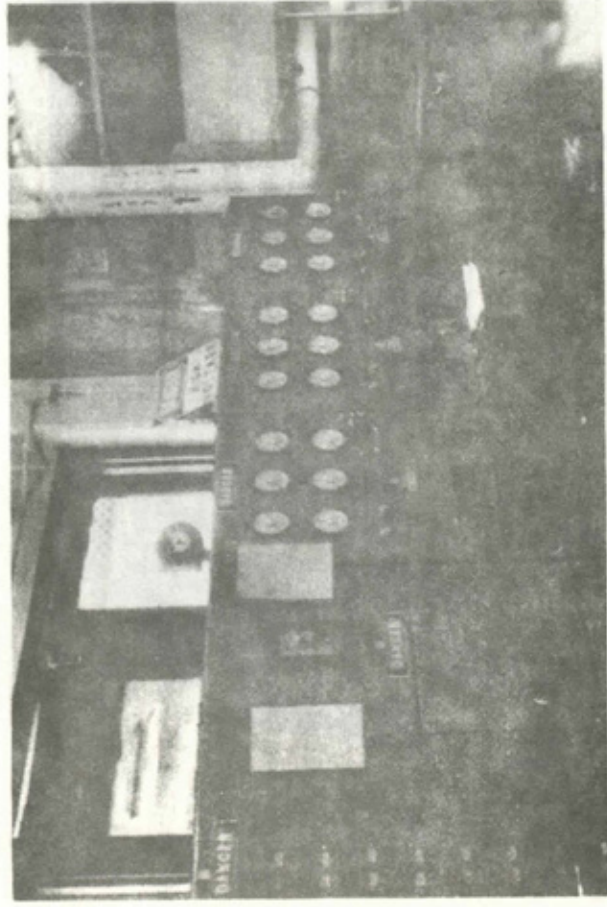
Signal bldg.-radio room, teletypes and console.



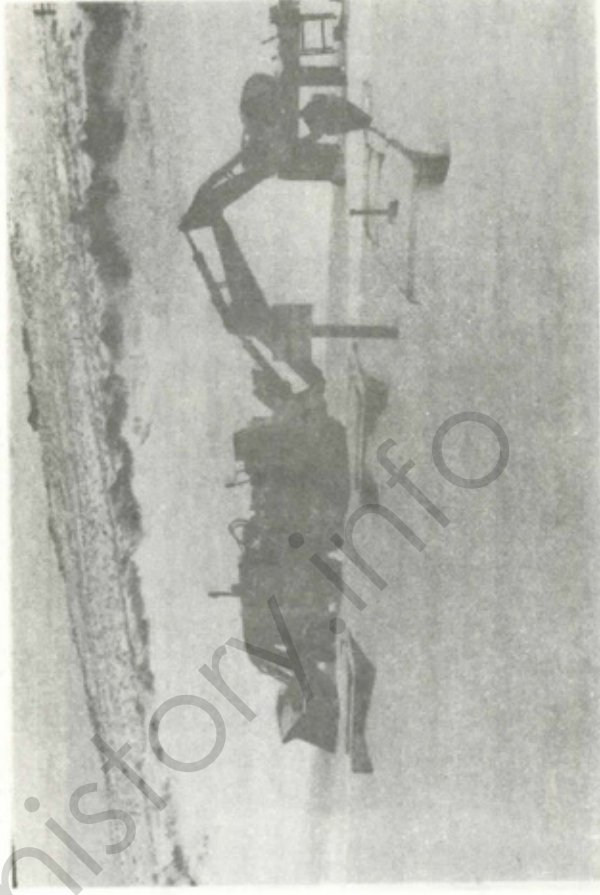
Signal bldg.-electronics work area



One of three generator sets providing power



Station switchboard



Ford front end loader/backhoe - fuel farm in foreground

Coast Guard Regulations - CG-300
Electronics Maintenance Manual - CG-165
Aids to Navigation Manual - CG-222
(Appendix C) to Station Organization Book

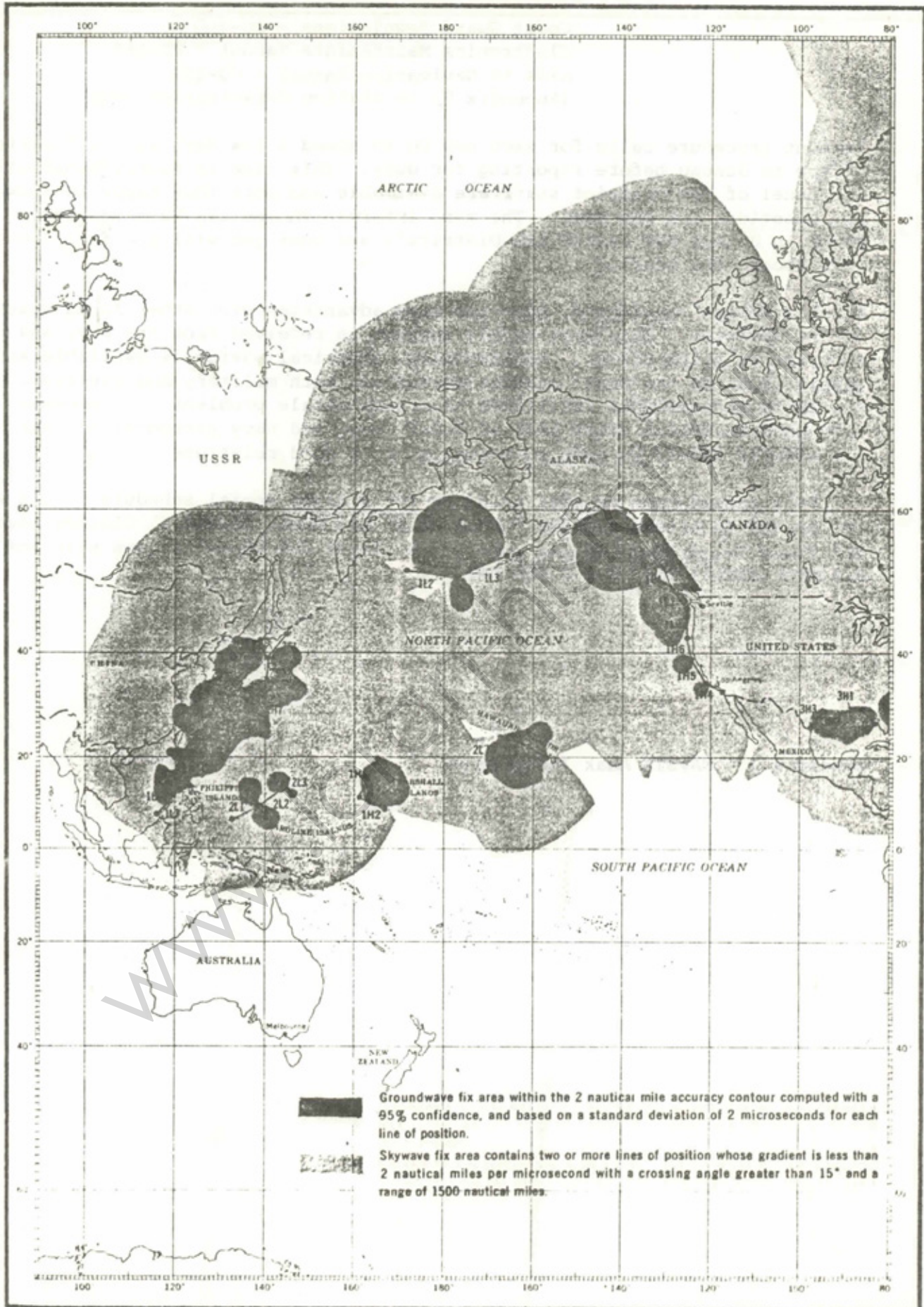
Present procedure calls for each new CO to spend a few days at the District Office in Juneau before reporting for duty. This time is highly beneficial. Personnel of the district staff are available and more than happy to answer any questions you may have. The more information you are able to obtain while in Juneau the easier the District's and your job will be after you report aboard the station.

2. All things considered, Adak has many advantages over other loran stations in the district. Excellent supply support is received from the Navy and also from the District Office. Additionally, technical advice is available and gladly given by the Naval Station personnel, both military and civilian. Available recreational facilities help keep morale problems to a minimum. Very good relations exist between Coast Guard and Navy personnel on Adak. All efforts should be made to maintain these good relations.

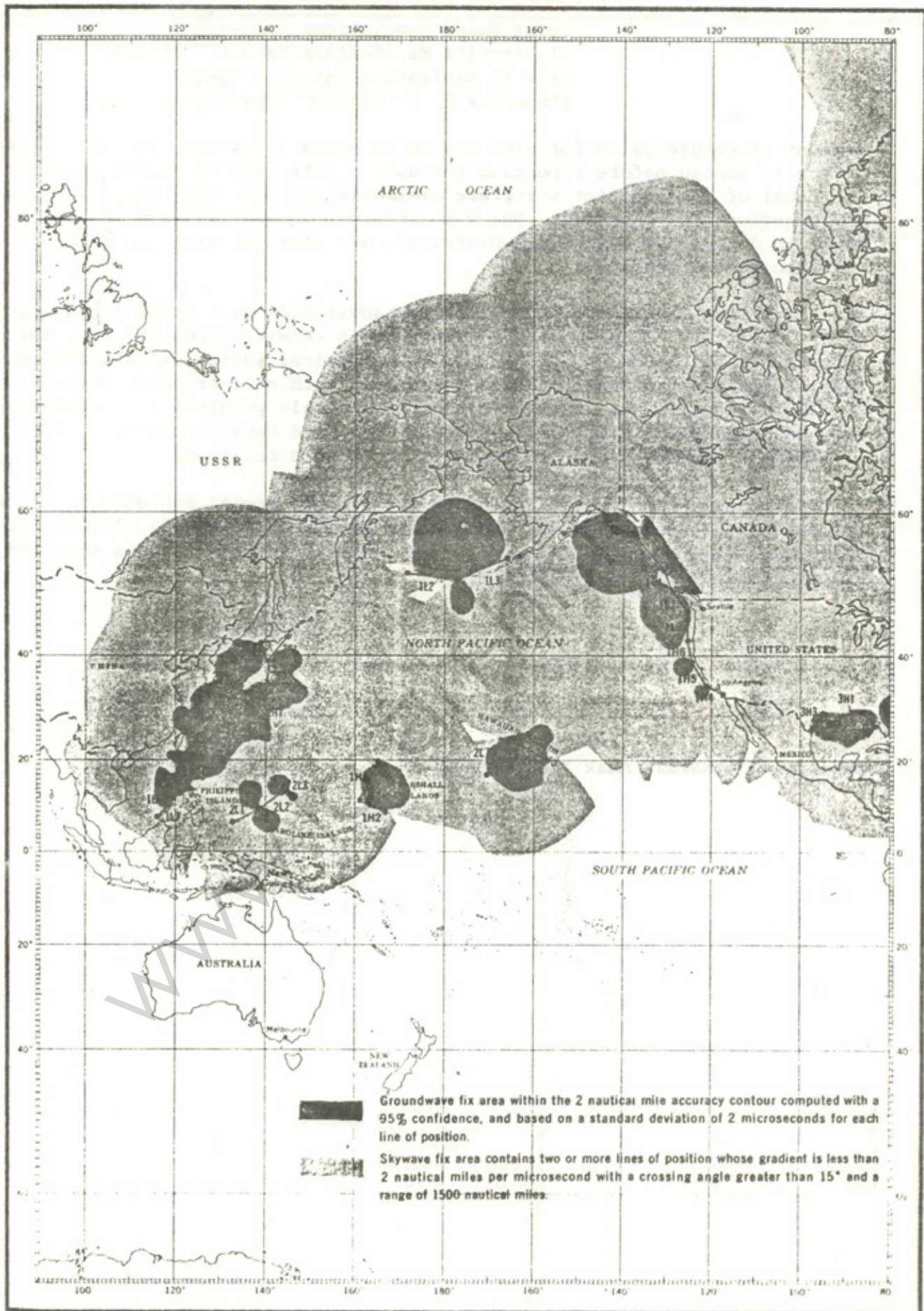
3. CO's should come to Adak prepared for a light social schedule. CO's will be invited to attend various functions on the Naval Station. Clothes needed are Coast Guard Dress Blues, sword, at least one good civilian suit and assorted casual civilian clothing.

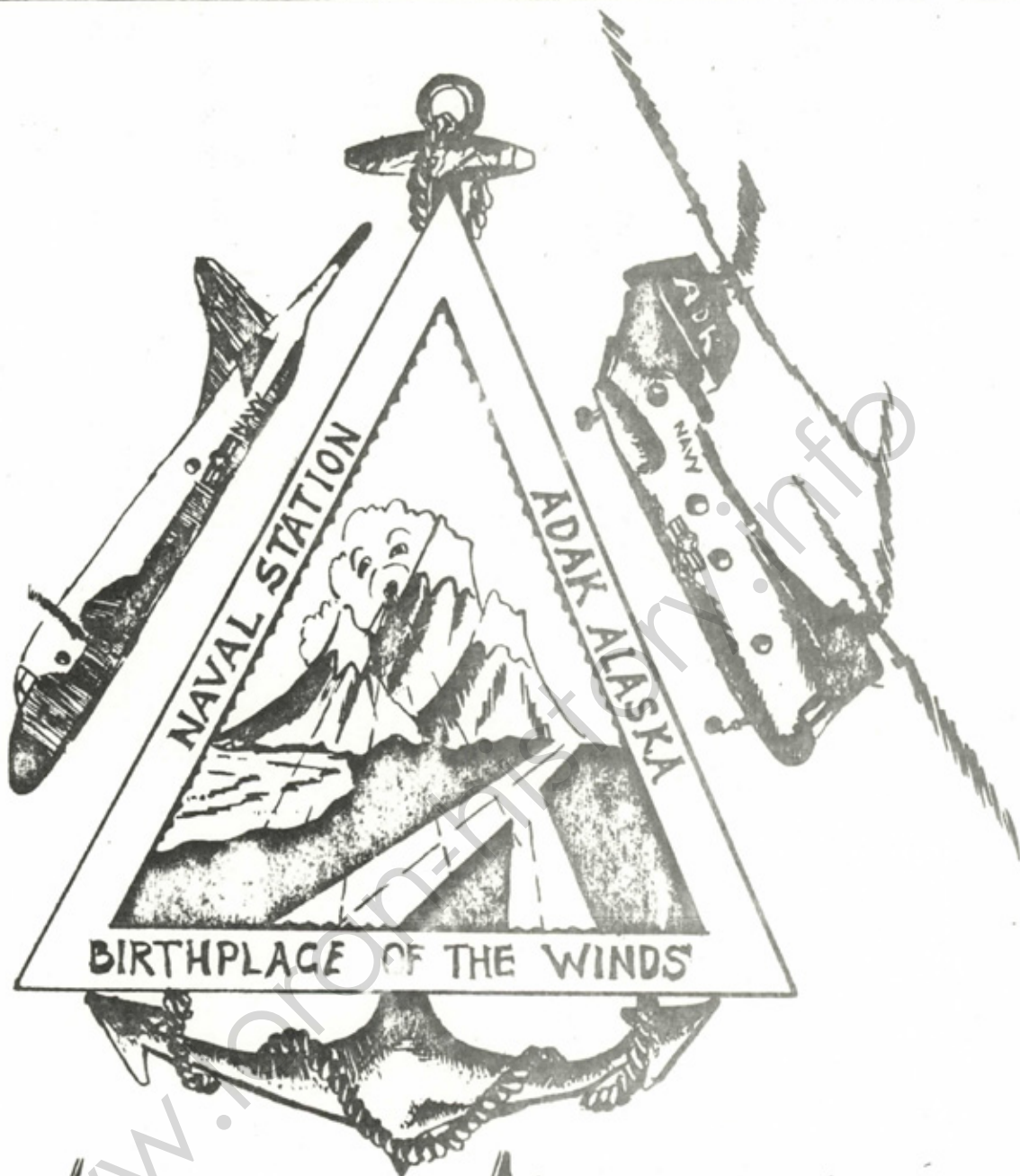
Appendix I - NAVSTA Adak Information

LORAN-A COVERAGE DIAGRAM



LORAN-A COVERAGE DIAGRAM





WELCOME ABOARD

INDEX

A Short History of Adak

Aleuts and Cossacks Across a Prehistoric Land Bridge	1
Seward's Folly	1
The Navy Arrives	1
Then the Japanese	2
The Frozen Front	2
Post-War Development	3

Adak's Natural Setting

Mountainous Tundra	3
Caribou Herd	4
Feathered Friends	4
Abundant Sea Life	4

Points of Interest

Adak National Forest	5
Finger Bay	5
Great Sitkin	5
Adak Totem Pole	6
World War II Quonsets	6
Lake Andrew	6

Adak's Weather

Daylight Hours	7
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The Mission of the Naval Station

7

Pistols and Revolvers are not allowed aboard Naval Station Adak in the possession of personnel under 21 years of age.

On-Base Facilities	8
Roads	8
Navy Exchange	8
Commissary Store	9
Bank and Credit Union Facilities	9
Radio and Television	9
Child Care	10
Teenage Activities	10
Recreation Facilities	10
Churches	11
Adak On-Base School	11
Dependent Teachers	12
University of Alaska	12
Medical and Dental Care	12
Government Housing	14
Furnishings	14
Bringing Dependents and Household Goods	15
Items You Will Need	15
Recommended Items	15
Are You Bringing Dependents?	16
Shipping of Household Goods	16
Nice to Have Items	19
Items You Won't Need	19
Specific Brand Items	19
Automobiles	19

Automobile Purchase	20
Auto Registration, Insurance, and Drivers License	20
Pets	21
General Policy and Information	21
Uniforms	21
Personal Clothing for Dependents	22
Foul Weather Gear	22
Employment	22
Leave	22
Off-Duty Air Travel	23
Time Zone Difference	23
Mail Service	24
Helpful Hints	26
General Listing of Services and Hours of Operation	30 & 31

A SHORT HISTORY OF ADAK

ALEUTS AND COSSACKS ACROSS A PREHISTORIC LAND BRIDGE

Most historians begin the story of Adak with the arrival of a people called the Aleuts, who are believed to have crossed the prehistoric landbridge from Asia. In the 18th century, Cossack fur traders descended on the Aleutian Islands and found several tribes of friendly natives on Adak Island.

The Aleuts were an easy - going, happy-go-lucky people until the Russians demanded tributes of furs and forced their way of life on the natives. The Aleuts then fled to other islands. Ensuing battles and open massacres from the Russians decimated their population and only scattered colonies of Aleuts survive today. The nearest is on Atka Island which lies about 130 miles to the east of Adak.

SEWARD'S FOLLY

In 1867, Secretary of State William Henry Seward persuaded Congress to purchase the Alaskan Territory from the Russians. At the time of purchase, Alaska was considered by most to be barren wasteland unfit for human survival. Seward was admonished by the public and the purchase came to be known as "Seward's Folly". In our lifetime, we have come to know both the great wealth and the strategic importance of Alaska and have reason to be eternally grateful to Secretary Seward's farsightedness.

THE NAVY ARRIVES

The isolated and remote shores of this small picturesque body of land--Adak Island--met the eyes of the members of a Coast and Geodetic Survey Team in 1933. At the time of the survey, the only harbor open to the naval forces was Dutch Harbor. While the survey group was busily covering the approaches to the island, the Navy moved onto the scene in a flagship and two minesweepers. The Bay of Waterfalls and the Bay of Islands,

both opening into the Pacific, were found to have deep, insecure anchorages, swift channels and were subject to frequent storms from the Pacific. Further investigation revealed that Shagak Bay, located on the Bering Sea on the west side of the island, was well suited to the purpose of this group and this inlet was employed to good advantage as an operational base.

THEN THE JAPANESE

With the almost simultaneous bombing of Pearl Harbor in Hawaii and the Dutch Harbor in Alaska in 1941 by the Japanese the Aleutians became a vital factor in the defence of America's homeland. The Japanese had already occupied Attu and Kiska to the west. Navy patrol planes from Atka and Bombers from Dutch Harbor made long harassment flights against the enemy for more than a year with little effect. The number of planes lost to weather during this period was staggering.

THE FROZEN FRONT

The Joint Chiefs of Staff decided a base nearer Attu and Kiska was required if the islands were to be retaken. Adak filled the bill. On August 28, 1943, a commando group called the Alaskan Scouts determined the island free of Japanese forces and blinked a message back to the invasion forces. A strange fleet of fishing boats, purse seiners, barges and pleasure craft discharged the initial force of G.I.'s. The immediate chore was building a landing strip for fighter planes. A miracle runway was constructed in only 10 days. The men lived in tents through the Aleutian winds, rain and snow while Seabees and Army Engineers worked side by side to build a staging base which eventually supported 90,000 American troops. All the while, fighters and bombers softened up Japanese defenses on Attu. Forces from Adak staged an all-out assault on that island and captured it after nearly two weeks of bloody combat with hardcore Japanese mountain troops. The 34,000 man invasion force for Kiska found that island deserted and the expected conflict became a rare sunny outing. War in the Aleutians had ended.

POSTWAR DEVELOPMENT

What remained was Adak's strategic importance. The Naval Station was commissioned in July 1950 and the Naval Communications Station in September, 1951. Gradual expansion has seen Adak grow to be Alaska's fifth largest community. The base now includes a Naval Facility, Marine Battalion, Patrol Wings Pacific Detachment, Weather Detachment, Explosive Ordnance Detachment, Patrol Squadron, Coast Guard Cutter and LORAN Station, and a seismology laboratory.

ADAK'S NATURAL SETTING

Adak is located in the Andreanof Group in the Aleutian Chain of Islands and lies about halfway between Seattle - 2,062 miles to the east, and Tokyo - 2,070 miles to the west, along the Great Circle Route. The island of Adak is about 25 miles wide and 35 miles long with a very irregular coastline which varies from broad beaches to sheer sea cliffs. With the exception of the "Adak National Forest", the island is almost completely treeless. There is no civilian or native community on the island, but military dependents and federal employees number about 4,000.

MOUNTAINOUS TUNDRA

Mountains are the most characteristic physical feature of Adak. The highest peak is Mount Moffett, a 3,900 foot high backdrop for the station which is snowcapped throughout most of the year. The tundra, a foot high grass with a spongy base, is extremely rugged and hides many sinkholes and tiny streams.

Minor earthquakes are not unusual on Adak and earth tremors occur quite frequently.

One of the most dangerous local phenomena occurring in the Aleutians is the "Williwaw." This is a type of wind which results from the damming up of air on windward slopes followed by an overflow of air down the leeward slopes. These gusts often are in excess of 60 knots. The normal, daily wind may be very strong, ranging from 10 to 33 knots persistently.

Rain is something you learn to live with on Adak, for nearly 83.7% of the year is wet with torrents of rain.

The temperature here is usually about 54° with a water temperature between 40° - 45°. Mild, yet just enough to leave a frigid air.

Adak's weather is at best unpredictable. The cloud ceiling on the island can range all the way from 1,000 to over 3,000 feet in a constant overcast. This alludes to a visibility of over seven miles.

Due to past eruptions, Adak's soil is chiefly volcanic ash. This, plus the short growing season and the low average summer temperature, has retarded tree and vegetable growth on the island. Dwarf willows and tundra, plus an abundance of wild flowers in the summer, comprise most of the island's vegetation.

Although Adak can boast of no natural land mammal larger than the fox, the surrounding waters provide a home or feeding ground for some of the largest of mammals. This group is composed of whales, seals (Northern Fur Seal, Harbor Seal, Bearded Seal), sea otters, the Stellar's Sea Lion and porpoises.

CARIBOU HERD

Thanks to the efforts of the U. S. Marines on Adak during 1958 and 1959, the island now has caribou. Seventy-six caribou were trapped from a large herd on the mainland, but only 24 of these calves survived the plane trip to Adak. Under careful management, the herd grew to 55 caribou by 1964 and the first hunting season was held that year. The herd continued to thrive here, unmolested by insects or heavy hunting pressures and now is managed at a level of about 250 animals. Each year, sportmen are allowed to hunt caribou until the set harvest quota is reached. One caribou bull bagged on Adak in 1968 weighed 706 pounds, well above the world's record.

FEATHERED FRIENDS

Birds, including the raven, the rosy finch, snow bunting, Alaskan Long Spur, and ptarmigan (the only game bird on Adak) make their homes on the island. The Bald Eagle, the National Bird of the United States, is also found in abundance. Migratory water birds in the area include the Emperor Goose and the Eider and Harlequin Duck.

ABUNDANT SEA LIFE

Nearby waters yield an abundance of salmon, trout, cod, halibut, perch and other fish. The shrimp seeker is in his glory

on Adak. Jumbo shrimp, brown in color and miniture cocktail shrimp, one to two inches long and red, are easily caught from the docks during August, September and early October. During the winter a commercial Alaskan King Crab fleet headquarters at Adak, harvesting meat from the giant crabs. The "Kings" measure three or four feet across; one is enough to treat an entire family to supper. Various species of salmon, dolly varden trout and kokanee are the principal freshwater fish which abound in easily accessible streams or lakes. The saltwater angler keeps busy with salmon, sea-run dollies, Japanese perch, herring and huge halibut which require deep-sea fishing gear and can provide up to 160 pounds of fight and good eating.

POINTS OF INTEREST

ADAK NATIONAL FOREST

The Adak National Forest is located on Hillside Boulevard near the Naval Facility. Reputed to be the smallest national forest in the country, the sign is larger than any of the trees. The trees were planted by Navy personnel in 1951.

FINGER BAY

During World War II, Finger Bay was a submarine base, ship repair facility and processing plant. The largest building there was used to quarter President Franklin D. Roosevelt during his visit to Adak in 1944. The piers there now are used by the Adak Aleutian Processors from October to March.

GREAT SITKIN

Great Sitkin is an active volcano which rises from the sea 26 miles northeast of Adak. On most days the volcano is enshrouded by the fog or low overcast which is prevalent to the area. On a clear day you can see the mountain rise a magnificent 5,700 feet, and if you look carefully, you can see the steam and smoke rising into the air. Great Sitkin is a favorite subject for the shutterbugs. The volcano erupts sporadically, and did so in 1974.

Many quality pictures were taken of this eruption. In 1965, the Greek Freighter Ekaterini G went aground on Sitkin during a storm and her hulk can still be seen on the rocky shore.

THE TOTEM TELLS THE STORY

ADAK TOTEM POLE

The Adak Totem Pole is the story of Adak. Located in the Community Center parking area, the totem is just about the most popular of all photographic spots on the island. The bottom figure is a monster from prehistoric times when the Aleutians were probably a land bridge to Asia. The walrus symbolizes the sea life from which the Aleuts obtained their food, clothing and tools. The two-headed Emperor Goose represents the era when Imperial Russia ruled and exploited Alaska. The Blue Fox is characteristic of the times when only hunters and fishermen visited the island. Next is the Williwaw, the wind devil whose actions have plagued every inhabitant. The airplane represents the Armed Forces on Adak today and the Seabee on the pole signifies base construction by the Civil Engineer Corps. The totem was presented to the Naval Station by a contractor on September 8, 1958.

WORLD WAR II QUONSETS

Scattered along hillsides and along valley floors are World War II quonsets by the hundreds. Exploring these ruins is not discouraged, but adventurers should be aware of the hazards of rusty nails, broken glass, possible collapse and occasional un-exploded ordnance. Several dozen buildings have been renovated by military personnel to serve as "party cabins". The cabins are registered with the Security Office and many outings and division get-togethers are held.

LAKE ANDREW

Lake Andrew - usually referred to as Lake Andy - is located about four miles from "downtown" Adak. It is the scene of much activity during the warmer months. The lake is a favorite fishing spot for many Adak families and, during 1970, Special Services began building up lakeside facilities on the north shore.

ADAK'S WEATHER

Adak's weather is characteristic by both its variety and malevolence. The island is frequently buffeted by intense storms which migrate east - northwestward from their breeding ground off the east coast of Japan. In the winter these storms often produce winds in excess of 50 knots. (The highest recorded gust is 109 knots in March 1954.) Hence, Adak's wellknown nickname "Birth-place of the Winds".

There is a wide variety of precipitation, and some form of it occurs almost every day of the year. Driving rain in the summer and occasional blizzards during winter are ordinary occurrences. Drizzle, ice and snow pellets, snow grains and even hail occur at various times of the year. Thus, new Adakians soon learn to enjoy the scarce days of sunshine, accompanied by a surrounding deep blue sea and rugged landscape.

DAYLIGHT HOURS

As indicated above, Adak does not have an Arctic climate; it is not that far north. Nor does the island have the extreme hours of daylight and darkness most of Alaska does. On the shortest day of the year, December 21st, sunrise is at 0825 and sets at 1637. On the longest day, June 21st, the sun rises and sets at 0528 and 2225, and is extended by long periods of twilight.

THE MISSION OF THE NAVAL STATION

The unique, strategic position of Naval Station Adak, midway between the North American and Asian continents, makes it a valuable base for ships and aircraft operating in the North Pacific. A deployed patrol squadron of P-3 Orion aircraft operates out of Adak, flying scores of anti-submarine patrols, ice patrols, search missions and routine surveillance flights.

The harbor at Sweeper Cove provides full service for Naval ships, Coast Guard cutters and State of Alaska vessels. On occasion, both foreign and domestic merchant or fishing ships are seen in the harbor, usually for emergency service or repairs.

The Adak Search and Rescue Coordination Center handles 50 to 60 SAR cases each year, responding with tugs, helicopters, P-3 aircraft, and the Marine ground search parties. The proximity of North Pacific sea lanes, plus Alaska's rich fishing waters, accounts for considerable sea traffic in the Aleutians.

The Naval Station also supports several important commands and tenant activities. Naval Communications Station, the Coast Guard LORAN Station and the Naval Facility are but a few. The Marine Barracks, a tenant command, provides physical security to the Naval Station and the Naval Communications Station. In addition, tugs from Adak are the sole means of re-supply for a village of Aleuts on the island of Atka.

Because of its remoteness, Adak depends on air and sea transportation for food, supplies, personal effects, construction materials and mail. Air transportation is provided by military planes and by Reeve Aleutian Airways which arrives every day except Sunday during the summer, and Monday through Friday during the winter.

ON-BASE FACILITIES

ROADS

There are approximately 125 miles of roads on Adak. The main complex of the Naval Station has about 17 miles of hard surfaced streets and roads. Roadways to outlying parts of the base are unpaved gravel in fair to poor condition. Buses operate during normal working hours and have regular routes through the housing areas and past the main points of activity.

NAVY EXCHANGE

A new, modern Navy Exchange complex houses the retail store, beauty and barber shops, sporting goods shop, garage and service station. The building also houses the Post Office and a Bank. The spacious retail store carries most items generally sold in stateside Navy Exchanges, plus special merchandise which makes life on Adak comfortable. Winter clothing and footwear for the family, humidifiers, freezers, electrical appliances, sewing supplies, craft and hobby materials, toys, stereo equipment, hunting/fishing gear, snow tires and chains are normally stocked in sufficient quantities. There is also a special order desk, in addition to a personalized services department.

The Navy Exchange operates a laundry and dry cleaning facility, a tailor shop, snack bars, and two Enlisted Clubs - one at the Naval Station and the other at the Naval Communications Station.

Seven furnished mobile homes are currently utilized as the Navy Exchange Lodge for arriving and departing personnel. Reservations can be secured in advance by writing to the Navy Exchange Lodge, U. S. Naval Station, Box 8, FPO Seattle, WA 98791.

COMMISSARY STORE

The Commissary Store carries a complete line of foodstuffs with nearly the same number of items carried in the Commissary Stores in the "Lower 48". Due to shipping time involved, you will find more frozen items (beef, veal, pork, poultry, cold cuts, and seafoods) and pastries are frozen. It is recommended that you bring your freezer if you have one. Most dairy products are always on hand. Milk, fresh fruits and vegetables are flown in weekly from Seattle. Produce Day is a highlight for Commissary Store patrons. A full line of canned and frozen vegetables are always available. You will find the Commissary Store prices somewhat higher than those in the "Lower 48" as we have to pay transportation costs on all items carried. Special orders for items not normally carried will gladly be filled. Our Butcher shop crew is highly qualified and anxious to provide your favorite cut, size, and trim of meat items. Some grocery items not carried may be specially ordered, however, the delay time in receipt is sometimes lengthy.

BANK AND CREDIT UNION FACILITIES

A local branch of the National Bank of Alaska is available to all personnel. The branch offers full banking services. A branch of the Alaskan Command Credit Union is located in the Administrative Building.

RADIO AND TELEVISION

American Forces Radio and Television Service broadcasts not only important local announcements and events, but also many of your favorite radio and television programs without commercials. AFRTS operates AM and FM stations. The AM station features a wide

variety of music plus newscasts. The FM station plays uninterrupted music 24 hours a day. The AFRTS TV station operates in black and white about 12 hours daily with both news and regular TV programs.

CHILD CARE

The Tundra Hilton Child Care Center is an up-to-date center with modern facilities for the care of babies and children. It operates six days a week, Monday through Saturday. Meals and Snacks are served. At the time this booklet is being written there is a private nursery school on Adak.

TEENAGE ACTIVITIES

There is a Teen Club for dependents between the ages of 13 and 19. The club has snack bar facilities, a juke box for dances and occasionally live music. There is also an outside recreation organization. Membership dues are collected. There are active Boy Scout, Cub Scout, Girl Scout, and Brownie organizations on the island. The island has a pre-teen club for children 8 to 12. This club has many varied activities.

RECREATION FACILITIES

Because there is no civilian community, the Naval Station maintains a full line of special recreational facilities. Special Services operates a 10-lane and an 8-lane bowling alley where league bowling is particularly popular. There is a gymnasium, weightlifting room, indoor heated swimming pool complete with sauna, roller rink, handball court, and horse stables. A gear issue room checks out equipment for basketball, volleyball, badminton, boxing, horseshoes and table tennis.

The Bering Theater offers two movies nightly with weekend matinees and late shows on Friday and Saturday nights.

Fletcher Library has some 17,000 volumes for your reading pleasure and there are hobby shops for the following activities: Ceramics, woodworking, and auto repair. There is a Central Sales Store for buying supplies needed in the above shops.

The following activities are planned for the Adak Recreation Center: Indoor tennis, a gunsmithing shop, model building and a photography shop.

For outdoorsmen there is a ski lodge, charter deep-sea fishing, sailboating, rental motor boats and equipment available for hunting, fishing, camping, skeet shooting, skiing and softball. There are both indoor and outdoor rifle and pistol ranges as well as a skeet range.

CHURCHES

There are both Protestant and Catholic Chaplains on Adak and religious services are held regularly. Active programs for religious education, adult and children's choirs, youth fellowships and other chapel activities include the whole family. Jewish personnel are served through a program of lay leadership and by visits from an Air Force Rabbi from Elmendorf Air Force Base in Anchorage. Church of Christ, Adak Gospel Church and Latter Day Saints services are also held.

ADAK ON-BASE SCHOOL

The Adak School is part of the Alaska State Operated Schools. The schools in this system are located on the military bases and in rural locations throughout the state of Alaska. All schools are under the direct control of the Superintendent of Schools, located in Anchorage, with local control at Adak under an Area Administrator for the Adak area. Teachers at Adak are certified by the Alaska State Department of Education. At present, the School is organized on a K-6, 7-8, and 9-12 plan with a student enrollment of about 700. The school has a cafeteria, and hot lunches are served daily to students desiring them. The instructional program is progressively oriented and designed to meet the needs of individual students. Most of the classrooms have an average of 25 to 30 students per teacher.

Adak High School offers academic courses in English and mathematics, social studies, science, foreign language, health and physical education, plus electives in other areas to give each student the opportunity to equip himself for college or some pre-occupational program. Extra curricular activities include band, swimming, basketball, track, drama and crafts.

Minimum graduation requirements are as follows: Language Arts - 4 credits; social studies - 3 credits; mathematics - 2 credits; science - 2 credits; physical education - 1 credit; electives - 8 credits with a total requirement of 20 credits.

There is some flexibility for 11th and 12th grade students transferring to Adak High School. Therefore, please contact the Adak Schools if there are any questions. Additional information may be obtained by writing the school. The address is:

Adak On-Base School
Naval Station, Box 34
FPO Seattle 98791

DEPENDENT TEACHERS

There is no policy in effect restricting the hiring of dependents as teachers. However, applicants must be on-board in compliance with established housing eligibility requirements and must qualify for an Alaskan Teachers Certificate before being offered to the Adak On-Base School Superintendent or to:

Superintendent, State Operated Schools
650 International Airport Road
Anchorage, Alaska

UNIVERSITY OF ALASKA

An extension of the University of Alaska offers from 10-15 courses each semester. The credits are transferable and tuition aid is available for the military so that it is possible to begin or continue your education while on Adak.

MEDICAL AND DENTAL CARE

General medical, surgical, obstetrical and dental care is provided by the Medical and Dental Departments, which are housed in a modern and fully equipped Clinical Facility. The Station Dispensary provides facilities for general outpatient care,

15 bed capabilities for in-patient, and the care of newborns. There are no other specialty services routinely available on Adak Island. Only general medical care and dental care can be provided. Persons requiring specialty care must be sent to the Elmendorf AFB Hospital in Anchorage, Alaska, 1,200 miles to the east. Routine laboratory tests, x-rays and drugs are available at the Adak Dispensary. Persons requiring special drugs are advised to bring a minimum of two months supply of the medication with them, and report to the Pharmacy officer immediately so the drug may be ordered for stocking. All dependents should have a complete physical examination prior to transfer to Adak, as well as meeting all requirements outlined in BUPERSINST 1300.26E. There are NO civilian medical/dental facilities on Adak.

Limited dental treatment is available for dependents; orthodontic care is not available on Adak. Existing orthodontic appliances can not be serviced. The closest civilian orthodontist is in Anchorage, 1200 miles east of Adak. Government air travel is not available and commercial air fare is \$400.00 round trip. If you have a dependent undergoing orthodontic treatment, please see the orthodontist well in advance of their coming to Adak and inform him that orthodontic treatment can not be continued on Adak. We can not urge you too strongly to place your family in a state of good dental health prior to their arrival on Adak.

We must caution you to obtain a current eye examination if you wear glasses and to visit your specialist to obtain a brief summary of your special problems and his recommended course of therapy. You must make it clear to your specialist that the above listed specialties are not available on Adak, and with his advice you should decide whether or not it would be advisable to bring dependents to Adak who have need for specialty care. It cannot be overemphasized that only those dependents and personnel who are in good to excellent medical condition should come to Adak. If there are any questions regarding medical conditions or the availability of care on Adak, please address inquiries to Chief of Professional Services Naval Station, Box 11, FPO Seattle 98791.

GOVERNMENT HOUSING

The housing on Adak consists of duplex units with 2, 3, or 4 bedrooms per unit. Married personnel in pay grades E-4 (with over two years service) and above are eligible for government quarters. The waiting period fluctuates from four to seven months. Each individual requesting dependent entry is advised of the approximate waiting period for housing that exists at that time. Exact dates can not be determined.

Basic Allowance for Quarters (BAQ) is forfeited while occupying public quarters. Information on the approximate waiting time for housing for individual cases can be obtained by calling the housing office (AUTOVON 579-3656 or 3696).

FURNISHINGS

The following basic items of household furniture are typical of those provided in quarters.

LIVING ROOM: Sofa, lamps, end tables, upholstered chairs, occasional chairs, coffee table, bookcase, desk and carpet.

DINING ROOM: Dining table equipped with extension leaves, chairs and one china cabinet or buffet. Some of the smaller quarters have a dinette in lieu of a dining room.

BATHROOM: Complete bath facilities including tub and shower. Shower curtains are not provided. Some of the larger quarters have a bath-and-half.

BEDROOMS: One double bed or twin beds complete, mirror and one vanity, chest of drawers in the master bedroom. Also provided are rugs, night stands, double dresser and a large mirror. Pillows are not furnished.

LAUNDRY: One washer and dryer. In most quarters, the washers and dryers are shared by the two families.

KITCHEN: Electric stove and refrigerator. A few quarters have dishwashers available.

BRINGING DEPENDENTS AND HOUSEHOLD GOODS

Due to the shortage of warehouse space, it is not possible to provide storage for either government owned or personal furniture or appliances except in the quarters themselves. Therefore, all items brought to Adak must be stored in the quarters assigned. As a general rule, personal furniture and appliances which are similar to government furnished items should not be brought but should be placed in non-temporary storage at government expense. Storage space in the quarters is extremely limited. Careful planning of your move is highly recommended. The tabulation below is provided to assist you in determining what to bring and what to store.

ITEMS YOU WILL NEED:

Dinnerware, tableware, pots and pans, bedding, vacuum cleaner, wastebasket, window curtains, shower curtains, radio (AM/FM desirable), baby furniture (as applicable), bedroom lamps, iron, ironing board, and draperies. Such items as these and others that are needed can be ordered from catalogs after your arrival. Since the different quarters have different sized windows, it is advisable to wait until you arrive and order any draperies.

RECOMMENDED ITEMS:

(Some of these items are particularly desirable to render your quarters more habitable). Wall pictures and decorations; Television set (A black and white set is sufficient, as color TV is not available at this time. Installation of color Equipment is however, being considered. Also, a small console model or table model is recommended over a very large set - again, due to space limitations); stereo equipment (records and/or tapes), table china, silverware, table linens, freezer (preferably upright), sewing machine, indoor Christmas decorations, bookcase (The supply of government furnished bookcases is very limited), sleds, basic tools, additional table lamps. Room size rugs are also recommended as not all quarters have them. 12' X 15' rugs fit in most living rooms, and 9' X 12' in most master bedrooms.

ARE YOU BRINGING DEPENDENTS?

Upon receiving orders to Adak, Alaska it will be necessary for you to decide whether your family will stay behind or eventually occupy government quarters at Adak. Adak has a total of 666 family quarters ranging from two bedroom to four bedroom units. Married personnel in pay grade E-4 (with over two years of service) and above are eligible for government quarters. They are furnished with all basic items of furniture required for normal use including washers and dryers. However, the majority of the furniture is better than ten years old and because of funding limitation, procurement of new furniture is severely restricted. While you are waiting for your own household goods to arrive, necessary items such as china, linen, and kitchen utensils are available on loan from hospitality services. Waiting time for houses usually ranges from four to seven months depending on the time of year and on size of quarters required. A tour of duty on Adak is eighteen months with dependents and twelve months without.

If you decide against moving your dependents to Adak, you will probably be eligible for Family Separation Allowance. Consult the Personnel Officer upon arrival. Consult your current Personnel Officer for details of eligibility to draw Dislocation Allowance and shipment of household effects if you intend to relocate your family.

If you move your dependents to Adak, ask your command to request entry approval and concurrent travel for your dependents by message in accordance with BUPERSINST-4650.14D. You should also arrange for shipment of your household effects.

SHIPPING HOUSEHOLD GOODS TO ADAK

Moving day can be one of the most hectic days in the lives of military families. However, it needn't be so confusing and hectic if it has been carefully planned. The need for accurate counseling and proper planning of personal property movement cannot be over-emphasized. The personal property office at your command will provide detailed information and assistance, explain all your various entitlements, explain the liability of the government and the carrier

for loss and damage, and prepare the necessary documents to get your property shipped.

Members are normally authorized a variety of shipments to meet their specific needs. They may include any or all of the following: one household goods (HHG) shipment to Adak; another HHG shipment to non-temporary storage; unaccompanied baggage (UB) shipments to next PCS or TDY station; an extraordinary value shipment, normally moving with the HHG shipment; a professional books, papers, and equipment shipment, which must be weighed separately since its weight is not charged against the member, but normally moves with either HHG or UB shipment; and an ammunition shipment.

(a) Weight allowances*

	<u>Normal</u>	<u>Restricted</u>	<u>TDY</u>
O-6	13,500	3,375	800
O-5	13,000	3,250	800
O-4, W-4	12,000	3,000	800
O-3, W-3	11,000	2,750	600
O-2, W-2	10,000	2,500	600
O-1, W-1	9,500	2,375	600
E-9	9,500	2,375	600
E-8	9,000	2,250	400
E-7	8,500	2,150	400
E-6	8,000	2,000	400
E-5	7,000	2,000	400
E-4 (Over 2)	7,000	2,000	400
E-4 (Under 2)	225	225	225
Contract Civilian			
Accompanied	11,000	2,750	
Unaccompanied	5,000	2,000	

*All weights are net lbs. except E-4's with less than 2 years and below in which case it is gross lbs.

(b) HHG Shipments to Adak

Since family quarters on Adak are "fully" furnished, the HHG shipment to Adak is limited to the member's restricted weight allowance stated above. No additional household goods allowance is authorized above the member's restricted weight allowance (excess costs apply). However, with appropriate use of the exceptions to the reduced household goods allowance (i.e., professional books and unaccompanied baggage), the effective weight shipped to Adak can be significantly increased without costing the member anything. Professional books don't count against the member's weight allowance in any way, but must be weighed separately prior to shipping. In addition, there are no weight limitations on the amount of unaccompanied baggage that may be shipped

other than as limited by the Navy member's weight allowance. (For members of the other services and civilians, there may be a weight limitation placed on your unaccompanied baggage). There are only commodity limitations. The authorized commodities are sufficiently broad that the member could ship much of his household items as unaccompanied baggage. The household goods and unaccompanied baggage could even be shipped under one GBL in addition to a second expedited unaccompanied baggage shipment. There is a common misconception that unaccompanied baggage shipments are limited to 750 lbs. for the member and 250 lbs. for each dependent. Unaccompanied baggage will be discussed further. Back to HHG shipments.

Because of the relatively small size of many family quarters and extremely limited government storage space, great care must be exercised in deciding what to bring; close liason with your sponsor can be extremely valuable. Normally only extra beds and rugs will be stored by the station; all other government furnished items must be stored by the member. Because of non-availability of adequate storage facilities, HHG may not be routinely shipped to Adak as the member departs his previous duty station. The member must have either concurrent travel or specific authorization from this personal property office in order to make his shipment to Adak. In the meantime, his HHG destined for Adak must remain with his dependents at his previous duty station or be placed in non-temporary storage pending entry approval. In the event the member is advised in writing that he will not be assigned family quarters in excess of 20 weeks after his arrival, he would then be authorized an in transit shipment of his HHG to a designated place in CONUS, if desired. Ask your local personal property office. Authorization to ship HHG is normally given by the personal property office at Adak when the member advances high enough on the housing list that it is expected that he will be assigned quarters within the expected shipping time for his HHG (4-10 weeks). Finally, the military member must have at least 12 months remaining on Adak on the expected date of arrival of his HHG in order to make a HHG shipment. Contract civilians must have at least 6 months remaining on Adak on the expected date of arrival of his HHG.

(c) HHG Shipment to Non-Temporary Storage

The balance of the member's HHG not destined for Adak may be placed in storage at government expense. When HHG are placed in storage an estimated time is established (i.e., duration of time on Adak). These HHG may not be later shipped to Adak at government expense once put in non-temporary storage.

(d) Unaccompanied Baggage

Unaccompanied baggage as defined by your service may be shipped to Adak in addition to member's restricted weight allowance. This is the term applied to those items of your personal property which are required by you and your family right up to the moving day and/or will be needed

immediately upon arrival at your destination. Only items in the following categories may be shipped as unaccompanied baggage (Navy sponsored): clothing, linens, dishes, cooking utensils, and articles necessary for the care and comfort of an infant dependent; small radios, portable sewing machines, portable phonographs, small tape recorders, and like items; other articles necessary for the health and comfort of you and your dependents; professional books, papers, and equipment urgently needed in the performance of your official duties; items not included in the above categories which are determined by the personal property officer to be inappropriate for separate shipment (e.g., when all items which a member desires to have shipped qualify as unaccompanied baggage except for one or two items such as a chair and a dresser, the transportation officer may include these two items in the unaccompanied baggage shipment if he determines it to be more cost advantageous to the government to ship all the items together than to make a shipment of the chair and dresser separate from that of the unaccompanied baggage). Unaccompanied baggage will not include the following types of items except in the case of the last category above: refrigerators, freezers, or other large appliances; basic items of furniture; items of extraordinary value; hobby material or other such items not essential to the health and comfort of you and your family. It may be included as part of the HHG shipment provided it is appropriately labeled or may be shipped separately. An expedited mode (air) normally up to 1,000 lbs. (varies with member's service) may be authorized if it is necessary to meet the member's RDD. For Navy military personnel, there is no weight limitation per se for UB for PCS shipments other than as limited by the member's total normal weight allowance for all of his shipments including storage. For contract civilians, the weight limitation for UB is 350 lbs. for the member and each dependent over 12 and 175 for each dependent under 12. UB shipments to temporary duty stations are limited depending on individual's rank as shown on the table of weight allowances. When the member is denied dependent entry approval to a restricted station, like Adak, the member may make a UB shipment for his dependents to any designated place in CONUS and later when dependent entry approval is granted reship these items to the restricted station.

(e) Excess Costs

The member may exceed his weight allowance. However, in the event the shipments are in excess of the member's entitlement, the member eventually will be charged the excess costs involved. The cost of shipping HHG to Adak is extremely expensive.

(f) Methods of Shipments

Ask your personal property counselor to explain the different types of shipments, specifically DPM and ITGBL Codes 3 and T. If the ITGBL service is selected, you should point out to the counselor that Adak is listed separately from all other areas of Alaska. This has

occasionally become a problem. Otherwise, the station has experienced good results with Code 3 shipments. Air service during the heavy shipping months and the winter months isn't always the fastest mode either.

(g) Member's Responsibilities

You are reminded that it is "YOUR MOVE" not the carrier's and not the personal property office's and that you are the one that will suffer the most if it is not a good move. There are many things you can do to help make it a good move, some of which are:

- (1) Get a copy of "IT'S YOUR MOVE!" from your personal property office.
- (2) Dispose of unwanted or worn out items before you move.
- (3) Place the things to be packed together in separate groups.
- (4) Point out articles you don't want packed to the carrier and separate them as much as possible from the things you do want in a particular shipment, preferably in another room. Once the carrier has taken an item it is very expensive, if not impossible, to get it back.
- (5) Be on hand when the movers arrive; remain on the premises until all your goods are loaded.
- (6) Insure that every container or loose item is properly listed on the inventory sheet.
- (7) Do not pack anything yourself unless you are willing to assume the responsibility for any damage that may result.
- (8) CONTACT THE PERSONAL PROPERTY OFFICE IMMEDIATELY upon arrival at Adak, regardless of your desires for delivery of goods.

(h) Finally, it cannot be overemphasized that adequate liaison with the household goods shipping office nearest you is essential in determining exactly what regulations govern individual cases. Take this information with you, and show it to your counselor; it is in no way intended to stump your counselor. It is intended to give you and your counselor a general insight into personal property shipments to Adak, from an Adak perspective. In the event that you are being counseled by other than a Navy household goods shipping office and your counselor is in doubt as to your entitlements, the personal property section at Naval Supply Systems Command (Code 053) would be glad to assist (Autovon telephone 225-3077)

After your arrival on Adak, report to the Naval Station Housing Office within 10 working days for verification of eligibility date. You may then submit an application for Transportation of Dependents (DD 8-4) to the Commandant, THIRTEENTH Naval District. After you advance high enough on the housing list to become eligible for assignment to government quarters, COMTHIRTEEN will be notified by message. COMTHIRTEEN will then take necessary action to provide transportation for your dependents. Dependents will travel to ADAK via commercial air transportation with an overnight lay-over in Anchorage, Alaska.

Motel/hotel rates in the Anchorage area range from 15.00 to \$40.00 per night. There are two motels in the vicinity of the airport with rates starting at \$25.00 (double) and \$20.00 (single) per night:

Anchorage International Inn, 3333 International Airport Road, Anchorage, Alaska 99502, phone 274-5564.

Barratt Best Western Inn, 4616 Spenard Road, Anchorage, Alaska 99503, phone 277-1525.

Each of the above has a restaurant next door and provides courtesy car service to and from the airport.

Various hotels are available in the city also. One of these is the Anchorage Westward, 3rd Ave and E Street, Anchorage, Alaska 99501, phone 272-7411. Rates start at \$32.00 (double) and \$26.00 (single). Airport limousine service is available to and from the airport every hour on the hour.

Some transient quarters are available on Elmendorf Air Force Base, on a first come first served basis, at a nominal charge. It is best to call first, however, as such quarters are not always available and cab fare from International Airport to Elmendorf is some \$8.00 to \$10.00 each way. The Air Force runs irregular bus service to International Airport, but it would be wise not to count on this type of transportation, since the service is not on a scheduled basis. The number to call to check availability of transient quarters on Elmendorf is 754-1219.

Should you desire to stay in a motel/hotel in the downtown area, or on Elmendorf, you should realize that these areas are some distance from International Airport, and plan for at least a half-hour trip each way.

NICE TO HAVE ITEMS:

Bicycles, outdoor barbecue (though space limitations may necessitate outdoor storage, weather and minimal storage area must be taken into account,) sleds, skis.

ITEMS YOU WON'T NEED:

Lawn furniture, garden tools, iceskates, golf clubs, tennis rackets and essentially warm weather sports equipment. (Little League Baseball is played on Adak).

SPECIFIC BRAND ITEMS:

Many people have developed a desire for Specific Brand Names in many categories such as cosmetics, certain foods, tool, etc. If this is true in your case, ask your sponsor to check and find out if your preferred Brand Name is carried here. If not, you may want to stock up or at least find out what brands of certain items are carried.

AUTOMOBILES:

Automobiles are a necessity for families and are considered highly desirable for unaccompanied members. Personnel are encouraged to bring their cars to Adak since government transportation is limited. However personnel should be aware that 1975 models with catalytic converter systems are designed to run on unleaded gasoline only. Adak has only leaded regular gasoline. Because of the climatic conditions, cars should be of the solid, sensible type in excellent mechanical condition in order to cope with rough roads and the severe weather. Repair and maintenance for privately owned vehicles are limited and failure of parts not available through normal mail order sources usually results in some out-of-service periods. Two snow studded tires are advisable and tubes in all tires are recommended. Snow chains are not necessary IF you have studded snow tires, however they are recommended. Cars should be made as water-proof as possible because of wind-driven rains and the lack of a garage in many of the quarters.

If you are a Petty Officer Third Class with over 2 years service you are eligible to ship your car to Adak at government expense. Cars must be delivered to the MTMTS Representative, Auto Warehouse Company, located at Terminal 115, 6550 West Marginal Way S. W., Seattle, for shipment. The government will not transport cars with outstanding liens without written permission from the holder of the lien. Shipping time from Seattle to Adak is approximately three weeks. Submit one copy of Motor Vehicle Shipment Application (DD Form 828) and four copies of your orders to the MTMTS Representative at the Auto Warehousing Company as listed above. For information, the telephone numbers of the MTMTS Representative are as follows: Commercial, Area Code 206, 762-5910; Autovon, 820-9268.

If anyone other than the registered owner (owner's spouses don't qualify) delivers the car to Seattle he/she will need a Power of Attorney to deliver the car for shipment. Driving up the Alcan Highway is not authorized without special permission. If you wish to drive your POW up the Alcan Highway and ship it from Anchorage, see PARA M4159-3 of the Joint Travel Regulations for instructions on obtaining authorization.

AUTOMOBILE PURCHASE:

There are generally several automobiles put up for sale each week at Adak. A Want-Ad type bulletin board lets you know what autos and other items are available. Auto prices generally range from \$200 to \$1,200.

AUTO REGISTRATION INSURANCE, DRIVERS LICENSE:

Base registration of your automobile requires proof of ownership, liability insurance \$15,000/\$30,000 with property damage of \$5,000, a valid safety inspection sticker, (issued by the Security Office), and a valid driver's license from any state. Liability Insurance may be purchased locally upon arrival for approximately \$45.00 per year. Vehicles arriving on Adak must be safety inspected within five working days and registered at the Security Office within the same time frame. An Alaska drivers license may be obtained at the security office. Inquire for a study book, and examination schedule. Licenses currently cost \$5.00.

PETS

Pets are not considered part of your household effects and the government will not pay to ship them. Authorized pets on the island are dogs, cats, monkeys and most species of birds, although only dogs and cats, are recommended. If you are coming unaccompanied and will be living in the BOQ or BEQ, you are advised that NO PETS are permitted in these quarters.

If you desire to ship your pet to Adak, check with an Air Express or Air Freight agent to determine shipping requirements and charges. In general, the commercial carrier will require a current health certificate and, as appropriate, a valid rabies certificate. Prior distemper and hepatitis shots are also required by the station before a puppy can be brought aboard. It is suggested that dogs and cats be left in the states if at all possible. Many pet dogs and cats are available on the island at no cost from individuals or for a nominal fee from the Animal Welfare Shelter. The Naval Station has very strict leash regulations which are rigidly enforced. There are limited veterinarian services on Adak. The nearest veterinarian clinic is 1200 miles away in Anchorage; and if anything major is required to be done to an animal, it must be shipped at the owner's expense. The current Air Freight charge is about \$.80 per pound to and from Anchorage.

GENERAL POLICY AND INFORMATION

UNIFORMS:

The uniforms authorized to be worn vary with the season and the type of duty being performed. For male officers and CPO's, the Uniform of the Day year around is Service Dress Blue. Tropical Khaki long, Working Uniform Blue and Aviation Greens are optional. For female officers and CPO's, appropriate corresponding uniforms are required. For Navy enlisted personnel, normal uniform is Service Dress Blue. Dungaree uniforms, (new and old style), may be worn when authorized by the Department Head. Watch Caps are permitted during the winter months. Regulation ball caps are worn with the dungaree uniforms. Marine Corps personnel wear the winter service uniform all year except when performing those duties requiring the utility uniform.

All Officers and enlisted personnel are permitted to wear appropriate civilian attire during off-duty hours.

PERSONAL CLOTHING FOR DEPENDENTS:

Adak is not a perennial icebox and your dependent's present wardrobe, with a few additions, should prove adequate. Generally, winter clothing as worn in the northern part of the lower 48, such as Seattle, Chicago, Boston, etc., should be about sufficient. The overall emphasis should be on water and wind repellent fall-weight clothing as summer is comparatively cool and the winters only moderately cold. A warm overcoat or parka is a must item as are heavy soled shoes, raincoats, galoshes and head gear. Heavy clothing is not needed for daily routine living but outdoor activity makes it advisable to bring woolen suits, sweaters, heavy garments, mittens and gloves. Evening gowns, cocktail dresses and dinner jackets are desirable for occasional formal parties. Shoes should be in good repair as sole repair service is obtained off the island and requires a long waiting period.

FOUL WEATHER GEAR:

After arrival on Adak, some military personnel are issued foul weather clothing such as Parka and jacket, underwear and socks for out-of-doors workers, and safety shoes. The exact type and amount of clothing received depends upon the kind of work to be performed. Division Officers and Department Heads will have the final decision as to issue.

EMPLOYMENT:

The Naval Station employs dependents in a variety of clerical positions under the Civil Service System. Dependents seeking Federal employment are urged to contact the Civilian Personnel Office. The Navy Exchange and Special Services also offer opportunities for employment in the retail sales store, laundry and child care center.

LEAVE:

It is a Navy-wide policy to grant leave whenever possible. Military personnel are permitted to travel via Military Airlift Command government aircraft on a space-available basis.

The approximate cost of commercial travel, round trip, between Adak and Seattle is \$350.00, (military standby).

Emergency leave may be granted to personnel when a bonafide emergency exists. An emergency is deemed to exist when:

- A. The return of the member will contribute to the welfare of a dying member of his immediate family, i.e., Father, mother, spouse, children, sister, brother, or only living relative.
- B. There is a death in the serviceman's immediate family.
- C. A serious illness or accident occurs to a member of a serviceman's immediate family which results in problems which must be solved immediately and which cannot be solved by any other individual or means.
- D. When the failure to return home would create a severe and unusual hardship on either himself or his family.

Personnel desiring emergency leave should obtain Red Cross verification to expedite departure. Government transportation will be furnished on a space required basis from Adak to CONUS and return via Military Airlift Command. However, be prepared to pay for a flight from Anchorage and return, if you do not wish to fly MAC.

OFF-DUTY AIR TRAVEL:

Military personnel, civilian employees and dependents are authorized space-available travel on MAC and government aircraft when available. The sponsor must be in a leave status as dependents may not travel without their sponsor.

TIME ZONE DIFFERENCE:

Adak shifts to Bering Daylight Saving Time during the summer months with the remainder of the year being on Bering Standard Time. During the winter months, when it is 8 o'clock a.m. in Adak (Bering Standard Time), it is 2 p.m. in Norfolk (Eastern Standard Time), 1 p.m. in the Central Standard Time Zone, 12 o'clock noon Mountain Standard time and 11 o'clock a.m. in Seattle (Pacific Standard Time).

A call from Chicago, for instance, at 8 a.m. (Chicago time would get your party out of bed at 3 a.m. in Adak.

MAIL SERVICE:

Adak has a Navy Post Office which provides most of the services usually available in a U. S. Post Office. We do not have C.O.D. or Special Delivery Service and Commercial use of the Navy Post Office is prohibited. For example, items for resale such as jewelry and cosmetics, which are commonly sold at home parties, may not be mailed through the Navy Post Office. They must be shipped to Adak via Air Express or Air Freight.

Mail usually arrives on Adak 4 or 5 days per week in the winter and 6 days a week during the summer months.

When giving your address to writers or leaving forwarding address cards, remember two things--ZIP CODE and BOX NUMBERS. Without the ZIP CODE, your mail may never reach Adak; without the Box Number your mail will eventually reach you, but it will have to be checked through the directory service at the Post Office in order to determine where you are assigned.

The two ZIP CODES for Adak and the commands they serve are:

Naval Station	98791
Naval Facility	98791
Commissary Store	98791
Navy Exchange	98791
Navy Weather Service	98791
PO Det Adak	98791

Naval Communications Station	98777
Coast Guard LORAN Station	98777

The following are a few samples of correct addresses.

PN1 Stanley S. Steamer, USN
Box 2, NAVSTA
FPO Seattle 98791

RM2 Harry G. Kidding, USNR
Naval Communications Station, Box 30
FPO Seattle 96777

Mary Ann Brown
c/o YNC Lester G. Brown
Box 2, Naval Station
FPO Seattle 98794

Mail addressed to dependents must carry the sponsor's name and box number to insure proper delivery.

Box Numbers for Naval Station and Tenant Commands are:

<u>BOX NUMBER</u>	<u>DEPARTMENT OR ACTIVITY TO WHICH ASSIGNED.</u>
1	Commanding Officer, NAVSTA ADAK (Personal Mail)
2, 54	NAVSTA Administrative Department
3	National Bank of Alaska
4	Supply Department
5	Ship's Division
6	United Services Corporation
8	Navy Exchange
9, 21, 25	NAVSTA Public Works Department
11	Medical and Dental Departments
12	Defense Property Disposal Office
14	American Forces Radio-Television Service (AFRTS)
15	Chaplain's Office
16	Weapons Department
17	COMPATWINGSPAC DET 2
37	Birchwood Galley and Bering Galley
19	Special Services
20	Ground Electronics
22	Marine Barracks
23	Commissary Store
31	Fire and Crash Station
32, 45	Aleutian Contractors
34	State of Alaska On-Base School
36	Bachelor Officer's Quarters (BOQ)
39	BEQ Management
40	Project "O"
41	Air Traffic Control Facility
42	Air Operations Department
43	Naval Weather Service Environmental Detachment
44	Post Office

BOX NUMBERDEPARTMENT OR ACTIVITY TO WHICH ASSIGNED

46	NAVSTA Security Department
48, 76	Aviation Intermediate Maintenance Department (AIMD)
49	Naval Calibration Laboratory
51	National Oceanographic & Atmospheric Administration Laboratory (NOAA LAB)
70	White Alice
72	Explosive Ordnance Disposal Detachment 59

... AND OTHER HELPFUL HINTS ...

Listed below are some other helpful hints to better prepare you for your tour on Adak. Some of the items may be the answer to just the question you were wondering about -- others may give rise to new questions. If so, drop your sponsor a note and ask him to check things out for you.

1. Bring heavy clothing and boots for children and yourself, the local supply is often inadequate. This should include extra playcoats, several pairs of washable mittens, heavy stockings, knee socks, lined corduroy slacks and boots are recommended.
2. The exchange is limited as to clothing for men, women, and children. Catalogs will be useful (Sears, Montgomery Wards, Spiegels, etc.).
3. Shoe selection is inadequate for adults and children and especially for children -- bring several extra pair. These can be special ordered on Adak.
4. Bring waterproof raincoats, headgear and boots. Raincoats with zip-out linings are best. Headgear the wind can't blow off and insulated boots are also recommended.
5. Bring your party clothes and items for entertaining - Adak is a very sociable place and you will have the opportunity to attend and give many social functions.
6. Bring sewing and knitting supplies, including material, threads, patterns and various notions if you want special items. There is however, a supply of patterns in popular sizes available at the Navy Exchange.

7. Your brand of cosmetics may not be carried locally. Check with your sponsor as you may want to bring a good stock with you.
8. Ship all kitchen utensils you consider necessary as some items are seldom available locally and some are never available. Due to a great deal of socializing, you will find all of your serving pieces, casserole dishes, silver, china and crystal most desirable.
9. A humidifier or vaporizer is highly desirable, especially if you have children. Heat in all quarters is very dry.
10. It is too windy for umbrellas.
11. Studded Snow tires and/or chains are a must during certain road conditions.
12. The Protestant Chapel has a large Sunday School, and active youth groups for all ages, Bible study groups, a coffee house, and a women's organization.
13. CCD classes for Catholic children are available and are taught by dependents.
14. Hospitality kits are available on loan from the various wives' clubs at a nominal fee until your own effects arrive.
15. There are many job opportunities for dependents.
16. You may want to bring extra eyeglasses and your prescription. No Optometrist is available.
17. At the Adak school, the dress code is casual attire.
18. Included in this brochure is a listing of the various services available and their hours of operation. These hours are subject to change but changes are usually minor.
19. If you have favorite magazines, a subscription would be advisable as the Navy Exchange's selection is not extensive.
20. Art and craft projects are very popular on Adak. If you have a favorite one, be sure and ship an adequate supply of materials you might need, i.e. candle making, oil painting, macrame, needlepoint, etc.

21. Freezers and dishwashers are available through the Navy Exchange, although not always in stock.

22. Caution! 1975 car owner - cars with catalytic converters will run on non-leaded gas only. Adak has only Regular, leaded gas. It is also suggested you ship your car accessories separately. These may be lost when shipped with the car - especially tape decks and the like.

23. Four - wheel drive vehicles are very popular up here, especially with fishers and hunters who want to get out to the back roads.

24. Adak does not require automobile license plates or sales tax on a vehicle if you plan to sell it here and leave it on the island. Insurance with a special yearly rate of \$45.00 is available on Adak.

25. The following information may prove helpful to those who enjoy hunting and fishing. If you enjoy the out of doors, bring along a second hand four wheel drive such as an International Scout II, Ford Bronco V-8, Toyota Jeep, American Motors Jeep, etc. For hunting you need either a 12 or 16 guage shotgun. There is duck and ptarmagin hunting on the island. Ptarmagin is a bird very similar in size to quail. A hunting dog is always helpful but not mandatory. Warm rubber boots with rugged, preferably vibram soles are a must for keeping your feet dry while tramping through the tundra (Tall grass with a spongy moss base). Some people swear by leather boots with a few coats of the silicon seal or mink oil leather dressing to hold out the wetness in boots. Of course a hooded coat and gloves are mandatory. One might be interested in bringing the rubber boots and 16 guage shells along with him because the exchange does not sell them. Sears sells some durable green seamless, leakproof boots. They must be ordered through Sears or Wards at regular U.S. prices from Adak and there is a considerable delay in shipment even if they have your order in stock. Do not purchase a gun if you do not already have one. The exchange here stocks them for very reasonable prices. One is prepared for fresh water fishing if he has two fresh water poles, 12-14 lb.

test line, some split shot sinkers, regular weights and some silver and gold spinners or spoons about two or three inches long. Bring about twenty of these along with you as there are none for sale and they are easily lost. An assortment of hooks will suffice for all fresh water fishing and bait is readily available on the island. If you are interested in salt water fishing, bring one pole with 40 lb. to 50 lb. test and another boat pole with 100 lb. test, large hook, 8/0 - 10/0, and some steel leader line. Some of the halibut reach 200 plus pounds and will quickly take any small rig right out of your hands. With Adak's rugged roads, inner tubes for your tires are a good investment.

We hope that the information provided in this brochure will help you and your family in your forthcoming transfer to Adak. If you have further questions you may contact the Personal Services Office at Box 2, Naval Station Adak, FPO Seattle 98791 or call AUTOVON 317-579-2247! We hope your tour on Adak will be interesting as well as rewarding. WELCOME ABOARD NAVAL STATION ADAK!

SERVICE	EXT	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN
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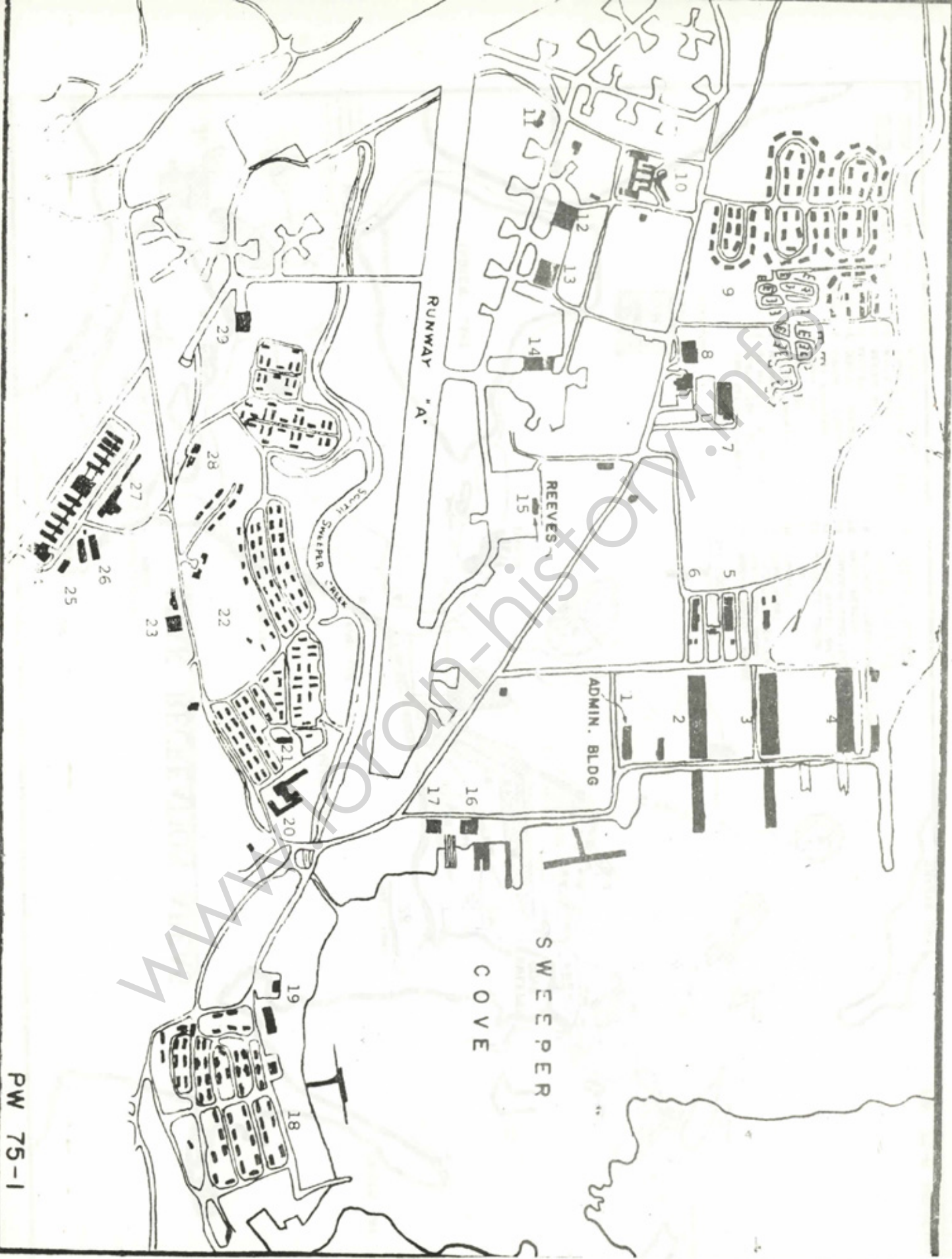
SERVICE	EXT	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN
Auto Acc. Store	8119	Closed		0930-1730		0830-1530		Closed
Bank	2120/8414		1000-1500			1100-1700	Closed	Closed
Bavview Club	8216		1700-2300			1700-0100	1200-0100	1200-0200
Beauty Shop	8417	0830-1700	0830-1700	0830-1700	0830-1700	0830-1700	0830-1500	Closed
Barber Shop	8147	Closed	0830-1700	0930-1700	0800-1530	0830-1700	0830-1500	Closed
Country Store	3388	Closed		1100-1800			1000-1600	1100-1400
COMSTA Retail	6366			1100-1700			1200-1500	Closed
Country Store	8475	Paydays 0900-1700	1000-1800	1100-1800	1000-1800	1100-1800	1000-1600	Closed
CPO Club	8193	Closed	1000-1800	1100-1800	1000-1800	1530-0100	1100-0100	1100-2300
			1700-2300					
		Dining Tuesday thru Friday from 1130 to 0100, Supper held on Friday, Saturday and Sunday evenings from 1800-2100. Breakfast on Sundays from 1000-1300.						
Garage	3685	1000-1400		0930-1730			0830-1530	Closed
		(gas only)						
Hammerhead Lodge	8421		1130-1300				1200-0100	1200-2300
(O Club)			1700-2300				(Holidays)	
Huskey Lodge	8104		1630-2300			1630-0100	1100-0100	1300-2400
(PO Club)		Dining in the lodge every weekday from 1130-1300, and Friday, Saturday, and Sunday from 1800-2100.						
Laundry and Tailor Shop	8232			0730-1530			0900-1300	Closed
Main Store (NAVSTA)	8302	Closed		1100-1700			0930-1500	Closed
Piscatawa	2121		1900-2300			1800-2300	1400-2300	1400-2300
Post Office	8113			0900-1600			Closed	Closed
Ptarmigan Club (NAVCOMSTA)	6383	Money Order Window		0900-1400				
				1630-0100			1400-0100	
Clothing and Small Stores	8269	1100-1800	1100-1800	1100-1400	1100-1800	1100-1800	1100-1700	Closed
Williwaw	8280		1030-2200			1030-2200		1030-2200

SPECIAL SERVICES ACTIVITIES

SERVICE	EXT	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.
Auto Hobby Shop	8440	-----	-----	1400-2200	-----	-----	-----	-----
Berling Bowl	8218	-----	-----	1730-2230	-----	-----	1230-2230	-----
Berling Gym	None	-----	-----	1100-2130	-----	-----	-----	1300-2130
Berling Theater	8347	-----	1800-2015	-----	-----	1800/2015 2230	1400/1800 2015/2230	1400/1800 2015
Ceramic Shop	8207	-----	1100-1500	-----	Closed	Closed	1100-1600	1300-1600
Carpenter Shop	8350	1400-2200	1400-2200	1800-2200	1800-2200	1400-2200	-----	1200-2200
Fletcher Library	8215	-----	-----	1100-2200	-----	-----	1100-1700	1300-1700
Gear Issue Room	8208	1800-2000	Closed	1800-2000	Closed	1800-2200	0900-1200 1300-1700	1300-1700 (Holidays)
Kuluk Bowl	8107	Gear can be checked out during working hours by checking with Special Services Office from 0830 until 1100 and from 1330 until 1600						1300-2400 (Holidays)
Kuluk Gym	None	-----	-----	1200-2230	-----	-----	-----	1300-2230 (Holidays)
Skeet Range	8285	Summer Months		1700-Sunset	-----	-----	0800-Sunset	1200-Sunset
		Closed		-----	-----	-----	-----	-----
		Winter Months		-----	-----	-----	-----	-----
		Closed		Closed	Closed	Closed	0800-Sunset	1200-Sunset
Swimming Pool	8137	-----	-----	1800-2200	-----	-----	-----	1300-1700
Tape Lab	8215	Holidays 1800-2200						-----
Tundra Hlition	8144	Same Hours as the Fletcher Library						-----
Child Care		0730-1800						0730-0130
Center								0930-1530
								Closed

LEGEND

- | | |
|---|--|
| 1. ADMINISTRATION BUILDING | 16. SHIPS |
| 2. BLUE SHED | 17. HANDBALL COURT |
| 3. WHITE SHED | 18. OLD & NEW ROBERTS HOUSING AREA |
| 4. RED SHED | 19. CPO CLUB |
| 5. PUBLIC WORKS HOUSING & TELEPHONE EXCHANGE | 20. BOQ |
| 6. PUBLIC WORKS WAREHOUSE | 21. COMMISSARY STORE & SECURITY |
| 7. NAVY EXCHANGE MAIN STORE, BANK & POST OFFICE | 22. AMULET HOUSING AREA |
| 8. MEDICAL & DENTAL | 23. ADAK SCHOOL |
| 9. TURNKEY & KULUK HOUSING AREAS | 24. CHAPEL, BERING BARRACKS & MESS HALL |
| 10. BIRCHWOOD BARRACKS & MESS HALL | 25. PETTY OFFICERS CLUB (HUSKY LODGE) |
| 11. OPERATIONS | 26. LONGVIEW EARRACKS |
| 12. SEABEE UNIT HANGAR | 27. BERING BUILDING & MARINE BARRACKS |
| 13. AIMD HANGAR | 28. NAVY EXCHANGE LAUNDRY & DRY CLEANING |
| 14. PATROL SQUADRON HANGAR | 29. YAKATIAK HANGAR (HOBBY SHOP) |
| 15. ADAK AIRPORT | |



ADAK RECREATION AREAS



RESTRICTED AREAS
PROHIBITED AREAS

1. ADAK NATIONAL FOREST
2. DEATHRIDGE HALL
3. MT. MOFFIT TRANSMITTER
4. MT. MOFFIT
5. KULUK, TURKEY
6. BIRCHWOOD
7. OPERATIONS
8. NAVY EXCHANGE
9. AIRPORT TERMINAL
10. YAKUTAT HANGER
11. AMULET
12. BEHING HILL
13. WHITE ALICE
14. ADMINISTRATION BUILDING
15. ROBERT'S VILLAGE
16. INDOOR PISTOL RANGE
17. SMALL BOAT BASIN
18. CHILD CARE CENTER
19. CRAB PLANT
20. COMSTA
21. P-80
22. MITCHELL LODGE
23. PISTOL RANGE/RIFLE
24. DINOSAUR CAGE (SHOT GUN)
25. RADIO BEACON
26. MITCHELL CREEK PUMP STATION
27. TEEN CENTER
28. SKEET RANGE

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