



# **USS FRANK CABLE (AS 40)**

## **Welcome Aboard Package**

**Updated: 26APR2021**

Hafa Adai Shipmate,

Congratulations on your orders to USS FRANK CABLE (AS 40), one of only two forward-deployed Submarine Tenders in the fleet. Our mission is vital to our nation's security and you are vital to our success.


As the Lead Tender and Lead Maintenance Activity with more than 1,000 Sailors and Civilian Mariners onboard, we are the largest Navy Command in Guam, and one of the largest forward-deployed surface ships in the Pacific. When we shift our duties as the Expeditionary Tender, we will take Sailors underway to visit various ports in the Pacific and leave behind a contingent to help the Lead Tender. Our primary mission is to maintain and repair submarines and surface combatants that are deployed to the Western Pacific and Indian Oceans in support of our nation's defense. For more information about FRANK CABLE, visit our website at <https://www.csp.navy.mil/frankcable> and like us on Facebook at <https://www.facebook.com/FrankCableAS40>.

Guam is an island in the Western Pacific Ocean and is the largest of the Micronesian islands. At roughly eight miles wide and 30 miles long, and with a population of over 160,000 people, Guam has almost everything you would expect to find in a medium-sized city in the United States. Scuba diving, snorkeling, fishing, and beach activities are very popular here. We have theaters, three malls, Ross, K-Mart, Home Depot, as well as a very large Navy Exchange and Commissary. For more information about Guam, visit <https://www.cnic.navy.mil/guam>.

This package of information should answer any of your questions about transferring to Guam. We want to make your transition to Guam as smooth as possible, so we will meet you at the airport and help you get settled. To help us to support you, please e-mail [sponsor@as40.navy.mil](mailto:sponsor@as40.navy.mil) to establish contact and provide us with your flight information. Additionally, you have been assigned a personal sponsor from your division who will answer any other questions you may have about Guam or the ship. They will contact you via e-mail or telephone. If you have not heard back or have questions, please feel free to e-mail us at [sponsor@as40.navy.mil](mailto:sponsor@as40.navy.mil).

I look forward to meeting and working with you onboard FRANK CABLE. Welcome to our family! If you have any questions or need help with anything associated with your transition to Guam, please contact your personal sponsor directly or e-mail us at the address provided above.

Sincerely,

  
ALBERT A. ALARCON  
CAPT, USN

Commanding Officer, USS FRANK CABLE (AS 40)



Hafa Adai new FRANK CABLE Family,

We are the FRANK CABLE Ombudsman Team and we would like to welcome you and your family to the FRANK CABLE Family. We are Navy spouses within the USS FRANK CABLE (AS 40) command who have acquired the skills and knowledge to successfully navigate the Navy lifestyle and in turn, have volunteered and are appointed by the Commanding Officer to help you do the same. We have completed Ombudsman training and have many years of cumulative experience as Navy spouses.

We are here to help you through your overseas PCS to Guam and throughout your tour here. We encourage you to join the many activities Naval Base Guam, the island of Guam and the Chamorro culture have to offer. A great way to start learning about your new duty station, the base and community is this welcome aboard package. Here you will find many helpful links to informative websites. Please feel free to contact us with any additional information you may need to make your transition easier.

Sincerely,

**USS FRANK CABLE OMBUDSMAN TEAM**

Melanie Reed

Katrina Smith

Priscilla Lussier

E-mail: [ussfrankcableomb@gmail.com](mailto:ussfrankcableomb@gmail.com)

Facebook – USS Frank Cable Ombudsman

## **Hafa Adai from the USS Frank Cable Family Readiness Group!**

The USS Frank Cable FRG is excited to welcome you and your family to Guam. We are here to help your family make the transition on Guam a bit easier.

The purpose of the FRG is to plan, coordinate, and conduct social, informational, care-taking, and morale-building activities to enhance family readiness and enable the Total Navy Family to meet mission and military family lifestyle challenges. The FRG promotes friendship and offers moral support among its members.

We organize social gatherings so you are able to meet other families and make new friends. If you have questions about the schools, lifestyle, jobs, the weather or where to spend an afternoon, we are here to help. Even if we don't know the answers, we can at least point you in the right direction.

Our Face book page is designed to keep you informed about upcoming events on the Cable and other activities happening on island. You can join our Face book page by searching "USS Frank Cable FRG".

Feel free to email us at [cablefrg@gmail.com](mailto:cablefrg@gmail.com) with any questions you may have as you begin your transition to the island where "America's Day Begins".

We hope you enjoy your time on Guam and we look forward to meeting you upon arrival.

Sincerely Yours,  
USS FRANK CABLE FRG Board

Hafa Adai Shipmate and Welcome to Guam! This handout will provide you with helpful websites and information to assist you in your move to Guam.

SEE THE BELOW LINK FOR THE ANSWER TO MOST OF YOUR QUESTIONS FOR TRANSFERRING TO GUAM:

[https://www.csp.navy.mil/portals/2/images/go-guam/CSS15%201st%20Fifteen%20Arrival%20Checklist%20Rev%208\\_FINAL.pdf](https://www.csp.navy.mil/portals/2/images/go-guam/CSS15%201st%20Fifteen%20Arrival%20Checklist%20Rev%208_FINAL.pdf)

Keep in mind that your CONUS-based cell phone may work on Guam with roaming but you may incur charges for this service.

PATRIOT EXPRESS WEBSITE:

<https://www.andersen.af.mil/Units/Wing-Tenant-Units/AMC-Passenger-Terminal/Patriot-Express/>

### ***TRANSPORTATION FROM AIRPORT TO LODGING/SHIP:***

Your sponsor should either pick you up or arrange for you to be picked up at the airport. In the event you are not met at the airport or have unplanned change in flight itinerary, call the Quarterdeck at (671) 343-2545 ext. 7201. Taxis on Guam are expensive. ***Please refer to the COVID-19 Addendum for additional transportation information.***

### ***HOUSEHOLD GOODS:***

If you decide to live in government quarters, you are advised to leave your washer, dryer, refrigerator, and stove in non-temporary storage in CONUS. Government quarters are furnished with all appliances, except microwave ovens. For off-base housing, Fleet and Family Support Center can provide a washer and dryer upon request. Keep in mind these items are limited, so plan ahead and call them at (671) 333-2056 to place your request.

Members are entitled four types of shipments:

- 1) Regular Move
- 2) Express, up to 600 pounds of immediately needed items
- 3) Non Temporary Storage, authorized to store items that you do not need, (winter clothes) and other items not able to fit in a typical small Guam home.
- 4) POV – Most active duty Sailors have the right to ship one vehicle with orders from your assigned duty station or for those attending “A” school. You will want to check your enlistment contract to verify these are authorized.

If you plan to live in the barracks, do not bring your own furniture because the barracks are furnished. Visit your nearest Personal Property Office for information on these shipments and on shipping restrictions/requirements to Guam.

### ***HOUSING INFO:***

The Navy Housing Welcome Center is located on U.S. Naval Base Guam, Bldg. 3191. Information on On-Base Housing/Off-Base Housing can be found at [www.militaryonesource.com](http://www.militaryonesource.com) and relocation tools at [www.MilitaryHOMEFRONT.dod.mil/moving](http://www.MilitaryHOMEFRONT.dod.mil/moving). These websites also have information on TLA approved hotels.

Married personnel are authorized to live on base. Three and four bedroom units are available, but they tend to be smaller than their CONUS counterparts. All utilities are provided but you will have to pay for telephone and cable services.

Single E-5 and above personnel are authorized to receive Overseas Housing Allowance (OHA) and to reside in civilian housing off base. You will be responsible to pay your own utilities, but you will receive a utilities allowance as part of your OHA.

Single Sailors, E-4 and below, will live on the ship for at least 90 days, then upon approval by the chain of command, be authorized to move to FRANK CABLE's barracks on base.

Housing Office Phone: 333-2081 Fax: 339-4048  
Unaccompanied Housing Office Phone: 333-2284

Sailors reporting as Geo-bachelors will live on the ship. Storage is limited, so do not ship any HHG's

For housing information, go to the first link below, and follow the links to housing. In order to get an idea of what is available off base, use your favorite internet search engine, and look up MLS listings in Guam:

- <http://www.guamparadise.com>
- <http://www.bhirealtyguam.com>

It is highly encouraged to bring your mower because residents in most base housing are responsible for mowing their own lawns. Self Help Office has some mowers for daily check out and these items can be purchased on base or out in town.

Remember everyone, whether living in bachelor housing or the civilian community, must check in through the Housing Office within 48 hours or the next business day if arriving over a weekend.

#### ***SCHOOL BUS TRANSPORTATION:***

For K-12th grade students DoDEA-Pacific Guam District:

Prior to making off-base housing lease agreements, contact (671-344-9581/76) to ask if the location is within commuting area. Busing is available from on-base, except for K-8th grade Andersen AFB and K-8th grade Naval Base Guam (NBG) Lockwood Housing. Off-base has limits. Contact School Bus Offices located at McCool Elementary/Middle in the south (671-339-2387) or Andersen Elementary in the north (671-366-5467).

#### ***EMPLOYMENT:***

The Fleet and Family Support Center (FFSC) Guam has a Family Employment Readiness Program (FERP) that family members can use as a resource in their job search. The following websites may assist you in job hunting and/or provide you with an overview of jobs available on Guam:

- <https://chart.donhr.navy.mil/>
- [www.dol.guam.gov](http://www.dol.guam.gov)

Many jobs in Guam are contractor positions; contact FFSC at (671-333-2056) to find out about the major contractors on base.

#### ***MOTORCYCLE LICENSE:***

If an Active Duty service member or a dependent has a valid motorcycle license from any of the 50 states of the United States or its territories, a Guam motorcycle license must be obtained within 30 days of arriving. No exam is required, except a vision test that is performed at the Government of Guam, Division of Motor Vehicles (DMV). To transfer the motorcycle license, these are the required documents:

- The valid motorcycle license
- Valid picture
- ID (Military ID, Passport, Stateside ID, etc)
- Social Security Card— original or certification from the Social Security office

***BASE VEHICLE REGISTRATION:***

In accordance with NBG Traffic Safety Instruction, all personnel reporting onboard the installation will register their personal vehicles (POVs) with DMV within 24 hours upon release from the Vehicle Processing Center or Port Authority. All POVs operated onboard the installation shall be registered with NBG Visitor Control Center (VCC). Vehicles not properly registered with VCC may be impounded and towed off base at the owner's expense. Rental vehicles are exempt from this requirement.

All motor vehicle operators must have in their possession at all times:

- Valid military, dependent, or other approved identification card
- Valid and current driver's license
- Current state registration certificate and/or evidence of rental agreement
- Current proof of insurance as required by Guam Law

Motorcycles and two-wheeled vehicles over 50 cc's will be registered in same manner as other motor vehicles, provided military operator has completed the Motorcycle Safety Course and has a valid Guam Motorcycle Operator's License. Please contact the Command Motorcycle Representative or NBG Safety Office at (671-339-7233) for more information or to make an appointment to attend a Motorcycle Safety Course.

Pass & ID Office -located outside the Main Gate of Naval Base Guam Telephone: (671-339-5208)

I hope the information provided is useful in making your relocation a smooth move. Once again, welcome aboard! The USS FRANK CABLE family looks forward to serving and assisting with your move to Guam.

***COMMAND INDOCTRINATION:***

Once you report onboard, you will attend our Command Fleet Indoctrination Training (FIT). This course will prepare you for life on the ship, the Island of Guam and also get you started with your Personal Qualifications that are required for all personnel onboard. FRANK CABLE's underway uniform is Fire Retardant Coveralls (FRV's).



# *MyNavy Family Application*

*Available Now for Download to Apple iOS and Google Android Mobile Devices!*

An official U.S. Navy mobile application, produced by the Navy PMW 240 Program

### What is the MyNavy Family App?

The MyNavy Family application is the first tool by the U.S. Navy developed for Navy spouses and Sailors' families that combines authoritative information from more than 22 websites into a single, convenient application. Available information and resources cover a wide variety of topics within the following categories:

- New Spouse
- Parenthood
- Service Member Deployment
- Family Emergencies
- Mentorship & Networking
- Special Needs Family Support
- Counseling Services
- Transition & Retirement
- Employment & Adult Education
- Moving & Relocation
- Recreation, Lodging & Travel

This initial version of the app connects Navy families to information and resources to help them successfully navigate the complexities of the Navy lifestyle. In addition to a wealth of useful content, the app offers several features:

- Military Installation Search – Details information about every military installation around the world with contact information, base map, programs, and services, plus an overview of its mission.
- MyNavy Career Center – Provides a 24/7 resource for help and information, with in-app ability to call or send an email to a customer service representative.
- Emergency Contacts – Access websites and phone numbers for immediate support from a range of organizations, such as National Suicide Prevention Lifeline, Sexual Assault Crisis Support, National Domestic Violence Hotline, and others.
- Calendar – Add dates and events to calendars associated with a user's mobile devices.
- Content Sharing – Share information by using other mobile device applications, such as email, SMS text, and iMessage.
- Feedback – Provide input about the app content and use.

The MyNavy Family app was developed by a Spouse Advisory Tiger Team that was established by the Navy Sailor Experience Team. The Tiger Team included Navy spouses, along with the Ombudsman at Large, Navy organizations that provide services to Navy families, and several nonprofit organizations.

The app is part of a larger effort by the Navy to improve the experiences of spouses and families in order to promote strong Navy families and support them in every way possible. [Download the app today!](#)

## ***COVID-19 ADDENDUM INFORMATION***

### ***TRANSPORTATION FROM AIRPORT:***

All personnel arriving to Guam may be subject to Restriction of Movement (ROM)/ Quarantine orders at either a Government of Guam (GOVGUAM) Facility or Naval Base Guam (NBG) directed lodging, based on current local and installation Health Protection Guidance.

Sailors and/or Dependents Arriving via Commercial Flights: If you are going to ROM at a GOVGUAM Facility, GOVGUAM will transport you directly from the airport to your designated GOVGUAM location. If you are going to ROM at NBG directed lodging (i.e., NGIS, Leo Palace, or another location), your sponsor will pick you up and transport you to your place of ROM. Ensure you communicate your flight itinerary with your sponsor to clearly identify your ROM location.

Sailors and/or Dependents Arriving via Patriot Express Flights: All sailors and/or dependents arriving via Patriot Express Flights will arrive at Andersen Air Force Base (AAFB). Your sponsor will coordinate transport from AAFB to your designated GOVGUAM or NBG ROM location.

### ***CHECKING IN:***

TLA/COLA: Starts when dependents arrive on island and will be back paid once proper paperwork is processed. Sailors should expect high up-front costs before back pay is processed.

DLA/TLA: Sailors should request advanced DLA/TLA from parent command prior to arrival to the island. Sailors will need to check in onboard the ship after their 14 day ROM.

### ***ROM AND ROM HOUSING:***



All personnel arriving to Guam, single sailors and their accompanying family members, are subject to a 14-day ROM or as directed per current local and installation Health Protection requirements. Personnel may be quarantined at either a GOVGUAM Facility or NBG directed lodging. Ensure you communicate with your sponsor to identify your assigned ROM location.

GOVGUAM Facility: For Sailors and accompanying dependents assigned ROM at a GOVGUAM approved hotel, the lodging and meal costs are covered by GOVGUAM. Extra costs may be incurred for other amenities, such as laundry.

NBG-directed Lodging: For Sailors and accompanying dependents assigned ROM at a NBG-directed lodging, Service members are expected to pay hotel fees upon check-out. Ensure you have an active government credit card or sufficient funds to cover anticipated costs. Reimbursements will be processed as part of travel claims upon check-in. Meals and other necessities will be provided by the assigned sponsor or FRANK CABLE crew member, unless Sailors and their families are assigned to Leo Palace or Westin Hotel which includes meal plans. Extra costs may be incurred for other amenities, such as laundry.

***PERMANENT HOUSING:***

Upon completion of required ROM period, single sailors or sailors with families may be authorized house-hunting leave to look for and set up their housing. However, they shall not enter a rental or home purchase agreement prior to completing check-in onboard and completing required paperwork with NBG Housing Office. Doing so may delay receipt of Overseas Housing Allowance. As required, the command may authorize a waiver to extend holding of household goods.

On-Base Housing: This can be set up a few different ways

For Sailors with families, on-base housing may be requested prior to Sailor's arrival subject to approval from FRANK CABLE XO and Base Housing Office. This includes loaner furniture and other loaner household items. Under this option, Sailors will not be able to view or choose their house but it will be the easiest way for Sailors and their family members to move in to government housing within a shorter wait period and less "out of pocket" expenses. Sailors need to provide information on important living requirements such as number of dependents, number of pets, and any exceptional dependent information that requires specific living conditions. This option may be ideal for personnel with critical positions onboard that may preclude them from getting house-hunting leave after ROM. For other housing options, the sailor is responsible for out-of-pocket housing expenses incurred after ROM period and prior to proper check-in with the Command and Housing Office.

Set up appointments through the Base Housing Office by calling (671) 333-2081. Current Base Housing operating hours is Monday-Friday, 0700-1700.

Use the HEAT online application for on base housing. Sailor can apply prior to arrival but will not be added to the active wait list until they are on island. The link to the HEAT program is:  
<https://www.cnic.navy.mil/ffr/housing/heat.html>

Off-Base Housing: Virtual tours or in-person tours may be set-up with some of the local realtors. Below are a few realtors that offer housing tours:

- Century 21 Realty: <https://www.guamproperties.com>
- BHT Realty: <http://www.bhirealtyguam.com>
- Ellen's Realty: <https://ellensrealtyguam.com>

***PET CARE:***

Sailors traveling with pets should make arrangements with the Andersen Pet Lodge to keep their pets until they are able to be picked up. Due to COVID-19 restrictions, sailors and their families will be transported directly from the airport to their designated ROM location. This will not include the pick-up of their pets prior to

arriving at their ROM location. Sailors traveling with pets should make reservations with the Pet Lodge and be prepared to board their pets for at least 14 days after arrival to the island.

Pets traveling through Patriot Express are bussed to the Andersen Pet Lodge by the Andersen Pet Lodge staff.

Andersen Pet Lodge, AAFB Bldg 20016

- Open Daily, 1000-1300
- By appointment only:
  - Pet Lodge Visiting Hours: Daily, 1000-1200
  - Pet Lodge Drop Off/ Pick Up Hours: Daily, 1000-1230
- Tel #: 671-366-5020
- Email : 36fss.fsct.petlodge@us.af.mil

Andersen Pet Lodge is open as normal for lodging at cost to sailor. For additional information, please refer to website: <https://www.militarymwrguam.com/programs/024b1e5e-c1c1-427e-ba35-99df1caf90a6>.

Spouses of Sailors assigned to USS FRANK CABLE who are willing to sponsor pets have been identified at the command. A list of all available sponsors and their contact information may be provided through the Command Sponsorship Program via HT1 Royce. Please contact your sponsor for additional questions.

Sponsors will have the option to be available for pick up and drop off of pets, short term care of pets (14 day ROM period), or long term care of pets (remaining time in sequestration.)

Sailors with pets who need pet sponsors will provide their pet information to ensure their pet will be a good fit into the sponsors' household.