



# U.S. COAST GUARD

## BASE MIAMI BEACH

### Welcome Aboard Handbook

# Welcome to the Miami Area!

**This booklet contains information about the community and Base resources that may be useful to you and your family during your tour in South Florida.**

**Congratulations on your assignment and welcome to Team Miami!**

**"The Tip of the Spear in Mission Support"**

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## WELCOME ABOARD

Base Miami Beach serves as the single DCMS touch point for the support of Coast Guard operations within the 7th Coast Guard District, standing shoulder-to-shoulder with our operational partners to ensure the delivery of professional, responsive and cost-effective services to the American public.

Base Miami Beach Address: 100 MacArthur Causeway, Miami Beach, FL 33139-5101

There are several major commands located within South Florida and the Base Miami AOR:

**Seventh Coast Guard District**, 909 SE 1<sup>st</sup> Ave, Miami, Florida 33131

**Sector Miami** (Collocated with Base Miami Beach)

**AIRSTA Miami**, 14750 NW 44<sup>th</sup> Ct, Opa Locka, FL 33054-2304

**CEU Miami**, 15610 SW 117<sup>th</sup> Ave, Miami, FL 33177

**TACLET South** (Collocated with AIRSTA Miami)

**MSST Miami**, 29050 Coral Sea Blvd, Homestead, FL 33039

*Other D7 Sectors outside South Florida:* Sector Charleston, Sector Jacksonville, Sector San Juan, Sector St. Petersburg

*Other Air Stations:* Air Station Borinquen, Air Station Clearwater, Air Station Savannah, Operation Bahamas, Turks & Caicos (OPBAT)

For a full listing of all subunits, got to: <https://www.atlanticarea.uscg.mil/Our-Organization/District-7/Units/>

The Base Miami Beach Officer of the Day can be reached at (786) 412-8300 for emergent needs.

## BASE MIAMI BEACH SERVICING PERSONNEL OFFICE (SPO)

The Servicing Personnel Office (SPO) provides comprehensive pay and personnel services for nearly 5000 personnel including members of District 7, Base Miami Beach, Sector Miami, Sector Saint Petersburg, Sector Key West, Sector San Juan, Airsta Borinquen, Airsta Clearwater, Airsta Miami, PSU-307, OPC Pro Panama City, JIATF-South, TACLET-South, MSST Miami, USCGC Mohawk, USCGC Thetis, USCGC Venturous, USCGC Resolute, CEU Miami, RU US Southern Command, certain CG Liaison Officers, many detached duty embassy personnel and several graduate students. We partner with our administrative counterparts in an effort to submit accurate, on-time, pay and administrative entries into Direct Access in order to provide each member with their appropriate entitlements.

*Servicing Personnel Office Branch Chief: YNCM Trisha Naftal (305)278-6824*

## BASE MIAMI BEACH PERSONNEL & ADMINISTRATION OFFICE (P&A)

Base Miami Beach admin provides routine admin support to members assigned to Base Miami Beach, CEU Miami, Grad Students, SOUTHCOM, and SFLC.

Location: Building 3, 3<sup>rd</sup> floor. Hours of operation: 0900-1500 Monday – Friday

You can email the entire administration shop at the following address:

[Do7-SMB-BASEMIAMIBEACH-ADMIN@uscg.mil](mailto:Do7-SMB-BASEMIAMIBEACH-ADMIN@uscg.mil)

The below resources are available to anyone assigned in the Greater Miami Area regardless of the member's duty station.



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## MILITARY IDENTIFICATION CARDS AND CAC CARDS

DEERs I.D. card and CAC services provides new I.D.s for active duty, dependents, reservist, retirees, civilian and qualified Veteran services. Services are by appointment only and should be scheduled online at: <https://rapidsappointments.dmdc.osd.mil/appointment/building.aspx?BuildingId=1005> Civilian, Contractor, or Military CAC: CACs can be renewed within 60 days of expiration. Supporting documentation is needed for name changes, promotion, or advancement.

Please call the number shown to contact the ID card staff:  
RAPIDS Desk: (305) 535-4598

ID Card section is located in Building 1 (east side entrance) on Coast Guard Causeway Island.

Hours of operation: 0730 – 1430 Monday – Friday. (Closed for lunch 11-12 daily)

Uniformed Service Members Useful Links - [https://www.dmdc.osd.mil/appj/dwp/id\\_cards.jsp](https://www.dmdc.osd.mil/appj/dwp/id_cards.jsp)

## HEALTH, SAFETY, AND WORK-LIFE REGIONAL PRACTICE

Health, Safety, Work-Life (HSWL) Regional Practice at Miami Beach is responsible for delivering optimal mission support in matters relating to comprehensive health care & Work-Life services to over 130 units/detachments encompassing over 10,000 active duty, civilian, and reserve members in District 7.

Health Services are provided at nine Coast Guard primary care clinics: AIRSTA Borinquen, AIRSTA Clearwater, AIRSTA Savannah, AIRSTA Miami, HITRON, Sector St. Petersburg, Sector Key West, Sector San Juan, and BASE Miami Beach.

Work Life support is provided by civilian employees to support and execute the following programs: Sexual Assault Response and Prevention, Family Advocacy Program, Employee Assistance Program, Family Resource Program, and Transition Relocation Program.

*Regional Practice Manager:*

CDR J.T. Amon, CG Base Miami Beach

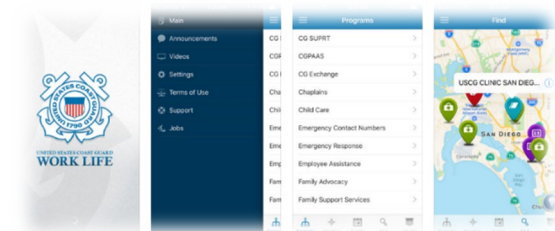
*Deputy Regional Practice Manager:*

LT K. Wigfall, Sector San Juan



### HSWL Mobile App:

For those looking for information about the Coast Guard Support programs and services to Coast Guard members and their families, we now have an app for that! Available in the Apple App store just search for USCG HSWL or use this link: <https://itunes.apple.com/us/app/uscg-hswl/id669218420?mt=8>.



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## HEALTH SERVICES DIVISION

The Health, Safety, Work-Life (HSWL) Regional Practice is responsible for delivering mission support in matters relating to comprehensive health care to one of the largest beneficiary populations in the Coast Guard.

### Mission

The mission of the Coast Guard Health Services Program is to provide health care to active duty and reserve members to ensure mission execution; to ensure the medical and dental readiness of all Coast Guard members to maintain the ability for worldwide deployment; and to ensure the availability of quality, cost effective health care for all eligible beneficiaries.

### Access to Care Standard

The Regional Practice is committed to ensuring all beneficiaries have access to care that meets DoD Military Treatment Facility and Tricare access standards:

- <24 Hours - Emergency Room Care (potential loss of life, limb, etc.)
- <24 Hours - Urgent Care (infection, condition that has potential for permanent damage)
- <7 Days - Routine Primary Care (knee/back pain, flu, colds, chipped tooth, broken crown)
- <28 Days - Wellness & Specialty Care (PHAs, physicals, eye exam, specialty care)

### ER Utilization

Emergency Room visits should be reserved for true emergencies only (high cost). Urgent care should only be used if your PCM is not available within Access to Care Standards. Tricare Nurse Advice Line available 24/7 for all beneficiaries and can provide advice or referrals for Urgent Care. 1-800-TRICARE (874-2273).

### Units not attached to a CG Clinic and All Reservists

- All units not attached/assigned to a CG clinic shall use the Reserve Health Readiness Program (RHRP) for PHAs.

- All Reservists obtain PHAs, Flu shots, Dental, Lab work for Readiness via the RHRP.

<http://health.mil/Military-Health-Topics/Health-Readiness/Reserve-Health-Readiness-Program/Coast-Guard-Reserve> or COMDTINST 6150.3 (series)

### Base Miami Beach Clinic

*Hours of Operation:* 0700-1500; Pharmacy CLOSED Thursdays from 1130-1500

Appointment Request Line: (305) 535-4535, Option 2

24 Hour Nurse Advice Line: (800) TRICARE, Option 1

Access to Care Standards:

Urgent Care: within 24 Hours

Routine Care: within 7 Days

Specialty Care: within 28 Days

Clinic Administrator: HSCM Garwood

After-hours Duty Corpsman: (305) 219-5331

### Air Station Miami Clinic

14750 NW 44th Ct., Opa Locka, FL 33054

*Hours of Operation:* Monday, Tuesday, Thursday, Friday 0730-1130, 1230-1530; Wednesday 0730-1230

No sick call hours. Please call in advance to see available acute slots.

Appointment Request Line/Front Desk: (305) 953-2266

Duty Corpsman: (305) 619-0086



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### Air Station Miami Leadership:

District Senior Medical Officer: Captain James Landreau  
District Senior Dental Officer: Captain Richard Stricklin  
Dental Hygienist: Samantha Edwards  
Aviation Physician Assistant: LT Nancy Hejde  
Clinic Administrator: HSCS Antonio Gomez  
Clinic Supervisor: HS1 Radoslaw Florczak  
Referral coordinator: HS2 Scott Fischer

### **WORK-LIFE DIVISION**

The local Work-Life Office is located in Building 3 on Causeway Island at CG BASE Miami Beach. Specific Work-Life programs include: family violence prevention and response, sexual assault prevention and response, special needs, and other support programs. You may contact any of the Work-Life Programs at the below numbers:

Family Advocacy Specialist: Prevents and responds to cases of domestic violence and family maltreatment. Provides family support resources as required and completes case management of FAS related cases.

*Mr. D. Coleman (786) 295-2353 (Charleston, SC)*

*Vacant (787) 669-6811(SEC San Juan, PR)*

*Vacant (786) 417-0316*

Sexual Assault Response Coordinator: Provides training to crews, commands and Victim Advocates regarding Sexual Assault prevention. Responds to all reports of sexual assault within District Seven. Provides guidance to commands for unrestricted reports of sexual assault and performs case management of sexual assault cases.

*Ms. Toni Scott (305) 930-2957*

Family Resource Specialist: Manages CG Special Needs program within District Seven. Ombudsman Program Coordinator. Assists with adoption reimbursement, deployment assistance, and other resources for members/families in need.

*Ms. M. Rivera (305) 695-2397*

*Mr. Ken Weber (305) 695-2398*

Employee Assistance Program Coordinator: Provides suicide prevention, trainings, and referrals. Responds to workplace violence cases and provides training. Critical Incident Stress Management (CISM) response/coordination.

*Ms. C. Pascoe (786) 566-9763*

*Ms. Delgado-Payne (305) 930-3009 (Miami, FL)*

Transition/Relocation Assistance Manager: Transition Assistance Program (TAPs) class coordinator. Provides relocation resources and assistance. Provides resources for job searches, career planning, and spouse employment.

*Mr. W. Bacon (305) 695-2315*

Substance Abuse and Prevention Specialist (SAPS): Coordinates with unit CDARs & commands to complete medical screenings, referrals, and treatment for substance abuse. Provides training to individuals and units regarding substance misuse, abuse, and prevention.

*HS1 K. Howe (305) 953-4635*



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### FOR IMMEDIATE SUPPORT:

Suicide/Mental Health/Work-Life Counseling, individuals may contact the CG Support Program at 1-855-247-8778 for 24/7 access to a counselor.

[WWW.CGSUPRT.COM](http://WWW.CGSUPRT.COM)



### OMBUDSMAN REGISTRY

Where you can identify your command/unit and contact the Coast Guard Ombudsman. If you cannot locate your unit, please contact the closest Sector or Base ombudsman.

<https://cgombudsmanregistry.org/?m=login>

[Ombudsman Resources for Families](#) include Coast Guard resources, Disaster Preparedness, Educational, Financial, Healthcare, National Hotlines, OPSEC, Parenting, Spouse Employment, and Stress Management: [Click here for Ombudsman Information](#)

### EDUCATION CENTER

Whether you are on active duty, a reservist, a civilian Coast Guard employee, or a dependent – Education Center is here to give you up-to-date information related to the education and training aspects of your personal and professional development.

Drop into the Education Center for information about the educational opportunities that are available for you. ESO will tailor our advice to your interests and desires. We can discuss higher education, improving your ASVAB scores to attend a specific "A" school, or other-than-college options such as vocational and certification programs.

Even if you're interested in a career that puts calluses on your hands or dirties your fingernails, continued advancement today is tied to continuing education and training. ***Lifelong learning not only helps you keep up with changes in your field, it's also a way to set you apart from, and above your colleagues.*** In the civilian labor force, a wide variety of skills plus leadership and management abilities virtually guarantees you better jobs and better pay. And the way to acquire, maintain, and perfect those skills and abilities is to constantly improve yourself through training, education, or both.

#### Tests we offer:

- Armed Forces Classification Test (AFCT)
- CG Deck Watch Officer Test (DWO)
- Defense Language Proficiency Test (DLPT)
- SAR-FUNDS Test
- Boarding Officer End of Course Test
- College Exam Proctoring



For Miami area units contact your Education Service Officer, Debra Annam at (305) 535-4592 or LCDR Andrea Rice, Personnel Support Department Head, at (305) 535-8727

Education and Training Quota Management Command Resources: <https://www.forcecom.uscg.mil/Our-Organization/FORCECOM-UNITS/ETQC/>

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### Other Education Services in the 7th CG District:

Sector Charleston (843) 720-3294  
Sector Jacksonville (904) 564-7520  
Sector Key West (305) 292-8712  
Sector San Juan (787) 729-2314  
Sector St Petersburg (727) 502-1524  
HITRON (904) 594-6838  
Air Station Miami (305) 953-2363



## **BASE MIAMI BEACH MASS TRANSIT BENEFITS PROGRAM**

### Background

Base Miami Beach participates in the mass transit and vanpool transportation benefit program, officially called the Commuter Transit Subsidy Benefits Program and outlined in the BMBINST 5382.1. Authorized on April 21, 2000, by Executive Order 13150—Federal Workforce Transportation, the program was designed to reduce traffic congestion and air pollution as well as encourage commuting alternatives for the federal workforce.

### Who qualifies for the program?

To qualify for the Commuter Transit Subsidy Benefits Program, you must be employed by the Coast Guard and not be named on a worksite parking permit with the Coast Guard or any other federal agency. You must be using the benefits for your regular daily commute via mass transit or vanpool to and/or from work. Members of carpools are not eligible; however, employees who occasionally ride motorcycles or bicycles or take other forms of transportation can still qualify. Contractors are not eligible.

### What is the benefit provided?

Coast Guard participants may receive a monthly tax-free benefit for commuting via mass transit or vanpool equal to their actual commuting cost, to not to exceed \$260 as of 2018 . Examples of mass transportation include Metrorail, Metro bus, MARC or VRE commuter rails, as well as commuter buses such as those operated by the Miami Dade or Broward Transit Administration and Enterprise. Any unused monthly benefit funds are recouped at the end of each month.

### How are benefits paid?

For taking any form of transportation equipped with a Go! Card fare card reader, employees will need to acquire a Mass Transit card (Go! Card). Monies will load on the card automatically each month. Vanpool members will also need to acquire a GoCard if their Van Pool requires Smart Benefits payment. After being enrolled, members will receive instructions on how to allocate their benefit to their vanpool company through their Van Pool account. Benefits for MARC and MTA commuter bus passengers will be paid out through a prepaid Visa debit card. Once applications are processed, the Department of Transportation's TRANServe will order the card for the employee and have it shipped to the Coast Guard's agency liaison for disbursement. The card is loaded on the 23rd of each month with the following month's benefit.

### How to apply:

- For SmarTrip users, acquire a SmartTrip card and register the card in your name at WMATA's website at <http://www.wmata.com/fares/smartrip/>
- Review the Coast Guard's transit benefits application guide, which can be found, on the TranServe website under the "Participants" tab and then click on "USCG" at <http://transerve.dot.gov/participants.html>
- Notification of New Applications or changes to a participant's account is sent to the USCG Mass Transit Coordinator for review. Approved applications are routed to DOT's TRANServe office for processing.
- Once enrolled, debit cards will be ordered, Smart Benefits will load on cards and/or allocations will be set up. Applicants receiving benefits through TRANServe debit cards will have their cards delivered to the transit benefits program manager and will receive an email notification upon their arrival.

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• Additional questions about transit benefits or the application process may be directed to CWO Jacquelyn Rocklage, the transit benefits program manager, at (305) 535-4591. In-person assistance is also available by visiting Base Miami Beach Admin. Contact via e-mail at <mailto:do7-smb-basemiamibeach-mass-transit-mgrs@uscg.mil>



## OTHER MIAMI FACILITIES:

Base Galley: (305) 535-4463  
Base Barber Shop: (305) 535-4477  
Air Station Miami Galley: (305) 953-2187

## RELOCATION ASSISTANCE

The housing market in South Florida is challenging. Your sponsor can give you some advice on housing options, recommended areas, commuting times and distances, etc. The below information can assist you.

### HOUSING DIVISION

The Base Miami Housing Office provides assistance to members relocating to the Miami area, to include the release from housing form, area economy housing, and assignment to Coast Guard owned or leased housing: <https://www.dcms.uscg.mil/Our-Organization/Director-of-Operational-Logistics-DOL/Bases/Base-Miami-Beach/Area-Housing/>

#### Housing Officers:

*Otto Argibay, PERS4, USCG (Ret.)*  
Asst. Area Housing Officer / Leased Housing Contracting Officer  
(305) 278-6823

*Mr. Jose H. Rosa*  
Area Housing Officer  
(305) 278-6837  
Do7-DG-BASEMIAMIBEACH-HOUSING-DIV

Assigning unaccompanied personnel or families to government quarters is **MANDATORY**, when available and adequate. It is also the fiscally responsible thing to do. However, Government-owned family housing is NOT available in South Florida.

Unaccompanied Personnel Housing (UPH) is limited. However, there's a requirement to fully utilize CG UPH (barracks) prior to granting releases to the economy to unaccompanied E-5 and below (ashore and afloat) personnel. Unaccompanied Personnel Leased Housing (UPLH) is on an "as-needed" basis. Leases are only acquired when government quarters are not available for eligible personnel (afloat E4 and below) need adequate housing. Leases are terminated when no longer needed. A personal property insurance policy is highly encouraged, regardless of assignment to the economy or government quarters.

**All personnel in receipt of PCS orders to the Miami area (Fort Pierce to Homestead) must submit the following documents to the Base Miami Beach Housing Office ([Do7-SMB-BaseMiamiBeach-Housing@uscg.mil](mailto:Do7-SMB-BaseMiamiBeach-Housing@uscg.mil)):**

- (1) Application for Assignment to Housing (DD-1746, Sep 1993)
- (2) Copy of their PCS orders (unsigned from DA is acceptable)
- (3) Copy of their BAH/Dependency Data Form (CG-4170)

The Housing Staff will review your submission as soon as possible and will provide you with a Status of Housing Availability (DD-1747). This will indicate either non-availability of government quarters (i.e., a release from quarters) or assignment to UPH or UPLH. Basic Allowance for Housing (BAH) cannot be started without a DD-1747 releasing you from mandatory assignment to government quarters. Prior to securing local housing on the economy, ensure you're eligible to collect a housing allowance. Speak to your sponsor and/or contact the Base Miami Beach Housing Office.

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## HOUSING ON THE ECONOMY

If you choose to rent or buy a home in South Florida, you can consult a real estate agent, view prices of recently sold homes and see home values. Also, the following references might help:

BAH Calculator <https://www.defensetravel.dod.mil/site/bah.cfm>

### Housing Search & Relocation Websites:

[www.homes.mil](http://www.homes.mil)

A publicly accessible Department of Defense website designed to connect Service members and their Families with community housing rental listings located near U.S. military bases.

[www.militarybyowner.mil](http://www.militarybyowner.mil)

Provides advertising support to military families trying to find, sell or rent their homes.

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

A trusted housing referral resource for the military community around the world, designed to assist military personnel and/or their families locate available housing.

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

A real estate and rental marketplace dedicated to empowering consumers with data, inspiration and knowledge around the place they call home and connecting them with local professionals who can help.

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

An all-in-one real estate site that offers the “local scoop” about homes for sale, apartments for rent, neighborhood insights, markets and trends to help you figure out exactly what, where and when to buy, sell or rent.

### Relocation Program:

<https://cg.portal.uscg.mil/units/dol/dol-3/BP/H/WorkLife/Relocation/SitePages/Home.aspx>

For information for new and prospective Florida residents including moving to Florida

<https://www.stateofflorida.com/residency-guide.aspx>

Florida's Military Friendly Guide 2018:

<https://www.enterpriseflorida.com/wp-content/uploads/Florida-Military-Friendly-Guide-2018.pdf>

Spouse Employment Resources:

Military Spouse Employment Partnership (Career Portal):

<https://msepjobs.militaryonesource.mil/msep/>

State Licensure Information:

<http://www.careeronestop.org/explorecareers/find-licenses.aspx?frd=true>

Recruit Military Connect military, veterans and spouses with employment resources:

<https://recruitmilitary.com/>

Military spouse friendly employer list:

<http://www.military.com/spouse/career-advancement/military-spouse-jobs/military-spouse-friendly-employers.html>

Work from home:

[www.indeed.com/work+from+home](http://www.indeed.com/work+from+home)

[www.money-from-home.services/](http://www.money-from-home.services/)

[www.Best-Home-Jobs.net](http://www.Best-Home-Jobs.net)

[www.Top3WorkatHome.net](http://www.Top3WorkatHome.net)

[www.careerbuilder.com/jobs/keyword/work-from-home](http://www.careerbuilder.com/jobs/keyword/work-from-home)



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## MILITARY EXCHANGES AND COMMISSARIES

### **USCG Base Miami Beach Exchange**

100 MacArthur Causeway  
Miami Beach FL, 33139  
Hours of Operation: 0730-1600

### **USCG Air Station Exchange**

14750 NW 44<sup>th</sup> Ct  
Opa Locka, FL 33054-2304  
Hours of Operation: 0900-1700

### **Homestead Air Reserve Exchange**

360 Coral sea Blvd  
Homestead AFB, FL 33039

## SCHOOLS:

If schools are a factor in your decision-making, the following links could be helpful:

### General Educational Facilities Information:

<http://www.fldoe.org/schools/school-choice>

<http://www.dadeschools.net/>

<https://www.browardschools.com/>

Colleges & Universities: <https://www.stateofflorida.com/colleges-in-florida.aspx>



### Educational Services for Students with Special Needs:

[https://cg.portal.uscg.mil/units/dol/dol-](https://cg.portal.uscg.mil/units/dol/dol-3/BMB/H/HW/FRS%20Documents/Family%20Resources/School%20Liasion%20Info/DOD_ED_School_Age.pdf)

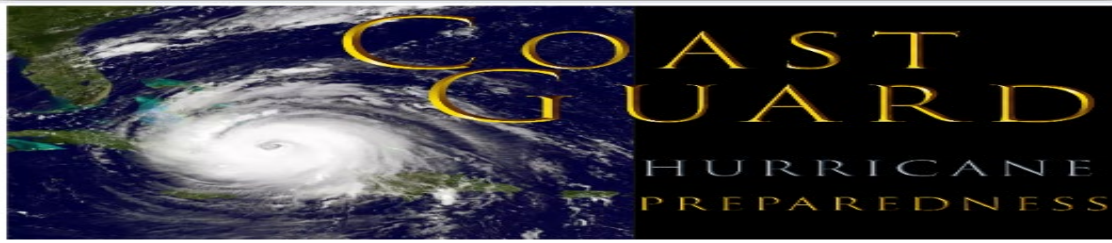
[3/BMB/H/HW/FRS%20Documents/Family%20Resources/School%20Liasion%20Info/DOD\\_ED\\_School\\_Age.pdf](https://cg.portal.uscg.mil/units/dol/dol-3/BMB/H/HW/FRS%20Documents/Family%20Resources/School%20Liasion%20Info/DOD_ED_School_Age.pdf)

Military Child Education Coalition identifies unique challenges facing military-connected children and increases awareness of these challenges in military and educational communities:

<https://www.militarychild.org/>



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## HURRICANE PREPAREDNESS

Hurricanes can cause wide-spread devastation and impact Coast Guard families. Whether you have been displaced due to property damage, suffered a personal injury, or are overwhelmed by the effects on your friends and neighbors, the Coast Guard **will be there** for you to help you **Get Safe, Get Help**, and **Get Back on Your Feet**. Personal preparedness is essential to mission execution. As Coast Guardsmen, we must ensure our families are taken care of so we can focus on the task at hand.

We strongly encourage you to:

- A. Conduct a family review of your own personal preparedness.
- B. Review the hurricane preparedness steps at the following web site to ensure you and your families are prepared for the season: <https://www.weather.gov/wrn/hurricane-preparedness>.
- C. In addition to the steps recommended above, the following web site provides information specific to military family preparedness: <http://www.ready.gov/military>.

### Hurricane Resource Information:

<https://www.dcms.uscg.mil/Portals/10/CG-1/docs/HurricaneCGResources/Disaster%20Help.pdf?ver=2017-10-16-183313-823>  
<http://www.nws.noaa.gov/om/hurricane/index.shtml>  
<http://www.ready.gov/military>.

Natural Disaster Guide: This guide is a more comprehensive look for commands and members about military personnel and their dependents.

[https://www.dcms.uscg.mil/Portals/10/CG-1/cg133/pdf/Natural\\_Disaster\\_guide.pdf?ver=2018-09-11-161822-187](https://www.dcms.uscg.mil/Portals/10/CG-1/cg133/pdf/Natural_Disaster_guide.pdf?ver=2018-09-11-161822-187)

### CG Personnel Accountability and Assessment (CGPAAS)

#### What is CGPAAS?

CGPAAS is the Coast Guard Personnel Accountability and Assessment System. It is a web-based system designed to help Coast Guard members and their families directly affected by natural and man-made disasters.

#### Why is CGPAAS needed?

CGPAAS provides a tool to report your accounting status, current location, update emergency contact information and request assistance. CGPAAS helps the Coast Guard leadership to account for personnel and to make decisions that support you and your family. Review and update your address and contact information by visiting CGPAAS website at: <https://cgpaas.uscg.mil>

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## MORALE, WELL-BEING, AND RECREATION (MWR)

Base Miami Beach's Southeast Regional MWR Office disperse morale funds to units within the Seventh District, manages two Class C operations.

### Hours of Operation

Regional MWR Office: Monday-Friday: 0700-1500 hrs

MWR Office: (305) 535-4565

Swimming Pool: Monday-Sunday: Dawn-Dusk

Fitness Center: Monday-Sunday: 24 Hours

The MWR Office is closed on Federal Holidays.

### Base Miami Beach Fitness Center:

Offers the following services to eligible MWR patrons, per CG MWR Manual, COMDTINST M1710.13 (series):

- 2 Full Outdoor Basketball Courts
- Racquetball Court
- Cardiovascular Equipment (stationary and spinning cycles, elliptical trainers, stair-climbers, and treadmills)
- Strength Equipment (Machines and Free Weights)
- CrossFit Training Area
- Male and Female Locker Rooms
- Boxing Punching Bag
- Yoga Matts
- Swimming Pool

### MWR Facility in Marathon:

There are 4 cottages, 1 recreational boat, 4 RV pads, and a basketball court situated on Vaca Key in the heart of the Florida Keys. The cottages and RV Pads are located at USCG Station Marathon, in Marathon, Florida.

Physical Address: 1800 Overseas Highway, Marathon, FL 33050

The Marathon cottages are open year round and have topography similar to that of islands in the eastern Caribbean. There are beaches and excellent fishing on both the Gulf, and the Atlantic sides of the Key. The marathon cottages are 111 miles southwest of Miami, 48 miles northeast of Key West, Florida. Near mile marker 48 (mile markers are small green signs on right side of highway). Recreation equipment available on-site: 1 Outboard boat, bicycles, fishing gear, picnic tables, grills.

Authorized MWR patrons can make reservations for RV pads and Cottages in Marathon online. Online reservations are confirmed electronically by the Lodge Hosts in Marathon and requests are processed Tuesday through Friday. Online Reservations and detailed information: <https://www.dcms.uscg.mil/Our-Organization/Director-of-Operational-Logistics-DOL/Bases/Base-Miami-Beach/MWR/MWR-Marathon/>



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### Hillsboro Recreational Cottages:

**Description:** The Recreational Cottages at Hillsboro are nationally registered historic, rustic, beach cottages, located on the Coast Guard Light Station Hillsboro Inlet. There is beach access to the Atlantic Ocean and to the inlet. They are operated year-round.

**Activities:** General beach activities including bicycling, hiking, swimming, snorkeling, scuba diving and fishing (license may be required). There is no boat ramp or docking available at the Recreational Cottages at Hillsboro. Recreational equipment is *not* provided.

**General Information:** The Recreational Cottages at Hillsboro are turn of the century cottages that were occupied by the U.S. Coast Guard Light Keepers until the full automation of the Hillsboro Lighthouse in 1974. There are three cottages remaining on the property. Each cottage is fully furnished, including kitchen appliances, utensils, charcoal grills, bath towels, beach towels, and sheets. Wireless internet is available at the facility.



**Lodge Host:** Rob O'Neill, limited office hours 10 am-4 pm.  
Office Phone/Reservations: 954-781-1817  
After Hours Emergencies: 786-385-4772

**Reservations:** Reservations may only be made via telephone and will be considered in the order in which they were received. To make a reservation by phone, call 954-781-1817. The reservation office is open from 10:00 AM to 4:00 PM EST, Monday through Friday. The facility is also available for an Event Package, such as family parties, or Milestone Events, such as weddings, golden anniversaries, and retirement celebrations. An event request may be submitted up to one year in advance. The current policy, procedures, rates, fees, and event packages for the Hillsboro Recreational Cottages are posted on the Coast Guard website at: <http://www.uscg.mil/mwr/lodging/hillsboro.asp>.



### Miami and Beaches Visitors Guide:

Wondering what to do during your stay in Miami? You'll be happy to know there's plenty to choose from. Visit and Explore <https://www.miamiandbeaches.com>



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# ADDITIONAL RESOURCES

CG Mutual Assistance:

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

Base CGMA Representative for loans and grants: GMC Kyle Pulk (305)535-4300

Latest Pay Rates and Benefits:

<https://www.dcms.uscg.mil/ppc/mas/rates/>

Florida's Military Profile:

[http://www.enterpriseflorida.com/wp-content/uploads/Military\\_Install\\_Map.pdf](http://www.enterpriseflorida.com/wp-content/uploads/Military_Install_Map.pdf)

Military Consumer Protection Resource Guide:

[http://myfloridalegal.com/webfiles.nsf/WF/RMAS-A9KQ6C/\\$file/CP+Military+Guide.pdf](http://myfloridalegal.com/webfiles.nsf/WF/RMAS-A9KQ6C/$file/CP+Military+Guide.pdf)

Military and Veterans Assistance Program:

<http://myfloridalegal.com/MVAP>

