

USCGC MUNRO (WMSL-755) ALAMEDA, CA

“Gallantry in Action”



Welcome! Congratulations on your orders to CGC MUNRO (WMSL 755), homeported in Alameda California. My name is Captain James Estramonte and I'm looking forward to you joining my crew. The Coast Guard's Core Values of Honor, Respect and Devotion to duty drive our everyday operations both at work and while on liberty. On duty or off, we are Coast Guardsmen first; we act with high character & integrity - all the time. Onboard MUNRO, we work hard & respect the work of others - every shipmate is important & plays a vital role. We know our job, do it well & strive for continuous improvement. We work as a team with transparency and open communications; we are inclusive and value diversified perspectives.

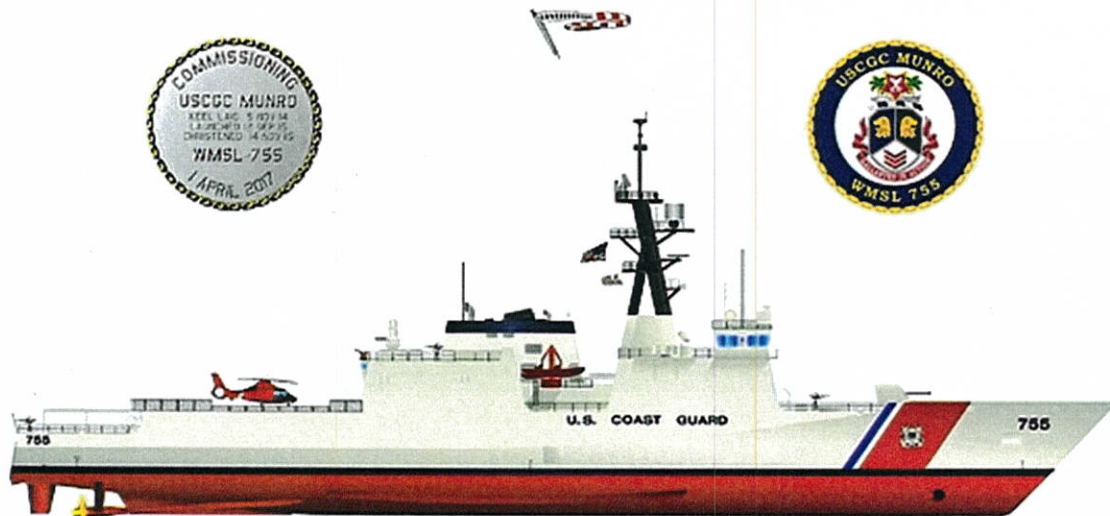
When you first report, you'll notice that we expect a lot from you. Get qualified, learn your job & strive to reach your highest potential. Going to sea can & will be challenging, but it will be equally fun & rewarding. At times we will work long difficult hours; we will also share unique & rare opportunities that are unique to underway life.

Very few "jobs" can replicate the pride & camaraderie that's found aboard a Coast Guard Cutter. I think you'll find this job challenging and very rewarding. Together we will safely complete our mission, care for ourselves, our families & each other. As your Commanding Officer, I will do everything within my ability, authority & responsibility to make your tour aboard MUNRO rewarding & enjoyable.

Sincerely,



James C. Estramonte, CAPT
Commanding Officer



950.BEDA 2017 No. 27199

Commissioning Ceremony, Astoria, OR, 1 April 2017

Built by Huntington Ingalls Industries, Pascagoula, Mississippi

**LEGENDS CLASS MARITIME SECURITY CUTTER
USCGC MUNRO WMSL-755**

Displacement: 4500 Tons

Dimensions: 418 ft length, 54 ft beam, 22 ft draft

Main Machinery: Combined diesel and gas

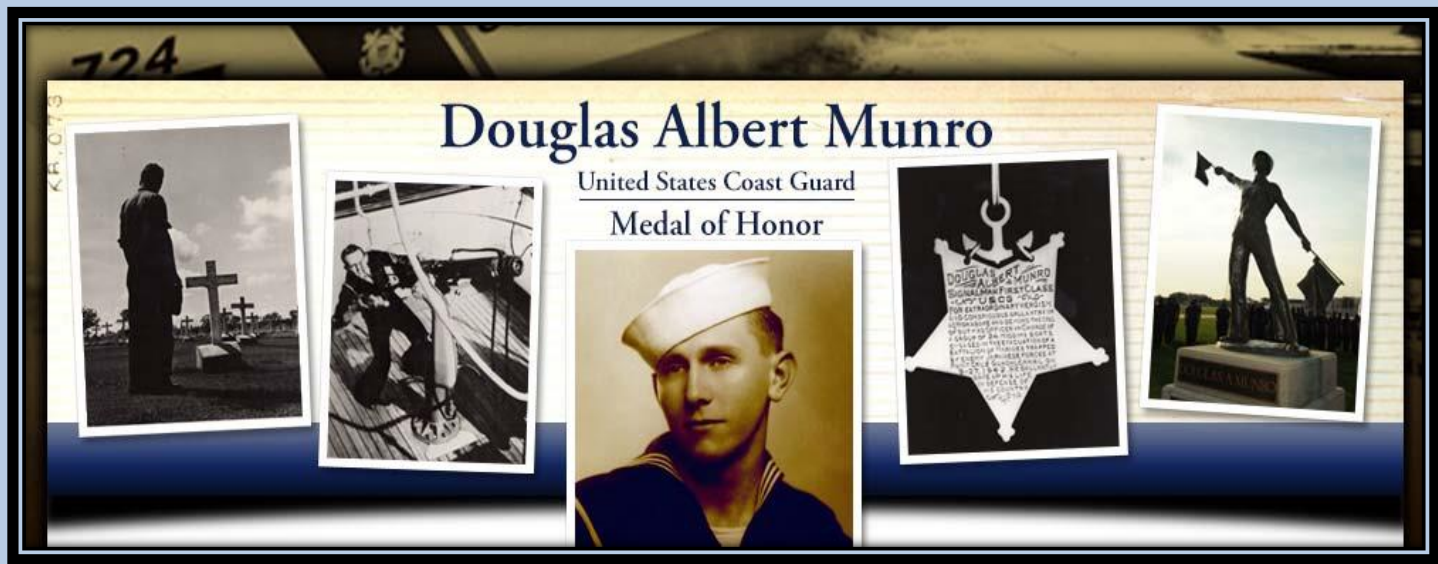
two 7.4 KW diesel engines, one 22 KW gas turbine engine for a speed of 28+ knots

Armament: 57 mm gun, Close-In Weapons System, four 50 caliber machine guns, two M240B 7.62mm light machine guns

Aircraft carried: two MH-65C Dolphin helicopters, or four VUAV or one MH-65C Dolphin helicopter and two VUAV

Boats carried: 11 meter Long Range Interceptor, Over the Horizon Boat IV, Over the Horizon Boat IS-17

Complement: 111: 19 Officers, 18 CPO, 81 Enlisted Crew



The Cutter's namesake, DOUGLAS A. MUNRO: Douglas A. Munro, a Signaller First Class of the United States Coast Guard, died heroically on Guadalcanal on 27 September 1942. Having volunteered to evacuate a detachment of Marines who were facing annihilation by an unanticipated large enemy force, he succeeded in safely extricating them and in doing so was mortally wounded.

Douglas Albert Munro was born in Vancouver, Canada, of American parents, on 11 October 1919, but spent his entire life previous to his enlistment in Cle Elum, Washington. His parents were Mr. and Mrs. James Munro of Cle Elum. Douglas Munro was educated at the South Cle Elum Grade School and graduated from the Cle Elum High School in 1937. He attended the Central Washington College of Education for a year and left to enlist in the United States Coast Guard in 1939. He had an outstanding record as an enlisted man and was promoted rapidly through the ranks to First Class Petty Officer.

In the engagement in which he gave his life, Munro had already played an important part, having been in charge of the original detachment of ten boats that had landed the Marines at the scene. Having successfully landed them, Munro led his small boat force to a previously assigned rally position. Almost immediately upon his return, he was advised by the officer-in-charge that conditions at the insertion point were not as expected.

The Marines were under attack from a larger Japanese force and needed to be extracted immediately. Munro volunteered to lead the boats back to beach for the evacuation. Commanding the rescue expedition, he brought the boats in-shore under heavy enemy fire and proceeded to evacuate the Marines still on the beach. Though the majority of the Marines had been loaded into the boats, the last remaining elements of the rear guard were having difficulty embarking. Assessing the situation, Munro maneuvered himself and his boats into a position to cover the last groups of men as they headed to the boats. In doing so, he exposed himself to greater enemy fire and suffered his fatal wound. At the time it was reported that he had remained conscious long enough to utter his final words, "Did they get off?"

For his heroic and selfless actions in the completion of this rescue mission Munro was posthumously awarded the Medal of Honor. He was also posthumously awarded the Purple Heart Medal. His other decorations included the American Defense Service Medal, the Asiatic-Pacific Area Campaign Medal, and the World War II Victory Medal.

ABOUT USCGC MUNRO (WMSL-755)

USCGC MUNRO (WMSL-755) is the sixth Legend Class National Security Cutter, homeported in Alameda, CA

Crew: 109 - 143 (depending on mission)
Length: 418 FT
Displacement: 4,500 LT
Speed: 28 KTS
Endurance: 60 Days
Range: 12,000 NM
Propulsion: CODAG (Combined Diesel and Gas),
1 Gas Turbine (30K HP), 2 Diesels (10K HP ea.)
Aircraft: 1 MH-65 or SH-60
Boats: 2 OTH-RHI and 1 LRI
Armament: 57mm gun and Gunfire Control System
Close-In Weapons System, CWIS 1B
SLQ-32 Electronic Warfare System,
SRBOC/NULKA countermeasures - chaff/decoy

Ratings Aboard MUNRO: BM, MK, OS, SK, YN, ET, IT, IS, EM, DC, GM, ME, HS, and CS.

COMMON DESTINATIONS OF DEPLOYMENTS: Common deployments include the entire Pacific Rim with port calls that may include San Diego, Kodiak, and Honolulu. Foreign destinations include countries like Mexico, Costa Rica, Panama, Guatemala, El Salvador, Ecuador, Japan and all of the Pacific Island Nations.

PERSONAL MAILING ADDRESS:

COMMANDING OFFICER
Attn: (your name)
USCGC MUNRO (WMSL-755)
Coast Guard Island, Building 42
Alameda, CA 94501

PHONE (while inport in Alameda): (510)-437-5757

INMARSAT PHONE (while underway): (808)-434-3554

USCG INTRANET WEB SITE: <https://cg.portal.uscg.mil/units/cgcmunro/SitePages/Home.aspx>

E-MAIL: Until you are assigned a sponsor, you may contact Senior Chief Leslie Hearn,
leslie.a.hearn@uscg.mil

REPORTING ABOARD:

The closest airport is Oakland International Airport. Report to CGC MUNRO pier side, Coast Guard Island, Alameda, CA. There may be more WMSLs inport when you report, MUNRO's hull number is 755. If MUNRO is underway, report to USCG Base Alameda front gate and ask for the OOD.

REQUIRED UNIFORM: If reporting within the United States, the required uniform is Tropical Blue with combination cover. If reporting to the unit in a foreign port, neat and appropriate civilian clothing is required. Your sponsor can help you with these kinds of details.

UNIFORM OF THE DAY (NORMALLY WORN DURING THE WORKDAY): ODU, however, crew must keep the Tropical Blue uniform onboard in case of VIP visits.

TYPICAL SA/SN JOB ASSIGNMENT: Your primary responsibilities will be qualifying in Lookout and Helmsman, basic and advanced damage control procedures, and may include Helicopter tie-down and Cutter Rescue Swimmer. You will most likely participate in operations in support of MUNRO' s deck division such as; small boat maintenance, painting, general cleaning, boarding team member, boat crewmember, line handler, and mess cook.

TYPICAL FA/FN JOB ASSIGNMENT: Your primary responsibilities will be assisting the engineering department in maintenance and repair of mechanical systems onboard (Main Propulsion or Auxiliary Systems), qualifying in basic and advanced damage control procedures, mess cook, general cleaning, small boat engineer, and boarding team member.

INPORT WATCH TYPE AND DUTY ROTATION FOR SA/SN AND FA/FN: All new crew members E-5 and below will qualify in both Basic and Advanced Damage Control, Gangway Petty Officer of the Watch (GPOW), Security watchstander, Generator watchstander, and sometimes mess cook. While inport, you will stand duty in a 1 in 3 duty rotation (one day of 24 hour duty every three days) until fully qualified.

UNDERWAY WATCH TYPE FOR SA/SN:

Underway Watch assistant (lookout, helmsman), small boat operations and possibly a Boarding Team Member.

UNDERWAY WATCH TYPE FOR FA/FN:

Engineering watch assistant, machinery maintenance, small boat operations and possibly a Boarding Team Member.

PERSONAL STORAGE SPACE: Personal storage space is limited onboard, each crew member has one gym-sized locker and a drawer under their rack. There is a baggage locker for longer term luggage storage, but it is not feasible to store day-to-day necessities in the baggage locker.

LIVING ACCOMODATIONS: Newly reported personnel will be assigned barracks on base or nearby Marina Village (approx. 4 miles from the ship). Expect to share your barracks with another E-4 (or below) in apartment style accommodations. If you have dependents, assignment to housing is mandatory, however, you can request to be released from mandatory housing. Approval to live off-base on the economy is only authorized when the authorization is in writing from the Base Alameda Housing Office.

CONTACT BASE ALAMEDA HOUSING OFFICE: Sometimes there may be a waiting list for housing. Once you receive your orders, it is very important that you contact the Alameda Housing Office ((510) 437-3961) for assistance with the required paperwork. Again, assignment to government quarters is mandatory for all inbound personnel. If you plan to occupy government quarters, you are strongly urged to make arrangements to have housing assigned before bringing dependents. Talk to Alameda Housing office to find out more information, including the potential for temporary options.

COST OF LIVING: If released from government housing, the average rent for a two-bedroom apartment can range from \$2500-\$3500 per month (without utilities). Be aware of your Basic Allowance for Housing (BAH) rate, found here: <http://www.defensetravel.dod.mil/site/bahCalc.cfm> (Use 94501 for Zip code). BAH rates for an E-2/E-3 **without** dependents is \$2604 per month. BAH rates for an E-2/E-3 **with** dependents is \$3270 per month

MESSING: Government messing is usually available onboard the ship. If you report in the spring of 2018, messing may not be available due to industrial work. If messing is not available, you will receive basic allowance for sustenance (BAS); about \$300 per month. Your dollar will go a lot further if you plan on eating breakfast and lunch at the Base Alameda Galley.

CONTINUING EDUCATION IN THE AREA:

Numerous colleges, vocational-technical schools, and online classes are available. Columbia College has an office on base that offers online classes. Laney College is also a 5 minute drive from the base, located in Oakland. See the Education Services Officer (ESO) upon reporting for assistance.

LOCAL AREA: MUNRO's homeport is approximately one mile away from Alameda Island, four miles from Oakland and approx. six miles from downtown San Francisco. There are numerous bridges in the area, many of which charge a toll to cross. If you have a car and are interested in purchasing a toll-tag; <https://www.bayareafastrak.org/>

OTHER MILITARY UNITS NEARBY: Coast Guard Base Alameda, Travis AFB (50 miles), and USCG TRACEN Petaluma (50 miles). Travis AFB has both a Commissary and Exchange. TRACEN Petaluma has a small CG Exchange and gas station. USCGC BERTHOLF, WAESCHE, and STRATTON are all homeported in Alameda, alongside MUNRO.

RELIGIOUS DENOMINATIONS IN THE AREA: Between Alameda, Oakland and San Francisco the majority of religious denominations are available within a relatively close proximity.

MEDICAL AND DENTAL CARE: MUNRO has a Chief Health Services (HSC) Technician assigned onboard. For routine care and appointments, your first level of care will usually be with HSC. HSC can make medical appointments on your behalf with one of the providers with Base Alameda Clinic (your primary care manager). For off-hours urgent care, if possible you should first call the Tricare nurse triage line prior to seeking care from an ER or urgent care facility. To access the Tricare Nurse triage line, call: 1-800-TRICARE (874-2273), Option 1.

Medical care for dependents is available from numerous Tricare authorized providers located throughout the area. Dependents will have a choice of Tricare Standard or Prime, based on desired level of cost sharing. More information is available here: <https://tricare.mil/>. Dental care for MUNRO crew members is available at the Base Alameda Clinic. HSC can assist you in making an appointment.

Dental care for dependents is available by enrolling in the Coast Guard's Dental Insurance called United Concordia. Authorized providers are located on the United Concordia website: <https://www.unitedconcordia.com/find-a-dentist/>

MASS TRANSIT: Mass transit is available in the area via MUNI or BART systems. There are no mass transit options that get you directly to Base Alameda where the cutter is moored. If you have concerns about getting to work, please be sure your sponsor is aware.

AUTOMOBILES ON BASE: Cars must be registered in order drive on base. Long term parking is available for deployments, but must be arranged with the Base Security office in advance and cars must be parked in a specific long-term parking lot. Parking is scarce on base and cars frequently get towed for not following the rules. Let your sponsor know of any concerns. Most insurance companies require you to have a California policy which can run from \$3500 to \$5000 per year.

BANKING: Many Coasties bank with USAA, Navy Federal and/or Sea West Federal Credit Union. Sea West has a brick and mortar branch located on Coast Guard Island, Alameda;
Sea West Coast Guard Federal Credit Union
Alameda Coast Guard Island
Foot of Dennison Street
P.O. Box 5008
Alameda, CA 94501-8505
Phone: (800)-732-9378

MALLS: South Shore Center – 523 South Shore Center West, Alameda, CA 94501
Southland Mall – 1 Southland Mall, Hayward, CA 94544
Sun Valley Mall – 1 Sun Valley Mall, Concord, CA 94520
Stone Ridge Mall – 1 Stoneridge Mall, Pleasanton, CA 94588

ADDITIONAL INFORMATION ABOUT BASE ALAMEDA:

<http://www.dcms.uscg.mil/Our-Organization/Director-of-Operational-Logistics-DOL/Bases/Base-Alameda/>

GENERAL AREA INFORMATION: Temperatures in the Bay area vary; summer time temps range from 53 to 89F and winter temps range from 37 to 62F. Close proximity to Oakland and San Francisco ensures you will have plenty to do on your off-time. The classic tourist attractions such as Alcatraz, Fisherman’s Wharf, and the Golden Gate Bridge have to be seen at least once. If you’re looking for a weekend get-away, Monterey Bay and Lake Tahoe are just a few hours away.

Some links for the outdoor adventurers and sports enthusiasts:

Oakland Professional Teams: <http://www.oraclearena.com/>

Golden State Warriors: <http://www.oraclearena.com/>

SF Giants: <http://sanfrancisco.giants.mlb.com/sf/ballpark/>

SF 49ers: <http://www.levisstadium.com/>

Lake Tahoe Region: <http://www.fs.usda.gov/recmain/tahoe/recreation>

SF Area National Parks: <http://www.sfnps.org/parks>

