FORM	4
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Check this box if no
longer subject to
Section 16. Form 4 or
Form 5 obligations
may continue. See
Instruction 1(b).

(Print or Type Perpo

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of DOWLING RICHA	2. Issuer Name GENERAL C [GNCMA]					5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director X_Officer (give title below) Sr VP					
2550 DENALI STR	3. Date of Earlie 02/14/2006	st Transact	tion (Month/Da	iy/Yeai	Sr v	P				
ANCHORAGE, AI	4. If Amendmen	t, Date Ori	ginal	Filed(Mon	th/Day/Y	6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting PersonForm filed by More than One Reporting Person					
(City)	(State)	(Zip)	1	fable I - N	on-D	Derivative	Secur	ities Acc	uired, Disposed of, or Beneficia	ally Owned	
1.Title of Security (Instr. 3)		(Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	Code	on	(A) or Disposed of (D) (Instr. 3, 4 and 5)		l of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect	Beneficial Ownership
				Code	v	Amount	(A) or (D)	Price		(I) (Instr. 4)	
Class A Common S	Stock	02/14/2006		S <mark>(1)</mark>		3,700	D	\$ 11.05	176,933	D	
Class A Common S	Stock								30,000	Ι	by Corporation (2)
Class A Common S	Stock								35,670	Ι	by Trust (3)

Reminder: Report on a separate line for each class of securities beneficially owned direct	ctly or indirectly.	
	Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.	SEC 1474 (9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

	(e.g., puts, cans, warrants, options, convertible securities)														
1. Title of	2.	3. Transaction	3A. Deemed	4.		5.		6. Date Exer	cisable	7. Tit	le and	8. Price of	9. Number of	10.	11. Nature
Derivative	Conversion	Date	Execution Date, if	Transactio	on	Number and Expiration Date A		Amo	unt of	Derivative	Derivative	Ownership	of Indirect		
Security	or Exercise	(Month/Day/Year)	any	Code		of (Month/Day/Year) U		Unde	rlying	Security	Securities	Form of	Beneficial		
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)		Deriv	ative			Secur	rities	(Instr. 5)	Beneficially	Derivative	Ownership
	Derivative					Secur				(Instr	. 3 and			2	(Instr. 4)
	Security					Acqu	ired			4)			0	Direct (D)	
						(A) 01							1	or Indirect	
						Dispo							Transaction(s)	< / .	
						of (D)	·						(Instr. 4)	(Instr. 4)	
						(Instr									
						4, and	15)								
											Amount				
								Date	Expiration		or				
								Exercisable		Title	Number				
								Excicisable	Date		of				
				Code	V	(A)	(D)				Shares				

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
DOWLING RICHARD P 2550 DENALI STREET SUITE 1000 ANCHORAGE, AK 99503			Sr VP					

Signatures

RICHARD P DOWLING

**Signature of Reporting Person

02/15/2006 Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) 10b5-1 Plan Indicated
- (2) Shares owned by the Company on behalf of the reporting person pursuant to a deferred compensation agreement whereby the shares will ultimately be distributed to the reporting person.
- (3) All shares owned by virtue of participation in the Company's Employee Stock Purchase Plan through December 31, 2005.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.