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 Perponses)

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

OMB APPROVAL OMB Number: 3235-0287 Estimated average burden hours per response... 0.5

### 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 Repu DOWLING RICHARD	2. Issuer Name GENERAL C [GNCMA]			υ.	·	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director X_Officer (give title below) Sr VP						
(Last) (Fir. 2550 DENALI STREE	3. Date of Earlie 02/16/2006	st Transact	tion (	Month/Da	iy/Yeai	Sr v	P					
(Stre ANCHORAGE, AK 99	4. If Amendmen	t, Date Ori	ginal	l Filed(Mon	th/Day/Y	6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting Person Form filed by More than One Reporting Person						
(City) (Sta	te) (Zip)	7	ſable I - N	on-E	Derivative	Secur	ities Acc	uired, Disposed of, or Beneficially Owned				
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)2A. Deemed Execution Date, if any (Month/Day/Year)3.4. Securities Acquired (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)	7. Nature of Indirect Beneficial Ownership (Instr. 4)							
			Code	v	Amount	(A) or (D)	Price		(I) (Instr. 4)	(msu. 4)		
Class A Common Stock	02/16/2006		S <mark>(1)</mark>		6,300	D	\$ 11.05	170,633	D			
Class A Common Stock	5							30,000	I	by Corporation (2)		
Class A Common 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	Transacti	on	Numl	ber	and Expiration	on Date	Amou	unt of	Derivative	Derivative	Ownership	of Indirect
Security	or Exercise	(Month/Day/Year)	any	Code		of		(Month/Day/	/Year)	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		Owned	Security:	(Instr. 4)
	Security					Acqu	ired			4)			Following	Direct (D)	
						(A) 0							1	or Indirect	
						Dispo	sed						Transaction(s)	(I)	
						of (D	·						(Instr. 4)	(Instr. 4)	
						(Instr									
						4, and	15)								
											Amount				
								Date	Expiration		or				
								Exercisable		Title	Number				
								Exclosuble	Dute		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

02/20/2006 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.