



www.coagoldengate.org

Golden Gate Commissioned Officers Association Bi-weekly Announcements

April 05, 2019

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Join a [GGCOA Workgroup](#) or Volunteer for a Project

Reminder

Your Golden Gate membership is an integral part of maintaining the branch. If you have not paid your COA dues, it's not too late! All members who renew or join will be entered into a drawing to receive free PHS swag at every quarterly membership meeting!

<http://www.coausphs.org/membership/join-or-renew/>

5th Annual Corned Beef and Cabbage Fundraiser Dinner

Different Type of Service



Pictured LCDRs Leah Ferrier & Steven Galvez – On March 16th, they volunteered to serve drinks at the 5th Annual Corned Beef and Cabbage Fundraiser Dinner held at the Veterans Memorial Building of San Ramon Valley. This fundraiser is the primary project to fund the ongoing operations in the Veteran's Wing of the Veterans Memorial Building of San Ramon Valley.

Upcoming Volunteer Opportunities (1)

Volunteers Needed: Project Open Hand (San Francisco) – JUNE 22nd & AUGUST 10th

Project Open Hand's mission is to improve health outcomes and quality of life by providing nutritious meals to the sick and vulnerable, caring for and educating our community.

Volunteers will assist in either the Warehouse or the Kitchen. Warehouse tasks may include bagging food items, stocking our Grocery Center shelves or shopping for our clients. Kitchen volunteers slice and dice whole food and help assemble meal packages for our clients. Please note that volunteer needs often involve handling meat and dairy products. If this is an area of sensitivity, please abstain from volunteering.

VOLUNTEER DATES:

Saturday, June 22nd from 1:00pm-3:30pm
Saturday, August 10th from 1:00pm-3:30pm

LOCATION:

730 Polk
Street San
Francisco, CA

If you are interested in volunteering, fill out and sign the [volunteer release and liability form](#) and then email a copy of the form to LCDR Tracy Tilghman (ttilghman@hrs.gov), in addition to the date(s) of interest.

Volunteers must be at least 15 years of age to participate.

Upcoming Athletic Events

Diablo Trails Challenge 5K & 10K, Walnut Creek, CA – Sat. April 13, 2019 @ 9:00am

With distances suitable for everyone from those hitting the trails for the first time to experienced ultra-runners, the Diablo Trails Challenge was created to help celebrate and support these achievements. A portion of all entry fees will go to Save Mount Diablo to help them continue preserving open space and trails for all of us to enjoy 5k, 10k, half marathon or 50k trail runs on Mount Diablo!

\$48.00 w/o T-shirt, \$53.00 with T-shirt (BBQ extra \$10.00)

[Link to Event](#)

Contact: LCDR Leah Ferrier – leah.ferrier@cms.hhs.gov or RSVP on our website

Healing Hearts: 5K Walk/Run, Oakland, CA – Sat. May 04, 2019 @ 8:30am

Healing Hearts 5k Walk/Run for Suicide Prevention Super Easy course for a really good cause!

May 4th, 2019 Oakland CA 8:30 am – 12:30 PM \$34.25 registration fee

[Link to Event](#)

Contact: LCDR Leah Ferrier – leah.ferrier@cms.hhs.gov or RSVP on our website

Surgeon General's 5, San Francisco – Sun. May 12, 2019 @ 9:00am

Please join us on Sunday, May 12th at 0900 for the Surgeon General's Virtual 5K in SAN FRANCISCO as we highlight the importance of physical fitness and support the priorities of our Surgeon General! The course runs alongside the popular Embarcadero waterfront which allows runners to take in scenic views while increasing PHS visibility along the way.

Register online for our SAN FRANCISCO event by going to the following link (officers must provide SERNO):

[Link to Event](#)

Remember, registration is FREE!

To all the mothers out there, we know that May 12th is YOUR special day. Consider starting your morning off with a quick run before indulging in your Mother's Day festivities!

Please feel free to email LCDR Venus Uttchin at venus.uttchin@cms.hhs.gov if you have any questions.

Maximizing Your Military Retirement Benefits

Save the Date – 04/23/2019 from 10:00am-12:00pm

Please join us for a financial seminar presented by Personal Financial Counselor, Certified Financial Planner, and CPA, Mr. Mark Walsh, from the Alameda Navy Operational Support Center (NOSC).

If you have specific topics you would like Mr. Walsh to cover, please send those topics/questions to Annie.Lam@cms.hhs.gov by COB 04/12/2019.

SF Federal Building Basement 120
90 7th Street
San Francisco, CA 94103
*CAC card needed for entry.

Upcoming Social Events (2)

April Oakland Happy Hour at Rosamunde Sausage Grill (in Swan's Market)

April 30, 2019 @ 4:30 PM (Immediately following Membership Meeting)
Rosamunde Sausage Grill, 911 Washington St, Oakland, CA
94607 BART: 12th St (City Center) BART Station
<http://rosamundesausagegrill.com/>

<https://www.coagoldengate.org/upcoming-events>

May Dublin Happy Hour at World of Beer

May 17, 2019 at 4:00 PM

World of Beer, 4920 Dublin Blvd Ste 260, Dublin, CA
94568 BART: Dublin/Pleasanton BART Station
<http://worldofbeer.com/>

<https://www.coagoldengate.org/upcoming-events>

Upcoming 2019 Quarterly Membership Meetings

2nd Quarter – (Tentative) Tues. Apr 30, 2019 Oakland Federal Building (Happy Hour Event to follow)
3rd Quarter – (Tentative) Tues. Jul 30, 2019 San Francisco Federal Building (Happy Hour Event to follow)
4th Quarter – (Tentative) Thurs. Oct 31, 2019 Location TBA

New Year New Website

GGCOA is launching a new website!

Check out these new features:

- Find information about different GGCOA workgroups & lead or join a workgroup
- Find out about upcoming events & RSVP
- Buy merchandise that support GGCOA
- View & download bi-weekly announcements & membership meeting minutes
- Other useful resources
- More features coming soon – make suggestions or comments!
- **If you have photos that we can use to jazz up the website, please send to goldengatecoa@gmail.com**

[Link to Website](#)

Would you like to join the GGCOA leadership team?

GGCOA is seeking co-leads and workgroup members! Visit our website for more information on available workgroups and projects!

[Link to Website](#)

Have an Announcement to Submit?

Announcements are sent on a bi-weekly basis to all members of GGCOA. If you have an announcement or story you would like to include, please submit it (along with any photos) to goldengatecoa@gmail.com by the Wednesday prior to the announcement date. In the subject line of the e-mail submission, include the title of the announcement and the date(s) you would like the announcement to be included.

Current Executive Officers

President – LCDR Annie Lam (annie.lam@cms.hhs.gov)
Vice-President – LCDR James Lee (james.lee@cms.hhs.gov)
Treasurer – CDR Tamy Leung (tamy.leung@cms.hhs.gov)
Co-Secretary – LCDR Dustin Abaonza (dustin.abaonza@fda.hhs.gov)
Co-Secretary – LCDR Steven Galvez (steven.galvez@fda.hhs.gov)



For more information on GGCOA please check out our website at <http://www.coagoldengate.org/>
or the National COA website at <http://coausphs.org/>.