



www.coagoldengate.org

Golden Gate Commissioned Officers Association Bi-weekly Announcements

July 26, 2019

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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/>

2019 Quarterly Membership Meeting

Tues. Jul 30, 2019

San Francisco Federal Building

90 7th Street, San Francisco, CA 94103

Basement 120

Officers can choose to wear their uniform or civilian attire if they are attending the Happy Hour.

If you cannot join in person, please join the WebEx meeting detail below.

If you wish to include specific agenda items, please send those to LCDR Annie Lam.

Access Information

1. Please call the following number:
WebEx: 1-877-267-1577
2. Follow the instructions you hear on the phone.

Your WebEx Meeting Number: 992 816 050

To join from a Cisco VoIP enabled CMS Region or from CMS Central Office

1. Dial ext. 63100
Enter Meeting Number: Use Meeting WebEx Number provided above.

To join this meeting online

1. Go to <https://meetings.cms.gov/orion/joinmeeting.do?MTID=b0abf016c73e5a70eae3f592fa66fc4>
2. If requested, enter your name and email address.
3. If a password is required, enter the meeting password: (This meeting does not require a password.)
4. Click "Join".
5. Follow the instructions that appear on your screen.

Upcoming Social Events

San Francisco – Happy Hour at K-OZ

July 30, 2019 at 4:30 PM

K-Oz, 121 7th Street, San Francisco, CA

BART: Civic Center

<http://kanoz.com/>

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

2019 Promotion Ceremony

Saturday August 17th, 2019 @ 10am

The Firehouse at Fort Mason Center for Arts & Culture

2 Marina Blvd, San Francisco, CA 94123

Dress Code: SDB or Summer Whites, business attire for civilians.

[RSVP](#)

Come Celebrate:

CDR Shua Chai to CAPT
CDR Jimee Hwang to CAPT
LCDR Allen Applegate to CDR
LCDR Shane Deckert to CDR
LCDR Kristin Abaonza to CDR
LCDR Jacklyn Finocchio to CDR
LT Amanda Schaupp to LCDR
LT Travelle Mason to LCDR
LT Charles Park to LCDR

Volunteer Events (2)

Project Open Hand (San Francisco) – 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, 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.

Stand Down on the Delta 2019

When: Friday, Sep. 20, 8:00AM to Monday, Sep. 23, 2019

Where: Contra Costa County Fairgrounds in Antioch, CA

GGCOA invites you to volunteer for Stand Down on the Delta this September. Stand Down on the Delta is a four-day, three-night event in which homeless and at-risk of becoming homeless Veterans are provided full medical treatments, court and legal services, DMV, Chaplain services, housing, addiction and mental health counseling, employment, and a myriad of other community services. During the event, Veterans are also provided with clothing, meals, showers, sleeping tents, and a safe place to "stand down" for the duration. [Click here for more information](#)

Stand Down on the Delta 2019 Volunteer Registration is now open! Volunteers are needed from September 17-25, 2019.

We recommend volunteering for shifts on 9/21/19, **Saturday morning**, so we can gather and take a group photo. However, please feel free to volunteer for a shift that works best for your schedule.

There are 3 steps for this volunteer opportunity:

1. Register on Stand Down the Delta website. [Click here to sign up as a volunteer](#)
2. [Fill out this RSVP](#) on our website after you sign up to volunteer. This helps us track the number of hours our chapter volunteers, which may result in an award write-up or something awesome!
3. Please take a photo either with other PHS officers or have someone take a photo of you in action.

Please complete steps 1 and 2 as soon as possible as spots may fill up quickly. Please complete steps 1 and 2 by COB September 1st. If you have any questions, please email LCDR Annie Lam (annie.lam@cms.hhs.gov).

Upcoming Athletic Events (2)

San Francisco Giants Race, San Francisco, CA – Sun. Sept. 08, 2019

2019 marks the ten-year celebration of the Giant Race in San Francisco, this year commemorative tee shirts and memorabilia will be available and worn by runners in all events. Come join in the celebration at Oracle Park, Willie Mays Plaza, San Francisco, CA.

Half Marathon at 7am PST•10K at 7am PST•5K at 10:50am PST

[Link to Event - RSVP](#)

Contact: LCDR Leah Ferrier – leah.ferrier@gmail.com

Bank of Marin Alameda Running Festival, Alameda Point, Alameda, CA – Sun. Sept. 15, 2019

The Alameda Running Festival incorporates a Half Marathon, 10k, 5k, and Family Fun Run. The event will start and finish in the Alameda Point and highlight several beautiful areas around the island. The event will benefit Alameda Meals on Wheels and the Alameda Education Foundation.

[Link to Event - RSVP](#)

Contact: LCDR Leah Ferrier – leah.ferrier@gmail.com

Upcoming 2019 Quarterly Membership Meetings

4th Quarter – (Tentative) Thurs. Oct 31, 2019 Location New FDA Office, Alameda

GGCOA 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/>.