



www.coagoldengate.org

Golden Gate Commissioned Officers Association Bi-weekly Announcements

April 19, 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/>

Upcoming Volunteer Opportunity (3)

Volunteers Needed:

Military Child Field Day – Camp Parks (Dublin) – April 27th

April is Month of the Military child. MWR is putting on a field day for the children that will include a race, bounce house, rock wall and other activities. Lunch is included, you are welcome to bring your children to participate in the field day.

Attire for the day: PHS T-shirt or GGCOA T-Shirt and pants

Volunteer times are flexible and do not have to be filled for the duration of the event.

VOLUNTEER Times:

Set-up: 8am-10am

Manning Booths: 10am-2pm

Breakdown: 2:30pm-4pm

Location:

Parks Reserve Forces Training Area

521 Mitchell Drive, Dublin, CA

If you are interested, please send availability to LT Christy Gadson (nujoma4@aol.com) by April 24th.

Annual Park Rx Day – The Presidio (San Francisco) – April 28th

Please join fellow officers and community members to celebrate Park Rx Day with a moderate walking hike through the Presidio. An additional hike may also be planned to accommodate those with strollers or reasonable accommodations.

Sunday, April 28th ~ 1:00pm

Meet in the Presidio YMCA Parking Lot

Location:

Presidio Community YMCA

63 Funston Street, San Francisco, CA

*May be a small fee associated with parking, street parking is available on a first come, first serve basis.

If you are interested in participating, please contact LCDR Tracy Tilghman (ttilghman@hrsa.gov) or LT Matthew Kozler (matthew_kozler@nps.gov) so that we may have a head count of those participating.

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

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 5k, San Francisco – Sun. May 12, 2019 @ 9:00am

THANK YOU to those officers who have already registered to 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! Again, the course runs alongside the popular Embarcadero waterfront which allows runners to take in scenic views while increasing PHS visibility along the way.

We need only **ONE** additional officer to participate in order for it to qualify as a SG's Fitness Team Roll Call event! Haven't registered yet? Don't worry, simply send an email to venus.uttchin@cms.hhs.gov and she will add you to the roster and provide additional details.

Bubble Run: 5K Walk/Run, San Jose, CA – Sat. May 18, 2019 @ 8:30am

This family friendly event is open to PHS officers and their families. Runners will run through Foam Bogs at each kilometer and get covered with colored foam!! ~\$10 registration fee

[Link to Event](#)

Contact: CAPT Nidhi Jain - njain@hrs.hhs.gov or RSVP on our website

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>

ICS 300 Course Announcement

Incident Command System 300 – Martinez – June

The Bay Area Urban Areas Security Initiative's Regional Training & Exercise Program is pleased to announce the following course is now available for registration. Agencies/departments who reside in the twelve county Bay Area UASI region are eligible to attend this course at no cost. Backfill and overtime for this course is not available.

June 11-13, 2019

Location:
Contra Costa County EOC
50 Glacier Drive, Martinez, CA

To register for this course, visit <https://www.bauasitep.org>. If you do not have a user account, click the "Create Account" tab on the main page and complete the registration form. After you create your account, your account information will be reviewed by the Regional Training & Exercise staff. Once your account has been reviewed and approved, you will be able to login and access the website.

Upcoming 2019 Quarterly Membership Meetings

2nd Quarter – 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 New FDA Office, Alameda

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/>.