



www.coagoldengate.org

Golden Gate Commissioned Officers Association Bi-weekly Announcements

May 3, 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/>

Community Involvement



Annual Park Rx Day – Pictured from left to right – LCDR Venus Uttchin, LCDR Tracy Tilghman, LT Matthew Kozler, and CDR Tamy Leung helped celebrate Park Rx Day with a moderate hike through the Presidio on April 28th, 2019.



Camp Parks Military Child Field Day –LCDR Annie Lam, CDR Brian Chi, and LT Christy Gadson helped with setup and manning the bike raffle booth on April 27th, 2019. 11 children received free bikes that day!

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

New - Surgeon General's 5k, Dublin – Sun. May 12, 2019 @ 8:00am

FCI Dublin, 8th St. Dublin, CA 94568

Contact: LT Erica Stoll – estoll@bop.com

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@hrsa.hhs.gov or RSVP on our website

Volunteer Event

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@hrsa.gov), in addition to the date(s) of interest. Volunteers must be at least 15 years of age to participate.

Upcoming Social Events (2)

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

BART: Dublin/Pleasanton BART Station

<http://worldofbeer.com/>

July San Francisco Happy Hour at K-OZ

July 30, 2019 at 4:30 PM

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

BART: Dublin/Pleasanton BART Station

<http://kanoz.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.

Thank you to all who attended the Retirement Session on April 23, 2019. See below for lists for states with tax benefits.

Arkansas and West Virginia recently became the latest states to not tax military retirement pay, bringing the total number to 18.



The following states do not tax retired military pay:

- Alabama
- Arkansas*
- Connecticut
- Hawaii
- Illinois
- Iowa
- Kansas
- Louisiana
- Maine
- Minnesota
- Mississippi
- New Jersey
- New York
- Ohio
- Pennsylvania
- West Virginia*
- Wisconsin

**effective 2018*

An additional nine states do not have a personal income tax:

- Alaska
- Florida
- Nevada
- New Hampshire*
- South Dakota
- Tennessee*
- Texas
- Washington
- Wyoming

**tax only dividend and interest income*

Upcoming 2019 Quarterly Membership Meetings

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/>.