



COMMISSIONED OFFICERS ASSOCIATION

GOLDEN GATE BRANCH

Useful Information:

- GGCOA Contacts
- ID Cards
- Uniform Resources
- Military Benefits
- Local Guide

2019 - 2020

GGCOA Executive Committee

LCDR Annie Lam - President

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LCDR James Lee - Vice President

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LCDR Steve Galvez - Co-Secretary

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LCDR Dustin Abaonza - Co-Secretary

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Welcome to Northern California!

As the official COA branch representing Northern California, the Golden Gate Commissioned Officers Association (GGCOA), we extend a warm welcome to USPHS Officers new to the area. As you get settled into your new assignment, this welcome package will provide you a quick snapshot of the many benefits of being a member of GGCOA as well as useful information on the local area.

We also welcome you to join GGCOA and take part in our many activities and events. Feel free to contact any of the officers below or visit the website <http://www.coausphs.org>. When selecting a chapter, please select the Golden Gate Branch.

"...we are focused on working with communities and using relationships to facilitate change ..."

-RADM (ret) Pamela Schweitzer, UCSF Alumni



GGCOA Honor Cadre at the wedding of VADM Vivek Murthy in Sonoma



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GGCOA Activity Workgroups

Athletics Lead -

LCDR Leah Ferrier: leah.ferrier@cms.hhs.gov

Community Engagement & Volunteer Lead -

LCDR Tracy Tilghman: ttilghman@hrsa.gov

Membership & Social Engagement Lead -

LCDR Venus Uttchin: venus.uttchin@cms.hhs.gov,

Military Engagement Lead -

vacant

Surgeon General Priorities Lead -

LCDR Kristin Abaonza: kristin.abaonza@fda.hhs.gov

GGCOA welcomes all who would like to be more involved. If you would like to co-lead a workgroup or can help with leading an event or two, please email us at goldengatecoa@gmail.com.

Uniform Service ID Cards

Cards may be obtained at military installations. Dependents are required to be registered in DEERS in order to obtain a dependent ID card, access military bases and flights. Find your local ID card office using the [RAPIDS](#) website. Call ahead to see if you need an appointment. Below are a few ID card offices in the Bay area.

U.S. Army Corps of Engineer – San Francisco
455 Market Street, 16th floor
415-503-6971

Coast Guard Base – Alameda
CG Island, Bldg 21, Customer Service
501-437-5648

CSTC Camp Parks– Dublin
ID Card Section
Bldg. 312, 9th Street
925-875-4918

63rd Regional Support Command – Mountain View
685 Vernon Ave
650-526-9891

Coast Guard Base – Petaluma
599 Tomales Rd, Bldg 101
707-765-7354



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Uniform Resources

Many Bay Area military installations do not sell PHS uniforms. Uniforms may be purchased via the Navy Exchange at 800-368-4088, or online at the Navy Exchange: <https://www.mynavyexchange.com/> or other on-line merchants:

Lighthouse: <http://www.lighthouseuniform.com>

Marlow White: <http://www.marlowwhite.com/public-health-service-uniforms.html>

Decorations and ribbon racks may be purchased through Ultrathin: <http://www.ultrathin.com/>

ODUs may be purchased through the Coast Guard Uniform Distribution Center: <https://www.uscg.mil/uniform/>



GGCOA at Angel Island Picnic

Military Benefits

TRICARE – <https://www.tricare.mil/> The Military Health System is the primary source of health care for active-duty PHS officers. The TRICARE system has other options for active-duty family members, retirees, and their eligible family members. Remember to update the Tricare DEERS information with your new address once you find a new home.

Legal Services – PHS officers are entitled to certain legal benefits like the creation of “Simple Wills” and “Powers of Attorney.” These services are provided on base by the legal staff of the Judge Advocate General’s (JAG) office.



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The Base and Post Exchanges (BX/PX) – <https://www.mynavyexchange.com/> A valid identification card is required to purchase merchandise and may be required for entry when not in uniform. The Exchanges are similar to department stores. They may also include auto services, uniform shops, tailor/laundry, optical, florist, and fast food chains within the vicinity.

Commissary – Commissaries are the supermarkets at military installations. For more information, visit: <http://www.commissaries.com>. At many commissaries, a valid ID card is required for entry. They usually offer more variety of groceries at cheaper price than the local markets. The closest large commissary is at Travis Air Force Base.

Service Clubs – PHS Officers are eligible to join the Officers' Club at military bases. You are also eligible to visit United Service Organization (USO) locations. Many USOs are located at airports which provide snacks, meals, free Internet, single beds and other perks while you wait for your flight.

Space Available (Space-A) Flights – This is the ability to travel on military flights that are typically free, or it may charge a small fee based on your destination. They usually fly in and out of military bases. Officers must be on official leave to sign up for Space-A. Information on space-A travel can be found online or on the terminal Facebook page. For more information, visit:

Lodging Facilities – Almost all military installations have some form of temporary lodging on base, which is available as space allows and extremely inexpensive. Bachelor Officers' Quarters (BOQ) and Visiting Officers' Quarters (VOQ) vary widely ranging from simple rooms with shared bath to multi-room suites. Temporary military lodging (TML) quarters are designed for the military family. Search for facility by branch of service: <https://www.defensetravel.dod.mil/site/govLodging.cfm>

Armed Forces Vacation Club (AFVC) - AFVC is a "Space Available" program that offers excess condominium timeshares at resorts around the world for only \$349.00 per unit, per week. All Uniformed Services members and their adult dependents are eligible to use this program. For more information, visit their website at <https://www.afvclub.com/search-resorts>.

Armed Forces Recreation Centers (AFRC) - AFRC resorts are affordable Joint Service facilities operated by the U.S. Army Community and Family Support Center and located at ideal vacation destinations throughout the world.
Shades of Green – Orlando, FL, <http://www.shadesofgreen.org/>
Hale Koa – Honolulu, HI, <https://www.halekoa.com/>
Dragon Hill Lodge - Seoul, Korea, <http://www.dragonhilllodge>
New Sanno – Tokyo, Japan, <http://www.thenewsanno.com/>
Edelweiss – Garmisch-Partenkirchen (Bavarian region), Germany, <https://www.edelweisslodgeandresort.com/>

Defense Logistics Agency's (DLA) - Family and Morale, Welfare and Recreation (MWR) provides programs and services designed to foster readiness, and enhance the lives of Warfighters, families, Civilians and Retirees and other eligible patrons. DLA has a local office in Tracy, CA that offers discounted theme park tickets available for purchase in person or via postal mail, among other MWR events and benefits. <https://www.defensemwr.com/sanjoaquin>

SERVICEMEMBERS CIVIL RELIEF ACT (SCRA) – <https://scra.dmdc.osd.mil/> The SCRA gives military members a wide range of legal protections not available to the general public.



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Local Resources

Uniform Alterations

Dee Bee's Tailor Shop: 2064 Lincoln Ave, Alameda (510) 522-1531

Coast Guard Island Exchange -Tailoring/ Dry cleaning & limited uniform components: (510) 437-3165

Vaccinations

Coast Guard Immunization Lab (Mon-Wed & Fri 0700-1100 & 1230-1400. Thu 0700-1100 only. Thursday afternoon closed for training (510) 437-3601.

FOH clinics:

SF Federal Building, (90 7th St. (415) 437-8830)

Oakland Federal Building. (1301 Clay St. walk-ins: 1pm-3pm, 376 North Tower, (510) 637-4357)

Travis AFB (call ahead- Immunization clinic - 423-5107- certain shots on designated days)

Visit the GGCOA Website: <http://www.coagoldengate.org/> for more resources and information on upcoming events, archive of important documents and announcements, GGCOA merchandise, and other local resources.

Local Guide to the Bay Area

San Francisco Transportation System - There are many ways to get around the Bay Area: BART, MUNI, CalTran trains, streetcars, cable cars, etc. Your agency may have a reimbursement program for your travel costs to work if you take public transportation; ask your supervisor to find out. For more information on the San Francisco Transit System, check out: <https://www.sfmta.com/>. Uber, Lyft and Zipcars are also popular mode of transport in the Bay Area.

FasTrak – If you plan to drive through the various Bay Area toll bridges frequently, you may consider getting this. FasTrak is a car transponder that will deduct tolls from your car. There are designated FasTrak lanes that will help speed up your travel. Their website: <https://www.bayareafastrak.org/en/home/index.shtml>

Events – There are many events in the Bay Area annually. Check out this site: http://san francisco.eventguide.com/annual_events_overview.html

San Francisco Tourist Sites – Want to visit Alcatraz, Golden Gate Bridge, Fisherman's Wharf, and regions beyond San Francisco such as Napa Valley or the Monterey Aquarium? This site has great

Connect with us:

Website: www.coagoldengate.org

General Email: goldengatecoa@gmail.com

Facebook Page: <https://www.facebook.com/goldengatecoa/>

Listserv: <https://list.nih.gov/cgi-bin/wa.exe?SUBED1=GGCOA-L&A=1>