



www.coagoldengate.org

Golden Gate Commissioned Officers Association Bi-weekly Announcements

March 22, 2019

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Mark Your Calendars – 2019 Second Quarter Membership Meeting (04/30/19)

Membership 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/>

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!

<https://www.coagoldengate.org/get-involved>

April & May Athletic Events (3)

Diablo Trails Challenge 5K & 10K, Walnut Creek – 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 – 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.



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.

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

COF Symposium Scholarships

GGCOA would like to congratulate LCDR Jason Wilken, LCDR Steve Galvez, and CDR Gloria Rodrigues for winning the 2019 GGCOA COF Symposium Scholarship! Each officer will receive a \$200 scholarship to attend the [54th USPHS Scientific & Training Symposium](#) in Minneapolis, MN in May.

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/>

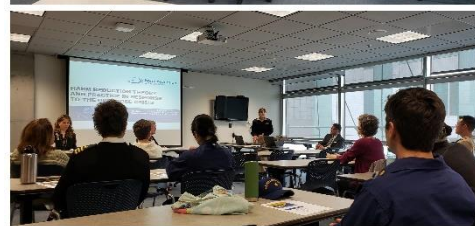
<https://www.coagoldengate.org/upcoming-events>

Event Photos



7 PHS officers and 7 family members (including 13 month old Kirsten) completed the Shamrock 5K in Dublin on March 17th. Join us for our next fun run!

From left to right, CDR Duncan, LT Park, LCDR Ferrier, LT Scholl, CAPT Jain, LCDR Lam (not pictured LCDR Gadson).



Overdose Awareness and Naloxone Training occurred on March 19th. This was a great partnership between GGCOA and the SF Department of Public Health, Harm Reduction Coalition, CMS, and Region IX HHS. Special thanks to LCDR Abaonza for making it happen!

Upcoming 2019 Quarterly Membership Meetings

2nd Quarter – (Confirmed) Tues. Apr 30, 2019 Oakland Federal Building @ 3pm (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

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/>.