



www.coagoldengate.org

Golden Gate Commissioned Officers Association Bi-weekly Announcements

June 28, 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/>

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](#)

Congratulations to:

**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**

Upcoming Athletic Events (3)

Hiking to Cataract Falls, Stinson Beach, CA – Sat. July 13, 2019 @ 8:00am-12:00pm

Series of small, scenic waterfalls in a forest setting, reachable via a moderate, dirt-trail and wooden bridges hike. Cataract Trail is a 2.2 mile one way with a total up and back trail through the waterfalls and to a picnic area by the stream above of 4.4 miles.

It's straight uphill there and straight downhill back with many stairs along the way. Great for family and pet activity. At the summit is a beautiful lake where one can rest the feet in fresh cool water before the return hike. From 33 ft. - 1,289 ft. elevation hike.

[Link to Event - RSVP](#)

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

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

JOAG Meet & Greet

Space-A Travel, Lunch & Network w/ CAPT Tom Duran

Thursday, July 11, 2019 at 11:30 AM
90 7th Street, San Francisco, CA 94103
San Francisco Federal Building, Basement Room B120

Topic: Space-A Travel, Lunch & Network
Bring your own lunch to the meeting – we will have drinks and a few food items!

Webex: 1-877-267-1577
Meeting Number: 991 811 434

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: Dublin/Pleasanton BART Station <http://kanoz.com/>

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

Volunteer Events

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@hrsa.gov), in addition to the date(s) of interest.

Volunteers must be at least 15 years of age to participate.

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

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/>.