



www.coagoldengate.org

Golden Gate Commissioned Officers Association

Biweekly Announcements

January 2023

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Membership

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! Email us if you have any issues paying your dues (goldengatecoa@gmail.com). <http://www.coausphs.org/membership/join-or-renew/>

Member Survey

Please take a few minutes to take our member survey:

<https://www.surveymonkey.com/r/HXRVB99>

27 JANUARY 2023, Time TBD

1201 Harbor Bay Parkway, Alameda, CA 94502

**Email LCDR Thida Buttke & LCDR Steven Galvez to RSVP
Thida.buttke@fda.hhs.gov & steven.galvez@fda.hhs.gov**

Our next General Membership meeting will be held at the FDA office in Alameda. GGCOA members will have the opportunity to have professional photographs taken at no cost. You must RSVP for the meeting and/or photographs by 13 January so we can develop a schedule for photographs and provide the list of names to federal security. Bring your CAC card for entrance to the office.

The General Membership meeting time is TBD.

BLS course will begin at 10am. Email steven.galvez@fda.hhs.gov if interested in BLS, slots are limited.

2023 Basic Allowance for Housing

DoD Releases 2023 Basic Allowance for Housing Rates

For more information on the Basic Allowance for Housing, including the 2023 Basic Allowance for Housing rates and 2023 Basic Allowance for Housing rate component breakdown, visit <https://www.travel.dod.mil/Allowances/Basic-Allowance-for-Housing/>. Service members can calculate their BAH payment by using the Basic Allowance for Housing calculator at: <https://www.travel.dod.mil/Allowances/Basic-Allowance-for-Housing/BAH-Rate-Lookup/>.

Deployment Preparation Plan

All officers are required to submit an initial DPP by 31 MAR 2023 for the 01 APR 2023 readiness check.

- The [DDP Form](#) is now available and ready to be filled out by officers. All officers are required to submit an initial DPP by 31 MAR 2023 for the 01 APR 2023 readiness check.
- Updated policy: [CCI 241.01](#), Readiness and Duty Requirements”
- Annual readiness requirement, valid for 12 months. Must be updated sooner (within 3 months) if there is a change to life circumstances (e.g., marriage, birth of child, etc.).
- Additional resources are available at the bottom of the [CCMIS DPP](#) site to include: [DPP FAQs](#), [DPP Supplemental Guide](#), and [LMS Training Deployment Preparation Plan](#).

BLS Opportunities

Facility

[Department of Defense Military Health System](#)

[American Red Cross \(ARC\)](#)

[American Heart Association \(AHA\)](#)

[American Safety & Health Institute \(ASHI\)](#)

GGCOA 2" Challenge Coins

GGCOA 2" challenge coins are available for purchase! Limited time pricing of only \$10/coin! Available in 4 colors. If you would like to order, email goldengatecoa@gmail.com. Shipping can be arranged. We take cash, check, or Venmo.



Leadership Opportunities

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 – CDR Nicola Areshenko (nicola.areshenko@fda.hhs.gov)
Immediate Past President – LCDR Annie Lam (annie.lam@cms.hhs.gov)
Vice-President – LT Omodele (Dele) Obadina (omodele.obadina@cms.hhs.gov)
Treasurer – LCDR Thida Buttke (thida.buttke@fda.hhs.gov)
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/>.