



First-year Experiences: An Insider's Perspective

Compiled by Larry Biegel, NSA Mid-South Gold Star Coordinator

The Navy Gold Star Program has been running for just over a year now, and Navy Gold Star coordinators have had many challenging, yet rewarding experiences. The coordinators were individually asked to share their greatest joy and accomplishment over the past year, and identify some challenges their Gold Star families face and how they helped them to overcome those challenges.

The feedback they provided was touching and gratifying. We think you'll agree that they have worked with their clients' best interests in mind, are absolutely committed to their jobs, and are passionate supporters of our Gold Star families. As you'll read, the coordinators, and this program, have had a positive impact on the lives of Survivors.

*My greatest **JOY** has:*

- ... come from Gold Star families that thanked me because they didn't think anyone cared or remembered them or their Sailors. Their thanks have been very moving.
- ... come from the Survivors I have met and spoken with. Their strength, courage and stories about their lost service members are inspiring.
- ... come from being affiliated with a program that provides a great service to our Navy Gold Star families. In many cases families feel that they, or their Sailor, are not remembered. My letters, calls and emails are small, but powerful, reminders that they are not forgotten.
- ... come from hearing Navy Gold Star Survivors tell me, "Thank you, you are an angel sent to me," "This program is just what I needed," and "What you do is so important to me and my family."
- ... come from a grateful Gold Star mother who called after she received my letter and through her tears, thanked me for remembering her and the Sailor she lost.
- ... come from helping a Gold Star wife get the benefits she was entitled to, but had no idea she was eligible for. "She told me that I changed her life."
- ... come from hearing the Survivors' stories of resiliency. I am honored that they share their amazing stories with me.
- ... come from furthering the legacy of men and women who have died while in service to our great nation. It is an honor to hear the stories of our warriors told by those who loved them most dearly, who shed tears in their aching loss, but who warmly smile while sharing the memories.

*My greatest **ACCOMPLISHMENT** has been:*

- ... my success in making people aware of our program, on what a Gold Star family is, as well as connecting Gold Star families to each other.
- ... in creating a monthly newsletter for my Gold Star families. It has produced positive Survivor feedback and served to effectively announce Gold Star events and extend invitations.
- ... in getting a Survivor her/his entitled benefits (DIC/SBP), which had gone unpaid for over a year.
- ... in obtaining a wheelchair for a Gold Star father's use while visiting his son's gravesite at Arlington National Cemetery.
- ... earning my Gold Star families' trust.
- ... to help Gold Star families who have felt left out or forgotten and to bring them together so they can share stories, offer insight and advice, and help one another. They are the ones best able to understand each other's challenges and the only ones who can credibly say, "I've been there. I believe I know what you're going through."

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In Memory of Martin Anthony Gust

AUGUST 4, 1983-MAY 28, 2008

By Mary Gust

Every now and then a boy comes into this world and the parent, just in holding him as a newborn, knows he is going to be someone special.

You can feel the impact way before it begins to develop, so you are not surprised when you see it happening. This is how our son Marty became a Sailor.

Marty was never satisfied to let things happen; he had to be a part of it. He adored his older brother Jim, and was always begging to be involved with the “big boys” games of tackle football, Halo, etc. He was often shadowing his brother and picking up behavior and responses that were more geared for the teen than for the elementary school child he was, and as Jim was eight years older, he introduced Marty to real rock n’ roll.

Marty had always had a challenging nature. In an early grade, he and a good friend started the Map Freaks club and later on, a math club. He was enthralled with nature and had a huge heart for the underdog of any species, including humans, and knew way too much for a kid about the world around him — other cultures, societies and governments.

This was the child who was destined to go far in a very short time — too short for us.

I remember the day my son, a high school junior, came home from school and announced that he had a Navy recruiter coming shortly, and that the recruiter wanted to talk to me. My first reaction was, “Wow.” Then I thought, “Marty is planning on leaving us.” It was totally unexpected, as we’d never even talked about going into the military.

As with most teens, he had become challenging for us, and there were times we just sighed in exasperation, knowing he would eventually grow up and start respecting our authority; we just had to get through it all one day at a time. Marty told me he had talked to a visiting recruiter at school and was joining the Navy. Being from a Navy family (Dad, four brothers and several uncles), I was somewhat happy to hear he would be continuing the Navy tradition after he graduated, but I had misunderstood that he had already enlisted in a pre-program where he would already be officially enlisted while still a senior in high school. The recruiter came dressed in his whites. He had a folder with paperwork and sat at the table to talk to us. Marty’s father joined us a little later, as he was not home from work yet. Needless to say, I was so proud of Marty and yet scared for him, as a parent. The recruiter was quite surprised that I was so pro Navy, that I would support Marty in his desire to become a Sailor. He seemed a little taken aback, as though he had prepared an argument in favor of Marty’s choice and was prepared to talk us into letting this happen.

I asked Marty: “Is this what you want?”

He nodded.

“And you need our written permission?”

Marty smiled. “I already signed up.”

Part of me deflated — he’d made this kind of decision on his own. However, he had always been that way with his choices. He was good at weighing the pros and cons and making the decision — not one to sit on the fence about anything.

This was a huge decision, but I would not stand in his way — not that I even could. He knew what he wanted and was going to report for monthly meetings. He was going to start now, so he wouldn’t be a “boot camp fatality.” He started running and getting into shape. He shaved his hair short. He read and studied. After graduation he went to Fargo, N.D., to take the ASVAB test. While there, he found out he had scored third highest in a three-state area; an officer met with him afterward and asked him if he would be interested in special programs, in particular, submariner. Marty thought: “Sure, why not?”

He went to boot camp at Great Lakes. The hardest day for me was saying goodbye. I just sobbed in the car as though my heart would break.

Needless to say, he survived boot camp, and we attended his impressive graduation. He moved on to Navy Nuclear Power School and did well. His homeport was Guam — so far from home. He was a wonderful Sailor in the nuclear field. He was an electrician’s mate, nuclear operator. He loved learning everything he could, so he became SCUBA

“Every now and then a boy comes into this world and the parent, just in holding him as a newborn, knows he is going to be someone special.”

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In Memory of Martin Anthony Gust *continued from page 2*

qualified. He also was the only one on board the USS City of Corpus Christi who was M-16 qualified and rode into port at the top of the sub, and later on, he became the youngest qualified supervisor in the Pacific Fleet, ever.

Then we got the news and our hearts sank.

Marty had somehow developed linitis plastica, an aggressive stomach cancer, and was given less than a 5 percent chance of survival.

Thus began a battle for his life. I got on the phone and contacted our state reps, and Sen. Amy Klobuchar was the first to be proactive when her office learned of the problem: We wanted him home for treatment at the Mayo Clinic, if possible. A family friend happened to be an oncology pediatrician at the Mayo Clinic in Rochester, Minn., and she was able to convince the doctor there (who was not going to take new patients) to see him. But he would only take Marty on as a patient if the military did not do chemo, and if he could get there ASAP.

So Sen. Klobuchar's office contacted Tripler Army Medical Center in Hawaii. Marty was called in only hours after he was discharged from the hospital and told that the entire U.S. Senate wanted him home for treatment. I had told him what we were doing and that we were going to get him home. He told me the military doesn't work that way, and the odds are almost nil that he'd be released to come home for treatment when they could do treatment right there.

Well, he underestimated the persuasive power of his mother — who, I might add, was scared to death to be begging our representatives for help. I'd never done anything like that before (or since). I must have done well, because, within 10 hours, our son was packed, said goodbye to his friends and fellow Sailors, and boarded a plane for home.

During the previous couple of months, Marty had been in close contact with his younger sister's roommate, Elise. They texted and talked on the phone often and before the cancer diagnosis, and were planning on getting engaged. With the diagnosis, he called her and explained the situation, offering her the chance to back out of the engagement. Many tears and discussions later, they decided they would still get married and enjoy what life had left to offer. He remained on active duty and reported daily to the office in Minneapolis.

On Aug. 11, 2007, he and Elise got married in St. Paul, Minn. He took her to Australia for their honeymoon, as he had visited there while on tour and fell in love with the country. This meant he had to stop chemo for two weeks and things got worse. Surgery wasn't an answer because the cancer had spread to his colon, seriously infiltrating the entire abdominal wall. For the last six months of his life, a PIC line gave him the nutrients he needed to survive a few

months longer. He told me not to mourn. He was adamant that we not continue to mourn his death, because he knew God had something else for him to do and he couldn't do it from here. He was so wise for being so young.

Marty passed on May 28, 2008, after a 2-1/2 week hospital stay in palliative care in Roseville, Minn. Our 24-year-old son was gone. His siblings, Jim, Katie and Kelly, were devastated. Our family would never be the same.

His funeral was well-attended at Sacred Heart Church in East Grand Forks, Minn. The church was packed, and as per his wishes, he was buried here in the Gust family plot.

We found out later, after we had already had the marker engraved, that he had taken the 1st Class Petty Officer test and passed. He knew he had done well and told us that, but we didn't get confirmation until later. Marty and Elise had planned his funeral — it was so like them to be prepared for everything.

As a tribute, my oldest Navy brother, Tom, shaved his head and has kept it that way. My nephew (son of a younger Navy brother, Howie) has gone into the Navy and is attending the same Nuclear Power School that Marty did.

We fly a flag in Marty's memory and it stays up, along with a Navy banner just below it that has Marty's name and birth/death dates on it, along with a gold star.

And to commemorate his memory, every year in the second weekend of June, we gather together (friends and family) to play the games he loved: tennis, ping pong and croquet. With food, fun and Marty stories, we all share good memories of him.



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Greatest **CHALLENGES** faced and they how were resolved:

- ... many are administrative issues regarding benefits and disbursements. They were solved by advocating for and empowering my Survivors. All their benefits and disbursements have been received.
- ... coping with their new “normal” and dealing with grief. The pain never goes away. I helped by providing resources that provided professional counseling. I also found that simply providing a listening ear and personalizing correspondence with my families has been especially appreciated.
- ... obtaining base access for those Survivors who did not otherwise have access. I resolved it by working with each installation and helping Gold Star families complete the required base access forms. This has enabled them to meet with me and attend base memorial/remembrance events.
- ... helping families overcome the feeling that because their active-duty loved one's death did not occur in a war zone, the death doesn't count the same as for those that did occur in the zone. I've helped by providing resources that provide professional counseling, and by telling them that loss is loss, and that their loss is the same as the others.
- ... Survivors' loneliness caused by the void of having lost their hero and adapting to their new “normal.” This isn't just due to the void caused by the death of their hero, but also by the unknowns that occur after being notified their life has been forever altered. I've helped by listening and becoming their advocate. I've also helped by getting them to work with some of the resources offered and to speak with other Gold Star families that are willing to share their experiences to assist or guide others.

In summary, this program has helped many of our Navy Gold Star families:

- ... by making them aware of their benefits;
- ... by letting them know they and their beloved lost service members are not forgotten;
- ... by reassuring them that they are not alone;
- ... by connecting them with professionals; and
- ... by creating opportunities to bond, build comradery, and enjoy fellowship with other Gold Star families.

Our Navy Gold Star coordinators have worked hard to get this program up and running. While the road they've traveled may have been bumpy at times, they have all experienced joy and a sense of accomplishment that have been especially satisfying. We are continuing to grow our connections to resources and families, and hope to reach all of our extended Navy families for as long as they need us.

Tuesday's Children Promotes Long-term Healing

Tuesday's Children -- founded to promote long-term healing in all those directly impacted by the events of Tuesday, Sept. 11, 2001 -- has extended its range of services to families of post-9/11 active-duty losses, regardless of cause. Tuesday's Children's expanded mission is to keep the promise to children and families impacted by 9/11, while serving and supporting communities affected by acts of terror worldwide. Tuesday's Children strengthens family resilience and fosters post-traumatic growth through Project Heart to Heart bonding weekends, trauma and grief support, Creative Insight and Dignity skills-building workshops, community and family engagement events, mental health counseling, youth mentoring, career resources, parenting advisement, and Helping Heals volunteerism opportunities.

Tuesday's Children honors and respects active-duty losses through family-focused programs that fill a void not met through other services. More than 10,000 individuals have benefited from their evidence-based programs, including families of 9/11 victims, responders and military service members, international youth, and local communities recovering from tragedy, such as Newtown, Conn. Tuesday's Children's time-tested, long-term approach enables families and communities to heal, recover and thrive for a lifetime.



Tuesday's Children Upcoming Events:

For moms:

Heart to Heart is a three-day program to grow, heal, and make lifelong friendships with widows of Sept. 11 and widows of post-9/11 active-duty losses. Jan. 31-Feb. 3, 2016, in Jacksonville, Fla. Sign up today! Contact liz@tuesdayschildren.org.

For students:

Join us for our next Helping Heals community service project in Costa Rica, Feb. 14-18, 2016. The program is designed for young people 14-18 years of age. Spend this winter's break participating in meaningful community improvement projects, educational development projects, and green initiatives. Contact Diana@tuesdayschildren.org for additional details and cost.

www.tuesdayschildren.org

Goals Are Within Reach

By Leanne Barger,
SW Regional Gold Star Coordinator and Gold Star Spouse

I'll start on Monday. Jan. 1 is when I will begin. When this happens, then I will be ready to start.

Whether it's completing an education goal, advancing a career, getting a new job, saving money, losing weight, exercising, spending more time with loved ones, or taking more vacations, we all have things in our life that we want to accomplish. So what's stopping us? The reason is usually quite simple -- change is hard. But with the right tools and frame of mind, any goal can be within reach.

When deciding what goals you want to accomplish, remember that pleasing others won't work. For a goal to be successful it has to be something you want. This can be one of the hardest challenges to overcome, especially if you have well-meaning family and friends who think they know what's best for you. Once you decide what you really want, start to surround yourself with like-minded people for encouragement and motivation, and only selectively share your goals. This might be counterintuitive to telling everyone for accountability, but by only selectively sharing your goals with those who will support you, you will receive less negative feedback.

To increase your chances for success, only pick a few goals at a time to work on. Consider starting with just one goal so that you don't get overwhelmed and can become accustomed to making small changes. It is much easier to focus on one goal than to say, "I am going to exercise, eat right, save more money, and go back to school, all

starting tomorrow." Once you have picked a goal to focus on, take baby steps. Want to go back to school? Take only one online class to start. Want to save money? Start with saving your extra change. Want to eat better? Cut out only one "bad" thing. Want to exercise more? Commit to a short walk three days a week. Once you have mastered the first step, take another step toward your goal. Always be sure to plan mini rewards throughout your goal journey to help keep you on track.

Keep your future in mind when planning your goals. Tradeoffs will be easier if you know why you want to achieve your goal. If you don't have a purpose, you may find it easier to talk yourself out of starting or continuing the work required to reach your goal. One tool to help keep you focused on the future is creating a vision board with pictures and words that show the end goal and placing it in a spot you see frequently. Many also "paint a picture" of what it would be like to achieve their goal. As you are painting your picture, think of how the goal is attainable and tell yourself all the reasons you can do it. Be sure to write those reasons down and review them periodically, especially when things get tough or you get off track. Remind yourself that road blocks don't mean failure, only growth. You can always reevaluate your goals and may find that trying to reach one goal leads to an entirely different goal.

You have probably already heard this advice before, but sometimes we all need a reminder. The easiest way to accomplish a goal is to start working on it now. Don't wait for Monday, January or tomorrow. Even small changes today will start you on the path to reaching your goals. Good luck!

Tragedy Assistance Program for Survivors (TAPS) Services



TAPS
Tragedy Assistance Program for Survivors

When it seems as if everyone else is only thinking about gift lists and holiday parties, there's no place grief takes you that the Tragedy Assistance Program for Survivors (TAPS) doesn't understand. We know how lonely 3 a.m. can seem and the daunting feeling of the now empty space at the holiday table. We stand beside you to offer the hope that you will make it through the melancholy.

What we have learned in two decades of providing compassionate care for the families of America's fallen military heroes is that continuity at the holidays can be comforting, but we also need a way to reorient and get ready for the next year. We need perspective and connection. For specific tips on handling grief at the holidays, visit www.taps.org/holidaytips.

In addition to our full list of grief resources found at www.taps.org, TAPS offers three key support services to help you navigate the holidays. Our toll-free 24/7 resource and information helpline gives you an immediate connection to someone, regardless of the time of day or night. Peer-based online chat communities and community-based care groups expand your ability to connect with those who understand your grief and loneliness this time of year. Finally, as we move into 2016, TAPS offers a wide range of seminars and retreats for adults, as well as Good Grief Camps for young survivors to help you find your way in the New Year.

TAPS services are provided free of charge to mothers and fathers, husbands and wives, sons and daughters, brothers and sisters, fiancés, relatives, and loved ones of those who have died. For more information, visit www.taps.org.

Military Survivor Benefits: Tax Forgiveness

From Military OneSource

When you lose a loved one, the last things you want to think about are finances and taxes; however, as a military survivor, you may be entitled to certain benefits. For instance, tax liability can be forgiven — or refunded if already paid — if a service member dies under specific circumstances. Regulations differ based on whether the death occurred in a combat zone or as a result of terrorist or military action. Tax forgiveness is not automatic. Surviving spouses or the individual filing the tax return must submit a claim.

Here are answers to some common questions about tax forgiveness.

Under what circumstances can a deceased service member's tax liability be forgiven?

Tax liability is the entire sum of the money you pay annually to the federal government in taxes. This can be forgiven or refunded if a service member dies under any of the following circumstances:

- While on active duty in a combat zone
- From wounds, disease or other injury received in a combat zone
- From wounds or injury incurred in a terrorist or military action

Which tax years are forgiven?

This varies based on the circumstances of the death:

- For combat zone-related deaths: The Internal Revenue Service (IRS) forgives the service member's tax liability for the tax year in which the death occurred and any previous tax years ending on or after the first day of active duty in a combat zone. Any remaining unpaid taxes from previous years are also forgiven.
- For deaths outside a combat zone, but in direct support of military

operations: The same forgiveness benefits apply as those for combat zone-related deaths.

- For terrorist or military action related-deaths: The IRS forgives the service member's tax liability for the year in which the injury occurred (even if death occurs in a separate year) and one year prior. So, a service member who dies in 2015 from injuries sustained in a 2014 terrorist attack would receive tax forgiveness beginning in 2013.

How does tax forgiveness affect joint filing?

- If you and your spouse typically file jointly, forgiveness or refund only applies to the deceased service member's portion of your tax liability.
- When you submit a claim for tax forgiveness, you'll need to determine the portion of your joint tax liability for which the service member would have been liable if a separate return had been filed.

How can I submit a claim for tax forgiveness?

Tax forgiveness isn't automatic, so you'll need to submit a survivor's claim:

- If the tax return has not yet been filed: File a Form 1040 with the service member's W-2.
- If the tax return has already been filed: File a separate Form 1040X for each year in question.



You can identify your claim by writing one of the following on the total tax line on Forms 1040 or 1040X:

- Iraqi Freedom-KIA
- Enduring Freedom-KIA
- Kosovo Operation-KIA
- Desert Storm-KIA
- Former Yugoslavia-KIA

If the service member was killed in a terrorist action, write KITA on the front of the return and on the line for total tax.

You'll also need to include:

- A computation of the decedent's tax liability
- Form 1310: "Statement of Person Claiming Refund Due a Deceased Taxpayer"
- A certification from the Department of Defense or the Department of State

Military OneSource tax consultants can provide information about your tax situation. You can also access tax preparation and filing services through Military OneSource by calling 800-342-9647. You also have the option of reaching out for financial counseling through your Navy Gold Star coordinator.

www.militaryonesource.mil

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Creating and Extending Holiday Traditions with the Kids in Your Life

From Military OneSource

The Grinch got it right! Holiday magic “doesn’t come from a store.” That’s true whether you celebrate Christmas, Hanukkah, Kwanzaa or something else. The children in your life will outgrow this year’s hot toy but will always cherish holiday traditions. Here are some ways to begin new traditions and boost the ones you already have:

- Think outside the box — Focus on experiences instead of things. They’re enriching, memorable and clutter-free. Children would be wide-eyed, for example, during a performance of “The Nutcracker.” Choose a different outing every year or stick with a favorite.
- Get cooking — Host a day of holiday cooking or baking. Feeling creative? Make your own invitations on recipe cards and present them in the pockets of pint-size aprons. Children will be proud to take part in making latkes, Christmas cookies or other traditional favorites. Put on music and make it festive.
- Get creative — Stock up on picture frames, art supplies and snacks. Cover your tables or counters with craft paper, and let kids go to town with paint, colored pencils and more. You’ll make colorful memories, and they’ll be thrilled to have masterpieces to give as holiday gifts.
- Get outside — Cold-weather activities can be exhilarating. Begin a tradition of bundling up and getting out. Pack a picnic and go for a brisk hike. You’ll enjoy the beauty of parks and other spaces without the crowds. The National Park Service website offers inspiration. You can also visit a National Wildlife Refuge; there is at least one in every state. Go stargazing or ice-skating but maybe not at the same time. Explore more ideas through your installation’s Morale, Welfare and Recreation office.
- Have a blast with your past — The children in your life will get a kick out of hearing what your childhood holidays were like. Share your stories. Show them photos of yourself celebrating as a kid with other people they may know or have heard about. Make popcorn and curl up to watch some of your favorite holiday movies or TV specials.
- Help others — Give children an opportunity to help those who are less fortunate. Adopt children in need through various programs and shop for holiday gifts for them together, or help out at a soup kitchen. Explore opportunities for helping others on the federal volunteer website (www.volunteer.gov) or contact your installation Military and Family Support Center to explore opportunities close to home.
- Keep a record — Grab your camera or smartphone and take plenty of photos each holiday season. Have scrapbooking sessions. Have children add their wish lists and record favorite memories in their own writing. Everyone will be able to look back and remember all of the wonderful details of your holiday traditions, old and new.


Put some new traditions in place, pump up the ones you already have and let the memories begin.

www.militaryonesource.mil

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**Military Spouse Education
+
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The National Military Family Association recognizes the unique challenges today's military spouses face pursuing education or professional advancement. Whether your program is online, traditional, full-time or part-time, we want to help. Check out our website today!

Open to Spouses of:	Funds may be used for:
+ Air Force	+ GED
+ Army	+ Continuing Education Credits
+ Coast Guard	+ English classes
+ Marine Corps	+ Professional training
+ Navy	+ Certification
+ NOAA	+ Licensure
+ Public Health Service	+ Professional exams
+ Active Duty	+ Trade school
+ National Guard	+ Undergraduate degrees
+ Reserve	+ Graduate degrees
+ Retirees	+ Supervision for mental health licenses
+ Survivors	
+ Wounded	

 **NATIONAL MILITARY FAMILY ASSOCIATION**
Together we're stronger <http://www.militaryfamily.org/spouses-scholarships/>

Primary support of this program is generously provided by Fisher House Foundation and United Health Foundation.



SAILOR BOB'S KIDS CORNER

Create a Memory Lantern

Adult supervision is necessary for this project.

What you'll need:

- | | |
|---|----------------------|
| Glass jar | Colored tissue paper |
| Scissors | Markers |
| Foam brush | Glue or Mod Podge |
| Tea light candle (real or battery operated) | |



- Cut or tear tissue paper into small and large pieces. You'll need at least four large pieces that are big enough to write or draw on.
- Write or draw about some of your favorite memories of your loved one on the large pieces of tissue paper.
- While writing or drawing, be sure to talk about the memories with your parent or guardian.
- Glue the large tissue papers on the jar using the glue or Mod Podge. Smooth the paper with a clean foam brush. Be careful not to use too much glue or Mod Podge, as it might cause the ink to bleed.
- Finish creating your lantern by gluing the smaller pieces on the jar. Repeat until you have the jar covered.
- Let the lantern dry and place your candle inside.

www.whatsyourgrief.com/thanksgiving-grief-activity-for-kids

NAVY KNOWLEDGE

Match each Navy term with its definition.

- | | |
|----------------|--------------------------------|
| A. Scuttlebutt | ___ Clean |
| B. Galley | ___ Stop |
| C. Bird | ___ Has crossed equator |
| D. Gedunk | ___ Six feet |
| E. Go fasters | ___ Bathroom |
| F. Pollywog | ___ Drinking fountain or rumor |
| G. Shellback | ___ Tennis shoes |
| H. Fathom | ___ Has not crossed equator |
| I. Head | ___ Mop |
| J. Belay | ___ Snack bar |
| K. Field day | ___ Move faster |
| L. Shake a leg | ___ Helicopter |
| M. Swab | ___ Cafeteria |



Navy Gold Star Program Directory

Name	Phone	Address*
NAVY REGION SOUTHWEST REGIONAL COORDINATOR	619-532-2886	FFSP / 937 N HARBOR DR BOX 53 SAN DIEGO CA 92132-0058
NB VENTURA COUNTY INSTALLATION COORDINATOR	805-982-6018	FFSC / 1000 23RD AVE BLDG 1169 CODE N91 PORT HUENEME CA 93041
NAVBASE CORONADO INSTALLATION COORDINATOR	619-767-7225	FFSC / BUILDING G SAUFLEY RD SAN DIEGO CA 92135-7138
NB SAN DIEGO INSTALLATION COORDINATOR	619-556-2190	NB SAN DIEGO FFSC 3005 CORBINA ALLEY STE 1 BLDG 259 SAN DIEGO CA 92136-5190
NAVY REGION NORTHWEST REGIONAL COORDINATOR	360-396-4860	FFSC / 610 DOWELL ST BLDG 35 KEYPORT WA 98345
SMOKEY POINT SUPPORT COMPLEX INSTALLATION COORDINATOR	425-304-3721	SMOKEY POINT SUPPORT COMPLEX 13910 45TH AVE NE SUITE 857 MARYSVILLE WA 98271
NAVY REGION SOUTHEAST REGIONAL COORDINATOR	904-542-5712	FFSC / BLDG 919 LANGLEY ST NAS JACKSONVILLE FL 32212-0102
NAS JACKSONVILLE INSTALLATION COORDINATOR	904-542-5578	FFSC / 554 CHILD ST NAS JACKSONVILLE FL 32212
NSA MID-SOUTH INSTALLATION COORDINATOR	901-874-5017	FFSC / 5722 INTEGRITY DR BLDG 456 MILLINGTON TN 38054-5045
NAS CORPUS CHRISTI INSTALLATION COORDINATOR	361-961-1675	FFSC / 11001 D ST CORPUS CHRISTI TX 78419-5021
NAVAL DISTRICT WASHINGTON REGIONAL COORDINATOR	202-433-3171	FFSC / 2691 MITSCHER RD SW BLDG 414 WASHINGTON DC 20373
NSA ANNAPOLIS INSTALLATION COORDINATOR	410-293-9634	FFSC / 168 BENNION RD ANNAPOLIS MD 21402
NAVAL DISTRICT WASHINGTON REGIONAL COORDINATOR	202-433-3171	FFSC / 2691 MITSCHER RD SW BLDG 414 WASHINGTON DC 20373
NSA BETHESDA INSTALLATION COORDINATOR	301-319-4087	FFSC / 9045 BEALE RD BLG 11 RM 115 BETHESDA MD 20889
NAVY REGION MID-ATLANTIC REGIONAL COORDINATOR	757-322-9144	FFSC / 7928 14TH ST SUITE 209 NORFOLK VA 23505-1219
NWS EARLE INSTALLATION COORDINATOR	732-866-2100	FFSC / 201 RT 34 BLDG C59 COLTS NECK NJ 07722
NB NORFOLK INSTALLATION COORDINATOR	757-322-9182	FFSC / 7928 14TH ST SUITE 102 NORFOLK VA 23505-1219
SUBASE NEW LONDON INSTALLATION COORDINATOR	860-694-1257	FFSC / BLDG 83 BOX 93 GROTON CT 06349-5093
NAS OCEANA INSTALLATION COORDINATOR	757-492-8282	FFSC / 1896 LASER RD STE 120 VIRGINIA BEACH VA 23460-2281

*When communicating with your coordinator via mail, please add NAVY GOLD STAR PROGRAM and contact column info to all mailing addresses to ensure delivery.