



Survivor's Link

COMMUNICATING INFORMATION AND RESOURCES



It's OK to Be Scared

by Sandra Neuman, CNRNW Navy Gold Star Coordinator

It has been an honor working with Gold Star families these last few years. I remember the very first time I had to contact a family member who had recently lost their service member. It was actually a little nerve racking — OK, maybe very nerve racking. How can I just call this person out of the blue and introduce myself to them to just check in to see how they are doing? What do I say? How do I answer any questions? How do I sound sincere without sounding too sincere? What if they are angry, sad, frustrated, annoyed? I steeled myself, steadied my soul and called. With my heart racing, I dialed and the phone rang, and then rang, and then, voicemail! Another fear ripped through me, as I was unprepared to leave any kind of message. So, I did my best and left some sort of rambling message that I am sure went way too long. I think I repeated my name and phone number about seven times.

A few years have passed since then, and when I reach out to a Gold Star family member with either a phone call or first meeting, it is not any less noteworthy; however, with experience, time and my own career path, I have a bit more confidence and ease in communication. Basically, I have learned that no matter what a Gold Star family member has gone through, I will never fully understand their grief journey, but I can appreciate their loss and have the greatest sympathy and empathy for the grief and life steps they are now being forced to take.

I have also discovered that no matter what I can do to assist a grieving parent, spouse, sibling or child, the most beneficial assistance I can possibly give is letting them know they are not alone. One of the Navy Gold Star Program's purposes is to bring Gold Star families together by alerting them to events or get-togethers that we think they might have interest in attending. Many times, these opportunities to meet do not work with our families' schedules or living locations, and that is totally understandable. But if someone is hesitant to go because

it feels daunting, stressful, or maybe even similar to those fears I had before I made that first phone call, I want you to know that fear is okay.

Everyone has their own way of getting through each and every day, and perhaps your journey is not quite ready for such a get-together. However, let me share with you a phone call I had not that long ago with a Gold Star sibling whose sister died from a self-inflicted wound.

She called me to express interest in an event a nonprofit organization was holding in the state she lived in. She had lost her Sailor sister three years ago, and told me that she was fearful to attend an event where there will be people who lost their loved ones as "killed in action or other such ways." I was saddened to hear of her fear, but also understood. I then explained that if she attended the event, she might be surprised to discover that the manner of death really doesn't matter, when it happened, or even why — what matters is that everyone in attendance has experienced the same loss of a piece of their heart. These are mothers, fathers, sisters, brothers, daughters, and sons who have all experienced the sudden ache, the difficult days, the daunting holidays as well as the smiles from funny stories and good remembrances of their fallen military family member. Many of these events do not focus on the loss, but on the excitement of life, the fun of each other and the sharing of experiences.

If you see an event in your area and are curious about it, reach out to your Navy Gold Star coordinator. Talk to us about it. We should be able to give you an idea of what to expect and be able to either answer your questions or find someone who can. So, email or call us, and if you get our voicemail, feel free to leave a rambling message, as I know how easily that can happen. Oh, and yes, the Gold Star sibling did attend the event. She called me afterward to say she was very thankful she went and was looking forward to participating in more get-togethers.

Tragedy Assistance: How to Cope With the Loss of a Sibling

By *Military OneSource*

Losing a loved one is a difficult experience, and the death of a sibling can be a unique and particularly painful loss. When a sibling dies, you may feel like you're losing a part of your family history, and that all your special occasions will be changed forever.

It's natural for others to focus on comforting a surviving spouse, child or parent. They may not realize how the death of a brother or sister can affect you or know how to provide the support you need. But no one has to struggle alone — there are many ways you can cope with your feelings, and people and organizations that you can turn to for support during this difficult time.

Coping with the loss of a brother or sister

Your siblings are your first friends. They're the only people who truly understand Dad's corny jokes or the magic of Mom's home cooking. No matter how old you get, they're the ones who can always say they knew you "when."

For these reasons — and so many more — losing your sibling can be a terrible tragedy to endure. Although the grief and sadness may never fully go away, you can take steps to help yourself through this incredibly difficult time.

- Be kind to yourself. Now is not the time for placing blame or focusing on regrets. Give yourself the time and space you need, even if it means stepping away from other responsibilities.
- Do your best to face your feelings. Losing a loved one is painful and there aren't many shortcuts to get past your grief. Although hiding from your feelings may seem like an easy solution, it's likely to provide only temporary relief.
- Understand people grieve in their own way. Your way

of grieving may be different from how your parents or another sibling grieves. It's OK if you don't experience loss in the same way — just try to respect each other's reactions.

- Seek out support when you need it. Your first instinct may be to put on a tough face, but there's no shame in asking for support. You're not alone, no matter how much it may sometimes feel like it.

Resources and support to help you through your loss

- Often, the hardest part about looking for support after a tragedy is knowing where to turn. Here are a few options to consider:
- Talk with a trusted friend or loved one.
- Reach out to a mentor, a clergy member or a spiritual advisor.
- Seek out confidential, non-medical counseling through the Department of Defense.
- Find a support group.

If your sibling died while on active duty in the military, you may want to look into the Tragedy Assistance Program for Survivors, a national organization that provides support, mentoring and other services to surviving family members. The program has a special page for siblings with information about grief counseling, support groups and more. It can be found at

<https://www.taps.org/stories/?category=All&tag=General+Grief#>

You'll always miss your brother or sister. But with support, you can cope with your pain, and you don't have to go through it alone.

Bells Across America for Fallen Service Members

By *Navy Gold Star Program*

Bells Across America for Fallen Service Members is a time set aside each September to reflect, remember and honor those who have died while on active duty. Join us on Sept. 21 as we pay tribute to these brave men and women and recognize the sacrifices of those who have been left behind as we toll a bell in remembrance of our fallen heroes. Contact the closest Navy Gold Star coordinator to learn more about the ceremonies being held near you.



Coming Back to Life: 15 Years Later

By Kathleen Colvert, Gold Star Spouse

I still remember looking down at Dave from the catwalk just before the ship took in all lines and pushed away from the pier. It was my first deployment. Any feelings of exhilaration, anxiety or excitement for the journey ahead were tempered by the bittersweet feeling of saying goodbye to my husband. I watched as he glanced up and saw me, put his arm up in the air with a final wave and flashed me a huge smile. He was excited for me too.

Dave would go on to deploy a few months later, the best overlap we could manage as a dual military couple. I was assigned as a surface warfare officer aboard the USS Mobile Bay (CG 53), and Dave was an assistant platoon leader at SEAL Team 3. We had just celebrated our first wedding anniversary, although our friendship extended back into college, where we met at George Washington University. Being a dual military couple wasn't easy. There were the daily stresses of our individual work places and the peripheral stresses of carving out time together among the at-sea periods and work ups. We figured we would "dog it out" for a few years and eventually settle down into a quieter life with the house, the white picket fence and a family. The idea of our future together was always what kept us grounded to one another.

I was at the halfway point in my deployment when my ship pulled into Bahrain for a short port visit. It was early in the morning of the second day of our stay when the executive officer knocked on my stateroom door. My roommate and I were still in our racks, so it was a bit unusual to be roused by the XO for an impromptu meeting with the captain. My brain scurried through a multitude of things it could be: a Sailor in trouble, a broken part, something that I needed to fix. To this day, I wonder what it must have been like for the XO, knowing that he would be the last person to see me before my entire world changed. I was fretting over my uniform, and I remember him commenting to me "not to worry," which seemed absolutely ridiculous to me at the time. Right. Just roll up into the CO's cabin with a wrinkled uniform. But he knew.

It was October 12, 2002. Sitting on the couch in the CO's cabin moments later, my brain was paralyzed after hearing the words, "Dave is dead." It felt like the furniture and the fixtures either got very large, or I got very, very small. I heard maybe every fourth word that came out of the skipper's mouth. Something about an "accident" and Dave not making a rendezvous point. He may have asked me some questions. I was too shocked to really cry, and to this day, I still remember the parallel-lined pattern in the wallpaper that my eyes bored holes into for the better part of a half hour.

This year, it will be 15 years since that morning. It's hard to believe. There are times when that morning feels so far away to me and other times where I can still smell the ship

that morning. I can still see myself walking down to my stateroom after leaving the CO's cabin, forever altered.

I was only 23 years old at the time, so to say that I didn't exactly handle the death of my husband with grace is an understatement. The day after Dave's funeral, it felt like life went on for everyone else. I remember my family waking up the next morning after the funeral and making breakfast, doing all of these really normal things that made absolutely no sense to me. The hum of everyday life picked up and I was surrounded by people moving around me in vivid Technicolor, while I stood frozen in place in black and white. Over the years, my grief would be ugly. It would be messy. It would leave me feeling so utterly empty and defeated that for many years it felt like I was sleepwalking from one day to the next.

Looking back now, I realize how I began to try and erase the hurtful parts out of my life. I would misremember entire conversations if they were painful, as if my brain had gone rogue and was rewriting my daily history to insulate me from more pain. I did not realize the extent of my suppressed grief until several years had passed. I had remarried a Marine pilot. Five years had gone by and I had sworn to myself that I was fine — until my new husband deployed to Iraq on a ground tour. There would be weeks of no communication while they were out on patrol, an operations tempo that was frighteningly similar to my old life with Dave. I was in a training school at the time. Every knock on the classroom door from the admin department would send my heart racing; it beat so hard I could feel it in my chest and head. My hands would sweat. And I'd wonder if the knock was for me. It was when I was confronted with the possibility of being widowed again that I fell apart.

Seeking help and entering therapy were not easy for me. I felt awkward addressing something that was in the past. I didn't understand how to explain to a stranger the odd dichotomy I was experiencing — one moment paralyzed by fear of losing someone again, followed by another when I was actively



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Chaplain's Corner: A Spiritual Prescription for Leveraging Living in the Moment

By CNIC Force Chaplain's Office

Have you ever heard of a “spiritual prescription”? Just as a physician prescribes medications for our physical body, sometimes chaplains prescribe spiritual prescriptions. Consider this spiritual prescription: “Read Psalm 23 three times per day for 30 days.”

Most who accept this prescription are astonished at the results. Some report moderate change. All report some benefit. None say that it caused them harm. Hint: You can read Psalm 23 more than prescribed and reap even more spiritual benefits. A little secret: Some Navy chaplains pray Psalm 23 all day long as a best practice in “living in the moment.” A word of assurance: You cannot overdose.

What are the benefits? There are many, but let us focus on three:

First, if you are a visual person, you develop an increased ability to see the “wonder” of God’s active presence in your life as never before.

Second, if you are not a visual person, you can ponder notions generated in your mind as you read Psalm 23. Notions that point to possibilities as you face life situations: God is intimately close. Like a doting parent or friend, the Good Shepherd is leading, guiding, protecting, nourishing, and empowering all of us to be our best. And the images of Psalm 23 are streaming in living color! Images of green meadows, peaceful streams, dark valleys with God right there by our side — a comforting and protective presence. All the time, sitting in an honored seat before our enemies, we experience deeply the calm of God’s goodness and mercy spilling over and influencing our heightened awareness of just how precious it is to be “living in the moment.”

Third, the pain of “living in the moment” does not go away. Disappointments will come. Tears will flow, bearing witness to dashed hopes and deferred dreams. However, the joy of “living in the moment” does increase geometrically. Joy increases because practicing this “spiritual prescription” moves us all to be more hopeful, more faithful and more grateful!

Take the invitation. Try the spiritual prescription. Experience a life-changing difference.



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planning for that moment so as not to be caught off guard again. I happened to find the most wonderful therapist. She helped me unpack the years of active forgetting and forced me to realize that what I was experiencing was post-traumatic stress.

Grief is such an amorphous state; its imprint upon the people it impacts is so unique. It can lie dormant for years until it rebirths itself, and wraps you up as fresh and rested as the day it first laid its hands on you. As I thumb through the years, conventional therapy, although late in the game, was an important step for me. However, the best therapy choice I made very early on was when I adopted a black Labrador retriever puppy I named Moe. Moe was my companion in those first few weeks in the empty apartment Dave and I had shared until I was able to relocate. Moe was there for every ugly moment, every near breakdown, and he occupied the other side of the bed for years to come. When I found myself confronting the fear of being widowed again, he was there for walks, for cuddles — a true companion. He ensured that I stayed active every day and helped me rediscover laughter. He turns 14 this year and what a journey we have been on!

Looking back, I don’t think there was one singular moment that “got me through.” There were a lot of great friends, my family, my husband, and one really phenomenal dog. And there was time. It took me a good 10 years to stop looking over my shoulder occasionally at what once was. There is no quick fix; there is only the recognition that you must accept your changed perspective. You must make peace with memory. And you must let go of the guilt for charging ahead and chasing down happiness, creating a new life and vision for yourself. The moment I truly came into my own was the birth of my first daughter. I now have three. And each one of them is so irrevocably unique. And they are only possible because I am in the here and the now. They are the culmination of my commitment to a new life.

Disclaimer: It is the mission of the Navy Gold Star Program to provide Survivors with information on resources available to them. Survivor’s Link is one of several tools used to accomplish that mission and from time to time will include information (including phone numbers and websites) for various non-governmental resources. The Department of the Navy does not warrant or endorse these entities, products or services.

New Year, New Checklist - Part Two of a Four-Part Series

By the CNRSE Navy Gold Star Team

A power of attorney is a legal document that authorizes someone (known as your “attorney-in-fact” or “agent”) to act or contract on your behalf. The document tells the world that your agent is acting as if they are you whenever they take an action, and that you agree to be bound by the deals or actions taken on your behalf. In this way, you can use another person to help take care of your personal needs, including transactions such as authorizing someone to take your child to the doctor, purchasing or selling items, financing or re-financing cars and homes, signing and breaking leases, and more.

Why should I get a power of attorney?

Powers of attorney are helpful documents to have if your job or lifestyle prohibits you from being able to engage in commercial transactions, sign contracts, or work through an existing or expected conflict. Many individuals will get a power of attorney if they expect to be overseas or are traveling for work and need to leave their homes, property, or unresolved transactions behind. The power of attorney can then be used by the agent to resolve whatever needs to be taken care of in your absence.

Powers of attorney can also be written in conjunction with your will to identify whomever you would like to take care of your affairs in the event of your incapacity due to coma, physical injury or mental health limitations. These documents can include financial or health care decision-making powers, and will identify whomever you wish to be your representative when you are unable to care for yourself.

Is there a way to limit the authority of my agent?

Yes. There are multiple types of powers of attorney, each with their own limitations. Some powers of attorney are written very broadly to capture a wide variety of potential issues (called “general powers of attorney”), while others are limited to more specific terms such as selling a specific vehicle, signing a lease or withdrawing a specified amount from a bank (called “special powers of attorney”). Powers of attorney can also have an expiration date included to limit the agent’s period of authority.

A typical power of attorney is automatically terminated upon your incapacity. However, a power of attorney can be drafted to permit your agent’s authority to continue upon your incapacitation, or alternatively, to grant power only when you become incapacitated. With these powers of attorney, you can identify someone to take care of your affairs when you are no longer able to do so yourself. Due to the longevity of these documents, most offices will require you to sit with an attorney for an appointment to discuss them in detail.

How do I revoke a power of attorney?

Powers of attorney are generally revoked by destroying the original document, sending written notice of the termination to your agent and sending written notice of the termination to known parties the agent has contracted with on your behalf. Additional written notice should be provided to any individuals you expect the agent may attempt to engage in transactions with. If you need to revoke a power of attorney, you should schedule an appointment with an attorney to best protect your rights and finances.

Where can I get a power of attorney?

Work with an attorney to determine which documents will work best to achieve your needs and desires. Gold Star family members may be eligible for free legal assistance services through the military. CONUS offices can be located online at <http://legalassistance.law.af.mil/content/locator.php>. Individuals requiring assistance while abroad should contact the nearest military installation for further assistance.

www.navygoldstar.com

1-888-509-8759



NavyGoldStar

Survivor’s Link is published quarterly by
Navy Gold Star Program.

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Washington, DC 20374
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Building Your Support Network

By Jill Harrington-LaMorie, DSW, LCSW

Experiencing the death of a loved one can challenge us in many ways as we learn to adapt to the loss in our lives. Although there are no right or wrong ways to grieve, getting support and taking care of yourself can help you deal with your feelings of loss.

One of the single most important factors in healing from loss is having support. Sharing your loss can make the burden of grief easier to carry. Even if you are not comfortable reaching out to others for support under normal circumstances, it is important to garner support while you are grieving. In fact, connecting with others can be one of the most important steps in your healing process.

There are varying types of support after a loss, both practical and emotional, and all of them can help you on your journey. Here are some suggestions on how to build your network of support.

Identify Your Needs

In the early months after the death of a loved one, it may be very difficult for your friends and family to see you in pain. They may want to rush you through the process, further reinforcing that you need to run away from or bury your feelings of grief. It's important for you to get to know yourself during this time and tune in to your needs. This will build your confidence in making the choices that help you heal.

Grief can overwhelm you physically and emotionally. If you recognize this from the start, you may feel better about allowing others to help you. Overbooking your schedule and keeping overly busy to avoid feelings of grief will only delay you in coping with the loss. Pay attention to your feelings, allowing yourself the full range of emotions that come after the loss of a loved one: sadness, anger, guilt, fear, and loneliness.

You may need to find time in your daily schedule for outlets that help you cope with your grief. This can be time and space for being alone with your feelings, crying, journaling, walking, exercising, creating art, or talking with friends. Take some quiet time for you, whether that is taking a nap or just lying down.

Rely on Others

We often take pride in being independent, strong and self-sufficient. Accepting help from others can make us feel fearful that we may become too dependent or a burden on others. But this is the time to lean on the people who care about you. It is said that death and grief cause us to rewrite our address books. As you identify your needs, it may be a good time to weed out unhelpful friends and family, staying close to those who are truly supportive. As you

discover those who will support you, accept the assistance that's offered.

Oftentimes, people want to help but don't know how, so it might work well if you make a list of the things you need them to do to allow you to feel supported. When they call and offer to help, you can give them a choice from the items on your list — whether it's a shoulder to cry on or help with the laundry.

For practical support: Now is the time when you might need help with babysitting, cleaning, meals, car pools, walking the dog, cutting the grass, or grocery shopping. In the early weeks, you might assign a family member or friend to act on your behalf to take phone calls and listen to voicemail messages. You might need assistance with funeral and memorial plans. Later, you might want help writing and mailing thank you notes. Managing social media can be daunting when you are grieving, so you may want to suspend your posting activity for a time. On the other hand, you may also find these outlets healing and may want to ask others to help create memorial pages.

For Emotional Support: Try to identify friends and family you can talk to — those who can be empathetic, understanding, patient, and compassionate. Whether it is a family member or a friend who has also lost a child, spouse, sibling, or cousin, these are the people you know you can rely on to take your call at ten o'clock in the evening or seven o'clock in the morning.

Respite care: Even though it is valuable for your long-term healing to confront your feelings of grief early on, it is exhausting to be continually immersed in the feelings of pain, sorrow, sadness, anger, and anxiety. Some of your friends, family members, neighbors, or paid caregivers may be skilled at giving you respite so you can re-engage in activities that bring you emotional or physical relief. A surviving spouse with children may want to try and arrange a friend to babysit for a few hours. It may be for a simple trip to the hairdresser or a walk in the park. A surviving sibling or child may want to reach out to those friends and see a movie or go to the mall. A surviving mom and dad may need a walk on the beach with a local faith group or a close neighbor. Finding others who can provide you respite may give you the sanctuary you need for a time.

Build a Medical Support Team

Grieving is hard work and can take a toll on our bodies. If you are not already connected with a good primary care physician, contact your insurance company, friend or family for a referral. Because the mind and body are connected, you'll also feel better emotionally when you feel good physically. Fight the stress and fatigue of grief

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by getting enough sleep, eating right and exercising. Be careful about using alcohol or drugs to numb the pain of grief. It is also good to know what to do when physical symptoms may lead to crisis. In these instances, a 24-hour or emergency care facility is always recommended.

Seek Spiritual Support

If you follow a religious or spiritual tradition, embrace the comfort its mourning rituals can provide. Spiritual activities that are meaningful to you — such as praying, meditating, or going to church — can offer solace. If you're questioning your faith in the wake of the loss, talking with a clergy member or others in your religious community may help. Just as grief is a highly unique and personal journey, so is your spiritual journey in the aftermath of loss.

Talk to a Grief Counselor

As time moves forward, if you are feeling overwhelmed, constantly down, fearful, and anxious or depressed, you may want to seek professional support. An experienced grief counselor can help you work through intense emotions and help companion you on a path of healing. TAPS can make the connection for you with a mental health professional who is experienced in working with grief and loss.

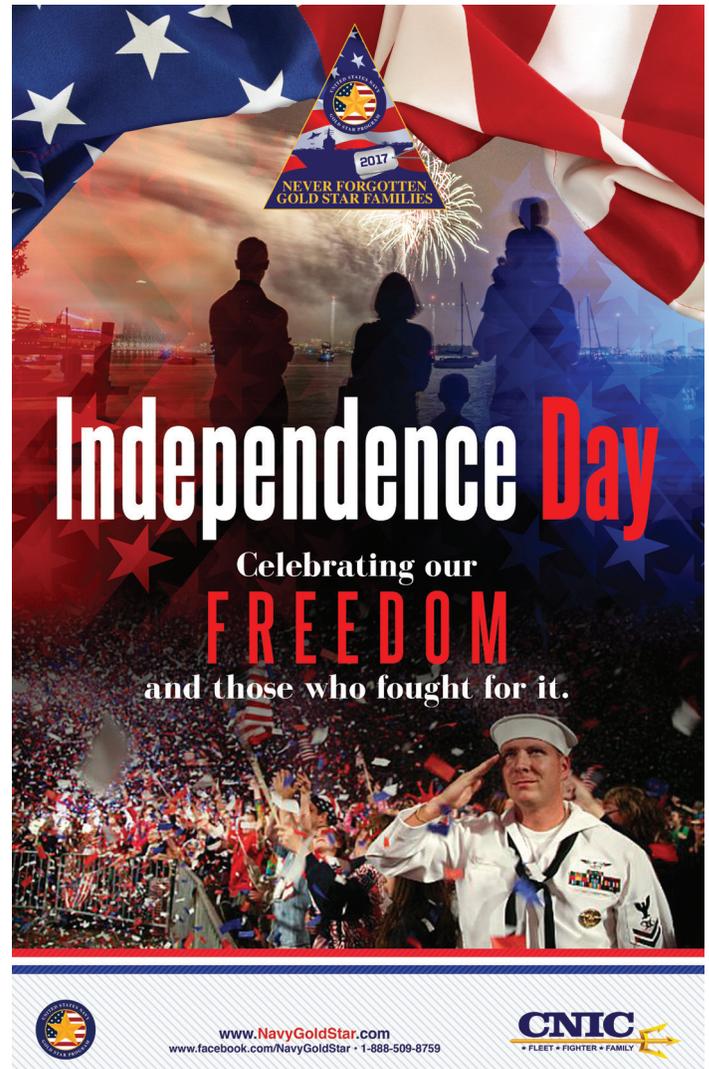
Join a Support Group

Grief can feel very isolating and lonely, even when you have loved ones around. Sharing your sorrow with others who have experienced similar losses can help. To find a bereavement support group in your area, contact your Navy Gold Star coordinator for an individualized community resource report. Many groups are offered at local hospitals, hospices and counseling centers. In addition to helping you find local support options, TAPS offers other avenues of peer-based emotional support. Find out more about peer mentors, online chat groups, regional and national survivor seminars, suicide support seminars, retreats, and local care groups by calling 800-959-TAPS or visiting www.taps.org.

To Sum It All Up

Realize that while others have "moved on," grief can be a long journey for those whose lives are directly affected by the loss. Having realistic expectations that it will take time to adjust to your loss will help you rethink your priorities and set realistic goals for yourself. In the meantime, don't hesitate to allow the people around you the chance to make a difference in your life.

This article is reprinted with permission from the author. It first appeared in the Summer 2015 issue of TAPS Magazine (www.taps.org).



Kid's Korner

4th Of July Word Search

Search for the hidden words going up, down, left and right.



R	E	M	M	U	S	G	C	T	B	A	X	F	F	Q	T	U
U	P	S	B	F	I	G	U	A	E	B	K	D	R	L	B	P
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A	E	H	R	O	X	Q	F	M	K	K	Y	M	P	F	N	L



FIREWORKS
LIBERTY
AMERICA
SUMMER
PHILADELPHIA



FREEDOM
PARADE
ANTHEM
PATRIOTIC
ENGLAND



INDEPENDENCE
FLAG
JULY
BARBEQUE
BEACH



10 SUPER-FUN WAYS TO MAKE YOUR SUMMER LAST A LITTLE LONGER



1 Room revamp

Redesign, rearrange, repaint, or redecorate your room. Make it into a space that makes you happy. A little change goes a long way.

2 It's A Wash!

Offer to wash someone's car for a small fee. Or do it for free; you may be surprised at the reward you receive.

3 Chill Out and Read

Find a spot (under a tree, or even in the tub), and read that book (or books) you've always wanted to. And remember, it's not a race. Take your time and enjoy the journey the author is taking you on.

4 Camp Out!

Whether outside or in the living room, with a tent or a blanket; find a space, set up camp, and invite some friends (animal or otherwise) and have fun!

6 Water+Dirt=Art

There's nothing better than mud for all kinds of art projects. Find a good spot, stir up the soil with a garden spade (or large fork), add water, and let your imagination do the rest. Add dry grass or straw as a binder, and let your mess-terpiece dry in the sun for a couple of days. BTW, you will get dirty. :-)

7 Solar System from the Store

Pick up a solar system at the store:

- Mercury (green pea)
- Venus (walnut in shell)
- Earth (pearl onion)
- Mars (cherry tomato)
- Jupiter (10-inch head of lettuce)
- Saturn (8-inch cabbage)
- Uranus (grapefruit)
- Neptune (large orange)

What kind of dinner can you make from your solar system? (If you want to include Pluto, pick up a peppercorn.)

8 Be Knotty!

There are hundreds of kinds of knots. Spend some time this summer learning a few. They can come in very handy. Search wikipedia for "list of knots."

BOWLINE >

9 Be Big About It!

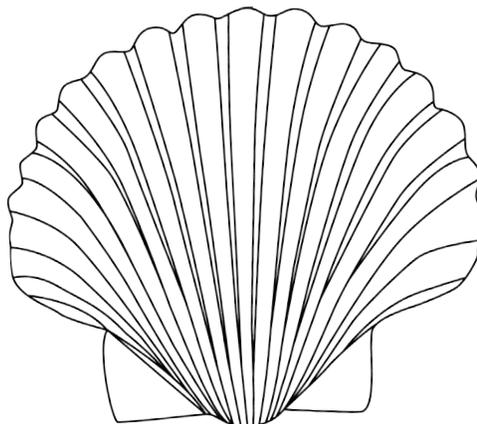
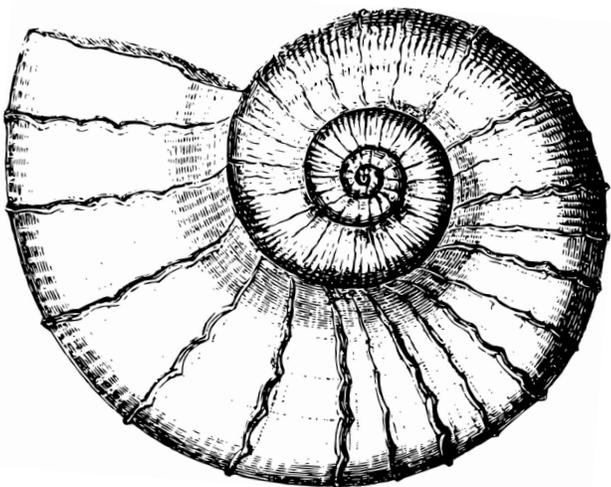
Find a bright flashlight, prop it up with a stick (or have a friend help), and step between it and a large building or house. Watch yourself grow many feet in a few seconds.

10 It Fingers

Learn ASL sign language (at least the 26 characters of the alphabet) and have a conversation with a friend. The more you practice, the faster you will get.

KIDS DISCOVER Courtesy: KIDS DISCOVER Magazine; Infotoon: Michael Kline [dogfoose.com]. For more fun, read Summer Fun by Susan Williamson.

Shells to Color!



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	360-396-2708	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	904-542-5706	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
NCBC GULFPORT INSTALLATION COORDINATOR	228-871-4569	FFSC / 5301 SNEAD ST GULFPORT MS 39501-5001
NAS CORPUS CHRISTI INSTALLATION COORDINATOR	361-961-1675	FFSC / 11001 D ST CORPUS CHRISTI TX 78419-5021
NAVAL DISTRICT WASHINGTON REGIONAL COORDINATOR	202-433-3059	FFSC / 2691 MITSCHER RD SW BLDG 414 WASHINGTON DC 20373
NAVAL DISTRICT WASHINGTON INSTALLATION COORDINATOR	202-685-1727	FFSC / 2691 MITSCHER RD SW BLDG 414 WASHINGTON DC 20373
NAVY REGION MID-ATLANTIC REGIONAL COORDINATOR	757-445-3073	FFSC / 7928 14TH ST SUITE 209 NORFOLK VA 23505-1219
NWS EARLE INSTALLATION COORDINATOR	732-866-2110	FFSC / 201 RT 34 BLDG C59 COLTS NECK NJ 07722
NAVSTA GREAT LAKES INSTALLATION COORDINATOR	847-688-3603 ext 127	FFSC / 525 FARRAGUT AVE STE 300 BLDG 26 GREAT LAKES IL 60088
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

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and contact column info to all mailing addresses to ensure delivery.