



COMMUNICATING INFORMATION AND RESOURCES



## Season of Changes

*By Pam Valliere, NDW Regional Navy Gold Star Coordinator, Gold Star Mother*

When thinking about what to write for this September's Survivors Link, I was struck by the idea that this month ushers in a season of changes. Summer is over and school begins. We acknowledge the loss of so many at 9-11 ceremonies. Halloween is around the corner and before you know it, the holidays are upon us. So much to do and think about! As Survivors, we experience change firsthand. The death of our loved one forever marks us. This time of the year can be especially daunting for some Survivors.

Back to school, whether it is elementary school, middle school, high school or college, can be exciting. But for some Survivors it brings back memories of when that sister or brother went to school ahead of them, or a parent sees the younger child and remembers the older one as they went to school. For a spouse, they see their children go off with only one parent to cheer them on. And the child longs for the parent to be a part of that day. This can stir up many emotions, whether the death was recent or years ago.

Halloween, Thanksgiving and the December holidays can be a happy time of the year, filled with fun, visitors, family, and presents. Costumes, great food and beloved traditions are a part of our lives. But for those who have lost someone dear to them, the holidays can be challenging; an important person is missing. So, will we never be able to enjoy this time of year? Will there always be sadness and grief? There is no set answer for that. Each of us mourns and grieves in our own time and space. But we can try to find ways to get through it all during the first year of

grief and every year beyond, so we can go forward and find joy in this time of year.

Each family deals with loss in their own way. Many Survivors decide to change how they celebrate various events. They make a new tradition or way forward. Others keep what they have done in the past and include their loved one through pictures or other means in the process. The first year is a difficult time, with Survivors still looking to understand why their loved one is not there and how to carry-on. It can be a year of turmoil when the family has to begin making decisions for their future without their loved one.

But each subsequent year also brings its own challenges. Our loved one will always be in our hearts and minds, and at certain times of the year we can expect to feel our grief more intensely. What worked the first year may not work for the family now. And that's okay! You may return to the traditions you had before the death, or continue with whatever new traditions you have created. Just take it one holiday season at a time.

What can be difficult for many Survivors is that we are not alone, and how we grieve may affect others who are also grieving. Children may witness or notice our sad mood(s), which may affect or contribute to their well-being. It can be helpful to have a discussion with our children to acknowledge this and brainstorm ways to cope. You may want to include your children in planning for the holidays and incorporate their ideas for special events. They may surprise you with what they say. Children and teens may want to stay home or get away. Or, they may want to do

activities that help them feel closer to their loved one and help them to process their grief. Try to be open to their ideas. Those ideas may help you as well.

It's also okay to not do everything! Pick what you think would be best for you and your family and ignore the rest. Let family and friends know that although you appreciate invitations, you may not be up to attending all of them. There are always such high expectations during the holidays. It's important to manage those expectations and not overload yourself. Make a plan of what you would like to do. Schedule down time, alone time, and time with others. Take the time to take care of yourself. Getting plenty of rest and eating well will help you to gain the resiliency to cope with the emotions of this time of year.

This season of changes will come around every year. Sometimes Survivors can feel guilty for enjoying themselves and feel that they are disrespecting the memory of their loved one. I truly believe that our loved ones would want us to remember their love and sacrifice, but honor their memory by living our lives fully and engaging in events during seasons and holidays.



# 5 Simple Saving Tricks for Kids

From [www.themint.org](http://www.themint.org)

How good a saver are you? Is it easy to save money, or is it tough? Here are some simple tricks to help you save money.

## Trick #1: Four banks, not one!

Want a smart way to control your money? Use four little banks. Label each bank with the way you'll use the money: SAVE, SPEND, INVEST, and GIVE.

A spending bank for money to be used soon on everyday things.

A saving bank for money to be used later on larger items.

An investing bank for money that will be used several years from now.

A giving bank for gifts to help others.

Decorate each bank with stickers, photographs, cut-outs from magazines, or your own drawings. The pictures show how the money will be used. For example, if your SAVE bank holds money for a new bike, that's the picture you tape to that bank. Show off the banks in your room! They keep track of your money – the money you have saved.



## Trick #2: Set savings goals!

How much should you save each month? That depends what you're saving for. For example, you want to buy a new bike, but your parents say that you have to save \$100 of the bike's price before they will pay the rest. It can be tough to earn \$100 in a short amount of time. That's why money-smart kids have savings goals – and stick to them.

If you saved \$25 each month (\$6.25 a week), you could buy that bike in four months! And if you saved \$50 each month, you could buy that bike in two months! Sweet! The more you can save, the quicker you get the bike.

Money-smart kids who stick to their savings goals make things happen!

## Trick #3: Save first, not last!

What's the FIRST thing you do when you get paid? You divide your money and put it in your four banks. If you want that bike, you have to be sure that money goes into the SAVE bank FIRST. Talk to your parents about your plan. They might separate that SAVE money from your allowance so that you can easily put it in the SAVE bank right away.

Here's why putting your SAVE money into your bank first is important. Listen up! THIS IS A BIG RULE about money. You can spend it only once. Let's say you use your SPEND money go to a movie. You have all of your allowance in your pocket, and you spend \$5.50 of your SAVE money on pizza and soda. That money is gone. You can't use it for your bike. Your dream of a bike just got farther away.

## Trick #4: Cut your expenses!

Get a notebook that you use only to keep track of your money. Write down any money you spend. Try to keep a money diary. List what you bought, when you bought it, how much it cost, and why you bought the item. Your money diary will teach you something about yourself. For example, you may find that you spend \$5 a week on snacks from vending

machines at school. Are those snacks worth that money? Or, would you rather save that money for something else? Don't eat the snacks and you will get closer to buying the bike.

## Trick #5: When you do spend, be a smart shopper!

Okay, you've got some money and you're ready to buy a DVD. You've saved that money, so make it work for you. Remember to shop smart! Check out prices. You can buy that DVD plenty of places. Figure out where you can get the best buy for your money. Look for sales and coupons. If you save a dollar, that means you can spend it on something else. Or, add it to your SAVE bank for your bike. Learn more in the spending section!

[www.navygoldstar.com](http://www.navygoldstar.com)

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## Chaplain's "Care"

By CDR Dan Stallard, CHC, USN, CNRSE Chaplain

Navy chaplains and religious program specialists are called to serve our service and family members while afloat, ashore, around the globe, and during war and peace. We have four core Religious Ministry capabilities: provide for our own, facilitate for others, advise the commander and command, plus care for all.

What does it mean to care for all? By policy, "Chaplains are uniquely qualified to deliver specific institutional care, counseling and coaching, which attend to personal and relational needs outside of a faith group-specific context. This includes relational counseling by chaplains, which is motivated by their proximity and immediate presence, distinguished by confidentiality, and imbued with professional wisdom and genuine respect for human beings."\*

As a Religious Ministry professional, every chaplain is uniquely qualified with a master's level of education or higher, endorsed by a religious organization often referred to as a faith group, and has religious ministry experience before serving on active duty or in the Reserves. Many chaplains have multiple degrees, and some are specially trained in hospital ministry, pastoral care and counseling, and psychology; however, in the heart of every chaplain, regardless of specialty training, is the desire to care for those in need.

Being a caring chaplain is a privilege, especially when we get the opportunity to help during a personal crisis. About one and a half years ago, I was the duty chaplain and received the tragic news that a service member had suddenly died overseas; a casualty assistance calls officer (CACO) was assigned. We quickly assessed the family was a few hundred miles away and part of our Reserve community. I quickly reached out to our Reserve chaplains, who provided support for the CACO call. Then I reached out to the family after the initial call to assess the family's needs.

Over the next few days, after funeral plans were made, I introduced the family to the expanding Gold Star Program. Our Southeast Region Gold Star coordinator began to care for this family and provide them the resources they had to offer. Over the next several weeks and months, the family was assisted by the myriad of resources provided through CACO, our chaplains, Gold Star, and the command, as they cared for their own. Caring became a community effort – a community of trained professionals whose mission and passion is to care.

Caring for all is not something chaplains have the exclusive privilege of doing; everyone can care for those around them. Someone once said, "People don't care how much you know; they want to know how much you care." My hope is that you take time to care – the blessing will be yours.

\*SECNAVINST 1730.7D, Religious Ministry within the Department of the Navy

## Gold Star Mother's and Family's Day

By Stephanie Hunter, CNIC Program Analyst

Since 1936, the last Sunday in September has been designated as Gold Star Mother's Day to recognize and honor those who have lost a son or daughter serving in the United States Armed Forces. In 2009, fallen service members' families were officially recognized and added by presidential proclamation, renaming the observance to Gold Star Mother's and Family's Day. Each year, the president signs a proclamation reaffirming our commitment to honor the individuals "who carry forward the memories of those willing to lay down their lives for the United States and the liberties for which we stand." On Sept. 25, we pay tribute to those mothers and families who have sacrificed so much.

The Navy is committed to helping foster resiliency for families of fallen service members, regardless of how they died. The Navy Gold Star Program honors Gold Star families throughout the year by hosting events that pay tribute to their lost loved ones, providing resources and opportunities to connect with one another.

On Sept. 22, in association with Gold Star Mother's and Family's Day, Navy installations across the Continental United States will participate in the Bells Across America for Fallen Service Members event, where the names of the fallen will be read and a bell will toll to honor and remember them. Throughout history, bells have been used to announce a death or to express the gravity of an individual's passing. They are struck to communicate the depth of sorrow and the extent of loss. These coordinated ceremonies are just one way the Navy is recognizing the sacrifices of our fallen heroes and their Gold Star families left behind.

For more information on the Navy Gold Star Program or the location of Bells Across America for Fallen Service Members in your area, please visit [www.facebook.com/navygoldstar](http://www.facebook.com/navygoldstar), [www.navygoldstar.com](http://www.navygoldstar.com) or call 1-888-509-8759.



# Fears and Halloween

From <http://www.dougy.org/grief-resources/fears-and-halloween/>

For those who celebrate Halloween, the images can bring many things to mind: pumpkins, costumes, fall leaves, and, of course, candy. It's also a time when we're bombarded by images of death: headstones, skeletons, ghosts. Some houses really amp up the gore in their decorations, with hanging skeletons, arms and legs reaching out of the ground, corpses in caskets, and other images that can be extremely disturbing to those newly bereaved. For grieving children and families, the Halloween decorations and costumes can be a trigger for the loss they have experienced.

What do grieving children fear? A lot of things. Who will die next? How will we live without the person who died? Who will take care of me? Where do people go after they die? And, most especially, will I die too? Some children will have fears about places or circumstances related to the death. They might get nervous or uncomfortable when they encounter these reminders (driving by the hospital, hearing a fire truck siren, going to the doctor).

Night time can also bring up a lot of worries and fears. This might look like they are having difficulty falling asleep or waking up with nightmares. Some children might want to sleep in the same room or bed with their parent or siblings. For those who are okay sleeping by themselves, they might need additional comforts, such as leaving a light on, the door open, or having a special stuffed animal to hug.

If you know a child or teen who is dealing with fears and worries after a death, here are some ways to help:

## Listen

It's natural to want to reassure children and take away their fears, but it can be more helpful to start with listening to and acknowledging their worries. If you want to offer reassurance, do so without making promises that can't be kept. A common example is a child who is worried that you or someone else will die too. Rather than say, "Don't worry honey, I won't die," it's more helpful to say something like, "I know you're worried about other people dying too. While everyone does die, I plan to take good care of myself and to be here for a very long time. If something were to happen to me, there will always be someone to take care of you."

## Provide Information

Fears and worries often are rooted in a lack of knowledge. Ask children and teens if they have questions about the death or the person who died. Answer honestly, in language they can understand. You also can ask them what they think or what they have heard from other people. Sometimes just having the details they're wondering about will help lessen their fear.

## Ask What They Need

Children and teens often know what they need, but may not feel like their ideas are valid or worthy. If a child gets scared when a fire truck goes by, start with acknowledging: "When the fire truck goes by, you get scared and cover your ears." Then you can ask what they need: "When you get scared about the fire truck, what do you think would be helpful? What could I do to help you feel safe? What could you do to help yourself feel safe?"

## Establish Routines

Consistency and predictability go a long way toward helping children and teens feel safe after a death. Routines around going to bed, meal times, school, and activities can provide a structure that is reassuring. While routines are helpful, it's also good to remain flexible and allow for things to shift and change when needed.

## Offer Choices

When someone dies, children and teens, as well as adults, often feel powerless and out of control. Providing them with choices helps to rebuild a sense of control over their lives and lessens their fears about the world being unsafe. These choices can be as small as, "Which of these two cereals do you want?" or as big as, "Would you like to attend the memorial service?"

Here is a craft activity that children might find helpful, especially when it comes to having fears about going to sleep:

### Power Shield

Cut a piece of cardboard into the shape of a shield. Divide the shield into sections. Ask the child what colors, shapes, words, and objects that help them feel safe. Fill in each section with a color or image that represents power for the child. The shield can be hung above the bed, placed under the bed, or anywhere else that the child feels it will bring them the most support.



Jack-O'-Lantern ... Jack-O'-Lantern

You are such a funny sight

As you sit there in the window

Looking out into the night

You were once a yellow pumpkin

Growing on a sturdy vine

Now you are a Jack-O'-Lantern

Let your candlelight shine.

# Gold Star Mothers National Monument

By Ray Cunnikin, CNRMA Navy Gold Star Coordinator

During World War I, mothers of service men and women who served in the U.S. Armed Forces would display flags bearing a blue star to represent their pride in their sons and daughters, and their hope that their loved ones would return home safely. For more than 650,000 of these mothers, that hope was shattered, and many of



them, both during and after World War I, began displaying flags bearing a gold star to represent the sacrifice that their loved one made while serving this country.

On May 25, 2011, Congress passed the Gold Star Mothers National Monument Act of 2011, which authorized the Gold Star Mothers National Monument Foundation to establish a monument in the District of Columbia area, as a unit of the National Park System, to be known as Gold Star Mothers National Monument. All funds are being raised privately by the Gold Star Mothers National Monument Foundation.

The Gold Star Mothers National Monument will honor those families who sacrificed more than most of us, and illustrate that America has citizens in every community and hamlet willing to make such sacrifices. Without their sacrifices, freedom could not and would not have been preserved. This monument pays tribute to the Gold Star mothers whose service and sacrifice should never be forgotten.

The “Woody” Williams Medal of Honor Foundation, established in 2012, has been paying tribute to Gold Star families through their Gold Star memorial projects. The foundation’s vision since the very beginning has been to have a Gold Star Memorial Monument in every state so families can have a place to reflect, remember and pay tribute to their loved one who sacrificed so much.

The original monument was established at the Donel C. Kinnard Memorial State Veterans Cemetery, 130 Academy Drive, Dunbar, West Va., in 2013. A second Gold Star Families Memorial Monument was dedicated on Sept. 21, 2014, in Valley Forge, Pa., the third and fourth monuments were dedicated on May 25, 2015, in Lafayette, Ind., and Fairfield, Ohio, and a fifth project was completed in Tampa, Fla., and dedicated on May 21, 2015.

For more information about the Hershel Woody Williams Medal of Honor Foundation or how you can start a project in your community, please visit [www.hwwmohfoundation.org](http://www.hwwmohfoundation.org).



## Chaplain's Corner: Bee Sweet Like Honey

By CNIC Force Chaplain's Office

“Kind words are like honey — sweet to the soul and healthy for the body.” Holy Bible, Proverbs 16:24 New Living Translation

Kind words are more powerful than we can ever imagine. It does not cost anything to give kind words. It certainly does not cost anything to receive kind words. This quote from Proverbs reminds us of the value of kind words: “Kind words are like honey – sweet to the soul and healthy for the body.” Sounds a lot like medicine for the soul and healing for the body!

Kind words are like honey. Isn't it sweet to receive an unexpected kind word, especially from an unexpected source? It is like honey! Not only are the kind words sweet, but they are gooey and hang with you all day! What a morale booster to give or receive kind words!

Kind words are sweet to the soul. It is remarkable how so many are quick to pass on harsh judgments and mean attributions without even knowing you. But, unfortunately, there are not many who are as quick to pass on kind words. For the sake of mutual understanding of the phrase “kind words,” these are unsolicited verbal expressions about you that are true, affirming, gracious, and encouraging. Such words, in a pastoral counseling context, are “mirrors” to show you how the “true colors” of your character are coming through for others. The truth is, we unknowingly make a difference to so many.

Kind words are healthy for the body. This is what nutritionists know about honey and its healthy impact on the body ([www.dailynaturalremedies.com](http://www.dailynaturalremedies.com)): It improves digestion, lessens muscle fatigue, boosts energy, facilitates losing weight, regulates blood sugar, suppresses coughs; heals cuts and burns, improves skin, and alleviates insomnia. And, honey tastes good!

Kind words challenge for the day: Bee sweet like honey!



## Kid's Korner

### Make Sidewalk Chalk!

As the weather cools we tend to find ourselves enjoying the outdoors a little more, and fall can be a welcome break from the scorching summer months. One activity that kids tend to find universally fun is expressing their artistic side through sidewalk drawings. A great craft to do together is to create custom chalk for these driveway masterpieces.

Difficulty: average

Time required: 30 minutes

What you need:

- A mold (can be anything from a toilet tissue roll, to a paper cup, to those fancy candy or soap molds you find in the craft store)
- 1 cup Plaster of Paris
- 3/4 cup water
- Medium-sized bowl
- Powdered Tempera Paint

Here's how:

1. Find a mold for your sidewalk chalk.
2. Mix together 1 cup of Plaster of Paris with 3/4 cup of water.
3. Add color to your mixture using powdered Tempera Paint to desired hue.
4. Blend well and let stand for a few minutes.
5. Pour your mixture into the molds you chose.
6. Set aside and let dry completely.
7. Once the mixture is dry, you can remove your chalk from the mold.
8. Set it aside to dry for about 24 hours.
9. Take your chalk outside and create fun masterpieces!



Tips:

1. Powdered Tempera Paint is available at most large craft stores. If you need to use liquid paint to color your chalk, increase the Plaster of Paris to 1 1/2 cups.
2. Experiment with making swirled colors by adding the paint and stirring very little.
3. Drying time can take from several hours to a few days, depending on the size of the mold you chose.

### Create a Memory Chain

One way to remember your loved one is by creating a memory chain that includes the thoughts and memories of multiple individuals. Start by cutting out strips of paper, and enjoy spending time as a family writing or drawing memories of your loved one on each strip. Then, link the strips together by looping them to one another. Use tape or glue to create a chain of memories. Hang up your memory chain or keep the memory strips in a box, adding new memories and occasionally reading through them together.





# A Survivor's Story

By Jennifer Zellem, Gold Star Spouse

I walked into the high school auditorium to watch my husband, Lt. Cmdr. Scott Zellem, address the student body during a Veteran's Day Program in 2002. My heart was beaming. We had been married just over one year, and, while we didn't know it at the time, I was pregnant with our first child. Scott began speaking. "Let me start by saying thank you to my wife, Jennifer, for all her loving support. The future for us is a little uncertain, but I love you." As a young military spouse, I underestimated the magnitude of those sentiments.

Scott deployed on USS John C. Stennis in May 2004. Our son, Tanner, was 10 months old. Within six weeks, I began my first PCS as a Navy spouse. Scott accepted orders to Naples, Italy, and it was my job to "pack up" in San Diego, so when he arrived home from deployment we could move immediately. Our express shipment was picked up, followed by our HHG shipment, and finally our NTS shipment. Tanner and I moved out of our home and traveled to Hawaii to see Scott one last time (after the battle group completed RIMPAC) before the carrier continued its journey east. We spent an incredible four days in Oahu as a family. In the early morning hours of July 26, 2004, we took Scott back to the ship and said our final goodbyes. In my rearview mirror, I watched him walk away until he disappeared into a sea of people. I sat and cried, feeling a little ridiculous, given that (despite the deployment separation) everything in our life was pretty amazing.

Tanner and I went from Hawaii to my parent's house, where we planned to stay until Scott returned. On Aug. 10, I received a phone call from a spouse in the squadron. She told me there had been an accident, but that she had no other details. After making a few phone calls, I was able to gather that Scott was one of the men in the plane that crashed, but there was some hope that the crew had safely ejected. The next few hours were a brutal waiting game, and the end result was not what we were hoping. "Controlled flight into terrain. Uninhabited island. All four perished." The words ran together. I understood, but nothing made sense.

The next week was a blur of activity. I have limited memory of those hours and days. I was in shock. I made the necessary phone calls and sent the necessary emails, but I don't know how or when or to whom. I functioned like a robot, moving from place to place. Tanner and I went back to San Diego, where the squadron was based. We had no home where we could return. Our HHG were on a boat halfway to Italy. Every aspect of my entire life, at that point, was uncertain.

With virtually no squadron support, the other three spouses and I relied heavily on one another and our families to navigate the immediate future. We were each assigned a CACO, and our CACOs worked together to provide the best support they could offer. Twelve years ago, casualty assistance was something that happened to other people. Survivor benefits were not a topic people knew about. A "widow" was a sweet, elderly neighbor. And then there were the four of us. We felt very alone and we leaned on one another for support.

Over the last 12 years, the military has made strides to increase education surrounding casualty assistance and survivor benefits. Within just the last few years, the Navy Gold Star Program was created so survivors maintain a level of support long after the CACO closes the case. The military tries to protect and provide for surviving family members, but sometimes it needs feedback to know when and where that process can be improved. The future is uncertain, but it is up to each of us to share information and our experiences, to help make that "uncertainty" be the tiniest bit less daunting for those who will walk this path in the future. May God bless each of you and your families.



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# Pain to Passion: A Gold Star Mother's Journey to Heal

By Debbie Lee, Founder of America's Mighty Warriors

Aug. 2, 2006, was a day that forever changed our lives. We were notified that my son, Marc Alan Lee, had been killed in combat, becoming the first Navy SEAL to die in Iraq. There are no words to describe the intense pain of losing a child; research confirms that the sudden death of a child is the deepest loss there is. You feel as if there is no way you could survive.

Grief was not new to me. I had lost my husband 12 years before to suicide, but the loss of my son was much deeper. I had carried him in my womb for nine months; I nursed him and raised him as a single mother. He was supposed to bury me, and now I was laying flowers on his casket as they dropped it in the ground. This was not natural.

I had no choice about receiving the news that was given to me that day, but I did have a choice how I responded. I could have curled up in a ball and felt sorry for myself, but that wouldn't bring Marc back; it would make me physically sick and no one would want to be around me. My choice that day, figuratively speaking, was to put on Marc's boots, pick up his weapon, and stay in the fight for our troops and other Gold Star families. I still had to process through the grief, you can't avoid it, but this gave me a purpose. I wanted to make sure that resources were available for other families and to assure them that they did not have to walk through their grief journey alone. I did know who paid the price for our freedoms, and I wanted to support our troops who had sacrificed daily for me and my freedoms.

Marc wrote an amazing letter 2 1/2 weeks before he was killed that inspired me to start America's Mighty Warriors. Marc's name means "Mighty Warrior," and he definitely lived up to his name. But it's not just about Marc, it's about each and every one of our men and women who have served, no matter which branch of the military or what conflict they served in.

We have four main programs that we provide: (1) Gold Star Support, where we provide retreats and the Heroes Hope Home of provide respite and recovery; (2) Helping Heroes Heal Program, for our troops struggling with PTS/TBI and suicidal tendencies; (3) Random Acts of Kindness, which Marc mentioned in his letter; and (4) Advocacy and Education.

It has been 10 years since Marc Alan Lee was killed, but that young man is still changing lives around the world through his amazing last letter home and through our foundation. He was re-deployed to Heaven and I will see him again one day, but until God calls me home, I will continue to honor and support our troops, and honor Marc by living a life worthy of their sacrifices.

For more information on Marc and America's Mighty Warriors, go to [www.americasmightywarriors.org](http://www.americasmightywarriors.org). To view Marc's full last letter home, visit <http://americasmightywarriors.org/marcs-last-letter-home/>.



An excerpt from Marc's last letter home:

I have seen war. I have seen death, the sorrow that encompasses your entire being as a man breathes his last. I can only pray and hope that none of you will ever have to experience some of these things I have seen and felt here. I have felt fear and have felt adrenaline pump through my veins making me seem invincible. I will be honest and say that some of the things I have seen here are unjustified and uncalled for. However for the most part we are helping this country. It will take more years than most expect, but we will get Iraq to stand on its own feet. Most of what I have seen here I will never really mention or speak of, only due to the nature of those involved. I have seen a man give his food to a hungry child and family. Today I saw a hospital that most of us would refuse to receive treatment from. The filth and smell would allow most of us to not be able to stand to enter, let alone get medicine from. However you will be relieved to know that coalition forces have started to provide security for and supply medicine and equipment to help aid in the cause.

I have seen amazing things happen here; however I have seen the sad part of war too. I have seen the morals of a man who cares nothing of human life ... I have seen hate towards a nation's people who has never committed a wrong, except being born of a third world, ill-educated and ignorant to western civilization. It is not everybody who feels this way only a select few but it brings questions to mind ... The 4th has just come and gone and I received many emails thanking me for helping keep America great and free. I take no credit for the career path I have chosen; I can only give it to those of you who are reading this, because each one of you has contributed to me and who I am ...

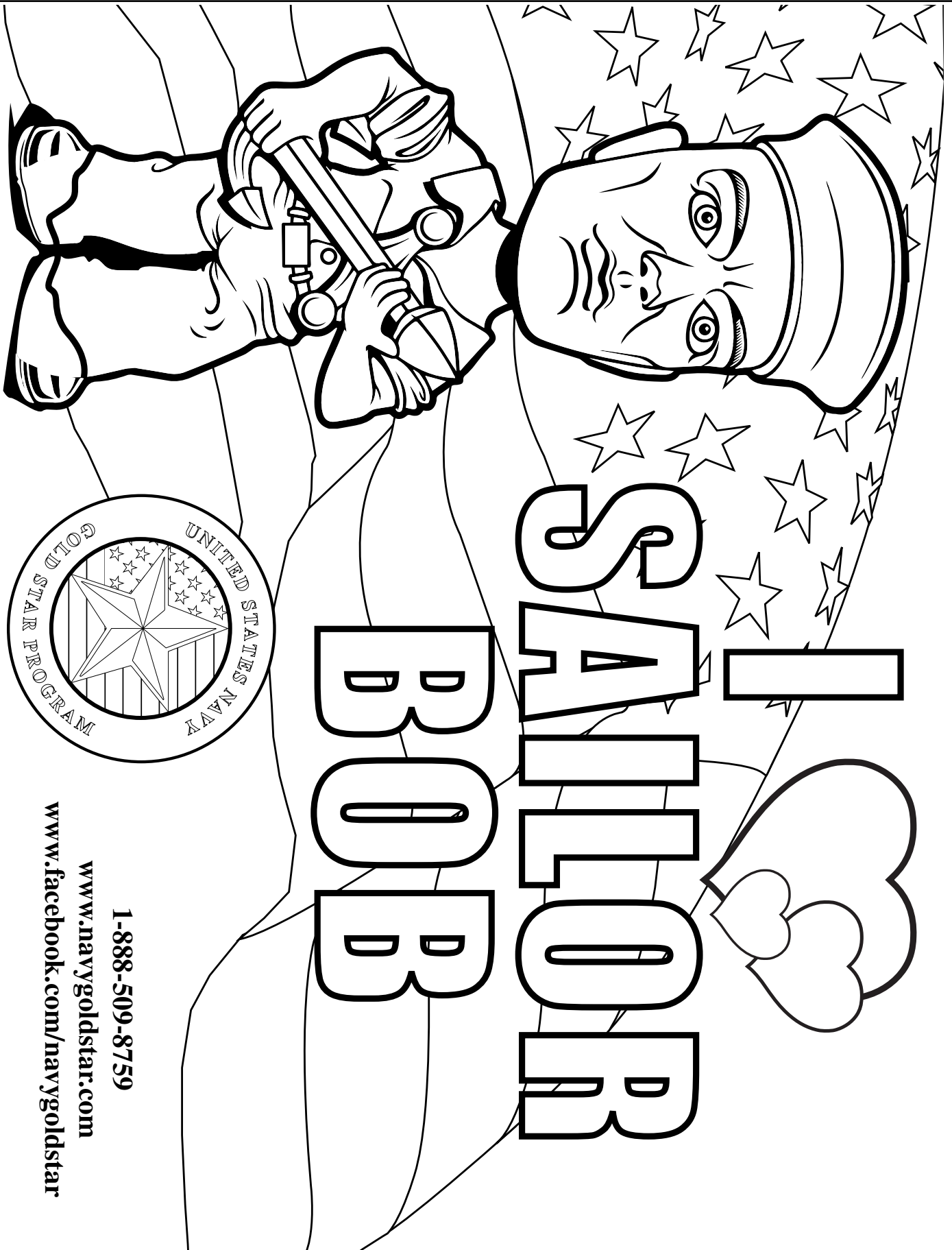
This is our real part to keep America free! HAPPY 4th

Love Ya

**Marc Lee**

P.S. Half way through the deployment can't wait to see all of your faces





# 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	904-542-5706	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
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
NSA ANNAPOLIS INSTALLATION COORDINATOR	410-714-4040	FFSC / 168 BENNION RD ANNAPOLIS MD 21402
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

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