



# Survivor's Link

COMMUNICATING INFORMATION AND RESOURCES



## New Plaque at Trident Lakes Honors Memory of Beloved Husband and Father

*By Kelly Joines, FFR Senior Marketing Specialist, Navy Region Northwest*

Trident Lakes and its surrounding parklands offer military families a break from the hustle and bustle of daily life at Naval Base Kitsap. But for Jenny Much, Trident Lakes holds special significance. The bench, where she often sits and reflects upon her many fond memories, is now adorned with a bronze plaque commemorating her late husband, Cmdr. Jason Much.

Jason's bench is situated directly across the lake where Jenny remembers her children laughing and fishing with their father. It's moments like these she cherishes, memories that remind her of a time when she felt whole.

Jenny, now 51, met her husband 30 years ago while listening to a rock band at a night club called Castaways East in Bremerton. "I was 21 when we met and it was instant attraction," she says. A year later they were married and blissfully unaware that their honeymoon romance would be tested so soon.

At just 23 years of age, Jenny was diagnosed with a rare form of cancer and was told it was terminal. "The doctors went after it aggressively with treatment," she recalls. "It was a miracle. It worked and I recovered fully. But I always used to joke that I was going to be the first to go because of that."

After navigating their first scare, Jenny and Jason's love deepened with each coming year, and they welcomed into the world their two children, Tyler and Alyssa. With Jenny's love and support, Jason worked his way up the enlisted chain and became an officer. "He worked so hard and was a friend to everyone," she says, "He was my best friend."

Jenny loved being a military spouse and appreciated the community she experienced with each relocation and assignment. "Complete strangers would offer assistance,



Jenny poses with son Tyler and daughter Alyssa on Jason's memorial bench at Trident Lakes on Naval Base Kitsap.

*Photo by Beth Leone-Mullins*

friendship, food. There was a sense of belonging and connection,” Jenny recalls fondly. “I was able to stay home and take care of Jason and the kids. It was never put upon me. It’s who I am,” she says.

Things were looking up until one day, while stationed at Joint Base Pearl Harbor-Hickam in Hawaii, Jason was also diagnosed with terminal cancer. After long discussions, they knew they wanted their family to return to the Northwest where they had so many happy memories. “This is our original hometown. We lived in Perch Pickerel [housing] and Jason used to take our son Tyler to the lake in the evening where they would hear the frogs. Jason told Tyler that if they flashed the light on the frogs they would turn to stone,” recalls Jenny with a laugh.

Jason and Jenny returned to their beloved Northwest, but within a year Jason passed away. “When Jason died, everything changed,” says Jenny. She always looked forward to attending award ceremonies and command functions with Jason and their many friends. But without him by her side, Jenny felt alone in those same crowded rooms. “People would always ask about my husband and I had a hard time talking about it,” she says. “They were always kind, but our conversations wouldn’t go very far. I missed him so much. My lifestyle completely changed and I no longer felt I belonged in a community I’d been part of for so long.”

Those feelings prompted Jenny to seek out new connections. “There was this void and I realized I couldn’t crawl out of it by doing the same things,” she says, “There was a broken link to that life.” The need to fill that void led her to TAPS, a nonprofit organization that provides comfort and care for all who are grieving the loss of a military loved one, and to the Navy’s Gold Star Program, which offers long-term support to surviving families of Sailors who pass while on active duty. “Gold Star is where we belong now,” she says.

Jenny considers helping and healing others her saving grace. She has since earned a master’s degree in psychology from Brandman University and a yoga teaching certificate. In January of this year, Jenny contacted the base to see if a plaque could be placed in the park in memory of her late husband. Beth Leone-Mullins, MWR program manager for Naval Base Kitsap, responded to her request immediately and lent the project her full support. “Parks are at the center of so many experiences and memories,” says Beth. “They are places to gather with friends and family, spaces to celebrate special moments, spots of healing, and so much more.”

After working out the legal particulars, Beth walked the park with Jenny in search of the ideal location. It was there, across from the lake that held so many memories, where it felt just right.

Although Jenny will always miss her husband fiercely, she finds peace at Naval Base Kitsap where her two worlds – past and present – can exist together. “Coming on base with Jason was always social hour,” says Jenny, “This base is so much a part of our lives.” And now all who take respite at this serene place will know about Jenny and Jason and their forever love.



## Relax

*By Patsy Jackson, NDW Gold Star Coordinator*

**Remember you are not alone on your journey.** Reach out to others. Reduce the tension, anger and frustration using relaxation techniques such as yoga, deep breathing, tai chi, massage and music therapy.

**Embrace your confidence in yourself.** Enthusiastically focus on the positives even if they are very small. Try not to remain in the bad thoughts.

**Limit bad news** (either negative people or consistent television news). Lower your fatigue and improve your sleeping. Listen to soothing sounds, music and people.

**Allow yourself to take time for you.** Autogenic relaxation, which uses visual imagery and body awareness to reduce stress, is great.

**Xenial attributes toward others can be helpful for both you and them.** Xenial is defined as relating to hospitality, so in other words, be generous and hospitable to others who are experiencing difficult times and similar situations. Host a small virtual gathering with adults and children such as a book club, music exploration and good old chit chat. Go on a nature hike with others. There is something so soothing about hearing the sounds and smells of nature.

“Your calm  
mind is the  
ultimate  
weapon against  
your challenges.  
So relax.”

*-Bryant McGill*





## New Year, New Checklist – Power of Attorney

By Rufus Bundrige, CNRSE Gold Star Coordinator

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 refinancing 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 if 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 allow an agent to act on almost any potential issue (called “general powers of attorney”), while others are limited to 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 if you are no longer able to do so yourself. Due to longevity and extensive grants of these documents, most offices will require you to make an appointment with an attorney 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. Revocation of a general power of attorney would potentially involve notice to all institutions and individuals with whom the agent might use it. 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 with DoD ID cards may be eligible for free legal assistance services through the military. Contact information for legal assistance offices in the Southeast Region can be found at [https://www.jag.navy.mil/legal\\_services/riso/riso\\_southeast.htm](https://www.jag.navy.mil/legal_services/riso/riso_southeast.htm). Other CONUS legal assistance offices can be located at [https://www.jag.navy.mil/legal\\_services/legal\\_services\\_locator\\_riso.htm](https://www.jag.navy.mil/legal_services/legal_services_locator_riso.htm). Individuals requiring legal assistance while abroad should contact the nearest military installation for further assistance.



# Introducing Your Newest Navy Gold Star Coordinators



**Ken Boben**  
**Regional Navy Gold Star Coordinator,**  
**Mid-Atlantic Region (located in Virginia)**

Ken Boben has a substantial background working with active-duty military, veterans, their families, and various Fleet and Family Support Center (FFSC) programs. Ken has a very diversified background managing program case files, communicating and assisting the families of Individual Augmentees (IAs), and also providing support to families in crisis situations for the past five years. While serving on active-duty in the Navy for 30 honorable years, he assisted Sailors and their families with crucial, timely decisions as the command career counselor. Ken holds a Bachelor of Science degree in Liberal Arts with a minor in Administrative Management Studies from Excelsior College. He is married, has a daughter with a bachelor's degree and a son who is currently serving on active duty. In his spare time, Ken enjoys family time, working out and watching sports. You can reach Ken at [kenneth.boben@navy.mil](mailto:kenneth.boben@navy.mil).



**Ken Moreland**  
**Installation Navy Gold Star Coordinator,**  
**Southeast Region (located in Florida)**

Ken Moreland is originally from New Philadelphia, Ohio. He joined the U.S. Navy upon graduating high school. He successfully completed 21 years of Navy service and retired in Mayport, Florida, as a chief fire control technician. He has been happily married and blessed with a beautiful wife for more than 32 years, and also has a son and a daughter. Upon retirement, Ken worked at ITT Technical Institute as an admissions manager and completed his Bachelor of Science degree in Information Technology. He then started a new 8 1/2 year career as a contractor working as a trainer, providing instruction in land mine detection, route clearance and improvised explosive device (IED) detection, to the U.S. Army and U.S. Marine Corps. The majority of the contractor work was in Iraq and Afghanistan. Ken started his Fleet and Family Support Center (FFSC) career in Yokosuka and Sasebo, Japan. Three years ago, he began to support the military community at FFSC, NAS Jacksonville, Florida. Ken is passionate about helping others and is eager to serve and support our Gold Star families!



**Olena Parry**  
**Regional Navy Gold Star Coordinator,**  
**Northwest Region (located in Washington State)**

Olena Parry is the Northwest Region Navy Gold Star coordinator. She holds a master's degree in Family and Community Studies from Kansas State University, where she developed a passion for family advocacy. After living in Utah, Hawaii, Kansas, Germany, and Florida, Olena found home in the beautiful Pacific Northwest. In the last three years, Olena served military families at Naval Base Kitsap by providing advocacy and support through the Sexual Assault Prevention and Response (SAPR) and Family Advocacy programs, and also collaborated with chaplains in providing suicide prevention training to both active-duty military and civilian personnel. She volunteered in the community as a responder for a teen crisis line and worked for a local domestic violence agency as a legal, housing and shelter advocate. Olena is dedicated to serving Navy families and honoring their sacrifices.





## A Mother's Tribute

*By Magali Ginoux, Gold Star Mother*

This Sunday in May 2021, as I am to celebrate Mother's Day, I am thinking that of all the titles people are given, being Mom is the one I cherish the most and that will always be who I am. Sometimes, it is not easy to be a Mom, in fact it can be down right difficult, but with the challenges that life presents also come the joys.

Another important date to me will be this coming June 17. This date marks the fourth anniversary of my son Xavier Alec Martin's passing. I never expected that on June 17, 2017, at 7 a.m., I would get that dreadful knock on my door. There standing in front of me were two gentlemen in full Navy uniforms who informed me that my son had been killed at sea in a tragic accident. One of the officers would later become one of three CACOs (Casualty Assistance Calls Officers), who diligently helped me in my grief.

From then on, my life would no longer be the same. My dear friends surrounded me during a time that can be qualified as both very foggy and noticeably clear. Foggy because so much happened in a short amount of time and clear as an out of body experience. In my mind, I took precise notes of the smallest details. I think I knew from that very first day that I wanted to create an ongoing legacy to honor my son.

Xavier Alec Martin was my baby. I had him late in life and even though the marriage didn't survive, the love for my son Xavier has. My hopes for Xavier to go to college never became a reality. Other influences pushed his decision to join the Navy. In 2012 after boot camp, he was sent to Guam. It was difficult at the beginning, but he made friends and performed his work as a personnel specialist so well, that after five years he had been promoted to E6.

A phone call every so often from Xavier would keep me informed of his progress. At 24 years of age, Xavier was assigned to USS Fitzgerald (DDG 62) in Yokosuka, Japan. He had his own apartment, and he was thriving.

USS Fitzgerald was struck at 1 a.m. while most of the crew were sleeping. The Fitzgerald was in the middle of a busy channel. The Japanese freighter Crystal, a huge container ship, collided with the Fitzgerald. Seven U.S. Sailors lost their lives. My son Xavier was one of them.

College hopes were not lost with Xavier's last breath. From his life and legacy, it will become a reality for many young recipients of A Soldier's Child Foundation (ASC). Growing up in France, education was everything in my family, and having been a French teacher in the U.S., I have seen the impact higher education has on a person's life.

I never received atonement from the military or the government after Xavier's passing, but that was not going to be a deterrent. Nor would the fact that the idea of an endowment or scholarship fund was a totally new subject to me.

I was up for the challenge. Something positive, I thought, to change lives. I started studying the idea, doing research involving lots of reading, phone calls, interviewing, and then the perfect connection presented itself. One of the foundations that got my attention was ASC, and the more I learned about what they did, the more attractive a partnership became.

I got in touch with Mr. Daryl J.W. Mackin (founder/executive director) after we had met a couple of years ago at the Citadel in Charleston. Mr. Mackin was conducting one of the many yearly camps ASC administers for children who had lost a military parent during active-duty service. ASC also spend more than \$30,000 every month celebrating their recipient childrens' birthdays every year from 1 year of age and up to age 18. ASC now serves over 4,000 children nationwide. The foundation is headquartered in Smyrna, Tennessee, and I had the pleasure of meeting the staff in April this year.

I am super excited to see our partnership come to fruition. Soon many ASC children will be receiving scholarships for college through the new Xavier Alec Martin "Fill In The Gap" endowment fund.

I know my angel is helping and watching over us. - A grateful Mom





## Chaplain's Corner

*By CNIC Force Chaplain's Office*

How do you nurture creativity? Revising your view of “time” will get you there!

Teresa R. Funk wrote a lovely little book almost two years ago inviting her readers to ride a tremendous wave of energy by embracing the book's title, “Bursts of Brilliance for a Creative Life.” This is what she muses about time: “Time is not the master, it is the obedient servant. It will stretch and weave and rearrange itself to serve you.” How empowering is that? Let's break down each stream of thought in this powerful quote.

Time is not the master. This idea sounds emphatically like an invitation to take a different view of time. If time is not the master, who or what is? After all, there are 24 hours in a day, and we are often pressed for time to get all things accomplished on our task list. Is there a different way to view time? What if we viewed time as an opportunity to ride a “wave of creativity in our lives”? What would that opportunity look like? It is alright to pause and think on these questions. You may be in for a few surprises!

Time is the obedient servant. What an audacious notion! Where would any of us need to stand in order to gain a view of time as “an obedient servant”? Most likely, that view can be attained by being still for however long it takes to simply relax and exhale. Practice simple breathing exercises of inhaling deeply, holding for 10 seconds, and exhaling slowly for six or so evolutions. Can you feel your body relax? Calming ourselves provides the opportunity to see what is often overlooked in our haste to do the hustle and bustle of a day's activities full of check marks on a “things to do” list.

Time will stretch. Agility and flexibility provide us with an ability to not break when stress arises. Stretching is our insurance to not break when forces internal or external to us

bring to bear a call for resilience and toughness. What prevents us from experiencing time as a stretching experience?

Time will weave. Weaving and blending and intermingling memories from present day experiences to an appreciation of what was, what is and what portends. This is the stuff that enables us to get up each morning and face a new day. Time weaves significant moments that are more than notations on a calendar or a “to do” list.

Time will rearrange. How many of us have learned that our number one priority on Monday is definitely not our number one priority on Tuesday. What happened? Life happened. Circumstances changed. We gained new facts. We gained new insights. We launched new beginnings. It is like moving old furniture in new spaces. When this rearranging occurs, we often resign ourselves to the summation of “That was then, this is now.”

Time will serve you. What an audacious expectation! Or is it? How can time serve us? More than likely, time proves to be a servant when we treat time for what it is - in the moment. That is it. In the moment. What happens to us? What happens for us? In the moment, we can choose to usher in a moment of peace, a moment of joy, a moment of recollection, a moment of reflection, a moment of remembrance, a moment of honoring, a moment of grieving, a moment of joy. In the moment, we can choose how we will experience what we experience in that moment. This is how time serves us.

Funk's book nudges us to embrace “a burst of energy” that is brilliant. That type of brilliant illumination connects us with our true selves. Our true selves raises our awareness of the value we place on relationships with family and friends. The value we place on significant relationships leverages our understanding of God. Our understanding of God is the energy source for nurturing creativity and revising our view of time.

Ecclesiastes 3:11 - “God has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end.”





**1st Place Winner***Malie***2nd Place Winner***Hazel*

## Children's Virtual Art Show Brings Happiness, Purpose and Positivity

By Rebekka Yeager

As the global pandemic continues, the Navy Gold Star Program brought back the Children's Virtual Art Show for a second year. This campaign was aimed at not only bringing awareness to the Gold Star Program as a whole, but also bringing a sense of happiness, purpose and positivity to children in the military community during a time of great uncertainty for all of us.

The resilience of children during this uncertain time gave birth to this year's theme: Create something that makes you feel strong. Six children, ages 8-16, from across the nation submitted their beautiful artwork, including Gold Star survivors.

Helen, the mother of Bronson, one of our winners, said that during a difficult time, winning a prize for his heartfelt work will brighten Bronson's day. Bronson felt important, meaning this art show was a true success.

Malie, a Gold Star survivor from Hawaii, won first place for her piece titled "To Be Fierce." Malie said that speaking up for herself and what she believes in is what makes her feel strong.

Hazel, a San Diego county resident, won second place for her art depicting the strength of orcas and how to find beauty in strength.

Bronson, age 8, and Lina, age 14, tied for third place. Bronson and Lina are both Gold Star survivors. Bronson created a space scene using oil pastels, which reminds him that his strength can take him anywhere. Lina created a nature and city landscape titled "Feel Strong."

**3rd Place Winner***Lina***3rd Place Winner***Bronson*

# Navy Gold Star Program Directory

Name	Phone	Address*
NAVY REGION SOUTHWEST REGIONAL COORDINATOR	619-705-5980	FFSP / CNRSW N40 750 PACIFIC HIGHWAY SAN DIEGO CA 92132
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 REGIONAL COORDINATOR	619-556-2190	NB SAN DIEGO FFSC 3005 CORBINA ALLEY STE 1 BLDG 259 SAN DIEGO CA 92136-5190
NAVY REGION NORTHWEST INSTALLATION 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 / BLDG 27 RANGER ST BOX 136 NAS JACKSONVILLE FL 32212-0136
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	202-685-1909	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. 111	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	2073 TARTAR AVENUE, BUILDING 585, FFSC AT DAM NECK ANNEX, VIRGINIA BEACH VA 23461-1917

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