

COMMUNICATING INFORMATION AND RESOURCES



Military OneSource Offers Online Training Options

By Lisa Bauch, Navy Gold Star Program Analyst

As you may know, Military OneSource offers a host of services designed to support our nation's military personnel, their families and survivors, but did you know that these avenues of support include virtual training courses and video presentations on topics related to casualty support? Family members can access these courses at https://millifelearning.militaryonesource.mil/.

You will need to log in to register for a session, but you can view the topics by visiting the above webpage and clicking on "Course Catalog" to see the categories. Those related to survivors can be found under the "Casualty Affairs" tab and include topics such as "After a Suicide," "Online Survivor's Benefits Report, and "Making the Final Move," to name a few.

If you've never accessed Military OneSource services on their website, you will need to create an account. Simply click on the "Log In" button, and the system will walk you through the process. This account will then allow you to access any of their virtual services.

Take advantage of the many resources available to you, and be sure to reach out to your Navy Gold Star coordinator with any questions on what might also be out there to help you better navigate your new normal. Visit www.navygoldstar.com/locations to find your closest coordinator.



DoD Launches Military in Lasting Tribute Online Memorial

By Megan Gibbs, NDW Gold Star Coordinator, Gold Star Daughter

As a Gold Star daughter, memorials have always been important to me. Physical memorials are irreplaceable, although with life as busy as it is, we may not be able to visit our loved one's memorial as often as we would like. Thankfully, this is changing for Gold Star families. The Department of Defense has launched the Military in Lasting Tribute online memorial. This online memorial recognizes those who died on active duty from 1985 to present.

To add your loved one to the Military in Lasting Tribute memorial:

- Submit your service member to be honored in the memorial by completing the form on the Add a Loved One page. You will need to enter information about your service member from DD Form 1300, "Report of Casualty," to complete the memorial request form.
- Once you complete your submission, the information you enter will be verified against your service member's individual deceased personnel file to confirm eligibility for the memorial.
- If there are discrepancies between the information you enter and your service member's individual deceased personnel file, or if the photo you submit does not meet the requirements, DoD may need to contact you with questions.
- You will receive updates throughout the submission review process. Updates will be sent to you according to the contact information you provided during the submission process.
- You can check the status of your submission at any time.
- You will receive an email when your service member is added to the memorial. The email will include a link to your service member's individual memorial.

You can visit https://tribute.militaryonesource.mil/add-a-loved-one/ to get started. Being able to carry a memorial with us at all times and share it with those we meet is just another way to ensure that our loved ones will never be forgotten.





A Survivor's Story

By Takima Porter-Roach, Gold Star Spouse of QM1 (SW/AW) Clarence J. Roach

Have you ever met a person and immediately knew they were "your person"? That was Clarence to me. We met on the fourth of July in 2008. I had graduated a few months prior and came to Jacksonville, Florida, to visit my sister and her husband at Naval Station Mayport. My brother-in-law kept saying, "Sis, have I got a guy for you." I just laughed it off and ignored it. But, when I saw Clarence, we instantly connected. We talked for hours on end. Fast forward a month later and I was moving to Florida.

We were friends who fell in love with each other. Fast forward a few months and I was officially a "Roach." Then we had two children together, Cailynn, now 12, and Caiden, now 10. Clarence was the best father, the most loveable husband and a stand-up Sailor. We were happily married for seven years. Clarence always complained of headaches and back pain, but he dealt with it and put that uniform on one pant leg at a time. In 2015, after almost a year of deployment with Assault Craft Unit Two attached to USS Iwo Jima, Clarence made his way to the ER after feeling ill. This is where he was diagnosed with a benign brain tumor. He was immediately rushed to the main hospital for surgery. I stayed by my husband's side for nine days as he fought hard for his life. On Aug. 26, 2015, I watched my husband take his last breath. I put my ear to his chest so I could listen to his last heartbeat, and I gave him the last kiss until we meet again.

A piece of me died with my husband that day. Life has not been the same. We go through stages of grief, and I believe that my rock bottom just hit last year. Life is hard. Moving forward is hard. Watching our children grow into tweens is hard, because every day I see something new. Our son looks just like him – I mean the exact same face and stature. Can you imagine trying to discipline a kid for giving the teacher a hard time in school and he looks exactly like the love of your life?

My tears used to be full of sadness as life was going by so fast, but now my tears are filled with laughter and joy because Clarence walks with me in each step that I take on this journey alone – and I can feel that. I know that he's here with us, and it is my job to carry on his legacy

Clarence was a fighter all his life, from making it out of a drug infested house, to being raised by the foster system and getting adopted by wonderful people who took the time to believe in him and his future. He faced many challenges growing up on the South Side of Chicago that included gang-related activity and the pivotal point of becoming a man after losing his adopted father unexpectedly. He was truly a survivor. He could have easily gone down a different path, but instead he chose to persevere, enlist in the U.S. Navy, and climb through the ranks.

Although there were hiccups, as we are all human, he held himself accountable and remained humbled while mentoring junior Sailors and being the best father and husband. His legacy should be heard in an effort to help others who may be riding the fence so they can understand that life is not easy, but the positive decisions that you make will make life a little easier to handle. I thank my husband every day, not only for giving me the blessing of his love, but for reminding me to keep going and to keep loving.

Being an active Gold Star spouse is important to me, as I know I can pour all of this love that I have left into other spouses and their children who have lost their fallen. The opportunity to tell my story and to be supported by the Navy Gold Star Program has been wonderful, and I'm forever grateful.

As I remember my husband, I say thank you for being you, thank you for surviving until you could no longer, and thank you for loving me: "I loved you then. I love you now. I'll love you forever."

I hope these words put a little more love in your hearts.



Priming the Pump While Living a Values-Driven Life

By CNIC Force Chaplain's Office

Social scientists and organizational behavior experts agree that a definition of "values" has much to do with a collective conception of what is good, desirable or proper, and socially approved as standards of behavior or a descriptive characterization of unit or organizational climate. Do not worry; we will unpack this definitional statement about values.

This concept of what values mean can readily apply to our Navy. The Navy's "core values" are honor, courage and commitment. This is the bedrock of what the Navy stands for. Navy core values also reflect how our nation's Navy operates as a "force for good" in meeting the mission to keep the sea lanes open and actively protecting the inherent liberties of our homeland, our allies and our national interests globally.

One can also apply this understanding of values to individuals. Perhaps such an application is most important to our understanding of ourselves as part of a family, neighborhood, community, state, nation and the world. Each one of us lives our life in a manner that reflects the values we hold as definitions of who and what we are. For many of us, it is practicing the Golden Rule -treating others as we desire to be treated. For others, it is an inspiring quote or a motivating biblical passage that resonates with how we view ourselves as we go about living our daily lives. For some, it is a motto or a phrase that provides a "centering" as a reminder of what is important as we go about our daily routine. No matter the context, it is important to do what farmers of old have consistently done. For those who are familiar with farm living, ground well pumps have been around for centuries. Those old pumps required some arm strength. Simply stated, one would have to "prime the pump" if one wanted to draw drinking water. Priming the pump begins with using some water in hand to get more water from the ground, often to the point of overflowing.

Priming your spiritual and emotional pump requires spending a few minutes at the start of each day to reflect on values that you hold dear to yourself. Such a practice provides the substance of starting the day with enough goodwill to splash over difficult situations and/ or people.

This overflow effect is no magical formula that causes our desired expected outcomes to materialize like clockwork. Instead, priming your spiritual and emotional pump is a means to face the world with an open stance and a value-driven perspective that provides stability and centeredness within yourself, no matter the challenge.

How does this kind of priming work? Most of us aspire to be an encouraging presence in the lives of others. That means we start with encouraging ourselves. One cannot give what one does not have. Most of us are far too hard on ourselves. We often need a few minutes to think about how best to extend the same amount of patience and understanding toward others and apply it to ourselves. That practice falls under the category of self-care.

Bottom line: Perhaps the best prime the pump practice is to start by being kind to ourselves. The alphabet for today is brought to us by the letter "V" for a values-driven life.

Navy Gold Star Quarterly Newsletter

June 2022



We Remember

In this edition of Survivor's Link, we honor those lost during several key moments in military history that occurred during the months of June, July and August.

June 4-7: Battle of Midway



U.S. Involvement in World War II



World War II began on September 1, 1939, when Nazi Germany invaded Poland. The U.S. remained neutral until December 7, 1941, when the Japanese attacked Pearl Harbor. The Japanese employed six carriers to destroy the U.S. Pacific Fleet at Pearl Harbor; however, none of the U.S. carriers were present at Pearl Harbor during the assault.

LOST

HE

/ERE Rbof

PEARL HARBOR: BY THE NUMBERS

KILLED IN ACTION	TOTAL LOSS SHIPS	RETURNED TO SERVICE	CARRIERS L
2,008 U.S. NAVY	3	17	0
218 U.S. ARMY 109 U.S. MARINES 68	USS ARIZONA (BB 39) USS OKLAHOMA (BB 37) USS UTAH (AG 16)	5 SHIPS SUNK, RAISED, AND REPAIRED 12 SHIPS DAMAGED AND	NONE OF TI Seven U.S Aircraft Carriers W At Pearl Hai
CIVILIANS		REPAIRED OR REBUILT	DURING TH Assault.

The U.S. declared war against Japan on December 8, 1941. After several months of expansion, the Japanese Combined Fleet turned its sights on Midway, a small Pacific-based atoll, which then served as a U.S. sentry to Hawaii, refueling station, and landing point. The Japanese plan assumed the

Pacific Fleet would arrive too late to defend Midway, but U.S. forces were waiting for them at "Point Luck."

THE IMPORTANCE OF INTEL



Battle of Midway: The Turning Point

TIMELINE OF SIGNIFICANT EVENTS JUNE 4, 1942 0835 1020 1208 1441 planes att Yorktown Yorktown hi 1455 Yorktown abandons 1500 B-17s take off from Midway 1810 Two B-17s attack BB and damaged CV. 1830 Six B-17s attack dam CV and DD

Midway Atoll in the central Pacific Ocean.

U.S. and Japanese

armed forces fought

during the Battle of

Midway, June 3-7,

1942 at and near the

The victory at Midway represents a strategic turning point for the U.S. in Japan's war in the Pacific. Before the battle, Japan possessed naval superiority over the U.S. Afterward, opposing fleets were balanced and the U.S. soon took the offensive.



	BATTLE OF MIDWAY: SUMMARY OF LOSSES			
	CARRIERS	1	4	
р.	AIRCRAFT	150	256	
	MEN	307	2,204	
	and the second			

Midway was a great success in U.S. Navy history. The only strategic regret might have been failing to locate and attack Hiryu before its aircraft struck Yorktown.



Victory at Midway: Impact on World War II



The Battle of Midway marked a technical revolution in displacing gunnery with naval carrier airpower as a primary means of delivering ordnance.

Prior to the Battle of Midway, the Japanese conquered several territories and expanded their resources in the Far East and South Pacific. By early May, the Japanese had an extensive defensive perimeter.



<u>RESULTS OF THE VICTORY AT MIDWAY</u>

- Japanese expansion halted, securing a central-Pacific guard post for Allied forces.
- Japanese losses at Midway made it possible for America's Navy to eventually reclaim maritime superiority in the Pacific theater.
- \checkmark Naval Aviation proved to be a viable and necessary capability to win wars.
- Our Sailors' strength and resilience at Midway were a perfect illustration of the fighting spirit of America's Navy today.

June 8: USS Liberty Attack

On June 8, 1967, during the six days of war between Israel and its Arab neighbors in the Middle East, 34 American servicemen were killed when Israel attacked USS Liberty, a Navy intelligence-gathering ship in the Mediterranean Sea. We remember those who lost their lives.

- CT3 William B. Allenbaugh LCDR Philip M. Armstrong Jr. SN Gary R. Blanchard CT2 Allen M. Blue QM3 Francis Brown CT2 Ronnie J. Campbell CT3 Jerry L. Converse CT2 Robert B. Eisenberg CT3 Jerry L. Goss CT1 Curtis A. Graves CTSN Lawrence P. Hayden CT1 Warren E. Hersey
- CTSN Alan Higgins SN Carl L. Hoar CT2 Richard W. Keene Jr. CTSN James L. Lenau CTC Raymond E. Linn CT1 James M. Lupton CT3 Duane R. Marggraf CTSN David W. Marlborough CT2 Anthony P. Mendle CTSN Carl C. Nygren LT James C. Pierce SGT Jack L. Raper
- CPL Edward E. Rehmeyer III ICFN David Skolak CT1 John C. Smith Jr. CTC Melvin D. Smith PC2 John C. Spicher GMG3 Alexander N. Thompson Jr. CT3 Thomas R. Thornton CT3 Philippe C. Tiedtke LT Stephen S. Toth CT1 Frederick J. Walton

June 17: USS Fitzgerald

Early on June 17, 2017, the USS Fitzgerald collided with a container ship 80 nautical miles southwest of Tokyo, Japan. We remember the seven Sailors who lost their lives.



June 28: Operation Red Wings

On June 28, 2005, an MH-47 Chinook helicopter, with eight Navy SEALs and eight Army Night Stalkers aboard, was dispatched as part of an extraction mission to pull out the four embattled SEALs. The helicopter was hit by a rocket-propelled grenade, killing all 16 on the helicopter. Three of the four SEALs who were to be extracted died while fearlessly engaging in a gunfight.

LT Michael P. Murphy SO2 Matthew Axelson SO2 Danny Dietz SOC Jacques J. Fontan SOCS Daniel R. Healy LCDR Erik S. Kristensen SO1 Jeffery A. Lucas LT Michael M. McGreevy Jr. SO2 James E. Suh SO1 Jeffrey S. Taylor SO2 Shane E. Patton SSG Shamus O. Goare CWO3 Corey J. Goodnature SGT Kip A. Jacoby

July 29: USS Forrestal

On July 29, 1967, a fire broke out aboard the aircraft carrier USS Forrestal after an electrical anomaly caused a Zuni rocket on an F-4B Phantom to fire, striking an external fuel tank of an A-4 Skyhawk. The flammable jet fuel spilled across the flight deck, ignited, and triggered a chain-reaction of explosions that killed 134 sailors and injured 161. At the time, Forrestal was engaged in combat operations in the Gulf of Tonkin, during the Vietnam War.

Navy Gold Star Quarterly Newsletter



August 6: Operation Extortion 17

On August 6, 2011, a U.S. CH-47D Chinook military helicopter operating with the call sign Extortion 17 (pronounced "oneseven") was shot down while transporting a Quick Reaction Force attempting to reinforce a Joint Special Operations Command unit of the 75th Ranger Regiment in the Tangi Valley in Maidan Wardak province, southwest of Kabul, Afghanistan.

Operation Extortion 17–We Will Never Forget

SGT Alexander J. Bennett SPC Spencer Duncan CWO Bryan J. Nichols CWO David R. Carter SSG Patrick D. Hamburger TSgt John W. Brown SSgt Andrew W. Harvell TSgt Daniel L. Zerbe PO1 (SEAL) Darrick C. Benson CPO (SEAL) Brian R. Bill PO1 (SEAL) Christopher G. Campbell PO1 Jared W. Day PO1 John Douangdara & Navy SEAL Dog "Bart" CPO (SEAL) John W. Faas CPO (SEAL) Kevin A. Houston Lt. Cmdr. (SEAL) Jonas B. Kelsall MCPO (SEAL) Louis J. Langlais CPO (SEAL) Matthew D. Mason CPO (SEAL) Stephen M. Mills **CPO** Nicholas H. Null PO1 (SEAL) Jesse D. Pittman SCPO (SEAL) Thomas A. Ratzlaff CPO (SEAL) Robert J. Reeves CPO (SEAL) Heath M. Robinson PO2 (SEAL) Nicholas P. Spehar PO1 Michael J. Strange PO1 (SEAL) Jon T. Tumilson PO1 (SEAL) Aaron C. Vaughn SCPO Kraig M. Vickers PO1 (SEAL) Jason R. Workman

August 21: USS McCain

Early on August 21, 2017, the USS John S. McCain collided with a Liberian-flagged tanker off the coast of Singapore and Malaysia. We remember the 10 Sailors who lost their lives.



While these tragic events in military history represent only a small snapshot of valor and loss, we recognize that there are so many more to remember. The Navy Gold Star Program wants to pay tribute to all service members who died on active duty and honor their loved ones. We sincerely thank you for your sacrifices and everything you do to keep the memories of your loved ones alive. We encourage you to visit www.naygoldstar.com/tribute/add to include your loved one on our tribute page and/or visit https:// tribute.militaryonesource.mil/add-a-loved-one/ to include them in the Department of Defense online memorial.

Bells Across America For Fallen Service Members

By Lisa Bauch, Navy Gold Star Program Analyst

Bells Across America For Fallen Service Members has been an annual tradition for the Navy Gold Star Program since 2016. The event gives us the opportunity to pay tribute to our fallen service members and to honor their families during a bell ringing ceremony. Over the last couple of years we've seen a shift to virtual opportunities due to the worldwide pandemic, but this year, on Sept. 22, we will mark the return of more in-person ceremonies.

Our coordinators are busy working with Navy installation personnel to put together events across the country and beyond. Be sure to connect with your coordinator to find out where the closest ceremony to you is occurring. You can also follow us on Facebook at www. facebook.com/navygoldstar, or visit www.navygoldstar.com to find the locations and times for these ceremonies as they are scheduled.



Independence Day

Celebrating our freedom and those who fought for it www.NavyGoldStar.com • www.fb.com/NavyGoldStar • 1-888-509-8759

CNIC

Did you know.



How the U.S. Flag should be displayed?

Displaying the Flag Outdoors



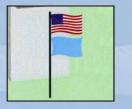
On a vehicle -- Attach the flag to the antenna or clamp the flagstaff to the right fender. Do not lay the flag over the vehicle.



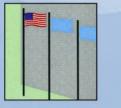
Over the street -- Hang the flag with the stars to the east on a north- south street or north on an east-west street.



On a building -- Hang the flag on a staff or on a rope over the side-walk with the stars away from the building.



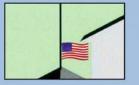
Above other flags -- Hang the flag above any other flag on the same pole



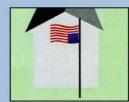
Other flags, separate poles --Hang all flags on equal poles. Hang the U.S. flag on its own right, hoist it first and lower it last.



In a window -- Hang the flag vertically with the stars to the left of anyone looking at it from the street.



Half-mast -- This is a sign of mourning. Raise the flag to the top of the pole then lower it to the half way point. Before lowering the flag, raise it to the top again.



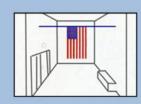
Upside down -- An upside-down flag is considered a distress signal.

Displaying the Flag Indoors



Multiple staffs -- If you display the flag on a staff with other flags around it, place the flag at the center and highest point. Crossed staffs - Keep the flagstaff higher and on its own right.

Next to a speaker -- Place the flag in a stand on the speaker's right. Use the same placement for a religious service.



In a hall or lobby — Hang the flag vertically across from the main entrance with the stars to the left of anyone coming through the door.



Behind a speaker -- Hang the flag flat on the wall. Do not decorate the podium or table with the flag. Use bunting for decoration.



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	901-671-6521	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 information to all mailing addresses to ensure delivery.