



# Survivor's Link



COMMUNICATING INFORMATION AND RESOURCES

## May is Gold Star Awareness Month

By Stephanie Hunter, Navy Gold Star Program Analyst



The month of May is synonymous with Memorial Day, the unofficial kick off to summer, barbecues and a long holiday weekend; however, Memorial Day was created as a day of remembrance to honor those who have paid the ultimate price to ensure our freedom. Originally known as Decoration Day, it was dedicated to honoring the fallen after the Civil War, and that tradition remained until WWI, when it evolved to honoring all who gave their lives in service to our country. Memorial Day was established as a federal holiday in 1971.

For the third year, the Navy Gold Star Program has dedicated the month of May as Gold Star Awareness Month. We hope to help raise public awareness for Gold Star families, regardless of their branch affiliation. Unfortunately, many community members and some military members still are not familiar with the term “Gold Star family.” With Gold Star Awareness month, we hope to educate communities on what it means to be a Gold Star family as well as honor these individuals by hosting events that pay tribute to the fallen and provide surviving family members with opportunities to connect with one another. In addition to the program declaring May as Gold Star Awareness Month, we have asked state governors’ offices to join us again in proclaiming May as Gold Star Awareness Month; last year, 37 states joined us by signing proclamations or statements of support.

The gold star is a symbol of loss dating back to the First World War. During World War I and continuing through today, families that had a family member in the armed forces traditionally displayed a blue service star flag in their homes to signify a deployed family member.

The Gold Star recognition first appeared on flags in 1918, when families would pin a gold star over the blue service

star hanging in their window to indicate that their loved one had been killed overseas while serving in the U.S. military.

In 1947, Congress approved the design, manufacture and distribution of the official Gold Star lapel button. The Gold Star lapel pin consists of a gold star on a purple background, bordered in gold and surrounded by gold laurel leaves. It is designated for eligible Survivors of service members who lose their lives while fighting in a hostile conflict. The next of kin lapel pin was introduced in 1973 and consists of a gold star within a circle that commemorates the member's honorable service. The gold star is also surrounded by sprigs of oak that represent the branches of the armed forces. It is designated for eligible Survivors of service members who lose their lives while serving honorably under any other circumstances other than war (retroactive to March 29, 1973).

As we head toward Memorial Day, please take a moment to recognize the sacrifices that Gold Star family members make when a father, mother, brother, sister, son, daughter or other loved one dies in service to our nation. Help us let Gold Star families know that they and their fallen heroes will never be forgotten. Remember, behind every Gold Star pin there are stories of fallen service members and strong survivors.

For more information on the Navy Gold Star Program, please visit [www.facebook.com/navygoldstar](http://www.facebook.com/navygoldstar), [www.navygoldstar.com](http://www.navygoldstar.com) or call 1-888-509-8759.



## When Gold Star Hits Home

By Dan Stallard, CAPT, CHC, USN



From Jan. 17 to Feb. 7, our command experienced the deaths of two active-duty service members - two of our own. As the command chaplain for the headquarters element of Commander, Navy Region Southeast, I am the chaplain who provides care for the families and command. So what do you do when Gold Star hits home?

First, we supported and cared for one another. I am part of a cadre

of professionals, who in my opinion are second to none. The CACO/Funeral Honors, Navy Wounded Warrior and Navy Gold Star Program staff are just a few feet from my office, and we work together as a team every day. As our team of caregivers “turned to” to care for the dying, the living and the dead, we all were experiencing our own sorrow and grief. After the second memorial service, I was walking through the front office when our executive administrative assistant looked at me with the kindest eyes and said with the sincerest voice, “Chaps, how are you doing?” So what do you do when Gold Star hits home? Support and care for one another.

Second, we love our work and the people we serve. Thus, as we “shifted colors” from Navy Wounded Warrior, to CACO/Funeral Honors, to Navy Gold Star, to planning and executing command memorial services, we shared a common passion for our callings, our vocations and our work; simply put, we love what we do, we love those we serve and we love one another. We all know life is challenging - even traumatic; the deaths we experienced together motivated us to do our best for the families we were serving and to care for each other amid our own tragedy. So what do you do when Gold Star hits home? Love one another.

Finally, we created positive meaning through focused coping. How do you cope with conflicting stressors caused when the professional and personal collide? The transactionist theory of coping uses problem-focused, emotion-focused and meaning-focused coping strategies to meet the spiritual and psychological demands of life. It is not enough just to focus on problem solving and managing the emotions from the stressors of life.

As humans, we need to make positive meaning out of traumatic events. Bad things happen to good people - God’s people - so how do you make meaning out of trauma?

Post-traumatic growth theory purports that positive change or growth can result from adverse circumstances or traumatic events (Linely & Joseph, 2004). Post-traumatic growth is an indicator of resiliency. Walsh (2006, p. 4) defined resiliency as: “the capacity to rebound from adversity, strengthened and more resourceful. It is an active process of endurance, self-righting, and growth in response to crisis and challenge.” When you make positive meaning out of traumatic events, such as the recent deaths of our shipmates, then you discover greater purpose for doing your best and a stronger desire to support and love one another. So what do you do when Gold Star hits home? Make positive meaning from traumatic events through focused coping.

Note: if you would like to learn more about post-traumatic growth and coping positively with the stresses of life, contact me at [william.stallard@navy.mil](mailto:william.stallard@navy.mil).

### References:

- Linely, P. A., & Joseph, S. (2004). Applied Positive Psychology: A New Perspective for Professional Practice. In P. Linely & S. Joseph (Eds.), *Positive Psychology in Practice* (pp. 3-12). Hoboken, NJ: John Wiley.
- Walsh, F. (2006). *Strengthening Family Resilience*. New York, NY: Guilford.



## Embracing Another New Year

By Ray Cunnikin, CNRMA Gold Star Coordinator

The Christmas holiday season has come and gone, and many are now experiencing the post-holiday blahs. The credit card bills have just posted and we found out that many of the gifts we received aren't returnable, including the neon green sweatshirt I received. Let's just say it's pretty hard to find some shoes to go with it! But just around the corner is something special that offers hope and new opportunities for a fresh new start – 2018 and a new year! What is it about the new year that gets everyone so excited, optimistic and eager to set resolutions? Isn't it just another day on the calendar?

The answer is, yes, it is just another day, but the real heart of the matter is that our attitude and outlook provide us with the opportunity and hope we long for. One's attitude really can make a difference in one's outlook on life in general and for the new year, and if we're honest with ourselves, it is also our expectations about the new year that either lead to hope and fulfillment or possible disappointment. Oftentimes, we tend to be our own worst enemy when it comes to managing and setting new expectations and goals for the year – sometimes they can be unrealistic. When we don't meet these goals, we give up hope and fall back into the same old routine and habits in our life, which keeps us dissatisfied.

One of the things I have learned over the years through my many interactions with military families is that we must have a conscious awareness of our expectations



in life. We must make sure they are realistic, achievable and clearly communicated, which brings them to light within ourselves and with those around us. The second thing I have learned is that in order to set ourselves up for success, we must begin by making “SMART” goals in our life. SMART stands for Specific, Measurable, Attainable, Realistic and Timely. So how do we begin applying SMART goals to our life?

The best way to achieve our personal and professional goals in 2018 is first to dream big. Start by asking yourself these series of questions: Where am I now? Do I like where I am/who I am? What, who or where would I prefer to be? How can I get there? What are the steps to get there? Once achieved, how can I maintain these goals? Then write it down! Be SMART and have a set timeframe. Also, be flexible and re-evaluate. Life doesn't happen in a vacuum, so we must be flexible in our approach by adjusting the plan to achieve the goals we have set after we find out what works and what doesn't. This can be the most pivotal point of your journey, or, as we say, “where the rubber meets the road.” The potential to have self-doubt can creep into your thoughts or you can keep pressing on. I like what my old command master chief once said to the crew at the start of my last deployment, “Today you choose whether you want to bench 300 or weigh 300.” Needless to say, I was determined to make the “300 bench club,” but more realistically was closer to 285. The point is, I adjusted my goal to where it became more realistic and didn't give up. Keep in mind that attitude is everything as you embrace another new year. Your family and friends are rooting for you, and remember that the key to unlocking the best you in 2018 is thinking “SMART.”



## Do you Know the Difference Between Armed Forces Day, Memorial Day and Veteran's Day?

*By Stephanie Hunter, Navy Gold Star Program Analyst*

Many people in America today tend to see Memorial Day and Veteran's Day as simply a "day off" and may not even know about Armed Forces Day. The significance and meaning of these dates is often muddled by the down time. Spending time with family or friends and enjoying the time off from work can still be a great way to honor the men and women in uniform, both past and present, to whom these days are dedicated, but it is still important to understand their significance and differences.

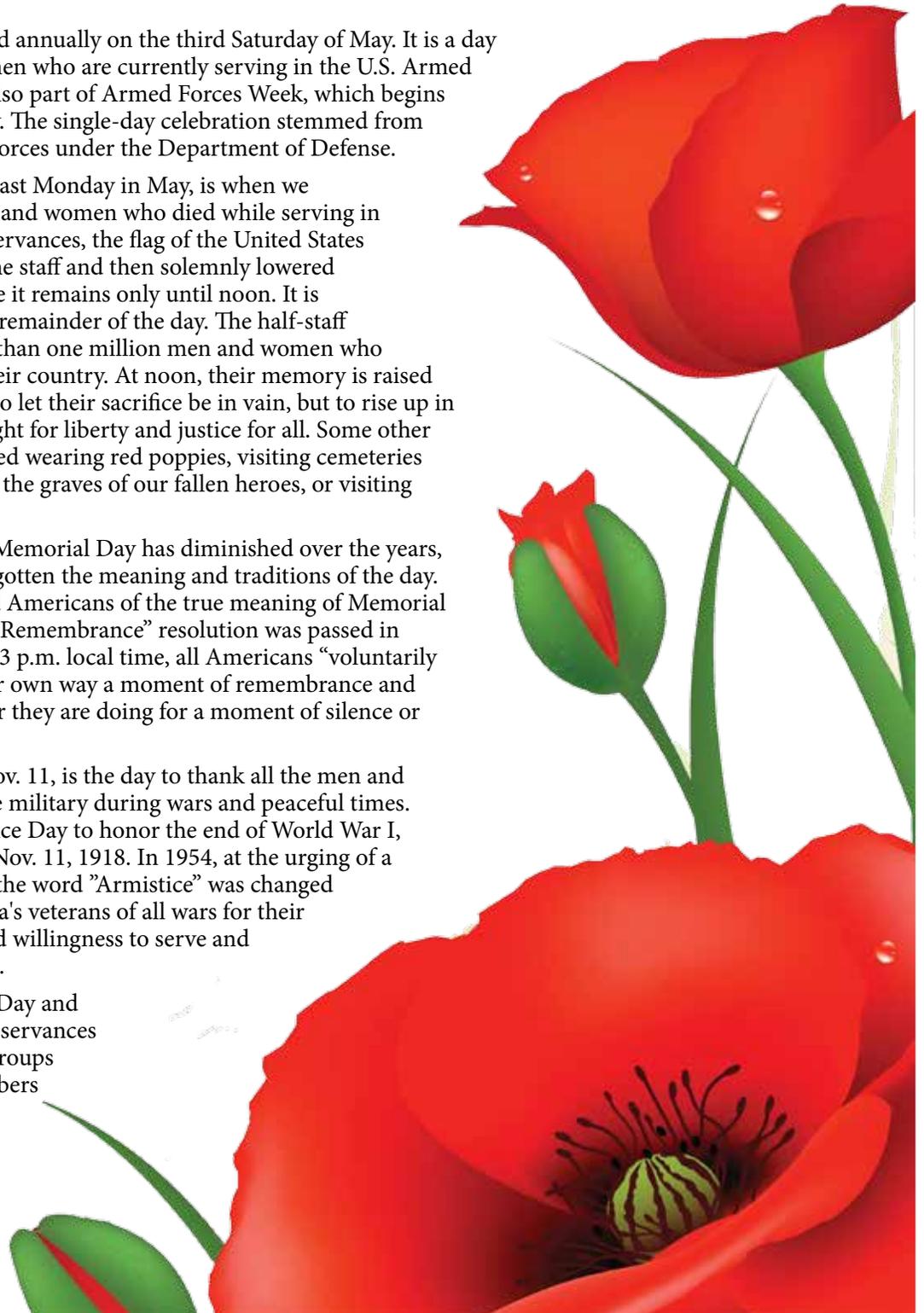
Armed Forces Day is celebrated annually on the third Saturday of May. It is a day to pay tribute to men and women who are currently serving in the U.S. Armed Forces. Armed Forces Day is also part of Armed Forces Week, which begins on the second Saturday of May. The single-day celebration stemmed from the unification of the Armed Forces under the Department of Defense.

Memorial Day, celebrated the last Monday in May, is when we remember and honor the men and women who died while serving in the military. In traditional observances, the flag of the United States is raised briskly to the top of the staff and then solemnly lowered to the half-staff position, where it remains only until noon. It is then raised to full-staff for the remainder of the day. The half-staff position remembers the more than one million men and women who gave their lives in service of their country. At noon, their memory is raised by the living, who resolve not to let their sacrifice be in vain, but to rise up in their stead and continue the fight for liberty and justice for all. Some other traditional observances included wearing red poppies, visiting cemeteries and placing flags or flowers on the graves of our fallen heroes, or visiting memorials.

The traditional observance of Memorial Day has diminished over the years, and many Americans have forgotten the meaning and traditions of the day. To help re-educate and remind Americans of the true meaning of Memorial Day, the "National Moment of Remembrance" resolution was passed in December 2000. It asks that at 3 p.m. local time, all Americans "voluntarily and informally observe in their own way a moment of remembrance and respect, pausing from whatever they are doing for a moment of silence or listening to taps."

Veterans Day, celebrated on Nov. 11, is the day to thank all the men and women who have served in the military during wars and peaceful times. Veterans Day began as Armistice Day to honor the end of World War I, which officially took place on Nov. 11, 1918. In 1954, at the urging of a veterans service organization, the word "Armistice" was changed to "Veterans" to honor America's veterans of all wars for their patriotism, love of country, and willingness to serve and sacrifice for the common good.

Armed Forces Day, Memorial Day and Veterans Day are important observances in the U.S. to honor different groups of people who have been members of the military. As the holidays approach this year, please try to remember the significance and difference between the holidays and pay tribute to those whom the holiday was intended to honor.



## Tax Extensions for Survivors

By [www.militaryonesource.com](http://www.militaryonesource.com)

If you're a survivor of a service member who died on active duty, you may have the option of taking extra time to file your tax return. The deadline for filing tax returns, paying taxes, filing claims for refunds and taking other actions with the Internal Revenue Service may be extended for 180 days after:

- The last day the service member was in a combat zone, had qualifying service outside of the combat zone, or served in a contingency operation (or the last day the area qualifies as a combat zone or the operation qualifies as a contingency operation).
- The last day of any continuous qualified hospitalization for injury from service in the combat zone or contingency operation, or while performing qualifying service outside of the combat zone (qualified hospitalization is any hospitalization outside the United States, and up to five years of hospitalization in the United States).

[Military OneSource MilTax](#) helps service members and their families address tax situations specific to military life, including tax forgiveness, refunds and extensions for surviving family members.

### Additional extensions

In addition to the 180 days, the filing deadline is extended by the number of days that remained for filing the federal income tax return when the service member qualified for the extension. For example, you generally have from Jan. 1 to April 15 each year to file your federal income tax return. Other extensions include the following:

- Any days of this period that were left when the service member entered the combat zone – or the entire period if the qualifying service began before Jan. 1 – are added to the 180 days when determining the last day allowed for filing.
- When the date falls on a Saturday, Sunday or legal holiday, the due date is delayed until the next business day.

### Spouse entitlements

Spouses of individuals who served in a combat zone or contingency operation are entitled to the same deadline extensions, with two exceptions:

- The extension does not apply to a spouse for any tax year beginning more than two years after the date that the area ceased to be a combat zone, or the operation ceased to be a contingency operation.
- The extension also does not apply to a spouse for any period the qualifying individual is hospitalized in the United States for injuries incurred in a combat zone or contingency operation.

### What the filing extension covers

Contact your installation [legal assistance office](#) if the Internal Revenue Service fails to recognize an extension for which you're qualified.

The deadline extension provision applies to:

- Filing any return of income, estate, gift, employment or excise tax
- Paying any income, estate, gift, employment or excise tax
- Filing a petition with the tax court for redetermination of a deficiency, or for review of a tax court decision
- Filing a claim for credit or refund of any tax
- Suing for any claim for credit or refund
- Making a qualified retirement contribution to an individual retirement account
- Allowing a credit or refund of any tax by the Internal Revenue Service
- Assessing of any tax by the Internal Revenue Service
- Giving or making any notice or demand by the Internal Revenue Service for the payment of any tax or for any liability for any tax
- Collection by the Internal Revenue Service of any tax due
- Suing by the United States for any tax due

Contact your installation's legal assistance office if the Internal Revenue Service fails to recognize an extension for which you're qualified. No penalties or interest will be imposed for failure to file a return or pay taxes during the extension period. If you have questions or need additional help, contact a MilTax consultant at 800-342-9647. OCONUS/international? Click [here](#) for calling options.

### Tax forgiveness

When a service member dies on active duty, the Internal Revenue Service may forgive the amount of federal tax the service member would have paid as well as refund the tax paid for a period of time prior to the death. For more information on what is offered through the Internal Revenue Service and whether you qualify, click [here](#).

### Tax help is a call or click away

MilTax consultants and Military OneSource financial counselors have expertise in military-specific situations, including survivor benefits, and are here to help you find answers. MilTax also provides free, secure tax preparation and e-filing [software](#) tailored to the special circumstances of military life. Call 800-342-9647 today. OCONUS/international? Click [here](#) for calling options.

## Finding Love Again

By Amy Looney, Gold Star Spouse

I was asked to write a piece about my recent remarriage after being widowed and suddenly my world came to a standstill again. The same way it did on Sept. 21, 2010, when I found out my husband, Brendan, had been killed in a helicopter crash in Afghanistan. It's impossible to explain how your world can come to a halt in an instant unless you too have experienced a life-altering tragedy. My body freezes, my mind races, a million questions come to mind. How do I explain the conflict of emotions? Will one love seem less important than the other?

Brendan and I met in the summer of 2003 through mutual high school friends at The Green Turtle in Baltimore, Md. As the product of a divorced family, I never thought I would meet or marry my husband young, but there I was, at the age of 22, staring into the eyes of my future husband. The next five years were the best whirlwind. He graduated from the United States Naval Academy and headed off to Virginia, Korea, and eventually San Diego for SEAL training, while I finished college and started my career. With everything coming up roses for us, the first real test of our relationship came in April 2007, when Brendan's friend and Naval Academy roommate, Travis Manion, was killed in Iraq. Though Brendan was a pallbearer, he could not be excused from SEAL training to attend the funeral, so I went to the services with friends and family. Though it wasn't obvious at the time, watching Brendan process and grieve Travis' death and eventually move forward with purpose and intention would be the second greatest gift he ever gave me. Out of that tragedy came our engagement. Brendan knew I didn't want to marry young, but he said life was short and he wished Travis had a love in his life like we did. I moved to San Diego from Annapolis in January 2008 and we started our life together. Those two years between 2008-2010 in San Diego are some of my favorite memories and a time that I will always cherish. We worked hard, played hard and lived life to the fullest while planning our future together, and all of it was better than I ever could have imagined.

On Sept. 21, 2010, my world came to a standstill, and it wouldn't spin again for a while. In my darkest hours I found solace and support from many friends and family, but it was my close friendship with Travis' sister and Brendan's brother that reminded me of the strength Brendan had showed after Travis' death, and it was their support and Brendan's example that set me on my new course.

I threw myself into work, into exercise, into therapy, and while I knew Brendan loved me as I was, his death had changed me in some ways for the better. I longed for the future that we had planned, but in his absence, it was the one thing I couldn't bring myself to do – I couldn't plan a new future. On Dec. 25, 2013, Brendan's brother had a son, Brendan Travis, and I was there in the hospital to meet him. This was another turning point because it was a sharp reminder of what I would never have. Brendan's brother had often told me he wanted me to find happiness in whatever form that might take, and as I watched Brendan Travis grow, I realized I might eventually want that too, and eventually, with the help and support of friends and family, I finally was able to admit out loud that I might be ready to love again.

Meeting my husband, Joel, was completely different. It was a set up by a mutual friend of mine and Brendan's. It wasn't fireworks and love in an instant; it was anxiety, fear, overanalyzing and so many questions. We met for the first time in December 2014, and, for once, something made sense again. The one thing I'll never forget from our first date is how it made me feel: safe, secure and loved, in a way I hadn't felt since Brendan had died. Joel and I's relationship is completely different than Brendan and I's, but no less great.

There are times when I think how lucky I am to have two great loves, and there are times where I think how unlucky I am to have two great loves. I think Joel's best man said it best in his speech on our wedding night, "It is a credit to the man and woman that Joel and Amy are and to the strength of them as individuals and the bond they share that so many of Brendan's friends, teammates and family are in this room celebrating tonight." I treasure the past, I still mourn the future we could have had, and I also love my present with all my heart.



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

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**NavyGoldStar**

## Chaplain's Corner: Kindergarten Lessons Continue to Empower Us as Adults

By CNIC Force Chaplain's Office

There is an obscure verse in the Holy Bible in the Book of James, chapter 3, verse 3: "We can make a large horse go wherever we want by means of a small bit in its mouth."

For any of you who are into horseback riding, you know firsthand the truth of that verse. Imagine a young child, with some training and encouragement, guiding a horse to go wherever she leads it because of that tiny bit in its mouth. Such a sight is the essence of what most people mean when they talk about an "empowering moment."

For most of us, empowering moments truly began, in a public and social manner, in kindergarten. Such moments

have continually influenced the days of our lives.

Here is how that influence embraces the importance of little things: things like saying, "please" when we are making a request; things like appreciating the importance of saying "thank you" when someone does something that elicits our profound gratitude; things like asking for meaning rather than assuming the intent of a speaker; things like listening – truly, actively listening in an effort to understand – especially if the person who is talking is a little one. What a fountain of pure, unadulterated wisdom that flows from the mouths of our babies!

All in all, our kindergarten teacher was right when we heard these words: "It is nice to be nice."

A spiritual truth: Rendering a kind response to an ugly comment or a demeaning action often leaves the offender at a loss. When one responds with loving kindness to offensive words, attitudes or behaviors, the perpetrator is baffled. A loving response is so unexpected and counterintuitive. The Wisdom literature of the Holy Bible says it best: "A kind word turns away wrath" (Proverbs 15:10).

Kindergarten lessons continue to empower us as adults. We can make a large horse go wherever we want by means of a small bit in its mouth. May your empowering moments continue to grow and impact others in a positive way.



**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.

# Federal Job Preference and You



A Survivor benefit that can help you obtain federal employment

## WHAT is derived hiring preference?



### What is veterans' hiring preference?

Veterans' hiring preference adds points to the numerical score used to rank applicants for open positions. Veterans' preference does not guarantee veterans a job, but gives them a slight advantage over other qualified applicants for the same position.

**Derived hiring preference** allows you, as the Surviving spouse or parent of a veteran, to claim the hiring preference your veteran cannot use for yourself.

### What if I don't meet all the requirements for derived hiring preference?

Other resources may still help you find federal employment.

**1. The Military Spouse Appointing Authority** lets federal agencies appoint military spouses to open positions without going through the competitive hiring process.

In vacancy announcements on USAJobs, look in the "Who May Apply" section to see if the job falls under the Military Spouse Appointing Authority.

**2. For more Information:** <https://www.opm.gov/policy-data-oversight/hiring-information/veterans-authorities/#url=Appointment-of-Military-Spouses>.

**3. Spouse Education and Career Opportunities (SECO).** Visit <http://www.militaryonesource.mil/seco> or call 800-342-9647.

**4. State benefits:** Several states offer hiring preferences for survivors of deceased military service members or spouses of service members with disabilities. Find out more at your state Veterans Affairs office (<http://www.va.gov/statedva.htm>).

## WHO is eligible for derived hiring preference? Am I?



**Yes,** if you are the **Surviving, unmarried spouse** of a service member who died under honorable conditions on active duty during a war or recognized campaign or expedition.

**Yes,** if you are a **Surviving parent** of a service member who died under honorable conditions on active duty during a war or recognized campaign or expedition.

You must also be able to show that you were married to the late service member's other parent and, if no longer married to that person due to death or divorce, are not presently married to anyone else.

## HOW do I claim derived hiring preference?



- 1** Apply for an open position through [USAJobs](https://www.usajobs.gov) (<https://www.usajobs.gov>).
- 2** Complete Standard Form (SF) 15, Application for 10-point Veteran Preference.
- 3** Provide documentation of your service member's death.
- 4** Provide documentation of the deceased's service during wartime or in a recognized campaign or expedition.
- 5** Provide documentation of your marital status.

For more information on the Navy Gold Star Program...



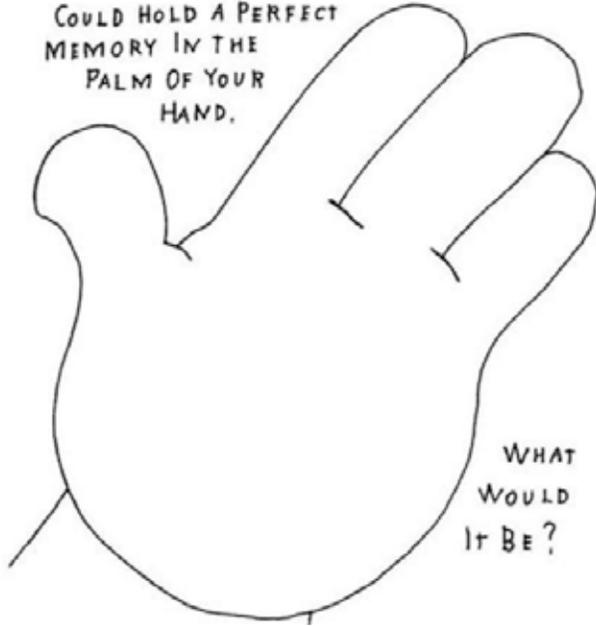
[www.NavyGoldStar.com](http://www.NavyGoldStar.com)  
[www.facebook.com/NavyGoldStar](https://www.facebook.com/NavyGoldStar)  
 1-888-509-8759

## Did You Know...?

If you meet the other conditions, both Surviving spouses and Surviving parents can claim derived hiring preference based on the same veteran's service.

# Sailor Bob's Kid's Korner

IMAGINE THAT YOU  
COULD HOLD A PERFECT  
MEMORY IN THE  
PALM OF YOUR  
HAND.



Fill in the sentences below with your thoughts and share them with a family member or close friend.

I wonder \_\_\_\_\_

I try \_\_\_\_\_

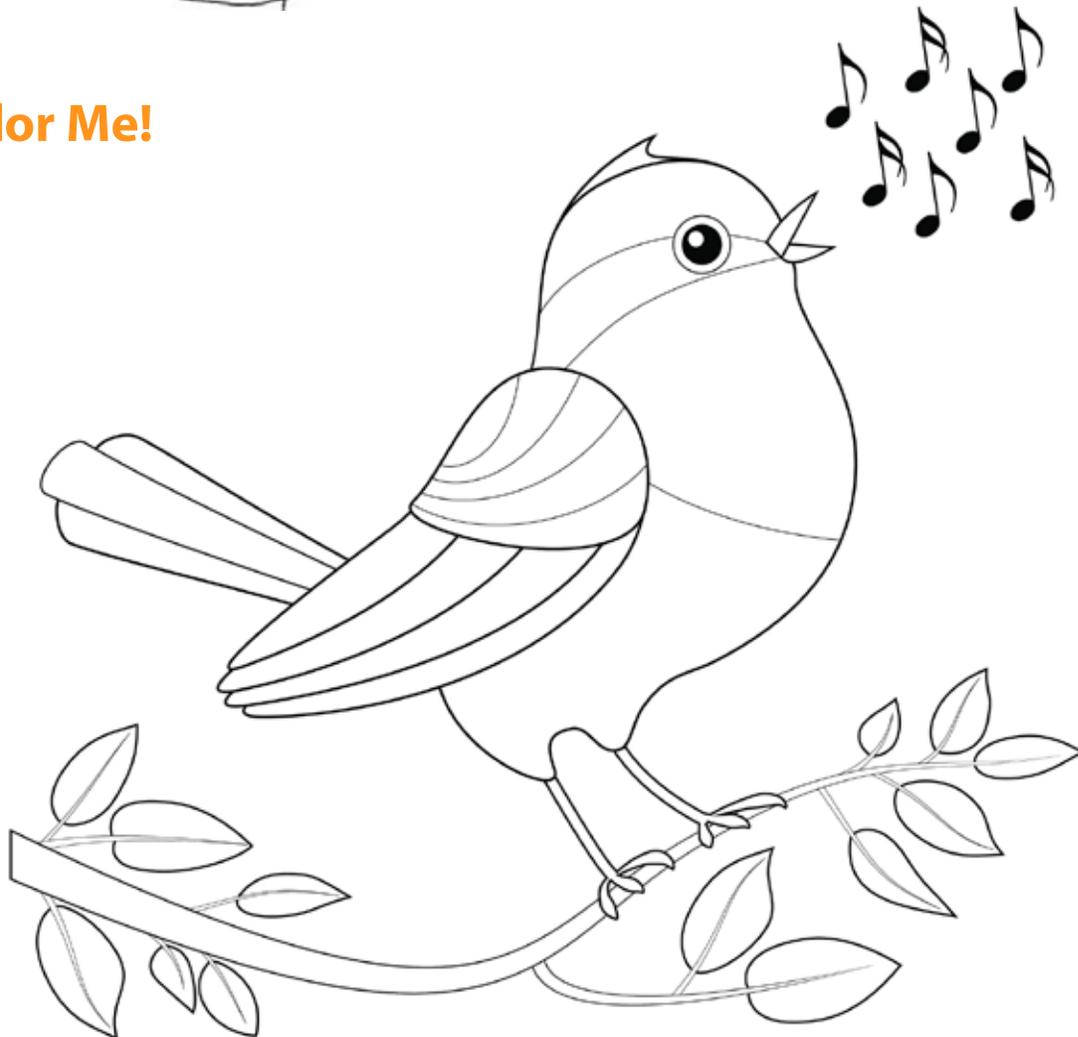
I understand \_\_\_\_\_

I want \_\_\_\_\_

I learned \_\_\_\_\_

I am \_\_\_\_\_

## Color Me!



# 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	410-293-9345	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

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