



COMMUNICATING INFORMATION AND RESOURCES



The Healing Power of the Arts

By Erick Roberts, CNRSW Gold Star Coordinator

In partnership with the La Jolla Music Society, the Southwest Region Navy Gold Star Program has been able to provide Gold Star family members the opportunity to partake in various theatrical, musical and educational productions that are suitable for all ages. These 50 shows span a season of events through the month of June 2023. The shows include the talents of world-renowned cellist Yo-Yo Ma and span several unique venues in San Diego County. Visit www.theconrad.org to view the full event listings.

This is a unique opportunity for families to experience the healing power of the arts and perhaps even kindle a newfound appreciation for them. The Navy Gold Star Program is always looking for new experiences for families to help them expand their horizons beyond the day-to-day. Exposure to the arts provides such a medium. Research has shown that exposure to music can calm neural activity in the brain, reduce anxiety, and also may have positive effects on the immune process. Click [here](#) to read more.

There are a limited number of seats left for these special shows, and they are issued on a first come, first served basis. If you would like to attend, be sure to [RSVP](#).



Telling Stories

By CNIC Force Chaplain's Office

"We are as a species addicted to story. Even when the body goes to sleep, the mind stays up all night, telling itself stories." – Jonathan Gottschall, "The Storytelling Animal"

"God made [us] because [God] loves stories." --Elie Wiesel, "The Gates of the Forest"

Have you heard a good story lately? Due to impatience, most of us spend about 30 seconds into any narrative determining if the story is worth our time and attention. If we hastily conclude that it is not a good story, our snap judgment may rob us of an adventure in learning and being provoked to rethink some "givens" in our lives. Patience is key in successfully listening to storytellers. Impatience and anticipating how the story ends can rob us.

The most common venue for stories is movies. The twists and turns of plots can sweep us away as a suspenseful movie delivers an unexpected ending. Fiction or nonfiction, we are wired to enjoy a good story.

There is an inherent secret about stories. The truth is, all of us are walking stories. Sadly, the most compelling stories are never told. The fear of being perceived as different is enough for some of us to seldom risk telling a portion of our story. If you choose to be silent, the world is robbed of the richness of your life experience. Throw cautious silence to the four winds and lend us your voice! After all, there are common life experiences that affect us all. There are also not so common personal perspectives on those common life experiences. We all have a story or two to tell. Actually, we have a boatload of stories!

A challenge for each of us: When you feel the time is right to engage a friend or a group of people, arrest their attention by simply stating, "Let me tell you a story." Note the anticipation in their eyes. Lend your voice and your perspective. By doing so, you will command the attention of your listeners. You will take them on a journey. They will be awash in your unique perspective and your life experience. They will learn something. They may be entertained. If the story elicits it, they may even cry with you – tears of joy or tears of sadness. There are many who can benefit from your storytelling.

Have you heard a good story lately? We love hearing stories.





The Grief Process and Timelines

By Susanna Del Llano, CNRSE Gold Star Coordinator

Welcome to 2023! In the last edition of the Survivor's Link newsletter, I talked about journaling and my experience with it. When planning for this article, I thought about writing about New Year's resolutions vs. goal setting. I did some research and had a good idea as to what I wanted to write until I received an email from a Gold Star brother, who we will refer to as Zeus. I am truly thankful Zeus reached out to me, as the subject of the email was something that we all go through when we lose a loved one – grief. Grief is a natural response to losing a loved one, a relationship, or maybe even a job. Grief is a necessary process that helps an individual adjust to loss, a normal reaction to the loss of a significant someone or something in your life.

In her article, "[The Stages of Grief: Accepting the Unacceptable](#)," Caitlin Stanaway, Psy.D., licensed psychologist, said: "When you combine experiences of stress and trauma to grief, it is overwhelming. It takes a toll on our mental and physical health. Our minds and bodies are consistently being impacted by the stress response, a nervous system reaction to feeling threatened. It triggers the release of adrenaline and cortisol, impacting sleep, appetite, making it difficult to function at your best." Research shows there are clear links between the experience of grief and ill health. It is best for us, as humans, to allow ourselves to accept the grieving process as part of our life.

We are all different, and unfortunately, there is not a timetable or grief timeline for how long it will take a person to move through the grief process. Grief is an individual process, and there is no right or wrong way to grieve. You must be patient with yourself and give yourself grace to heal. I wish I had a magic ball that I could use to see just how long a person would be living through the pain of grief, but unfortunately, I do not. Even if it were possible, I am sure it would show us that for some the feeling of grief could be lifelong.

"The experience of grief can sometimes feel like a storm. A person may feel that the storm has passed, but then be surprised when the

next storm strikes." (Source: www.betterhealth.vic.gov.au/health/servicesandsupport/grief.) I explained to Zeus that there may be thoughts and/or triggers in our life that may cause us to think of our loved ones who have passed. For instance, it has been 25 years since my grandmother passed away. To this day, if I hear a certain song, smell a certain smell, or look at a picture of her, I sometimes have feelings of deep sadness because I miss her so deeply.

It is important to remember that grief is a normal experience and that the process of grief does require experiencing the pain that accompanies the loss of the loved one. It is also important to note that grief is a journey, not a destination. The only right way to grieve is your way, and the only way around grief is through it. Be patient in your own healing and give yourself grace during the process. Sometimes it is hard for us to see through pain; however, I strongly encourage you to do so. In my personal experience, looking through the pain to the happy memories are those things that have gotten me through some rough times. In fact, when I think about those happy times, those funny things my grandmother used to do to make me laugh, and it actually changes the heartache I am experiencing to feelings of great joy and happiness. I force myself to rejoice in the opportunities I had while growing up; I had such a magnificent woman as my grandmother. Those are the true memories that get me through my grief journey.



Meet Our Newest Navy Gold Star Coordinators

Navy Gold Star Coordinator



David Graham
Installation Navy Gold Star Coordinator
Naval Station Norfolk

David Graham is the installation Navy Gold Star Program coordinator at the Fleet and Family Support Center (FFSC) on Naval Station Norfolk, Virginia. He has more than 30 years of experience working with active-duty military personnel, veterans and their families. David has a diverse background in FFSC programs, including supporting families of Individual Augmentees (IAs), serving as a deployment specialist to help service members and their families cope with the challenges of various deployments, and serving as a transition specialist to help service members and their families transition from military service to civilian life. While serving on active-duty in the Navy for almost 30 honorable years, David served as a command master chief, assisting Sailors throughout all facets of their careers. David has a Bachelor of Science degree from Excelsior College and a Master of Science degree in Organizational Leadership from National University. He is married with three sons; one son is a Navy veteran, one is a teacher, and his third son is pursuing a degree in computer engineering. David enjoys spending time with family, traveling, golf, and watching the Chicago Bears.

Navy Gold Star Coordinator



Maura Bradshaw
Installation Navy Gold Star Coordinator
Naval Station Great Lakes

Maura Bradshaw is the installation Navy Gold Star Program coordinator at Naval Station Great Lakes, Illinois, which is known as "The Quarterdeck of the Navy." It is her honor to serve families in Illinois, Wisconsin, Michigan, and Indiana. Over the past 11 years, Maura has served the military community in multiple roles. Her civil service career started as a Family Readiness Support specialist, and this is where Maura's passion for serving military families was born. Maura earned a Bachelor of Arts degree in Psychology from the University of South Florida and a Master of Social Work degree from the University of Illinois at Chicago. She takes a holistic approach to work, ensuring everyone she serves has the individualized support he or she may require. Maura is a military spouse of 14 years and the mother of two wonderful girls. In her free time, she enjoys both practicing and teaching yoga and meditation, spending as much time outside as possible, family movie nights, and a good puzzle.

Navy Gold Star Coordinator



Tasha Wade
Installation Navy Gold Star Coordinator
Naval Base Ventura County

Tasha Wade is the installation Navy Gold Star Program coordinator for Naval Base Ventura County, Port Hueneme, California. She is Navy veteran and served eight years on active duty as a hospital corpsman. Since separating from the Navy in 2018, she has continued to work with the military community in a variety of different settings. Tasha recently graduated with a Bachelor of Science degree in Public Health from American Public University. Serving the community, particularly military families, is her passion. In her free time, Tasha enjoys Bengals football, spending time with her husband and pugs, and being outdoors.



March 25 is National Medal of Honor Day

By Stephanie Hunter, Navy Gold Star Program Analyst

In 1990, Congress designated March 25 of each year as National Medal of Honor Day. The holiday was signed into law by President George H.W. Bush as a day to honor the heroism and sacrifice of Medal of Honor recipients.

The Medal of Honor is the highest award for valor in action against an enemy force that can be bestowed upon an individual serving in the armed services of the United States. The Medal of Honor is generally presented to its recipient by the president of the United States of America, in the name of Congress.

In 1861, President Abraham Lincoln signed a bill to produce and distribute 200 Medals of Honor for enlisted Navy personnel. Then in 1862, he signed a bill for 2,000 Army Medals of Honor. On March 3, 1863, both services made the decoration permanent. In addition, the Army extended eligibility for the Medal of Honor to officers as well as enlisted personnel. The Navy medal remained available only to enlisted personnel until 1915.

There have been 3,515 Medal of Honor recipients and 19 double recipients of the Medal of Honor. There are 64 Medal of Honor recipients currently alive today. To learn more about the Medal of Honor and its recipients, visit www.cmoahs.org.

Do you know the difference between Memorial Day, Veterans Day and Armed Forces Day?

- ★ **Memorial Day**, the last Monday in May, honors those who died in military service.
- ★ **Veterans Day**, November 11, honors those who have served in the military.
- ★ **Armed Forces Day**, the third Saturday in May, honors all of the U.S. military services as well as its members, both past and present.

Gold Star Spouses Day Honors Surviving Loved Ones

By Stephanie Hunter, Navy Gold Star Program Analyst

Gold Star Spouses Day will be recognized on April 5, 2023, a day where we can pay tribute to the husbands and wives of those who died while serving on active duty. While not a national holiday, many installations have their own observances that honor the spirit of Gold Star Spouses Day.

Since 2010, Congress has passed an annual resolution recognizing April 5 as “Gold Star Wives’ Day” to pay tribute to the contributions of individuals belonging to the Gold Star Wives of America, a nonprofit established in 1945 that was made up of women who lost their husbands in service to the country. As the military has evolved over the years, so has the role and demographics of the military spouse. Guidance was changed to be more inclusive, and now the observance is known as Gold Star Spouses Day.

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 button symbolizes service members who lost their lives in combat operations. This pin features a gold star on a purple background. The lapel button for next of kin of deceased personnel was later introduced in 1973 to symbolize active-duty service members who lost their lives in noncombat operations. This pin features a gold star on a gold background surrounded by laurel leaves.

The survivor support community has adopted April 5 as a way to acknowledge the sacrifices of and say thank you to all Gold Star spouses. The Navy Gold Star Program is committed to providing support and ensuring Gold Star families remain connected to their Navy family for as long as they desire.

As we observe Gold Star Spouses Day, let us all remember that that no one has given more for our nation than the families of the fallen, and let them know they will never be forgotten. If you see someone wearing a Gold Star lapel button or the lapel button for next of kin of deceased personnel, remember that these symbols identify the families of our fallen heroes. If you know or meet a Gold Star spouse, please take the opportunity to acknowledge their loved one’s sacrifice and thank them for their continued service.

To find out about how the Navy Gold Star Program is honoring Gold Star spouses in your area, be sure to connect with your closest Navy Gold Star coordinator. Visit www.NavyGoldStar.com/locations to find out how.



Navy Gold Star Spouses Day

April 5, 2023

Remember the Love.
Honor the Sacrifice.



www.NavyGoldStar.com
www.facebook.com/NavyGoldStar • 1-888-509-8759





Spotlight on Resources: Camp and Recreational Opportunities for Gold Star Families

Comfort Zone Camp offers camps for kids 7-17, and young adults between the ages of 18-25, who have suffered the death of a parent, sibling or legal guardian. <https://comfortzonecamp.org/>

Eluna Network's Camp Erin is the largest national free bereavement camp program for children and teens 6-17 grieving the death of someone close to them. <https://elunanetwork.org/>

Seven Stars Foundation sponsors military children to YMCA camps around the country for a week at no charge to families. <https://www.sevenstarsfoundation.com/>

Kids of Our Heroes Adventure Camp provides a one-week adventure camp at no cost to the children of fallen and wounded warriors, and children of first responders. <http://www.kidsofourheroes.org/index.html>

Camp Corral provides a unique summer camp experience for the children of wounded, injured, ill, and fallen military heroes. <https://www.campcorral.org/>

Camp Hometown Heroes offers a free week-long overnight summer camp for children and siblings ages 7-17 of fallen U.S. service members. <https://www.camphometownheroes.org/>

Gold Star Family Weekend invites the families of our military fallen heroes to a weekend of camaraderie, fun and sharing. <https://www.goldstarweekend.com/>

Operation Camp sponsors children of fallen Soldiers, Sailors, Airmen, Marines and Coast Guardsmen to summer camps throughout the United States, including the cost of camp, travel to and from camp, lodging, and meals. <https://www.operationcamp.org/about-operation-camp>

Operation 300 hosts weekend-long adventure camps for children who have lost their fathers as a result of military service, pairing each child with a father-aged, male mentor who spends the weekend doing things with the children they might have done with their dad. <https://op300.org/>

Knights of Heroes Foundation empowers children who have lost a parent in service to our nation by providing positive adult mentorship, character development, and lasting friendships, forged through outdoor adventure programs. <https://knightsofheroes.org/>

Gold Star Teen Adventures provides year-round adventure opportunities for the children of fallen military members, first responders, and from our nation's intelligence community who have lost their lives in the line of duty. <https://gstadventures.org/>

Project New Hope hosts free retreats, supportive programs, wellness and education programs and events for Gold Star families, service members, veterans, and their families. <https://www.projectnewhopema.org/>

Leap of Faith is a three-day healing seminar that is meant to be transformational for families of fallen service members. <https://www.osotamerica.org/leap-of-faith/>

Kriss Crossing Foundation serves those left behind through the power of equine at their ranch in Seguin, Texas. They host horseback riding workshops for wounded warriors and families that have lost loved ones who were serving in the United States military, and family members of fallen first responders. <https://chriskcrossing.com/>

Warriors Place is a retreat center for Veterans, military service members, law enforcement officers, firefighters, and Gold Star, Blue Star and Silver Star families. <https://www.mywarriorsplace.org/>

Gold Star Sailing is dedicated to providing unique opportunities and adventures to the surviving children of fallen military service members in order to instill self-confidence, build character, teach teamwork, develop leadership, and promote healing in a positive environment of hope, adventure and friendship. <https://goldstarsailing.org/>

Camp Benesi is a recreational getaway designed specifically for veterans and Gold Star families who are grieving loss or dealing with the effects of military service. Set in Northern Wisconsin on Lake Superior, Camp Benesi offers free lodging, meals and activities to families and veterans to help them move forward in a good way. <https://campbenesi.org/>

Note: 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 will sometimes include information (including phone numbers and websites) for various nongovernmental resources. The Department of the Navy does not warrant or endorse these entities, products or services.



Gold Star Awareness Month Honors Fallen Service Members, Families

By Stephanie Hunter, Navy Gold Star Program Analyst

Each year thousands of military personnel make the selfless sacrifice to defend our country and the freedoms in it. Our strong and patriotic military-affiliated families understand the importance of serving our nation and the commitment it takes to serve, as they stand with the men and women who serve so valiantly.

As a country, we support and thank those men and women for their service, as we should; however, our support should not end there. Every year we lose hundreds of service members because of suicide, combat, training accidents, accidental occurrences, illness or homicide. In 2022 alone, the Navy lost 174 active-duty Sailors, leaving behind loved ones – our Gold Star families.

We have a duty to take care of our Gold Star families and honor the legacies of their fallen service members. This is one of the reasons the Navy Gold Star Program has dedicated the month of May as Gold Star Awareness Month. Throughout the month of May, we emphasize the education of our military and local communities on what it means to be a Gold Star survivor. We also provide opportunities to our survivors to participate in events that pay tribute to the fallen and offer survivors an opportunity to connect with one another.

While the debt of gratitude can never be repaid to our lost heroes, we can recognize their service and sacrifice by helping their families carry on their memories. Regardless of military service, cause, location or circumstances of the loss – surviving family members deserve our acknowledgement and deepest respect. Anytime you see someone wearing the Gold Star or next-of-kin lapel pin, remember that he or she has lost a loved one who selflessly served our nation, and take that moment to honor and remember all of our Gold Star families who have committed and sacrificed so much for our great nation. 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 call 1-888-509-8759, or visit www.facebook.com/NavyGoldStar or www.NavyGoldStar.com.

Every year during the month of May, the Navy Gold Star Program shares tributes to our fallen service members on our Facebook page. These tributes give families the opportunity to share memories of their loved ones and ensure their memory lives on. If you would like to ensure your service member is included, be sure to reach out to your coordinator to find out how. You can find us on Facebook at www.facebook.com/NavyGoldStar.



THE UNITED STATES OF AMERICA VIETNAM WAR COMMEMORATION



National Vietnam War Veterans Day March 29



Join the Nation ... thank a Vietnam veteran!
vietnamwar50th.com



SBP 2023 Optional Child Annuity Reversion

The Defense Finance and Accounting Service (DFAS) mailed eligibility packets in mid-November 2021 to about 5,000 surviving spouses of service members who died on active duty or on inactive duty in the line of duty after Oct. 7, 2001, and who had previously requested the SBP Optional Child Annuity. DFAS mailed this eligibility packet again in June 2022.

The eligibility packet includes the documents DFAS needs the surviving spouse to fill out and return. The documents help them determine the spouse's eligibility for SBP annuity payments and set up their account to begin payments (if they are eligible) after the changes take effect on Jan. 1, 2023 (monthly payments begin Feb. 1, 2023).

If a surviving spouse did not receive a packet in the mail, the full eligibility packet can be downloaded from the DFAS website at <https://www.dfas.mil/sbp2023childoptrev>. There are specific instructions for filling out and returning the documents. There is also a helpful how-to checklist for filling out the forms.

Some surviving spouses may be confused about what the Optional Annuity for Dependent Children is and if they are entitled to an additional annuity. If a spouse is currently entitled to and receiving an SBP and/or SSIA monthly payment, they did not request the Optional Child Annuity and the 2023 reversion does not apply to them. SBP is paid either to the surviving spouse or to the surviving child/children; it is not paid to both spouse and child.

The Optional Child Annuity is not an additional annuity payment. It is the option to pay the SBP annuity to the child/children instead of to the surviving spouse.

In addition, this change in the law does not impact the surviving spouse or child of a member who retired prior to passing away. The change in the law does not impact the current SBP coverage of a retiree. The Optional Annuity for Dependent Children is only allowed when the service member died on active duty or inactive duty in the line of duty after Oct. 7, 2001. Click [here](#) for more information.



Tax Forgiveness

From www.militaryonesource.com

After the death of a loved one, taxes might not be on your list of things to think about. However, the government may entitle your loved one to certain benefits - including tax forgiveness. Here are answers to some common questions about tax liability and forgiveness.

When does the government entitle a deceased service member to tax forgiveness?

Tax liability is the entire sum of tax money you pay annually to the federal government. The government can forgive or refund the taxes if a service member dies under any of these events: while on active duty in a combat zone; from wounds, disease or other injury received in a combat zone; or from wounds or injury incurred in a terrorist or military action.

Which tax years will the government forgive?

This varies based on the events of the death.

For combat zone-related deaths: The IRS forgives the service member's tax liability for the tax year in which the death occurred – and any previous tax years ending on or after the first day of active duty in a combat zone. The government also forgives any remaining unpaid taxes from previous years.

For deaths outside a combat zone, but in direct support of military operations: The same forgiveness benefits apply as those for combat zone-related deaths.

For terrorist or military action related-deaths: The IRS forgives the service member's tax liability for the year in which the injury occurred (even if death occurs in a separate year) and one year prior.

How does tax forgiveness affect joint filing?

If you and your spouse typically file jointly, forgiveness or a refund only applies to the deceased service member's portion of your tax liability.

When you submit a claim for tax forgiveness, you'll need to determine the portion of your joint tax liability for which the service member would have been liable if you had filed a separate return.

How can I submit a claim for tax forgiveness?

Review the [IRS Publication 559](#) to verify the most current instruction. Tax forgiveness isn't automatic, so you'll need to submit a survivor's claim. If you have not filed the tax return, file a Form 1040 with the service member's W-2. If you already filed the tax return, file a separate Form 1040X for each year in question.

You can identify your claim by writing one of the following on the total tax line on Forms 1040 or 1040X: Iraq-KIA; Enduring Freedom-KIA; Kosovo Operation-KIA; Desert Storm-KIA; or Former Yugoslavia-KIA.

If a terrorist action resulted in the death of the service member, write KITA on the front of the return and on the line for total tax. You'll also need to include: a computation of the decedent's tax liability; Form 1310, "Statement of Person Claiming Refund Due a Deceased Taxpayer"; and a death certificate or equivalent from the Defense Department or the Department of State.

Military OneSource can provide [free tax information](#). You can also access free tax preparation and e-filing services through Military OneSource by calling toll-free 800-342-9647. Click [here](#) for OCONUS/international calling options.

You also have the option of reaching out for assistance with tax preparation concerning your loved one through the [judge advocate office](#) closest to you or to request financial counseling through your Navy Gold Star Program coordinator.

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	901-930-8290	FFSC / BUILDING G SAUFLEY RD SAN DIEGO CA 92135-7138
NB SAN DIEGO REGIONAL COORDINATOR	901-671-5597	NB SAN DIEGO FFSC 3005 CORBINA ALLEY STE 1 BLDG 259 SAN DIEGO CA 92136-5190
NAVY REGION NORTHWEST INSTALLATION COORDINATOR	901-930-8062	FFSC / 610 DOWELL ST BLDG 35 KEYPORT WA 98345
SMOKEY POINT SUPPORT COMPLEX INSTALLATION COORDINATOR	901-671-7519	SMOKEY POINT SUPPORT COMPLEX 13910 45TH AVE NE SUITE 857 MARYSVILLE WA 98271
NAVY REGION SOUTHEAST REGIONAL COORDINATOR	904-548-5001	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	901-930-8109	FFSC / 11001 D ST CORPUS CHRISTI TX 78419-5021
NAVAL DISTRICT WASHINGTON REGIONAL COORDINATOR	901-930-8578	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	901-930-8308	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. 134	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	901-671-6910	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.