

COMMUNICATING INFORMATION AND RESOURCES



# Navy Gold Star Program Spreads Awareness With Ducks

By Stephanie Hunter, Navy Gold Star Program Analyst

The Navy Gold Star Program recognizes the month of May as Gold Star Awareness Month. This past May, the program helped spread awareness through numerous activities and displays.

A new initiative this year was the "You've Been Ducked" campaign, which was adopted from the Jeep community. Small ducks were provided to numerous staff, survivors and supporters, who were then asked to distribute the ducks within their communities.

Placing ducks on Jeeps was encouraged due to the tradition within the Jeep community to provide ducks to other Jeep owners, but distribution was not limited to only these vehicles. The duck campaign helped us to reach a wider audience of the American public to spread awareness. It also provided more of our survivors worldwide an opportunity to participate and share what it means to be a Gold Star family. While our Gold Star families are located anywhere, from big cities to rural America and overseas, many of the events and activities we can host are not located in areas that allow every survivor to participate.

The duck campaign gave more Gold Star families an opportunity join us and spread the message and importance of never forgetting our nation's fallen heroes. We encouraged people who were "ducked" to share their city and state on our Facebook page to track how widely these little ducks traveled. We reached people in Guam, Japan and Italy, the Atlantic Ocean in between the Bahamas and Jamaica, big cities such as San Diego, Las Vegas and Philadelphia, and smaller areas including Pflugerville, Texas, and Dover, North Carolina. A big thank you to everyone who participated in our duck campaign!

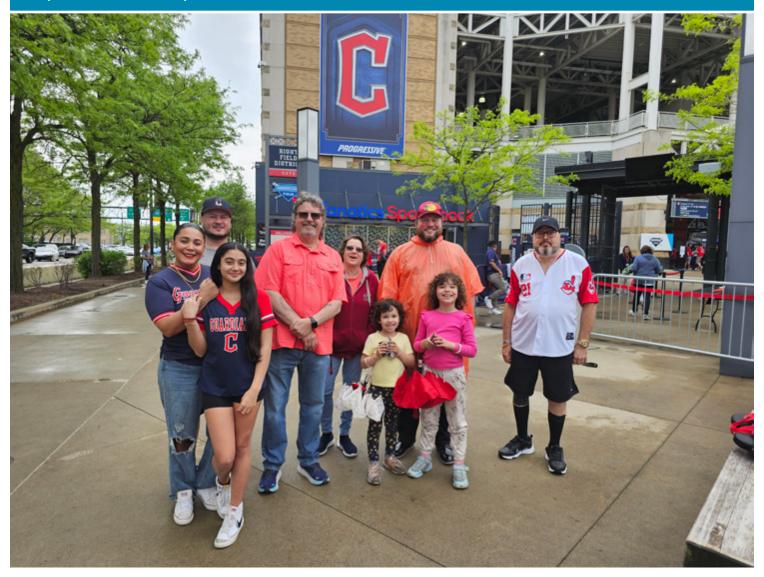












From left to right: Sgt. Jose Reyes family (Damianis Reyes, Naydie Gomez, Ruben Caraballo); PO1 Peyton Stankiewicz family (Jeffery Stankiewicz, Patti Krickel); PO3 Mary Ramey family (Lola Ramey, Nadya Ramey, Shannon Ramey); and PO1 Peyton Stankiewicz family (Jim Pluta).

### **Cleveland Guardians MLB Team Welcomes Gold Star Families**

By Alicia McCoy, Navy Gold Star Coordinator

Gold Star Awareness Month is recognized in May, and Navy Gold Star Program coordinators hosted various events throughout the month for surviving family members to attend. Navy Gold Star families living in and near the Cleveland, Ohio, area, were offered free tickets to attend the Cleveland Guardians vs. Los Angeles Angels Major League Baseball game at Progressive Field on May 4. This was the first Gold Star family event that the Navy Gold Star Program coordinated with the Cleveland Indians, and it did not disappoint!

Members of four Gold Star families attended the game, including the families of U.S. Navy Petty Officer 1st Class Peyton Stankiewicz, U.S. Army Sgt. Jose Reyes, U.S. Navy Petty Officer 3rd Class Mary Ramey, and U.S. Army Sgt. Brandon G. McCoy.

In addition to enjoying ballpark food, fun and comradery, the families were also included in a live event "Spotlight" hosted by the Cleveland Guardians Live Experience Team at the top of the 4th inning. The production team interviewed Alicia McCoy, Navy Gold Star Program coordinator and spouse of U.S. Army Sgt. Brandon G. McCoy, about the Navy Gold Star Program and Gold Star Awareness Month, and then thanked and recognized the Gold Star families live on the jumbotron. What an impressive way to recognize these families! Many thanks to the wonderful folks with the Cleveland Guardians MLB program for helping pay homage and tribute to the families who have given so much!

### Moving after the Death of a Loved One

By Lisa Bauch, Navy Gold Star Program Analyst

Change is always hard, no matter the circumstances, but adjusting to your new normal after a loss can be especially challenging. One of the most daunting tasks for any military family is that dreaded move. Add grief and loss to the mix, and many families are faced with an overwhelming task. Please know that there are resources to help.

### Deciding where to move

Some things to consider when choosing your next home:

- The best location to find support. Depending on your situation, you may find it comforting to move near family and friends, especially if you have young children. You may want to relocate near a military installation that offers a variety of services for yourself and your children.
- Seeking new employment. You may want to consider looking into employment opportunities before you decide where to move. If you're seeking employment through the federal government, you may be able to take advantage of special preference programs.
- The affordability of your location. Perhaps you need to relocate to a place that allows you to live comfortably with your survivor benefits.

### What's next?

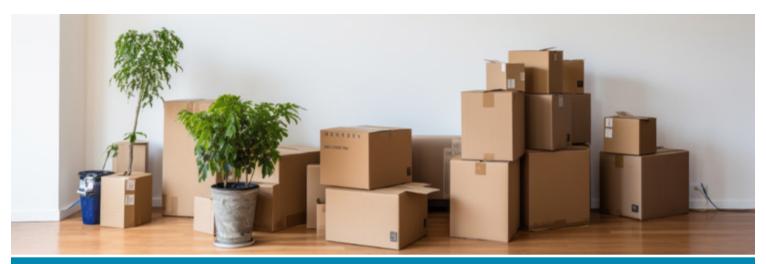
Once you've decided where to move, you may want to:

- Plan ahead as much as possible and know the timeline for your move to reduce stress.
- Reach out to your casualty assistance officer or your Navy Gold Star coordinator.
- Contact the nearest military transportation office.
- Find relocation assistance through MilitaryINSTALLATIONS, an online directory of worldwide military base information, contacts, state resources, and more at <u>installations.militaryonesource.mil</u>.
- Get online organizational checklists by visiting Plan My Move at planmymove.militaryonesource.mil.

### Take your time with your loved one's possessions

You, and only you, should decide what to do with your loved one's personal belongings. When you are ready, you can sort your loved one's belongings at your own pace. You may want to consider asking friends and family for help. Ask yourself questions about each item to help you decide what to do with it, such as:

- Could this item make a good heirloom for kids or grandkids?
- Would a family friend find comfort in the item?
- Can I donate it to charity to provide comfort to others?
- Should I keep it for myself?





#### Summer moves

Peak move season in the United States is during the summer months. More than 70% of moves annually take place sometime between Memorial Day and Labor Day. This is often due to kids' school schedules or the fact that moving in snow has its own challenges. As we enter peak season, keep in mind a few tips if you plan to relocate this summer.

- Book your movers and choose a date ASAP. If you are using your final move entitlement, keep in mind that military moves are highest during the summer as well, so be sure to get in touch with the Personal Property/Military Transportation Office as soon as you can to secure your date.
- Avoid moving on a holiday. Trying to move during a holiday week may not be possible due to limited availability of movers and could introduce delays due to large amounts of traffic on the roads. Also, if you are self-funding the move, costs tend to be higher on holidays.
- Arrange for child and pet care on moving day. Moving during peak moving season is hectic enough without adding rambunctious toddlers and crying babies or worrying about your pet getting lost when the movers leave the doors open. Make your life easier by arranging for childcare and/or a pet sitter. Asking a family member, trusted friend or babysitter to watch your kiddos and pets during a move is one of the best things you can do for your sanity.
- **Prepare for the drive.** Planning to move yourself? Be aware that you're more likely to run into heavy traffic when moving during peak moving season. There are several ways you can prepare for the drive, including servicing your car prior to moving, test driving a truck rental before driving it on the highway, planning out your route, and keeping an eye out for low bridges or overpasses, which may make it impossible to drive a box truck rental on certain roads.
- Put aside items to bring with you. Be sure to bring with you any important documents and valuables you do not want to risk losing, such as family photos, valuable jewelry or irreplaceable personal mementos. Many moving companies will not move candles, alcohol or cleaning products. Be sure to check with your movers on restricted items and bring them with you if want to keep them.
- **Your new location.** Remember, if you are moving a long distance, you may arrive at your destination several days before your personal property arrives. Be prepared with clothing for at least a week for every member of your family and pet supplies, if necessary. Have a plan for that time before your stuff arrives.

Be sure to update your new address with DEERS and your Navy Gold Star coordinator to ensure you stay connected in your new community. Military OneSource has a host of self-help resources available to you online. Consider starting with a tutorial on making your final move at <a href="https://www.militaryonesource.mil/casualty-assistance/final-move">www.militaryonesource.mil/casualty-assistance/final-move</a>, and know that we are always here to help answer any questions that might arise. To find your closest Navy Gold Star coordinator, <a href="https://www.navygoldstar.com/locations">www.navygoldstar.com/locations</a>.



# Ready to Move: Navigating Your 'Final Move'

September 2023

Did you know that most separating or retiring service members move at government expense from their last duty station to the place they choose to live after their military service? This benefit is called the "final move," and it is also available to you as a Survivor.

### WHEN should I arrange my final move?

### Within One Year:

If you are living in government housing, you (and your child(ren) may stay there for up to one year after your service member's death. Any time during the year, you may ask to be moved to your next place of residence at government expense. But, be sure to consider scheduling the time needed to enact your move. It is suggested that you start the process six months prior to the one-year mark.

### Within Three Years:

If you are living in private housing (rented or owned), you may relocate at government expense one time within three years. Be sure to take into account scheduling time when planning your move. Consider beginning the process two-and-a-half years before the expiration date, and file for an extension if more time is needed.

### HOW

### do I arrange my final move?

- Review the current moving guidance in the U.S. Transportation Command pamphlet, It's Your Move <a href="https://www.ustranscom.mil/dtr/part-iv/dtr">https://www.ustranscom.mil/dtr/part-iv/dtr</a> part iv app k 1.pdf
- Request an account at the Electronic Transportation Acquisition portal (ETA) at <a href="www.move.mil">www.move.mil</a>. Be sure to have your line of accounting (LOA) information before starting.
- Access the applications within ETA you need. These may include the Defense Personal Property System (DPS), Global Freight Management (GPM), Integrated Booking System (IBS), Cargo and Billing System (CAB) and others.
- If you are planning a personally procured move (PPM), follow instructions at <a href="https://www.dfas.mil/militarymembers/travelpay/armypcs/dityppmmoves.html">https://www.dfas.mil/militarymembers/travelpay/armypcs/dityppmmoves.html</a>.

### WHERE

can I find help for planning my final move?



Toll free: 888-509-8759, www.navygoldstar.com

### Navy Household Goods/Personal Property -

https://www.navsup.navy.mil/NAVSUP-Household-Goods/Home/ Email: householdgoods@navy.mil; Phone: 855-HHG-MOVE (855-444-6683)

#### **On-base Transportation Office Locator-**

https://www.move.mil/resources/locator-maps

Fleet and Family Support Center (FFSC) Relocation Staff\* (FFSC Locator) - <a href="https://ffr.cnic.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/FFSC-Directory/">https://ffr.cnic.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/FFSC-Directory/</a>

(\*Not available in every location)



Did You
Know ...?

Looking for an extension? Be sure to submit your request to <u>NXAG\_N130C@navy.mil</u> at least six months prior to expiration and include in your email the following:

- Deceased service member's name, branch of service and date of death
- Requestor's name and relationship to service member
- Requestor's contact information (mailing address, email address and phone number)
- Reason for the extension request
- The intended date, city and state of relocation, including the new mailing address (if known)
- DD1300

Be sure to copy your coordinator on this email so they can help track your request if needed. For more information, visit the VA website at <a href="http://benefits.va.gov/homeloans/index.asp">http://benefits.va.gov/homeloans/index.asp</a>.



### **Bereavement Camps: A Place to Grieve and Heal**

From www.militaryonesource.com

Bereavement camps, seminars and retreats offer a place for survivors to connect with others. Being with peers who have dealt with grief can reassure you that what you're feeling is normal – and help you with your journey.

Professionals and volunteers run the camps. Grants and donations help support the camps, making them available at little or no cost to families. Separate camps are conducted for adults and children.

### **Camps for Children and Teens**

Losing a loved one can be especially tough for children, so finding resources tailored to their needs is essential. Camp time is often a mix of physical activities and social events, such as swimming, hiking and games. Physical and social activities can relieve stress. They can also help campers deal with the emotional struggles related to the traumatic experience of a loved one's death.

The following camps and programs work to provide grieving children with a comfortable place to talk about their emotions and feel understood:

**Comfort Zone Camp** (comfortzonecamp.org) is a nonprofit bereavement camp that brings together children who have lost a parent, sibling or primary caregiver. These free camps, which are held year-round across the country, include confidence-building programs and support groups for youths ages 7-17. Comfort Zone Camp also offers virtual camp programs.

**The Dougy Center** (<u>www.dougy.org</u>) provides a safe place for children, teens, young adults and their families to share their grieving experience through peer support groups, education and training.

**Eluna** (<u>elunanetwork.org</u>) provides comfort, hope and healing to children of military families and hosts a free weekend-long experience of traditional camp activities combined with grief education and emotional support at Camp Erin.

**Good Grief Camps and Family Camps** (<a href="www.taps.org/youthprograms/camps#ggc">www.taps.org/youthprograms/camps#ggc</a>), offered through the Tragedy Assistance Program for Survivors, pair young survivors with active-duty military and veteran mentors who understand the military and can help guide young survivors through their journey of grief. The camps are offered at different locations throughout the United States.

**Snowball Express'** (<a href="www.garysinisefoundation.org/snowball-express">www.garysinisefoundation.org/snowball-express</a>) mission is to create hope and new memories for the children of deceased service members who died while serving our country since Sept. 11, 2001. During December, it brings children together from all over the world for an all-expenses-paid, five-day gala filled with activities such as sporting events, dances and amusement park visits.

**Project Common Bond** (<a href="www.tuesdayschildren.org/news-press/project-common-bond">www.tuesdayschildren.org/news-press/project-common-bond</a>), a program of Tuesday's Children, provides camps and retreats for teens and young adults ages 15-20 who have lost a family member because of an act of terrorism. Each summer, new Project Common Bond participants attend a summer symposium focused on global leadership activities, peace building, skill building, collaborative and therapeutic arts, music, drama, and sports.

**SOFWOLF** (<a href="www.sofwolf.org/">www.sofwolf.org/</a>) is a nonprofit organization that offers a college and career outdoor leadership program for teenagers of deceased Special Operations Forces service members, which includes Air Force Commandos, Green Berets, Navy SEALs and Marine Corps Special Operators. Each summer, students are flown to Park City, Utah, where they participate in team-building activities, career mentoring, resume-building, community outreach, and networking for internships.

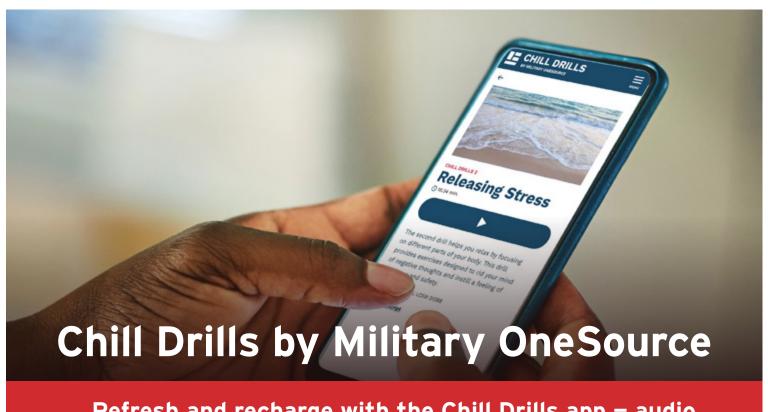
### **Programs for Adults**

Retreats and seminars are available for adults as well. They connect survivors with other adults who have lost loved ones and teach them coping skills. Consult "The Days Ahead" (<a href="www.militaryonesource.mil/products/the-days-ahead-essential-papers-english-version-33">www.militaryonesource.mil/products/the-days-ahead-essential-papers-english-version-33</a>) resource for a more complete list of support organizations.

If you're feeling overwhelmed by grief, contact one of the following services at any time:

- Department of Veterans Affairs Bereavement Counseling (<u>www.vetcenter.va.gov/bereavement\_counseling.asp</u>)
- Military OneSource consultants at 800-342-9647 for CONUS, or view overseas calling options (<a href="www.militaryonesource.mil/resources/tools/international-calling-options">www.militaryonesource.mil/resources/tools/international-calling-options</a>)
- Military OneSource's confidential, non-medical counseling service (<a href="www.militaryonesource.mil/non-medical-counseling">www.militaryonesource.mil/non-medical-counseling</a>), available face to face, online, through video chat, or by phone





Refresh and recharge with the Chill Drills app — audio relaxation exercises made especially for the MilLife.

#### What are Chill Drills?

Chill Drills by Military OneSource are simple audio mindfulness exercises created for the military community to help manage stress. They were developed by Heidi J. Bauer, MSW, LCSW, a therapist specializing in working with service members and their families. Chill Drills are now available on your phone, 24/7, by mobile app.

Each of the five exercises is designed to help calm your mind and relax your body. Practice your favorite drills regularly to lower your baseline stress level and be better prepared to deal with pressure in the future:

- **Tuning In.** A progressive muscle relaxation exercise to reverse the symptoms of stress.
- Releasing Stress. A calming drill to rid your mind of negative thoughts by focusing on different parts of the body.

- Easing Back Pain. A drill to help you become pain-free by targeting and releasing tension in your neck, shoulders and back.
- **Getting to Sleep.** A relaxation exercise to listen to in bed to help you fall asleep and improve the quality of your rest.
- **Music to Chill By.** A calming soundtrack to help you fall asleep.

#### Where to find Chill Drills

Chill Drills by Military OneSource are available for free on Google Play and the App Store. Install the app and put the support of the Defense Department and Military OneSource to work for you, anytime, anywhere. Once downloaded, the Chill Drills app does not require internet access to listen to and enjoy the audio recordings. Chill Drills are also available to stream on the Military OneSource website, internet required.

Visit www.MilitaryOneSource.mil/ChillDrills to download the app and learn more.















# Meet the Navy Gold Star Coordinators Supporting Southwest States

Navy Gold Star coordinators are located across the continental United States and provide long-term support to the families of service members who die on active duty worldwide, regardless of the cause. We are here for as long as the family wants us to be involved and can help with any number of questions or concerns that arise following a loss. We strive to be a trusted resource that families can call when a question comes up. If we don't have the answer, we will find the folks who do. This month, we are highlighting the coordinators who are supporting the states in the Southwest. Be sure to visit www.navygoldstar.com/locations to learn more about our coordinators or to find out who supports your location.



# Ken Boben Navy Gold Star Program Coordinator

Ken Boben has a substantial background working with activeduty military personnel, veterans, their families, and various Fleet and Family Support Center (FFSC) programs. Ken is retired military and has worked at FFSCs for more than seven years. Ken holds a Bachelor of Science degree from Excelsior College. In his spare time, Ken enjoys working out and playing and watching sports.



# Tasha Wade Navy Gold Star Program Coordinator

Tasha Wade is a Navy veteran and served eight years on active duty as hospital corpsman. Since separating from the Navy in 2018, she has continued to work with the military community in a variety of different settings, including healthcare and embedded mental health. Tasha holds a Bachelor of Science degree in Public Health from American Public University. Serving the military 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



# Thomas Williams Navy Gold Star Program Coordinator

Tom Williams joined the Navy Gold Star Program in 2020. He has served in various roles at Fleet and Family Support Center (FFSC), Metro San Diego, including lead case manager for the Individual Augmentee (IA) Deployment Support Program and site coordinator for the FFSC at Naval Base Point Loma. He holds a Bachelor of Arts degree from American University and a Master of Arts degree from Johns Hopkins University. Tom's mission is to provide support, guidance and resources to the families of our fallen service members to ensure these brave individuals are remembered and honored for their selfless contributions.





### 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



# BATTLE OF MIDWAY

### U.S. Involvement in World War II

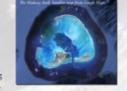


World War II began on September 1, 1939, when Nazi Germany invaded Poland. The U.S. remained neutral until December 7, 1941, when the Japanese attacked Pearl Harbor. The Japanese employed six carriers to destroy the U.S. Pacific Fleet at Pearl Harbor; however, none of the U.S. carriers were present at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

#### PEARL HARBOR: BY THE NUMBERS

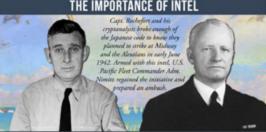
KILLED IN ACTION	TOTAL LOSS SHIPS	RETURNED TO SERVICE	CARRIERS LOS	
2,008 U.S. NAVY	3	17	0	
218 U.S. ARMY 109 U.S. MARINES 68 CIVILIANS	USS ARIZONA (BB 39) USS OKLAHOMA (BB 37) USS UTAH (AB 16)	5 SHIPS SUNK, RAISED. AND REPAIRED 12 SHIPS DAMAGED AND REPAIRED OR REBUILT	NONE OF THE SEVEN U.S. AIRCRAFT CARRIERS WERI AT PEARL HARBO DURING THE 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



CAPT, JOSEPH J. ROCHEFORT U.S. CRYPTANALYST

ADM. CHESTER W. NIMITZ PACIFIC FLEET COMMANDER

### Battle of Midway: The Turning Point

### TIMELINE OF SIGNIFICANT EVENTS

- JUNE 4, 1942

#### U.S. and Japanese armed forces fought





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.

As a result of the battle on June 4th, the Japanese carriers Akagi, Kaga, and Soryu were hit and sank. The Japanese carrier Hiryu escaped the initial attack, but U.S. dive



bombers found, bombed, and sank her.

BATTLE OF MIDWAY: SUMMARY OF LOSSES			
		•	
CARRIERS	1	4	
AIRCRAFT	150	256	
MEN	307	2,204	

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.



### RESULTS OF THE VICTORY AT MIDWAY

- 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.
- 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 CTSN Alan Higgins CPL Edward E. Rehmeyer III

LCDR Philip M. Armstrong Jr. SN Carl L. Hoar ICFN David Skolak

SN Gary R. Blanchard CT2 Richard W. Keene Jr. CT1 John C. Smith Jr.

CT2 Allen M. Blue CTSN James L. Lenau CTC Melvin D. Smith

QM3 Francis Brown CTC Raymond E. Linn PC2 John C. Spicher

CT2 Ronnie J. Campbell CT1 James M. Lupton GMG3 Alexander N. Thompson Jr.

CT3 Jerry L. Converse CT3 Duane R. Marggraf CT3 Thomas R. Thornton

CT2 Robert B. Eisenberg CTSN David W. Marlborough CT3 Philippe C. Tiedtke

CT3 Jerry L. Goss CT2 Anthony P. Mendle LT Stephen S. Toth

CT1 Curtis A. Graves CTSN Carl C. Nygren CT1 Frederick J. Walton

CTSN Lawrence P. Hayden LT James C. Pierce

CT1 Warren E. Hersey SGT Jack L. Raper

### 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 SSG Shamus O. Goare

SO2 Matthew Axelson CWO3 Corey J. Goodnature

SO2 Danny Dietz SGT Kip A. Jacoby

SOC Jacques J. Fontan SFC Marcus V. Muralles

SOCS Daniel R. Healy MSG James W. Ponder III

LCDR Erik S. Kristensen MAJ Stephen C. Reich

SO1 Jeffery A. Lucas SFC Michael L. Russell

LT Michael M. McGreevy Jr. CWO4 Chris J. Scherkenbach

SO2 James E. Suh

SO1 Jeffrey S. Taylor

SO2 Shane E. Patton

### **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 "one-seven") 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
P01 (SEAL) Darrick C. Benson
CPO (SEAL) Brian R. Bill

P01 (SEAL) Christopher G. Campbell
P01 Jared W. Day

P01 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

P01 (SEAL) Jesse D. Pittman
SCPO (SEAL) Thomas A. Ratzlaff
CPO (SEAL) Robert J. Reeves
CPO (SEAL) Heath M. Robinson
P02 (SEAL) Nicholas P. Spehar
P01 Michael J. Strange
P01 (SEAL) Jon T. Tumilson
P01 (SEAL) Aaron C. Vaughn
SCPO Kraig M. Vickers
P01 (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 <a href="https://www.naygoldstar.com/tribute/add">www.naygoldstar.com/tribute/add</a> to include your loved one on our tribute page and/or visit <a href="https://tribute.militaryonesource.mil/add-a-loved-one/">https://tribute.militaryonesource.mil/add-a-loved-one/</a> to include them in the Department of Defense online memorial.



# **Gold Star Children's Day**

By Lisa Bauch, Navy Gold Star Program Analyst

In 2021, Congress officially designated Aug. 1 as Gold Star Children's Day to honor the sacrifices and hardships of the children of fallen service members. The Navy Gold Star Program recognizes these very special children and knows that losing a parent is life altering at any age. We wish to pay tribute to these resilient individuals and ensure that they know they are loved. Many Navy Gold Star coordinators are hosting activities in honor of this recognition day. Be sure to connect with your coordinator to learn more (<a href="https://www.navygoldstar.com/locations">www.navygoldstar.com/locations</a>).





# Navy Gold Star and Navy Wounded Warrior Programs Host Esports Tournaments

By Lisa Bauch, Navy Gold Star Program Analyst

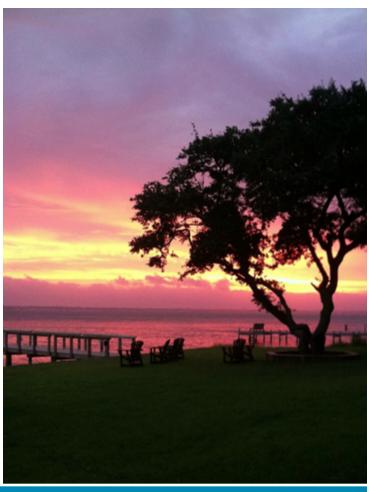
In 2024, the Navy Gold Star Program partnered with the Navy Wounded Warrior Program to host esports tournaments for both Gold Star families and wounded warriors to bring these heroes together in a fun environment for some friendly competition. Through a generous sponsorship from Navy Mutual, we have been able to provide monetary prizes to not only the top three players but also a chance for any participant to win through a random drawing. The event held in March had players competing in Rocket League, a game that combines "arcade-style soccer and vehicular mayhem" with very entertaining results. In May, competitors played Super Smash Brothers, a one-on-one battle arena game featuring classic Nintendo characters. These tournaments were hosted on the Navy Wounded Warrior Twitch channel and viewed by more than 600,000 individuals. The next tournament is scheduled for Aug. 3, and we are looking for players! Any skill level is welcome. Stway tuned to the Navy Gold Star Facebook page (www.facebook.com/ navygoldstar) or look for emails from your coordinator for more details on the next event and registration.



# Save the Date: Bells Across America for Fallen Service Members is Sept. 26

By Lisa Bauch, Navy Gold Star Program Analyst

Every year, on the Thursday before Gold Star Mother's and Family's Day, the Navy Gold Star Program partners with installations worldwide to host memorial bell-ringing ceremonies in honor of service members who die on active duty. These events help foster a culture of remembrance and give the military community an opportunity honor their fallen shipmates and show their families that they are not forgotten. Be sure to connect with your Navy Gold Star coordinator to ensure that your loved one is called by name and to find your closest ceremony. Check our Facebook page for more information as September approaches at <a href="https://www.facebook.com/navygoldstar">www.facebook.com/navygoldstar</a>.



# 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.



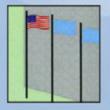
On a building -- Hang the flag on a staff or on a rope over the sidewalk with the stars away from the building.



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



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.



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.



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



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 Coordinators**

Area of Responsibility	Phone
California (Los Angeles County/Northern CA), Japan, Guam, Korea	901-671-6720
California (San Diego/Riverside), Colorado, Utah, Hawaii	901-930-8290
California (San Diego/Riverside), Arizona, New Mexico, Nevada	901-930-8308
Oregon, Idaho, Montana, Wisconsin, Nebraska, Minnesota, Canada	901-930-8062
Washington, Alaska, North Dakota, South Dakota, Wyoming, Iowa	901-671-7519
Texas	901-930-8109
Michigan, Illinois, Indiana	901-930-8593
Kansas, Arkansas, Oklahoma, Missouri, Tennessee	901-930-8300
Pennsylvania, Connecticut, Rhode Island, Massachusetts, Maine	901-671-6910
New York, New Jersey, Vermont, New Hampshire	901-930-8388
West Virginia, Delaware, Maryland, and all other counties in Virginia not listed below	901-930-8578
Virginia (these counties: Isle of Wight, Suffolk, Chesapeake City, Virginia Beach, Norfolk, Williamsburg City, Hampton City, Newport News City, Portsmouth City, York, Poquoson City)	901-930-8008
North Carolina, Kentucky, Ohio	901-930-8210
Georgia, South Carolina, Europe	901-671-5597
Louisiana, Mississippi, Alabama, Florida	901-671-6521
Florida	904-542-5706

Note: All postal mail should be sent to the below address.

Commander, Navy Installations Command ATTN: Navy Gold Star Program 716 Sicard Street SE, Suite 100 Washington Navy Yard, DC 20374-5140