

FALL 2017 | ISSUE 2

THE JOURNEY

SUPPORT • RESOURCES • INFORMATION



SPOTLIGHT:
The Sibling Connection





FALL 2017 | ISSUE 2

THE JOURNEY CONTINUES

THE NAVY GOLD STAR PROGRAM (NGS)

The Navy Gold Star Program (NGS) provides casualty support to Survivors — spouses, mothers, fathers, children, and siblings of Fallen Service Members. Now, and as long as the family desires, Gold Star coordinators help meet the needs of Survivors through information and referral to military and civilian support services.

If you are a Survivor and would like to connect with Your Gold Star Coordinator, please contact 619-532-2886.

If you are a command representative or outside agency and would like to know more about the Navy Gold Star Program, contact 619-532-2886.

www.navylifesw.com/sandiego/families/navy-gold-star/

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DISCLAIMER

It is the mission of the Navy Gold Star Program to provide Survivors with information on resources available to them. The Journey 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 endorse any company, sponsor or their products and service



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WHO'S WHO AROUND NAVY REGION SOUTHWEST

MEET ERICK C. ROBERTS

Naval Base San Diego Gold Star Coordinator



Erick Roberts joined the NRSW Gold Star team in April 2017 after transitioning from Fleet and Family Support Center's Family Readiness Express (aka, "The FRE") team. He brings six years of experience helping military families by providing them with a broad array of information, as well as referrals to various resources.

Erick is the Navy Gold Star Coordinator responsible for providing support and assistance to Gold Star families residing throughout San Diego, Utah, Hawaii, Arizona and New Mexico. Erick's desire

to bring his expertise to support our Gold Star Families raises awareness of Survivor-related needs and issues, while promoting Navy Gold Star Program services and events.

"It is my privilege to serve our Gold Star Families, while honoring the Fallen and helping to build the resiliency of our Survivors, he says. "I am looking forward to getting to know my Gold Star Families and continue to provide them outstanding long-term support."

Erick is a prior active duty Marine and has two brothers who are retired Navy. In his spare time you might find him reading books, watching movies, listening to music and spending time with his family.

MEET STANFORD PARKS

Naval Base Ventura County Gold Star Coordinator



Stanford Parks is the newest member of the NRSW Gold Star team, joining Fleet and Family Support Center (FFSC) Ventura County. As Gold Star Coordinator, he is responsible for providing support and assistance to families residing north of Orange County to Northern California.

Stanford is a Navy veteran with 20 years of active-duty service, whose transition from the military included a position as an education service facilitator at FFSC (NBVC). In that role he served active duty members and their families in areas of stress

management, financial management, and TGPS.

"As a Navy man, who gave many years in service to our country, it is now time for me to give back to my fellow brothers and sisters who gave all," he says.

In Stanford's spare time you will find him on the golf course or out fishing in Mexico. Born and raised in a military home in Oxnard, CA, he is the proud son of a retired Navy man.



*If you are a Survivor
and would like to
connect to your*

*long-term Support Coordinator,
please call: 1-888-509-8759.*



GREETINGS FROM NAS LEMOORE!

by Heidi Green, Work & Family Life Specialist



Naval Air Station Lemoore is one of the Navy's best kept secrets — a tight knit community in Central California

and a perfect place to embrace our Gold Star families. Since 2000, I've worked at the base in the deployment/ombudsman arena, as a Work and Family Life Specialist at Fleet and Family Support Center. It has been an honor to meet local Gold Star moms, spouses and families. I may not always know the right words to say but I can guarantee that I'll always be there to listen to loved ones speak of their Service Member(s).

All Fleet and Family Support Centers serve as a CONNECTION POINT. If you are a Survivor residing within the city of Lemoore or commuting distance, explore your FFSC for local services you may be eligible to receive.

NAS Lemoore Information:

<http://navylifesw.com/lemoore/>

NRSW has three coordinators providing full-time, long-term case management

- NBC - 619-767-7225
- NBSD - 619-556-2190
- NBVC - 805-982-6018

A Connection Point wherever you are!

SEPTEMBER IS SUICIDE AWARENESS MONTH

REMEMBERING OUR FALLEN SERVICE MEMBERS AND SURVIVORS OF SUICIDE



The Navy Gold Star Program provides dedicated support to our Families who lost their loved one by way of suicide.

Q: Are there organizations that provide ongoing support to suicide survivors?

A: Yes. Your Navy Gold Star Coordinator is your advocate responsible for connecting survivors to government and non-government agencies. The following organizations provide services to survivors of suicide:

- Tragedy Assistance Program for Survivors (TAPS) hosts an Annual National Suicide Survivor Seminar. For more information, www.taps.org
- The Dougy Center, The National Center for Grieving Children and Families, for more information, www.dougy.org
- Compassionate Friends provides bereavement support services to grieving parents, for more information, www.compassionatefriends.org
- American Foundation of Suicide Prevention (AFSP). For more information, www.afsp.org

2,413

Number of survivors supported by Navy Gold Star Program nationwide since 1999

450

Number of survivors supported by Navy Region Southwest since 1999

If you, a friend, or loved one is considering suicide, please contact any of these helpful resources:

National Suicide Prevention Lifeline, 1-800-273-TALK
Fleet and Family Support Center, 1-866-923-6478
Military Crisis Line, 1-800-273-8255
Military OneSource, 1-800-342-9647

VET CENTER SUPPORT FOR YOU

The Department of Veterans Affairs Readjustment Counseling Service offers bereavement counseling to all family members including spouses, children, parents, and siblings of Service Members who pass away while on active duty.

The bereavement counseling offered through this program is done through the Vet Center closest to the family member. For more information on the closest VA VET Center contact your Gold Star Coordinator or contact VET Center Call Center, 1-877-927-8387.



A TIMELY MESSAGE
BY LISA GRATTEAU,
DEPLOYED RESILIENCY
COUNSELOR SUPERVISOR,
FFSC SAN DIEGO

Fleet and Family Support Counseling Services are available to assist all Gold Star Families and their children. We offer up to

12 sessions of counseling by licensed therapists with years of experience in the helping field and knowledge of the uniqueness of the Navy lifestyle. We offer individual counseling for adults to assist with issues of grief and loss, stress reduction and self-care, finding your way through change, personal growth and being a single parent. We have child therapists who assist children ages 3-6 with parental consent. We also offer play therapy to assist children in processing feelings, loss and changes in the family.

For older children 6-12 our skilled therapists can consult on topics such as bullying, managing anger and frustration, positive self-esteem, and working through loss. For teenagers the focus may be on building positive coping skills, coming to terms with disappointment, making good choices and natural consequences, as well as navigating into adulthood.

Family counseling is available depending on the age range of the children. Fleet and Family Support also has great life skills classes on resume writing, winning interview techniques and insights for starting a home-based business.

We have locations in the community in the Bay View Hills area, Village of Serra Mesa, Gateway and on the Coronado and Naval Base San Diego bases. We are proud and ready to serve those that have served our country.



WHAT'S UP NEXT?

MARK YOUR CALENDAR FOR UPCOMING EVENTS AND SURVIVOR CONNECTIONS

SEPTEMBER NBSD POW/MIA 5K RUN WALK



Join us on September 8 at 7 am aboard NBSD in collaboration with Navy MWR. We offer an opportunity for our active duty, Families and veterans to run or walk in memory of one of our Fallen heroes.

Call the NBSD Gold Star Coordinator for details at 619-556-2190.

SEPTEMBER 21: BELLS ACROSS AMERICA

Read more on Page 7



Gold Star Memorial Trees

The holidays can be difficult for Navy Gold Star Families grieving the loss of their loved one. For some, long-standing family traditions either cease or feel incomplete. The Holiday Memorial Tree Campaign and associated events, offer the opportunity to create new traditions, while honoring the memory of the Fallen.

Three memorial trees will be erected at various locations throughout Navy Region Southwest. Subsequently, the trees will be decorated with ornaments bearing the names of our Fallen Service Members, lovingly handwritten by their friends and family. For more information on the Holiday Memorial Tree Campaign or other events, contact your Gold Star coordinator.



Navy Gold Star provides long-term support to Surviving Families of Fallen Sailors.
www.navygoldstar.com



SEPTEMBER 1-4

This annual celebration honors the United States sea services, and the men and women who presently serve or have served in the armed forces. Look out for the designated area for our Gold Star Families in the Veterans Village this year!



BEREAVEMENT AND GRIEF SUPPORT RESOURCE SPOTLIGHT

THE SIBLING CONNECTION

THE MATTHEW FREEMAN PROJECT offers scholarship opportunities for Gold Star siblings.

Captain Matthew C. Freeman, USMC, Memorial Sibling Scholarship



Established in 2012 to honor the life of Captain Matthew C. Freeman, USMC, and his beloved sisters, Marybeth Macias and Virginia Wiedower, and to acknowledge the struggles and emotional pain when dealing with the loss of a sibling.

Eligibility Requirements:

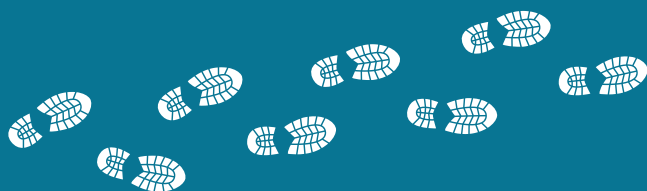
- Must be a sibling of a fallen military member killed while deployed to a combat zone
- Must be entering or attending an accredited university or college of choice, and must show proof of acceptance
- Must attach a DD 1300, Report of Casualty.
- Sealed high school transcripts
- Picture(s) of you and your sibling and/or family

APPLY: www.freemanproject.org – Download application here: <http://freemanproject.org/gold-star-sibling-scholarship/>

COMPASSIONATE FRIENDS SIBLINGS WALKING TOGETHER

A national non-profit, self-help support organization offering friendship, understanding and hope to families grieving the death of a loved one, from any cause. Grief support is available exclusively for bereaved siblings. Siblings from the age 14 to adult find support and solace connecting to others.

For more information, contact 1-877-969-0010
or visit the www.compassionatefriends.org/home.aspx



THE MEMORIAL SCHOLARSHIP FOR SIBLINGS OF COMBAT SUICIDE

Established in 2015 in memory of Capt. Matthew Freeman, USMC, to honor his sisters. As the toll of war has impacted our great country in more ways, suicide from combat trauma has claimed more lives than lost on the battlefield. The importance of creating a scholarship dedicated to this often unrecognized population, became apparent.

Requirements of Eligibility:

- Must be a sibling of a combat-related suicide loss
- Must be entering or attending an accredited university or college of choice and must show proof of acceptance
- A death certificate or Report of Casualty
- Sealed transcripts
- Picture(s) of you and your sibling and/or family
- Three letters of recommendation
- An essay describing your relationship with your sibling and how his/her death affected you

APPLY: www.freemanproject.org – Download application here: <http://freemanproject.org/siblings-of-combat-related-suicide/>



THE ARREDONDO BROTHERS' MEMORIAL SCHOLARSHIP

Provided by the Arredondo Family Foundation, the Arredondo Brothers' Memorial Scholarship provides financial support to UMass Boston students who are siblings of the Fallen or military siblings. This scholarship is meant to inspire hope and resilience in students deeply affected by their family's experiences with war and military service. Award \$1,000. Deadline 6/30/2018. For more information on application, visit: arredondofoundation.org

PROGRAM-WIDE, NAVY GOLD STAR SUPPORTS APPROXIMATELY 1,096 NAVY SURVIVING SIBLINGS

- GRIEF COUNSELING
- REMEMBRANCES
- EVENTS



- RETREATS
- SCHOLARSHIPS
- RESOURCES

Some gave all. Honor and remember their service and sacrifice.

SEPTEMBER 21: BELLS ACROSS AMERICA



Bells Across America for Fallen Service Members takes place on Thursday, September 21 at installations throughout Navy Region Southwest (NRSW). This annual memorial represents an opportunity for our military community to pause and remember those we have lost. During the event, the names of Sailors who have Fallen from September 1, 2016 through September 1, 2017, will be announced, and a succession of four bells will ring for the names of all other Service Members lost in selfless service to our nation.

Bells Across America contributes to Navy Gold Star's mission, vision and efforts to reach out to surviving families. This event brings together Gold Star Survivors and the military community, while also displaying the Navy's commitment to remember Fallen Service Members and honor their ultimate sacrifice.

Bells Across America is held in association with Gold Star Mother's and Family Day, which is celebrated on Sunday, September 24. To learn more about the Navy Gold Star Program or to connect with your Navy Gold Star Coordinator, call 619-532-2886 or visit www.navylifesw.com/sandiego/families/navy-gold-star.



REGIONAL RECAP

HERO SPIN

MEMORIAL DAY TRIBUTE RIDE

177 PATRONS TOTAL

WWW.NAVYGOLDSTAR.COM 11 MAY 2017



Live the Adventure, Honor the Legend™



The USS Midway in downtown San Diego remembers our Fallen heroes, and honors Gold Star Families with FREE admission Monday-Sunday. Contact your Gold Star Coordinator to receive your Survivor ID Card and enjoy an afternoon aboard the USS Midway.

REGIONAL RECAP



GOLD STAR PROCLAMATION – STATES OUTREACH

Utah, Arizona, New Mexico, Nevada and Hawaii state governors' offices have joined the Navy Gold Star Program in proclaiming May as Gold Star Awareness Month, to educate and raise community awareness of what it means to be a Gold Star Family. Our coordinators were out and about at their respective regions, ensuring that fleets had an understanding of the importance of the month. For more coverage of Hawaii Governor Ige's Gold Star proclamation, visit http://www.navy.mil/submit/display.asp?story_id=100545.

The USS Midway's Live the Adventure, Honor the Legend

This June event highlighted the families of our Fallen and the Navy Gold Star Program. The evening welcomed a Marine Corps spouse and a Navy spouse, who shared their journey after losing their husbands on active duty. The Navy Gold Star Program addressed a crowd of over 300 USS Midway members on the mission and scope of its services, the Navy's commitment to Surviving families, and the imminent launch of new service offerings.



NAVY GOLD STAR KID'S FLEET ADVENTURE

Navy Gold Star hosted the annual Navy Gold Star Kids Fleet Adventure on June 22, 2017. Fifteen Gold Star Family Members attended this daylong event, which took the kids up close with the NBSD Military Working Dog Unit, Helicopter Sea Combat Squadron 14 (HSC-14), Navy Base Point Loma (NBPL) Submarine Squadron 11, and USS Pasadena SSN-572.

SAN DIEGO

The Downtown USO partnered with the Navy Gold Star Program, as well as the Army Survivor Outreach Service (SOS), to welcome Gold Star Families and honor Gold Star Awareness Month at its dinner held on May 30 at the USO Downtown location.

REMEMBRANCE & RECOGNITION



OCTOBER 22, 2016 LEST WE FORGET

The Navy Gold Star Program recognizes the Service and Sacrifice of the Pollard Family. Jon enlisted in the Navy in August 2000 and advanced to the rank of Chief Petty Officer in 2012. His military career is highlighted by honorably serving on the USS ENTERPRISE and USNS MERCY, as well as Diego Garcia, Iraq, Afghanistan, and the Space and Naval Warfare Systems Center Pacific. Navy Gold Star recognizes his family: wife Leanne, son Rex, daughter Addison, father Kelly, mother Diane, and sister Katy. The U.S. Navy remembers Chief Petty Officer Jonathan Pollard, his spouse, children, parents, siblings, family and friends.



GET IN THE KNOW

Receive updated information on local events and Survivor Connection opportunities. Join the NRSW email distribution today!

EMAIL: sabrina.griffin@navy.mil
SUBJECT: Survivor Distribution

NAVY LEAGUE SPONSORSHIP



NAVY LEAGUE is a proud sponsor of Navy Region Southwest Gold Star Program, enhancing programming and events designed to build morale and to establish a

sense of community and support for Survivors of Fallen service men and women.

GIVE BACK TODAY

Civilian and active duty volunteers are invited to participate in our GIVE BACK TODAY promotion. The Navy Region Southwest Gold Star Program welcomes you to get involved with upcoming events and outreach opportunities to further ensure that the lives of our Fallen Sailors are Never Forgotten. For more information, contact: 619-532-2886



Stay Connected!
www.navygoldstar.com



NAVY GOLD STAR PROGRAM : 619-532-2886
www.navylifesw.com/sandiego/families/navy-gold-star/

