

THE JOURNEY

Mind, Body & Spirit:
THE RESILIENCY ISSUE

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THE JOURNEY CONTINUES

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 informational and referral to military and civilian support services.

If you are a Survivor and would like to connect with your Gold Star Coordinator, 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.

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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 (phone numbers, websites, etc) for various non-governmental resources. The Department of the Navy does not endorse any company, sponsor or their products and services.



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MEET CATHY SPENCE

Gold Star Coordinator, Naval Base Coronado

Cathy Spence joined the NRSW Gold Star team in February of this year. She relocated from Alaska where she was lead work and life consultant at Joint Base Elmendorf-Richardson, serving Army and Air Force Service Members and their families.

Cathy enjoys giving back to our military community and feels it is part of who she is – particularly, as she was raised in a Navy family. She understands firsthand the resiliency of the family network, having moved every two to three years during her formative years. She brings personal dedication to the military as the Naval Base Coronado Gold Star coordinator, where she manages over 700 survivors residing in parts of San Diego, Nevada and Colorado, including Joint Region Marianas, Guam.

Cathy describes her best day at work as assisting Gold Star families with services and support, conducting a special memorial event or activity (recognizing our Fallen Service Members), and connecting families with common experiences. Ultimately, she enjoys and appreciates opportunities to help families become more resilient.

Navy Region Southwest Gold Star Program welcomes you Cathy!

For more information on ways to connect with Gold Star Survivor programming on Naval Base Coronado, contact Cathy direct at 619-767-7225.

WHO'S WHO AROUND NAVY REGION SOUTHWEST



THE CONNECTION POINT

**SPOTLIGHT, NAWS CHINA LAKE:
Jeanne Scovotti, FAP/SAPR Victim Advocate**

I have been with Fleet & Family Support Center at Naval Air Weapons Station China Lake (NAWSCL) since December 2017. Although I am new to the Navy life, I feel at home. As a longtime resident of Ridgecrest, NAWSCL has been a big part of my life.

Prior to joining the base, I worked for 18 years at the only local non-profit agency in our small community that provides services to domestic violence, sexual assault, child abuse, and human trafficking victims. My passion is helping people overcome challenges and recognize their strengths. It was a natural transition to join FFSC and work more closely with the military community.

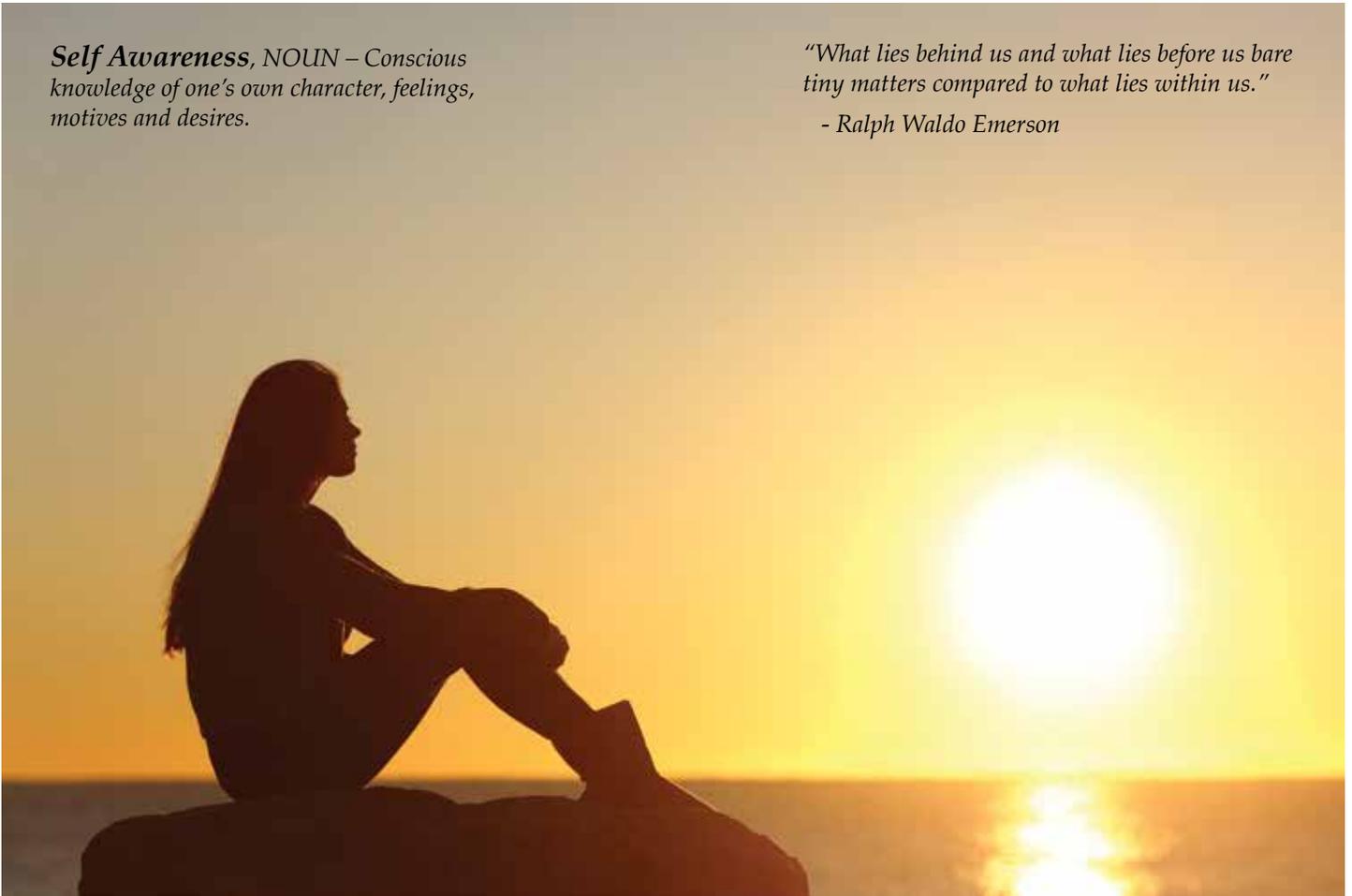
In addition to these duties, I am honored to work with the Gold Star Program as a liaison, as well as supporting individual augmentees as an individual deployment support specialist. One of my main duties in this position is outreach for all the programs with which I work. NAWSCL is behind the Gold Star Program 100%. This year (September) was my first Bells Across America. Back in April and May, everyone worked together to provide activities to enjoy for Gold Star families and spouses, as well as to encourage them to join us at China Lake. I look forward to building a strong relationship with our Gold Star Families and recognizing their service to our country.

Fleet & Family Support Centers (FFSC) ALL serve as the "connection point."

MIND & BODY AWARENESS

Self Awareness, NOUN – Conscious knowledge of one’s own character, feelings, motives and desires.

“What lies behind us and what lies before us are tiny matters compared to what lies within us.”
- Ralph Waldo Emerson



SELF AWARENESS... YOUR PERSONAL JOURNEY

The above quote by Ralph Waldo Emerson, challenges the way we view ourselves and how we interact with the world around us. As we travel through life, we must purposefully seek to discover a state of personal well-being, which includes:

- Mastering emotional intelligence, defined by *Psychology Today* as the ability to identify and manage your own emotions and the emotions of others.
- Understanding ourselves better by finding peace with who we are

- Pro-actively managing our thoughts, emotions and behaviors

Ultimately, we may never fully understand ourselves, but perhaps the process of exploring is worth the effort. Try these simple exercises to assist your personal self reflection/ discovery journey:

- Look at yourself objectively.
- Keep a journal; include goals, plans and priorities.
- Practice good listening.
- Practice daily self-reflection.
- Ask for feedback.

ONGOING RESOURCES TO PREVENT FAMILY VIOLENCE



YOUR Family Advocacy Program

By Socorro Gonzalez-Heather

Fleet and Family Support Center (FFSC) provides a wide range of confidential, no-cost services to assist you and your family. Specifically, the Navy's Family Advocacy Program (FAP) supports operational readiness by addressing prevention, education, identification, treatment and reporting, as they pertain to child abuse, child neglect or spouse/imitate partner abuse.

The FAP team includes seven victim advocates (VAs) who work diligently to keep Service members and their families safe and mission ready.

Victim advocates are knowledgeable in the dynamics of domestic abuse and victimology, and available to assist families immediately within our service centers. They work in close, non-judgmental and supportive ways with those needing safe planning or domestic violence-related resources. They also help victims navigate both military and civilian community resources available to eligible Gold Star Families.



SURVIVORS: If you or someone you know may need help, please call Fleet & Family Support Center Metro San Diego Counseling Services at 619-556-8809. FFSC is located at Naval Base San Diego, 3147 Eel Alley, Bldg. 271, San Diego, CA 92136.



RESOURCE CONNECTION:

THE FAMILY JUSTICE CENTER



The San Diego Family Justice Center (FJC) is a public safety initiative launched by the City of San Diego to assist victims of family violence. It was the first comprehensive "one-stop shop" in the nation for victims of family violence and their children. Under one roof, more than

25 agencies have come together to provide consolidated and coordinated legal, social, and health services to women, men, children, and families in need. Victims of family violence can now come to one location to talk to an advocate, get a restraining order, plan for their safety, talk to a police officer, meet with a prosecutor, or receive information on shelter.

The San Diego FJC's professionally trained staff are committed to providing victims and their children the help they need to break the cycle of violence that so often damages and destroys families.

If you are in immediate danger, please call 911 or the San Diego Domestic Violence Hotline at (888) DV-LINKS (385-4657). If you would like more information about the San Diego Family Justice Center, call the Center's toll-free Information Line at 1-866-933-HOPE (4673).

Center for Community Solution (CCS) – Walk-in Clinic:

Attorneys and legal interns provide assistance with intimate partner domestic violence restraining paperwork to include one-on-one support for domestic violence victims, case management and referrals. The Clinic hours are Monday-Friday, 8 am to 3 pm, first come, first served basis. For more information visit www.ccssd.org.

MWR FITNESS



FORGING THE PATH TO A HEALTHY LIFESTYLE

Lace up your sneakers, grab your water bottle, and head to the gym! Usually, within five minutes of moderate exercise, you enjoy a mood enhancement. This so-called “exercise effect” extends beyond the short-term. Research shows that exercise can also help alleviate long-term depression. Regular exercise also relieves stress, improves memory, helps you sleep better, and boosts overall mood. Exercise at any age is a powerful tool for feeling your best. MWR Fitness assists with your journey to self awareness and supports families of the Fallen in many ways including our annual Hero Spin and Gold Star Family 5K Run series. Additionally, throughout the region, MWR Fitness offers a variety of programs and services, including:

- **Group Exercise Classes**
- **FREE Fitness Instruction**
- **Computerized Health and Fitness Assessments**
- **MWR Massage**

Download the free app for more information → → →

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@ NavyLife China Lake

Naval Support Activity Monterey
@ NavyLife Monterey

Naval Air Weapons Station Seal Beach
@ NavyLife Seal Beach

Naval Base Ventura County
@ NavyLife Ventura County

BUILDING HEALTHY BONDS: FOOD & FAMILY & FRIENDSHIPS

For many families, some of the fondest memories involve gathering in the kitchen or around the dinner table preparing, sharing and eating food. The kitchen is often referred to as the heart of the house and within its confines are years of love and laughter, tears of joy and sorrow, and most importantly, opportunities for family bonding – from holidays and birthdays to weekly Sunday suppers. Preparing and serving “grandma’s lasagna” is more than simply a way to manage the nutritional needs or satisfy hunger. It becomes a delicious way to honor, and in some cases, let your senses recall the ones you love.

As an everyday ritual, the family meal or dinner is often the peak moment in the day. It’s a time to engage and connect – talk with one another about the day’s events, upcoming schedules and activities, or even laugh at the latest internet memes and viral videos. Dinnertime can convene the family unit in various traditional and modern configurations, contributing to its overall physical, mental and social well-being.



Across cultures and time, sharing food is a universal medium for not only family, but also for friendship and fellowship. It embodies values of hospitality, duty, gratitude, sacrifice and compassion. The shared meal is an opportunity not only to eat and communicate (not with your mouths full!), but also to teach, learn, strengthen bonds and forge camaraderie.

Regardless of where you gather – home, mess hall, food court or neighborhood restaurant, look for ways to strengthen your relationship with your family, friends and the wider community through intentionally eating together.

#MAKEITCOUNT

RESOURCE SPOTLIGHT



SAFETY FIRST: EMERGENCY PREPAREDNESS

If you are a local resident of the Southwest Region (California, Nevada, Colorado, New Mexico, Arizona and Utah), we want you to be ready in case your local area is affected by natural disasters such as wildfires, earthquakes, flooding, tornadoes, hurricanes, blizzards, and volcanic eruptions.

Ready Navy is the Navy's emergency preparedness program. It provides information, tools, and resources that empower families to prepare, react, and recover when faced with any emergency – with or without advanced warning.

Make plan...be prepared!

EMERGENCY ITEMS YOUR FAMILY MAY NEED

- Non-perishable food (3-day supply for evacuation, 2-week supply for home)
- First aid kit
- Extra batteries
- Matches in a waterproof container
- Toothbrush, toothpaste, soap
- Paper plates, plastic cups and utensils, paper towels
- Water – at least a gallon per person, per day
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed / lease to home, passports, birth certificates, insurance policies)
- Medications (7-day supply) and medical items
- Flashlights
- Can opener (manual)
- Local maps
- Pet supplies
- Extra cash
- Baby supplies (formula, diapers)
- Cell phone with chargers
- Sanitation and personal hygiene items
- Family and emergency contact information



ARE YOU READY?



⇒ Have you considered what you would do if bridges were impassible or there were mudslides or other road blocks preventing your getaway?

⇒ Have you identified an alternative location that you can reasonably reach in the event your own home is uninhabitable or inaccessible?

⇒ Have you stored copies of important documents on a flash drive? Examples include driver's license and social security card.

⇒ Do you have a small solar battery charger to re-charge your cell phones, reading device, tablet or laptop?

⇒ Does each family member have a pack or case that they can handle on their own during an evacuation? Do those packs include provisions for children, pets, the elderly and those with mobility or other challenges?

⇒ Are the heavy objects in your home (such as book cases) secured in such a way that they will not topple over in an earthquake?

⇒ Do you have emergency food, water, first aid, cash, and other items stored in multiple locations just in case your primary location is looted or destroyed?

⇒ What steps have you taken to mentally prepare for a disaster or collapse?

RESOURCES AND APPS

READY NAVY: www.ready.navy.mil

CAL FIRE: www.fire.ca.gov

Navy Family Accountability and Assessment System (NFAAS):
<https://navyfamily.navy.mil>

Federal Emergency Management Agency (FEMA)
www.fema.gov

2-1-1: www.211.org

Ready.gov: www.ready.gov

Child Safety Resources

Emergency Preparedness for Children with Special Needs.
<https://bit.ly/2nQaHdh>

Red Cross: Disaster Safety for People with Disabilities:
<https://rdcrss.org/2vy1Kt0>

REGIONAL RECAP



MAKING GREAT GOLD STAR MEMORIES! LOOK AT WHAT WE'VE BEEN UP TO RECENTLY:



Special Thanks to Anglers Anonymous for hosting Gold Star Survivors for our first fishing excursion event, embracing the waters near Port Hueneme.



Thank you to the Special Liberty Project for working alongside the Navy Gold Star Program to host an archery event – the first of many fun events to come!



Shout out to NSA Monterey Gold Star POC, Vanessa Anderson, and FFSC Director, Robin Hudson, and staff for their “Remembrance Wall” installation showcasing gold stars with the names of the Fallen.

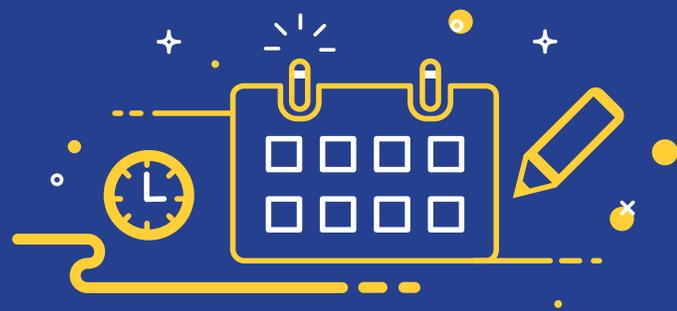


Thank you to the USS Midway for hosting over 20 Survivors for the Gold Star Family Overnight Adventure, which featured behind-the-scenes tours and excursions reserved for the families of the Fallen.



We salute Naval Base Coronado MWR for hosting and remembering the brave men of the USS Fitzgerald (see page 9) collision during the Navy’s 32nd Annual Bay Bridge Run/Walk...Gone but Not Forgotten!

2018 GOLD STAR HOLIDAY HAPPENINGS



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

THE HOLIDAY MEMORIAL TREE CAMPAIGN features memorial trees adorned with ornaments bearing the names our Fallen Service Members and lovingly handwritten by their friends and family. This campaign also allows active duty service members a creative way to remember and reflect on their Fallen brothers and sisters in arms.

Memorial trees will remain on display from December 1 through January 1 at these locations:

- USS Midway
- Naval Base San Diego
- Naval Base Coronado
- Naval Base Point Mugu (FFSC)
- Naval Base Port Hueneme (Navy Exchange)
- Pacific View Mall (Ventura CA)
- Camarillo Library (Camarilla, CA)
- Ronald Reagan Library
- MCRD Museum
- Naval Base Point Loma
- Naval Base Point Mugu (Flight Line Café)
- Naval Base Port Hueneme (FFSC)
- Naval Base Port Hueneme (19th Hole)
- Oxnard College Veteran's Center (Oxnard, CA)
- Ojai Valley Women's Center (Ojai, CA)
- Naval Postgraduate School Monterey

This year Gold Star Families are also invited to an **HOLIDAY OVERNIGHT AND MEMORIAL TREE CEREMONY** aboard the USS Midway Museum on Saturday, December 1 to Sunday, December 2. On Saturday evening, families arrive and receive back stage tours of the USS Midway Museum followed by a sleepover aboard the ship. On Sunday, the families are treated to breakfast and can create a special ornament in remembrance of their lost loved ones. This ornament will later be placed on the USS Midway's memorial tree.



GET IN THE KNOW

Receive updated information on local events and Survivor Connection opportunities, Contact 619-532-2886.



Dakota Kyle Rigsby
Gunner's Mate Seaman



Gary Leo Rehm Jr.
Chief Fire Controlman



Noe Hernandez
Gunner's Mate 1st Class



Carlos Victor Sibayan
Fire Controlman 1st Class

LEST WE FORGET: ONE YEAR LATER USS FITZGERALD



USS Fitzgerald (DDG-62)



Xavier Alec Martin
Personnel Specialist 1st Class



Ngoc T Truong Huynh
Sonar Technician 3rd Class



Shingo Alexander Douglass
Yeoman 3rd Class



Keven Sayer Bushell
Electronics Technician 1st Class



Dustin Louis Doyon
Electronics Technician 2nd Class



Jacob Daniel Drake
Electronics Technician 2nd Class



John Henry Hoagland III
Electronics Technician 2nd Class



Kenneth Aaron Smith
Electronics Technician 2nd Class

LEST WE FORGET: ONE YEAR LATER USS McCAIN



USS John S. McCain (DDG-56)



Charles Nathan Findley
Chief Electronics Technician



Logan Stephen Palmer
Int Comms Electrician 2nd Class



Abraham Lopez
Chief Int Comms Electrician



Corey George Ingram
Informations Systems Tech 1st Class



Timothy Thomas Eckels Jr.
Informations Systems Tech 2nd Class

NAVY GOLD STAR PROGRAM : 619-532-2886
www.navygoldstar.com



Navy League and Coronado Rotary Club are proud sponsors 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.