



SURVIVOR OUTREACH SERVICES

Army Survivor Outreach Services
California Summer 2012 Newsletter
Volume 1, Issue 5

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DAYS OF SUMMER (JUN 20 – SEP 21, 2012)

12 Tips for Staying Cool This Summer

- Be aware of the heat. Pay attention to it and modify your activities appropriately.
- Pay attention to your hydration status, and be sure to drink plenty of fluids.
- Try to stay in relatively cool areas, even when outside. Many public places such as libraries, shopping malls and movie theatres are air conditioned.
- Avoid hot enclosed places, such as cars. Never leave children unattended in a car parked in the sun.
- Use a fan, if available.
- Stay on the lowest floor of your building.
- Eat well-balanced, light and regular meals.
- Wear loose-fitting, lightweight and light-colored clothing.
- Cover windows that receive a significant amount of sun with drapes or shades to help keep your house cool.
- Weather stripping and proper insulation will keep cool air inside your home.
- Cool beverages are good for cooling down the body, while alcoholic drinks can impair the body's ability to regulate its temperature.

8 Signs of Heat Overexposure

- Heavy sweating. But if heat stroke sets in, the body can no longer compensate and stops sweating.
- Pale skin.
- Muscle cramps.
- Feeling tired and weak.
- Altered mental status (confusion or disorientation).
- Headache.
- Becoming semi-conscious, or passing out.
- Nausea or vomiting.

6 First Steps to take After Recognizing Heat-Induced Illness

- Call 911.
- Get the person out of the sun and into a cool area. An air-conditioned area is ideal, but moving someone into the shade will also help.
- Apply water to help the person cool off.
- Apply ice to the neck or armpits, where large blood vessels are close to the surface.
- Remove any heavy clothing.
- Immerse the body in cool water, either at a swimming pool or in a bathtub.

Article by Dr. William P. Bozeman

Holidays and Observances

Jul 4 Independence Day



Source: waiclub.wordpress.com

Sep 3 Labor Day



Source: www.FrankzPawPrintz.blogspot.com



Source: do512blog.wordpress.com

Five Common Myths About Grief



Source: Microsoft Office

“Our society continues to perpetuate a number of myths about grief and mourning. These myths may seem harmless, but I have found that they can quickly become hurdles to healing. This article describes five of the most common myths about grief. I hope that this information will help you overcome these myths and better understand how to help yourself or others heal.”

Myth 1: Grief and mourning are the same experience.

Simply stated, *grief* is the internal thoughts and feelings we experience when someone we love dies. *Mourning*, on the other hand, is taking the internal experience of grief and expressing it outside ourselves. In reality, many people in our culture grieve, but they do not mourn. Instead of being encouraged to express their grief outwardly, they are often greeted with messages such as "carry on," "keep your chin up," and "keep busy." So, they end up grieving within themselves in isolation, instead of mourning outside of themselves in the presence of loving companions

Myth 2: There is a predictable and orderly progression to the experience of grief.

Each person's grief is uniquely his or her own. It is neither predictable nor orderly. Nor can its different dimensions be so easily categorized. We only get ourselves in trouble when we try to prescribe what the grief and mourning experiences of others should be—or when we try to fit our own grief into neat little boxes.

Myth #3: It is best to move away from grief and mourning instead of toward it.

Many griever's do not give themselves permission or receive permission from others to mourn. We live in a society that often encourages people to prematurely move away from their grief instead of toward it. Many people view grief as something to be overcome rather than experienced. The result is that many of us either grieve in isolation or attempt to run away from our grief.

Myth #4: Tears expressing grief are only a sign of weakness.

Crying makes people feel better, emotionally and physically. Tears are not a sign of weakness. In fact, crying is an indication of the griever's willingness to do the "work of mourning."

Myth #5: The goal is to "get over" your grief.

We have all heard people ask, "Are you over it yet?" To think that we as human beings "get over" grief is ridiculous! We never "get over" our grief but instead become reconciled to it. The sense of loss does not completely disappear yet softens and the intense pangs of grief become less frequent.

Article by Alan D. Wolfelt, Ph.D.

Full article at:

http://griefwords.com/index.cgi?action=page&page=articles%2Fhelping7.html&site_id=2



Source: chloesbiglife.blogspot.com

“Our society continues to perpetuate a number of myths about grief and mourning.”

FREE KIA MEMORIAL FLAGS FOR SURVIVING FAMILIES

To apply for your free KIA Memorial Flag, please provide proof from the U.S. Military (form DD1300) that your loved one was killed in action or died of wounds received in combat. Address your correspondence to: Randy Yglesias, American Legion Post 154, 4115 Overseas Hwy., Marathon, FL 33050.

Source: Randy Yglesias, American Legion Post 154 & <https://kiamemorials.com/>

The Registry of the American Soldier

The National Museum of the U.S. Army recognizes the service and sacrifice of the American Soldier at home and around the world, at war and during peace.

The Registry of the American Soldier provides an opportunity for anyone who served in the U.S. Army to have his or her name and service history placed on record at the Museum. If you served, you need to be in the Registry!

You may also register the name of a family member or friend, if they currently serve, or have served in the U.S. Army, or submit someone from the past.

The Registry will be on permanent display at the Museum, and it will be accessible via the internet for those who cannot visit in person.

The Registry of the American Soldier is a publicly submitted listing of those who served in the U.S. Army. There is no fee for submitting a Soldier's name or photo to the Registry. ***The Registry is not an official document of the U.S. Government.***

If you do not have access to a computer, you may obtain a copy of the registry form from your Survivor Outreach Services Coordinator and mail it in.

Source: <https://www.usarmyregistry.org/home.aspx>.

"The Registry of the American Soldier provides an opportunity for anyone who served in the U.S. Army to have his or her name and service history placed on record at the Museum."

\$500 Grant for Tutoring/Extra-curricular Programs*

(One-Time Only, While Funding is Available)

Eligibility

Children (Age 3 - Grade 12) of fallen service members of Iraq and Afghanistan Wars who (were):

- Killed in action
- Killed in line of duty
- Killed during the training for a Mission (in U.S.)
- Lost his/her life as the result of suicide- must be directly related to severe PTSD from deployment

Supported Programs**

- Tutoring or Extra-curricular Program: Qualified Children of Fallen (2010, 2011 & 2012)
- Tutoring Only: Qualified children of fallen (2001-Current)

Required Documents

1. A copy of military form DD 1300 (Report of Casualty Statement) OR Certificate of Death
2. A copy of the child's military dependent ID OR birth certificate
3. A copy of program brochure (with fee information)

Instruction

Fax complete application and three (3) required documents to (703) 734-6503.

*Funding is offered by Our Military Kids, Inc.

**Tutoring is provided by Professional Tutors of America, Inc.

Source: www.ourmilitarykids.org.

Children of Fallen Soldiers Need Your Help

Do you know any families of fallen soldiers?

Our company, Professional Tutors of America, is trying to locate these families anywhere in California. Our goal is to provide free tutoring to every child whose mother or father lost their lives as a result of the war in Iraq or Afghanistan. We may also provide free tutoring to the surviving spouse. If you know any of these families, please have them call our office at 1-800-832-2487.





CALL 1-800-TEACH US (800-832-2487)

**“USO/TAPS Good Grief Camp Out - Camp Pendleton
August 10 - August 12, 2012**

“This 3 day - 2 night camp experience will be filled with traditional and military themed camp activities”

TAPS is proud to partner with the USO to provide a camp specifically designed for those children, 6-17 years of age, grieving the loss of a parent or sibling in the Armed Forces. This 3 day - 2 night camp experience will be filled with traditional and military themed camp activities, as well as grief education and emotional support. All activities will be led by an experienced and trained grief facilitator. In addition, each child will be matched with a trained military mentor. This camp is free; all lodging and meals will be provided but transportation to and from camp is your responsibility. Please register as soon as possible as **we can only accommodate 50 campers and space will fill up fast.** More details about drop-off and pick-up times/locations, a camp schedule and packing list will be provided at a later date.

Source: <http://www.taps.org/events/event.aspx?id=7480>.

**National Military Suicide Survivor Seminar and Good Grief Camp
for Young Survivors October 5 - 7, 2012
San Diego, California**

For Adults

Workshops for survivors: Our carefully chosen topics include understanding complicated grief in the military, coping with new family dynamics, special issues facing loved ones when a death occurs, and recognizing post traumatic stress. Sharing Groups: We offer gentle, supportive discussions that allow you a chance to share with others who are facing similar experiences.

For Children

The Good Grief Camp for Young Survivors is America’s first established program for children who have lost a parent, sibling or loved one in military service to America. Our youth have a chance to share, heal and have fun in a loving, supportive environment. The Good Grief Camp allows your child to be surrounded by others of their own age who have experienced a similar loss while adults are with other adults. Both the Adult Seminar and the Children’s Good Grief Camp run concurrently. Loving childcare is also offered for those under 4 years old. Throughout the weekend, your child will have a member of the military, serving as a mentor (similar to a “big brother/big sister”) to comfort them and laugh with them...but also to remind them they are still very much a part of the military family and are not forgotten.

Source: <http://www.taps.org/events/seminar.aspx?id=7584>.

San Diego Padres Charity Tickets

The San Diego Padres in partnership with the Major League Baseball's "Commissioner's Community Initiative" and MLB Player’s Association “Players Give Back” Programs has provided the Survivor Outreach Services with game tickets for our Surviving Family Members on the following future date:

August 20, 2012 at 7:05 p.m. (San Diego Padres vs. Pittsburg Pirates).

If you would tickets, please contact Dawn Lessley at dawn.lessley@us.army.mil or 858-573-7055. Tickets are limited, first come first served☺.

E-Mail Address Request

Please provide your e-mail address to your Survivor Outreach Services Support Coordinator for faster communication of updates and to help assist us with “Going Green.”



“We offer gentle, supportive discussions that allow you a chance to share with others who are facing similar experiences.”



Gold Star Dads

The Gold Star Dads Organization was created to bring together the "Gold Star" fathers in a single community enabling them to honor and remember their sons or daughters and to support one another in our loss. First and foremost we are a Military Veterans and Gold Star Family Support Organization.

By creating activities to bring Wounded Warriors and Gold Star Families together and connecting other support services to hurting families of both wounded military personnel and Survivors, we enable both the warrior and the father and honor our heroes at the same time.



Scheduled activities: *Strikes for Heroes No-Tap Bowling Tournament, July 4th, Cal Oaks Bowl in Murrieta*. This event will be a great way to celebrate our Nations Independence. The event will feature a Hall of Heroes and there will be Hero note cards for the public to send best wishes & prayers to the families; *4th Annual Gold Star Family BBQ*, the Gold Star Dads of America will host close to 150 Gold Star family members from the Southern California area and surrounding States as well as dozens of Operation Iraqi Freedom (OIF) and Operation Enduring Freedom (OEF) Veterans from the Loma Linda Veterans Hospital.

This year we are proud to announce a new National Partner, [R.A.M. Duck & Goose](#). This Fall during the short waterfowl season Gold Star Dads will be sending OEF – OIF Injured Veterans on all expense paid hunting trips courtesy of R.A.M and our generous American Patriot donors.

You can get more information on the Gold Star Dads website: www.GoldStarDads.org or on Facebook at www.facebook.com/GoldStarDads.

Article by Michael Klasno, Executive Director, Gold Star Dads of America



Gold Star Moms

The Gold Star Moms are looking to establish a Charter in San Diego. If you are interested, please contact Penny Bento at: Pennybento@gmail.com.

Knights of Heroes Foundation

The Knights of Heroes Foundation was created in January of 2007 by Lieutenant Colonel Steve Harrold. He did so to commemorate the life of a friend and former pilot, Major Troy Lee "Trojan" Gilbert, who was killed during combat operations while flying his F-16 to protect ground troops being overrun by the enemy in the Al-Anbar Province, Iraq on November 27, 2006. At the time of his death, Major Gilbert was a husband and father of five children.

Each summer, families with children between the ages of 11 and 17 are invited to attend at absolutely no cost. While the kids are at camp, the moms and younger siblings spend the week visiting sites in and around Colorado Springs. Lodging and travel arrangements are made for the families that attend from outside the local area.

The first camp was held in June of 2007 under the name "Modern Day Knights." Sixteen boys attended from Texas, Florida, Arizona and Colorado. The camp was so successful; Knights of Heroes was established as a non-profit organization in November of 2007.

The program has continued to grow each year and in 2011, the first girls program was held. Fifteen girls spent the week in Buena Vista while 44 boys attended the boys' camp near Boulder. Thirty moms and 7 younger siblings spent the week in Colorado Springs during the camp. God willing, the program will continue to grow and provide a place for the families of our heroes to gather for years to come.

Source: <http://knightsofheroes.org/>



San Diego Padre Game at PETCO Park

On April 12, 2012, the San Diego Padres in partnership with the Major League Baseball's "Commissioner's Community Initiative" and MLB Player's Association "Players Give Back" Programs provided the Survivor Outreach Services Program with complimentary game tickets for our Surviving Family Members.



PETCO Park

Source: <http://sandiego.padres.mlb.com/sd/ballpark/index.jsp>



Photo by Dawn Lessley

Survivor Outreach Services family members enjoying the evening at PETCO Park although the Padres lost to the Arizona Diamondbacks 3-1.

Gold Star Manor Memorial Day Ceremony

On May 25, 2012, the American Gold Star Manor (located in Long Beach, CA) Memorial Day Ceremony honored families of our Fallen Heroes. The ceremony began with the posting of the Military Branch Service Flags by the Armed Forces Colors Guard (members of the Veterans Club of the Manor), the posting of the National Colors by Millikan High School Army ROTC, and the Pledge of Allegiance led by Gold Star Dad, Mr. Calvin "Dave" Chappell (also a resident of the Manor). The Master of Ceremony was Terry Geiling (President/CEO of the American Gold Star Manor) whose words were filled with laughter, love and respect for our Veterans, Military, and Civic Organizations which made up the audience. The Guest speaker was Mrs. Ruth Stonesifer (former National President, American Gold Star Mothers Inc.) who shared an emotional heartfelt personal story; her son, SPC Kristofor Stonesifer, was one of the first Soldiers killed in action during Operation Enduring Freedom on October 19, 2001. Dave and Kathleen Chappell (Gold Star Parents) were honored and presented with a bronze plaque ("Dave and Kathleen Chappell, American Gold Star Parents, SPC Jason K. Chappell, US Army, January 1 1982- January 24 2004") that was posted in the courtyard of the Manor. The Ceremony and attendees paid tribute to all the service men and women who paid the supreme sacrifice while serving our nation.

Article by Leona Wheeler



Photo by Leona Wheeler
Millikan High School Army ROTC



Dave Chappell leading the Pledge of Allegiance



Dave & Kathleen Chappell

Photos by Leona Wheeler

“Run for the Fallen” Camp Parks Reserve Forces

On Saturday June 9, 2012, Camp Parks Reserve Forces Training Area (PRFTA) and Garrison MWR hosted its first annual “Run for the Fallen” event. The 5K run (or 1.6 mile walk) was dedicated to the memory of those heroes who paid the ultimate sacrifice for our nation. “Run for the Fallen” objective was to first and foremost honor our fallen service members, along with their families. The run also sought to honor active and veteran service members as well as the organizations that support them. Survivor Outreach Services notified Gold Star Families throughout the Northern California area of the upcoming event. Nineteen Gold Star family members attended the event which hosted over 200 participants including Mr. & Mrs. John and Wendy Hallett II, Gold Star parent’s of Army Captain John Louis Hallett III who was KIA in Afghanistan on August 25, 2009. “We came to run for Johnny” the couple explained. Captain Hallett’s younger brother, Christopher Hallett, was also in attendance.

Article by Nathaniel E. Pleasantbey II

Patrick Willis Football Procamp

During the weekend of June 9, 2012 through a partnership made possible with the Armed Forces Foundation and ProCamps Cares, the Patrick Willis (NFL All-Pro San Francisco 49ers linebacker) Foundation provided an opportunity for five select Gold Star youths to participate in this year’s Patrick Willis Football ProCamp at Palo Alto High School. Boys and Girls ranging in age from 7-14 are normally chosen from the families of Active Duty Service members. However this year, the Armed Forces Foundation eagerly sought the assistance of Survivor Outreach Services in bridging this once in a lifetime opportunity to the deserving children of our Fallen. Five families were selected from across the Northern California territory to participate, free of charge, in this summer time annual event.

Article by Nathaniel E. Pleasantbey II

For information on ProCamps, visit their website at:
<http://www.procamps.com/>



Photo by Nathaniel E. Pleasantbey II

John and Wendy Hallett II “We came to run for Johnny.” Both are wearing original “wear blue: run to remember” athletic gear designed by daughter-in-law, Mrs. Lisa Hallett (Gold Star Wife).



Photo by Nathaniel E. Pleasantbey II

Honorary Coach Master Patrick R. McCaffrey Jr. (center, age 17) takes charge of his squad.



Patrick Willis (center) and Gold Star Family Children after receiving their jerseys.



Photos courtesy of Patrick Willis Football ProCamp

**Survivor Outreach Services
Support Coordinators**

Northern California

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Northern California

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Central & Northern California
Cindy Fugere (Moffet Field)
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cynthia.e.fugere@us.army.mil

Monterey

Lynn Ditrich (Presidio of Monterey)
Office (831) 242-7653

Fort Hunter Liggett

Les Toth
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& Ventura Counties**
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**Survivor Outreach Services
Financial Counselors**

Northern California

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brad.s.thornally_ctr@us.army.mil

Southern California

Kane Nguyen (Los Angeles)
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Cell (714) 548-6300
kane.nguyen@us.army.mil

Home/E-mail Addresses and Phone Number/s Changes

Please provide your Survivor Outreach Services Support Coordinator with any changes to your home & e-mail addresses and phone number/s. Address changes need to be provided to any organization you are receiving monetary entitlements: DFAS (SBP), VA (DIC & Education), and Social Security; DEERS and TRICARE (if you have coverage) also need to be notified (phone numbers/websites listed below).

Resources

California Department of Veterans Affairs: <http://www.cdva.ca.gov>
DEERS: 1-800-538-9552

Employment Development Department: www.edd.ca.gov

Gold Star Dads: <http://www.GoldStarDads.org>

Southern California: California1@goldstardads.org

Gold Star Moms: www.goldstarmoms.com

California (Southern), CA-HI – President: Sue Pollard: wmpollard@cox.net

Antelope Valley GSM, Lancaster: dawndana@juno.com

Bakersfield, Bakersfield - Pres. Gay E Nacca

Inland Empire, Riverside & San Bernardino counties: LKlasno@iegsms.com

Long Beach, GSM Home: wmpollard@cox.net

Saddleback Valley, Lake Forest: wmpollard@cox.net

San Diego: Pennybento@gmail.com

Ventura County, Oxnard: jbright94@earthlink.net

Northern California: kensmomkm@gmail.com

San Jose, San Jose: kensmomkm@gmail.com

Gold Star Wives: <http://goldstarwives.org/>

California: LBKenney1@verizon.net

San Diego: Bonnie_Craig@casd.uscourts.gov

ID Cards <http://www.dmdc.osd.mil/rsl/owa/home>

Medicare: 1-800-633-4227; <http://www.medicare.gov>

Military One Source: 1-800-342-9647; <http://www.militaryonesource.com>

Military Records Request: <http://vetrecs.archives.gov>

National Military Families Association (NMFA) <http://www.militaryfamily.org>

SBP Pay inquires: 1-800-321-1080; <http://www.dfas.mil>

Social Security Administration: 1-800-772-1213, <http://www.ssa.gov>

Tragedy Assistance Program For Survivors: 1-800-959-TAPS (8277); <http://www.taps.org>

TRICARE Dental Plan: 1-888-838-8737; <http://www.trdp.org/siteMap.html>

TRICARE West: 1-888-TRIWEST (8749); <http://www.triwest.com>

VA Education Benefits: 1-888-442-4551; <http://qbill.va.gov/>

Veterans Affairs Benefits: 1-800-827-1000; <http://www.va.gov>

Books of Interest

Medals Flags and Memories. John and Stacey Holley (Gold Star Dad and Mom). (2011). <http://www.MedalsFlagsAndMemories.com>

Life and Loss: A Guide to Help Grieving Children. Linda Goldman, LCPC. (1999).

Children Also Grieve: Talking about Death and Healing. Linda Goldman, LCPC. (2005).

Living With Grief After a Sudden Loss. Kenneth J. Doka, PhD. (1996).

Military Widow: A Survival Guide. Joanne M. Steen, MS & Regina Asaro, MS, RN. (2006).

Healing after the Suicide of a Loved One. Ann Smolin, CSW & John Guinan, PhD. (1993).

Men and Grief. Carol Staudacher. (1991).

How to Go On Living When Someone You Love Dies. Therese A. Rando, PhD. (1991).