



*Gold Star Community
Recipe Book*

Recipes and Memories from the Families of
Fallen United States Military Service Members



*Join us in honoring the legacies of our Fallen Military Heroes by sharing the
fond memories of food and fellowship with their Gold Star Family Members*

Gold Star Community

Recipe Book

Produced in January 2020 by the Navy Gold Star Program.

Printed in the United States of America.

The Navy Gold Star Program is the United States Navy's official program for providing long-term support to surviving Families of Sailors who have died while serving on Active Duty.

Individuals eligible to participate in the Navy Gold Star Program include Spouses, Parents, Siblings, Sons and Daughters of Fallen Service Members from all branches of service, as well as step- family members and those family members gained through adoption.

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This Recipe Book is a compilation of photos, stories, and recipes submitted with the permission of all participants for use by the Navy Gold Star Program and for distribution only as a free resource. The resulting product is a complimentary remembrance gift and resource guide not intended for sale but solely as a free electronic or printed gift for those wishing to honor our Nation's Fallen Service Members.

Participation in the Navy Gold Star program does not provide or grant authorization to Survivors for additional benefits/privileges beyond what the Survivor was entitled to prior to the death of the service member.

Contents

Introduction	3-5
Appetizers & Snacks	11-31
Entrees & Sides	33-69
Treats & Desserts	71-105
Beverages & More	107-125
Measurements, Conversions & More	127-131

*Recipes and Memories from the Families of
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Introduction

Introduction

Honoring the Legacies of Fallen Military Heroes, Connecting with their Gold Star Family Members

The best part about putting together this Recipe Book has been sharing conversations with Gold Star Family Members about their Fallen Service Members, hearing the legacies of their Loved Ones and sharing tears of joy knowing that their spirit lives on in those who celebrate their lives, their impact, and their traditions. It was very fulfilling when I extended the invitation to the Gold Star Community to participate and let them know they are not forgotten – that their Fallen Service Members are remembered and that each Surviving Family Member remains an important part of our military community.

The Navy Gold Star Program serves the Families of Service Members who have passed away while serving on Active Duty. However, there is so much more to that than one might imagine. As a military spouse for more than a decade and a volunteer, employee, and supporter of many programs and services that support the military community, I applied for this position in 2017 hoping to assist in any way possible for a community of people near and dear to my heart. I have met wonderful friends along our family's military path who are Gold Star Family Members and have watched them navigate their journey in the aftermath of tragedy with courage, grace, humility, and such perseverance. I consider them more than friends, but extensions of the military family we have acquired with each new duty station. Their friendship and their unique stories have profoundly affected my family and I. I have the upmost respect for those who support their Service Member's commitment to the Armed Forces, and I have an unwavering admiration for those who have suffered the loss of their Loved One and walk their journey of both grief in their loss and celebration of life in unique but balanced ways.

After two years of serving as a Navy Gold Star Program Coordinator, I have connected with hundreds of Gold Star Family Members. I felt that this project, which had been gradually developing, was ready to come to fruition.

In early 2019, there was a Navy Gold Star Program event hosted at the NAS Oceana Fleet and Family Support Center where Gold Star Family Members in attendance were invited to participate in a Pot-Luck-style meal. During that event and further conversations with many Gold Star Family Members in the area I serve, I have appreciated that many people have fond memories of events, snacks, or meals that rekindle memories of those who we honor and cherish. This was reaffirmed time and time again, in speaking with fellow Military Families, Friends, and Resource Providers.

I believe we all can relate that when faced with loss and grief and mourning—which is not a phase or a stage but rather a journey—many fond memories are often brought back with familiar sounds and comforting smells and the tastes of the meals shared with those we have loved and lost, but cherish still.

I was inspired to compile these favorite recipes and memories and to create a Gold Star Community Recipe Book in honor of Fallen Service Members. The invitation was shared with our Navy Gold Star Program Coordinators across the country to offer Gold Star Family Members an invitation to contribute a favorite recipe that brings joyful memories of their Fallen Service Member: whether it was the dinner that brought everyone together, the snack made for a big game, the appetizer that they could not get enough of, the dessert that they often requested, or any recipe that warms the Gold Star Family Member's heart and reminds them of their Fallen Hero. The result has been exceptional. I hope that this will be a tradition that continues and that these and other recipes will continue to be shared and made with love, so that all Gold Star Family Members, Resource Providers, and all readers from our Grateful Nation can feel the sense of pride, love, and comfort so generously shared in the pages that follow.

I know that food often brings people together and my hope is that each person who reads this book will have a beautiful experience. Each recipe tells of a moment shared, a memory cherished, a dish enjoyed, but most of all of a life of service and a family forever missing an irreplaceable piece—but choosing to honor that loss by filling that missing piece of their heart with joy and love and remembrance.

In compiling these recipes, we have created something beautiful together that can be shared with others and bring joy to the Gold Star Community and to all who read it. I am so very grateful to those who contributed to this project, you mean more to me than you could imagine and I am forever appreciative of our Fallen Service Members and truly thankful for you as a part of our military community—a part of our Military Family!

Thank you for sharing this experience with me, and with these incredible Gold Star Family Members.

Enjoy!

Sincerely,

A handwritten signature in cursive script that reads "Heather L. Kuhn". The signature is written in black ink and is positioned above the printed name.

Heather L. Kuhn

Navy Gold Star Program Coordinator

January 21, 2020

*Join us in honoring the Legacies of our
Fallen Military Heroes
by sharing the fond memories of
food and fellowship
with their Gold Star Family Members*

Appetizers & Snacks

Shady's Seasoned Pretzels *in memory of Brett Shadle, USN*

NAD's Shrimp Stuffed Mushrooms *in memory of Nick A. Dewhirst, USA*

Kerry's Taco Salad *in memory of Kerry Kemp, USMC*

Traditional Cheese Ball *from the team at Navy Gold Star Program*

Sweet Glazed Meatballs *from the team at Fleet & Family Support Center Program*

Turkey Pesto Bites *from the team at Navy-Marine Corps Relief Society*

Crispy Chicken Wings *from the Exceptional Family Member Program team at FFSC*

Fluffy Fruit Salad *from the team of Child Counselors at Fleet & Family Support Center*

Layered Mexi Dip *from the team at Tuesday's Children*

Entrees & Sides

Moroccan Roasted Lamb Shoulder *in memory of Ilyass Bourbel, USN*

Jimmy's Shrimp Scampi *in memory of James Allen Slape, USANG*

Tomato Basil Soup *in memory of Johnathon Goffred, USMC*

Crispy Coconut Chicken Dippers *in memory of William James Keys, USN*

Sara's Best Ever Sweet Potatoes *in memory of Sara Knutson Cullen, USA*

Pierogi Fest Pierogis *in memory of Joseph John Pudlowski, USN*

Classic Meatloaf *in memory of Scott W. Shaw, USN*

Justin's Mac & Cheese *in memory of Justin Woods, USN*

Adam's Chicken and Sausage Gumbo *in memory of Adam A. Dyer, USN*

Adam's Crawfish Étouffée *in memory of Adam A. Dyer, USN*

The Perfect Seared Steak *in memory of Jason Leroy Andrews, USN*

Guyanese Chicken Curry *in memory of Kris Romeo Bishundat, USN*

Shrimp and White Wine Sauce *in memory of Jeffery Ferren II, USN*

Mexican Lasagna *in memory of Marcus Woods, USN*

Stewed Chicken and Pie Bread *in memory of Maurice L. Quidley, Jr., USN*

Bear's Favorite White Chicken Chili *in memory of Brandon G. McCoy, USA*

Pineapple Stuffing *from the team at the Exceptional Family Member Program*

Treats & Desserts

Martinelli's Banana Puddin' *in memory of Marissa Martinelli, USN*

Buckeyes *in memory of Daniel R. Biddle, USN*

Jeremy's Pumpkin Pie *in memory of Jeremy M. Barrett, USN*

Peanut Butter Pie *in memory of Micah Farrell, USN*

Freddy's Hello Dollies *in memory of Frederick Henry Eissler, USN*

Kris' Blueberry Cheese Pie *in memory of Kristofer L. Guy, USN*

Gabriel's Raspberry Tart *in memory of Gabriel A. Olivero, USN*

Lemon Pound Cake *in memory of Linwood C. Carter Jr., USA*

Pumpkin Spice Cake *in memory of Johnathon Goffred, USMC*

Apple Crisp *from the team of Employment Educators at Fleet & Family Support Center*

Gingerbread *from the team of Financial Educators at Fleet & Family Support Center*

Mum's Blueberry Muffins *from the team of Counselors at Fleet & Family Support Center*

Chocolate Drop Cookies *from the team at the Tragedy Assistance Program for Survivors (TAPS)*

Patriotic Trifle *from the Women, Infants, and Children (WIC) Offices of Virginia Beach*

Candy Sushi *from the team of Child Counselors at Fleet & Family Support Center*

Baked Sweet Potato Casserole *from the team of Patriot Guard Riders*

Beverages & More

Crock Pot Hot Chocolate *from the Navy Gold Star Program Coordinator at NAS Oceana*

Sparkling Punch *from the Life Skills Educators at Fleet & Family Support Center*

Hot Chocolate Whiskey Martini *in memory of Daniel R. Biddle, USN*

Apple Cider Punch *from the team of Relocation Assistance at Fleet & Family Support Center*

Golden Milk *from the team at Navy Gold Star Program*

Lemonade *from the Navy Gold Star Program Coordinator at NAS Oceana & Family*

Hot Cranberry Punch *from the team at Navy-Marine Corps Relief Society*

A Garden For All Seasons *in memory of Ronald E. Irwin, USN*

Appetizers & Snacks

Honoring the Legacies of Fallen Military Heroes

Appetizers & Snacks

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in memory of Brett Shadle, USN

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from the team at Navy Gold Star Program

Sweet Glazed Meatballs

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from the team at the Exceptional Family Member Program

Fluffy Fruit Salad *from the team of Child Counselors at Fleet & Family Support Center*

Layered Mexi Dip

from the team at Tuesday's Children

From the Families of Our Nation's Fallen Service Members

A memory of **Brett Shadle,**

Chief Petty Officer, United States Navy



Submitted by Gold Star Mother, LuAnn Shadle, Mother of Brett Shadle.

Brett's Mom, LuAnn, would make these pretzels and send them to Brett when he was deployed.

"I asked him if he shared with the Team and he said "NO" but they would raid his room and eat them anyhow. I don't know if he was kidding or not. It is a simple recipe and always went good with a Samuel Adams.

Brett was a good cook and was not afraid to try new recipes. Sometimes his breakfast would include an egg omelet and ANYTHING else that was leftover in the refrigerator."

Appetizers & Snacks

SHADY'S SEASONED PRETZELS

Ingredients:

1 cup Vegetable Oil
1 teaspoon Dill
1 teaspoon Lemon Pepper
1 teaspoon Garlic Powder
1 package Ranch Dressing (the Original type)
2 bags of Wege brand pretzels (hard pretzels broken in small pieces)

Directions:

Step 1: Mix together the vegetable oil, dill, lemon pepper, garlic powder, and the Ranch dressing.

Step 2: Add 2 bags of Wege pretzels (hard pretzels broken in small pieces) and toss until coated.



Step 3: Spread pretzels on cookie sheet and bake 30 minutes at 300 degrees.



From the Families of Our Nation's Fallen Service Members

A memory of **Nick A. Dewhirst,**

First Lieutenant, United States Army



Submitted by Gold Star Father, Randy Dewhirst, and Gold Star Mother, Susan Dewhirst, Parents of Nick A. Dewhirst.

Nick's Family in Wisconsin would make these and other favorites each time Nick was coming home.

“Our son, Nick A. Dewhirst was a West Point Graduate and always strived to be the best he could be and dedicated himself to becoming a great leader. Whenever we knew he would be coming home, I always had his favorite foods ready to prepare for him.

This is one of his favorites. Nick was KIA in Afghanistan in August of 2008. He was doing exactly what he wanted to do, we are very proud of him, and he will always be remembered.”

Appetizers & Snacks

NAD'S SHRIMP STUFFED MUSHROOMS

We never had a precise recipe for the stuffed mushrooms, always going by taste and texture. Hopefully, these instructions below will give you an idea and a starting point to one of our favorite appetizers.

Ingredients:

2-3 tablespoons of Melted Butter
1 medium Onion, finely chopped, or 6-8 Green Onions chopped
2-3 Garlic Cloves, finely chopped
½ cup Seasoned Croutons, crushed finely
¼ cup of Hard Grated Cheese (Parmesan, Asiago, Romano or combination)
2-3 tablespoons of Ranch Dressing
Raw, deveined Shrimp (approx. 12 oz.); chopped into small pieces
Raw White, Button, or Portabella Mushrooms, cleaned and stems removed (approx. 16 oz. or 24 mushrooms)
(mushroom stems can be chopped and added to the stuffing mixture, but we preferred not to)

Directions:

Step 1: Melt butter and sauté with onions and garlic in a pan over medium heat.

Step 2: Add crushed croutons, cheese, and Ranch Dressing. Stir until well mixed and season according to personal taste. Texture should be a little gooey.

Step 3: Add chopped raw shrimp and cook until pink.

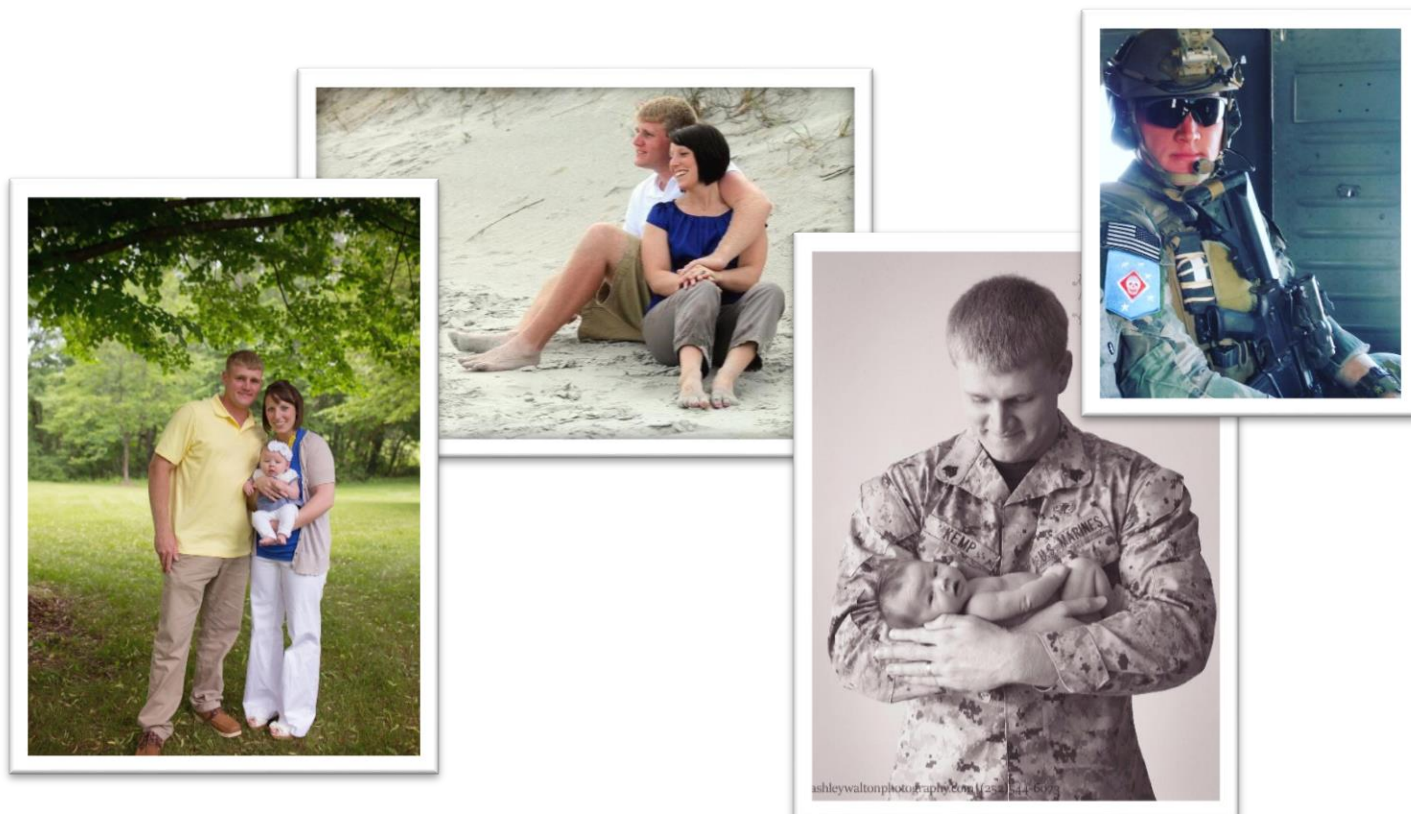
Step 4: Stuff the mushroom caps and bake in a 425-degree oven for about 30 minutes, or until bubbly and brown on top. Enjoy, these were always a hit with family and friends.



From the Families of Our Nation's Fallen Service Members

A memory of **Kerry Kemp,**

Staff Sergeant, United States Marine Corps



Submitted by *Gold Star Spouse*, Jenna Kemp, Wife of Kerry Kemp.

This recipe has been shared as a family favorite and perfect dish for a gathering of any size!

“This was Kerry’s favorite appetizer whether it was to watch the Tennessee Titans play football or sharing the dish with good friends at a team party this was always his go to snack.

This dish was a staple at all of our family holiday gatherings to which Kerry ate most of the plate himself.”

Appetizers & Snacks

KERRY'S TACO SALAD

Ingredients:

1 8-ounce Cream Cheese
1 8-ounce Sour Cream
1 packet Taco Seasoning
1 8-ounce shredded Mexican Cheese
1 bag of shredded Lettuce
1 Green Onion, chopped
2 large Tomatoes, chopped

Directions:

Step 1: Combine cream cheese and sour cream in a bowl, mix until creamy and smooth.

Step 2: Add the taco seasoning and stir until all is mixed together. Spread the mixture onto a circular platter.

Step 3: Top with lettuce, cheese, chopped tomatoes, and green onion. Serve with corn chips.



From the Families of Our Nation's Fallen Service Members

Warm Wishes from the Navy Gold Star Program



The **Navy Gold Star Program** is the Navy's official program for providing long-term support to surviving families of Sailors who pass away while serving on Active Duty. The Program was established in 2014 and works alongside the long-term assistance programs of each branch of the Armed Forces to ensure that the Families of Fallen Service Members are connected to resources, support, and opportunities to honor their Fallen Loved One. The Program Coordinators work with Military Commands and Community Partners to foster a community of remembrance, honoring the service and sacrifice of Fallen Service Members and Gold Star Family Members.

The Navy Gold Star Program is inclusive of all immediate Family Members – extending all applicable resources and support, regardless of a Fallen Service Member's Military Branch, the Survivor's location, or the manner of the Fallen Service Members' death. Our commitment to the Families we serve is to provide dedicated outreach and support when, and for as long as, they desire. Navy Gold Star Program Coordinators are located around the United States and are ready to help you in any way they can in connecting to local and national resources.

We are dedicated to delivering on the promise of taking care of our own by providing ongoing support to Surviving Families.

Individuals who are eligible to participate in the Navy Gold Star program include the Fallen Service Member's spouse, parents, and their next of kin. This includes all widows and widowers; the term "parents" includes mother, father, stepmother, stepfather, mother through adoption, father through adoption, and foster parents who stood in loco parentis; the term "next of kin" includes children as well as brothers, sisters, half-brothers, and half-sisters; the sons and daughters, including stepchildren and children gained through adoption are eligible at any age to participate in the Navy Gold Star Program.

Participation in the Navy Gold Star Program does not provide or grant authorization to Survivors for additional benefits/privileges beyond what the Survivor was entitled to prior to the death of the service member.

The Navy Gold Star Program Coordinators stand ready to assist with benefits questions, connection to value resources such as counseling providers, bereavement support, financial planning, and many more services. Each Installation Navy Gold Star Program Coordinator hosts remembrance events throughout the year to ensure Families have an opportunity to honor their Fallen Service Member, and to connect with the Gold Star Community and with Resources Providers.

More information about Navy Gold Star Programs resources, services, and events can be found at:

www.navygoldstar.com, on Facebook at www.facebook.com/NavyGoldStar or by phone at **1-888-509-8759**.

Appetizers & Snacks

TRADITIONAL CHEESE BALL

Submitted by Heather, Navy Gold Star Program Coordinator, NAS Oceana

Ingredients:

2 packages (8 ounces each) Cream Cheese, softened
1 package (8 ounces) Shredded Sharp Cheddar Cheese
1 tablespoon finely chopped Onion
1 tablespoon finely chopped Green Bell Pepper
1 tablespoon finely chopped Pimentos
2 teaspoons Worcestershire Sauce
1 teaspoon Lemon Juice
Pinch of Ground Red Pepper (cayenne)
1 cup chopped Pecans (optional for the coating, or coat in sliced almonds, chopped cooked bacon, shredded cheese, etc.)

Directions:

Step 1: Beat cream cheese and cheddar in small bowl with mixer until well blended.

Step 2: Add all remaining ingredients except the nuts or desired coating; mix very well.

Step 3: Cover and refrigerate for several hours.

Step 4: Shape into ball; roll in nuts or desired coating. Serve with Crackers, vegetables, etc.

Note: This recipe is a great starting point to customize with flavors like Buffalo & Blue Cheese, Crab, etc.



From the Families of Our Nation's Fallen Service Members

Warm Wishes from Fleet and Family Support Center



The **Fleet and Family Support Center** (FFSC) provides services to support our warfighters and their families, as a part of the **Commander, Navy Installation Command** (CNIC) spectrum of programs and services.

With more than 53,000 military and civilian personnel worldwide across 10 regions, 71 installations, and 123 Naval Operations Support Centers, CNIC is responsible for the operations, maintenance and quality of life programs to support the Navy's **Fleet, Fighter, and Family**. "Fleet" represents the operating forces of the Navy. CNIC ensures all installation requirements necessary to train and operate the Fleets (Ports, Airfields, Training Ranges, etc.) are maintained and ready regardless of tempo. "Fighter" represents the men and women in the operating forces. CNIC ensures the installation's ability to facilitate the manning, training and equipping of the Navy's fighting force never skips a beat. "Family" represents the men and women of the Armed Forces and their families. To ensure our fighting force is supported on all fronts, our Family and Community Services provide ongoing support to military Families—including the Gold Star Community.

The Navy Gold Star Program falls within the programs and services offered by CNIC and the Fleet and Family Support Centers nationwide.

Military Families serve right along with their Service Member and we want to empower you to use the programs and services we offer. We provide these directly through **Fleet and Family Support Centers**, at 81 service delivery sites worldwide, with 58 of those sites delivering a full selection of programs and services to meet the ever growing needs of our Service Members and their Families.

Gold Star Family Members are eligible for many of the services offered and can apply for a Base Access ID Card to visit the Fleet and Family Support Center nearest them and to utilize services such as financial education, career planning, family employment readiness, life skills programs, and more. In some locations, additional services offered by FFSC may be available to Gold Star Family Members. Visit the website at https://www.cnic.navy.mil/ffr/family_readiness.html for more information or call your nearest Fleet and Family Support Center for more information. For the DBIDS Base Access Card information, contact your Navy Gold Star Program Coordinator or the Survivor Services Program Representative for the Branch of Service that your Fallen Hero served in.

Our mission is to provide exceptional service to Sailors, Marines, Soldiers, Airman, and Coastguardsman as well as their Families. Services are available to Active Duty, Transitioning, and Retired Service Members, their Family Members, and the Gold Star Family Members of those who died while serving on Active Duty.

A detailed listing of services and more information is available at https://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program.html

Appetizers & Snacks

SWEET GLAZED MEATBALLS

Submitted by Sarah, Clinical Counselor, Fleet and Family Support Center

Ingredients:

1 bottle (18-ounces) of your favorite Original-style BBQ Sauce
2½ cups Grape Jelly
2 pounds frozen, Prepared Meatballs

Directions:

Step 1: Preheat crock-pot to high heat. Combine the Original BBQ sauce with Grape Jelly in crock-pot. Stir well for approximately 5 minutes until evenly heated and well blended.

Step 2: Add frozen meatballs to mixture and stir until evenly coated.

Step 3: Cover crock-pot and cook on high heat for 3.5 hours, stirring after about 2 hours and again at the 3- hour mark.

Step 4: The sauce will be bubbling and the meatballs will be heated throughout when the dish is ready.



From the Families of Our Nation's Fallen Service Members

Warm Wishes from Navy-Marine Corps Relief Society



Navy-Marine Corps Relief Society was founded in 1904, when several Naval personnel and their spouses and civilian friends saw the need for more formal and organized assistance for members of the Armed Forces. The Society was incorporated on January 23 of that year. Initial funding came from the proceeds of the 1903 Army-Navy Football Game held at Franklin Field, Philadelphia, Pennsylvania. In its first year, the Society gave \$9,500 to widows and families of enlisted men.

During World War I, military pay days were often delayed. To help cover the gap, the Society began an interest-free loan program for Navy and Marine Corps personnel. Eventually, this financial assistance expanded to help with other needs, such as medical bills.

Anticipating the personal needs of those serving in the U.S. military during World War II, President Franklin D. Roosevelt authorized a public appeal for support to benefit the military relief associations. This national fundraising effort helped establish the Society's Reserve Fund in 1942. This fund provides a rainy-day means of support and relief assistance not covered by other revenue streams, especially during catastrophic natural disasters that affect Navy and Marine Corps members and their families.

Today, Navy-Marine Corps Relief Society assists Active Duty and Retired Military Personnel, their Families, and Gold Star Spouses/Dependents as well. When a client is having trouble meeting urgent financial needs, NMCRS may be able to provide an interest-free loan or grant. Through financial counseling, they will also help clients plan for better financial stability. From everyday bills to unexpected expenses, our caseworkers are ready to help. They understand the unique challenges of military life, and they are ready to listen and suggest options to bring clients needed relief. NMCRS services are completely confidential.

Volunteers have been the backbone of the Navy-Marine Corps Relief Society for more than 100 years. They make up more than 90 percent of our workforce. Volunteers make it possible for their donated funds to directly assist Sailors, Marines, and their families.

When service members seek our assistance, they often interact directly with one of our skilled volunteers. As a volunteer, each team member receives specialized training, gets extensive support and resources, connects with other volunteers and builds friendships, gets assistance with child- and dependent-care and mileage expenses, helps others and makes a difference!

NMCRS volunteers have unique backgrounds and experiences, and they have different reasons for serving. However, they all desire to support the community of active duty and retired Navy and Marine Corps service members and their families.

Helping Sailors and Marines in times of need or crisis is an excellent way to make a difference!

More information about NMCRS programs, services, and volunteer opportunities is at www.nmcrs.org

Appetizers & Snacks

TURKEY PESTO BITES

Submitted by Lolita, Director, Navy-Marine Corps Relief Society at NAS Oceana

Ingredients:

1 box of Pepperidge Farm frozen puff pastry sheets, thawed
1 package of Turkey, thinly sliced
1 package of Provolone Cheese, sliced (or cheese of your choice)
Basil Pesto
Cherry tomatoes
Fresh basil leaves (optional)

Directions:

Step 1: Thaw puff pastry sheets according to package directions (takes about 45 minutes).

Step 2: Preheat oven to 400 degrees. Unroll the sheet onto a lightly floured work surface. Use pizza cutter to cut pastry into 36 small squares.

Step 3: Bake squares on a parchment paper lined baking sheet for 12-14 minutes.

Step 4: Once pastry sheets have cooled, cut each square open (horizontally) to create a top and bottom piece of “bread” like a mini sandwich.

Step 5: Spread a thin layer of basil pesto onto one side of the sandwich, and then add a slice of turkey and a slice of cheese. Top with matching pastry square.

Step 6: Top with a small leaf of fresh basil and a cherry tomato half. Add toothpick to hold it all together.



From the Families of Our Nation's Fallen Service Members

Warm Wishes from Fleet and Family Support Center



Exceptional Family Member Program

Fleet and Family Support Center provides services to support our warfighters and their families, as a part of the Commander, Navy Installation Command (CNIC) spectrum of programs and services.

The support for those family members enrolled in the **Exceptional Family Member Program (EFMP)** is one of the many services provided by Fleet and Family Support Center (FFSC).

The Navy's Exceptional Family Member Program serves military families with special needs. The EFMP is a mandatory enrollment program for Active Duty sponsors with qualifying family members, and while enrollment in the EFMP concludes when a service member passes away, the support services from Fleet and Family Support Center's EFMP Liaisons continues to be available.

Special needs include special medical, dental, mental health, developmental or educational requirements, the requirement for adaptive equipment assistive technology devices and services and/or wheelchair accessibility.

The **Fleet and Family Support Program** is the Information and Referral (I&R) conduit for questions regarding EFM resources in the local community.

EFMP Liaisons located at Fleet and Family Support Centers:

Provide information, referral and system navigation to special needs families.

Link families with available military, national and local community resources.

Provide non-medical case management.

Develop and maintain Individual Service Plans (ISP).

Partner with the MTF Coordinators to provide information, education, and more.

More information about the services available and the contact information for EFMP Liaisons is available by contacting your nearest Navy Gold Star Program Coordinator, contacting a local Fleet and Family Support Center, or visiting the Commander Navy Installations Command website at: www.cnic.navy.mil

Appetizers & Snacks

CRISPY CHICKEN WINGS

Submitted by Jody, EFMP Liaison, FFSC Exceptional Family Member Program

Ingredients:

12-24 Chicken Wings (Drumettes are preferred)
2-3 tablespoons of Olive Oil
Salt
Pepper

Directions:

Step 1: Preheat oven to 425 degrees. Toss the wings/drumettes in olive oil until lightly and evenly coated (using a large bowl, sealable bag, or plastic storage container).

Step 2: Spread chicken drumettes across a baking sheet.

Step 3: Lightly season with freshly ground salt and pepper, to desired taste.

Step 4: Bake at 425 degrees for 45 minutes, then pull the wings out of the oven.

Step 5: Set Broil setting on oven (minimum broil temperature). Put wings/drumettes back into the oven to broil for 3-4 minutes.

These are great for those with food allergies and unique taste preferences, as they can be served alone or with a variety of dipping sauces.



From the Families of Our Nation's Fallen Service Members

Warm Wishes from Fleet and Family Support Center



Child Counselors

Some **Fleet and Family Support Center (FFSC)** Offices are able to provide professional counseling services to the Spouses and Children of Service Members who die while serving on Active Duty. Across the country and around the world, Fleet and Family Support Centers have child counselors on staff that can help military children address issues such as Anxiety, Depression, Sadness, Grief / Loss, Deployment-Related Concerns, Stress, and much more.

These services are available to Children in Military Families of all branches of the Armed Forces, in locations where Child Counseling is available. Additional bereavement support and resources specifically tailored for the Sons and Daughters of Fallen Service Members include, but are not limited to:

TAPS: TAPS is the Tragedy Assistance Program for Survivors and they offer 24/7 assistance online and by phone, as well as in-person gatherings. These include Peer Support, Programs for Adults like TAPS “Togethers”, Seminars, Retreats, and Health and Wellness Activities. They offer Good Grief Camps for children and teens and additional connections to Community Based Care. They have a Military Mentor Program to support Young Survivors and much more. Their website is taps.org, they can be reached 24/7 at 1-800-959-8277.

ANGELS OF AMERICA'S FALLEN: Angels of America's Fallen is an organization that provides support for children of fallen military personnel connecting with long-term and healthy activities with a coach or instructor throughout their childhood. More information at www.aofallen.org or by calling 719-377-8264 or 719-377-7352.

GIVE AN HOUR: Give an Hour's mission is to develop national networks of volunteer professionals capable of responding to both acute and chronic conditions that arise within our society. Since 2005 they have focused on providing free and confidential mental health care to those who serve, our veterans, and their families. Through the generosity, compassion, and expertise of Give an Hour's skilled volunteers, they are able to increase the likelihood that those in need receive the support and care they deserve. More information at <https://giveanhour.org/>.

TUESDAY'S CHILDREN: Tuesday's Children has a Military Initiative for Families of the Fallen which guides them beyond grief into next steps towards a lifetime of healing. The programs provide long-term support enabling widows, children, parents and siblings to heal, recover and thrive for a lifetime. This work fills the gap in available long-term healing programs for Families of the Fallen, more info at www.tuesdayschildren.org/.

MILITARY ONE SOURCE: Military One Source includes information about resources for eligible survivors including beneficiaries, spouses and children such as financial planning, survivor benefits guides, counseling resources, and more. <https://www.militaryonesource.mil/>.

CHILDREN OF FALLEN PATRIOTS: Children of Fallen Patriots Foundation is an organization dedicated to providing college scholarships and educational counseling to military children who have lost a parent in the line of duty or due to service connection. They aim to bridge the gap in funding between the VA and other grants and help with the total cost of undergraduate college education, more information at www.fallenpatriots.org.

Appetizers & Snacks

FLUFFY FRUIT SALAD

Submitted by the Child Counselors, FFSC Clinical Counseling Team, NAS Oceana

Ingredients:

1 (15-ounce) can of Fruit Cocktail
3 cups of Mini Marshmallows (about 1/2 of a bag, plain or multi colored marshmallows)
1 cup Cool Whip (about 1/2 of an 8-ounce container)
Additional maraschino cherries, if desired for garnish

Directions:

Step 1: Drain the fruit cocktail, partially; you will want to leave a little bit of the juice.

Step 2: Place fruit cocktail and marshmallows in a bowl and stir them together.

Step 3: Add the Cool Whip. Stir gently until well combined.

Step 4: Refrigerate for at least six hours, or until marshmallows are soft.

Step 5: Divide into individual portions and garnish each with maraschino cherry, if desired.



From the Families of Our Nation's Fallen Service Members

Warm Wishes from Tuesday's Children



For nearly two decades, Tuesday's Children has provided a lifetime of healing to the 9/11 community, and we are proud to extend those same programs and services to Military Families of the Fallen, regardless of circumstance of death. When the media coverage fades and casseroles stop coming, Tuesday's Children remains with you on the road to resilience and healing. We invite you to connect with us and look forward to welcoming you at our upcoming events. Tuesday's Children families find hope, friendship and a caring community of understanding individuals.

FAMILY ENGAGEMENT EVENTS

Connect with other Tuesday's Children families and create wonderful memories together. You can find a list of upcoming engagement opportunities on our website and our social media channels. Be sure to sign up for our newsletter as some of these opportunities come up with short notice.

HEART TO HEART RETREATS

Join fellow spouses or parents of fallen U.S. military service members for an extended weekend of support and strength. Together, Heart to Heart will help you navigate challenges and discover resources that aid in healing.

CREATIVE INSIGHT

Creative Insight provides participants with a lift when they most need it. Hundreds of family members have experienced inspiration, empowerment and motivation to create a life they love through this multi-week program, conducted in person and online. This course helps participants unlock self-confidence, tap into their inner voice and compass, say "goodbye" to self-criticism and "hello" to self-assurance, and figure out how to balance it all.

LONG-TERM YOUTH MENTORING PROGRAM

Our community-based Youth Mentoring Program, developed in conjunction with child development, grief/bereavement and child safety experts, is designed to encourage long-standing relationships between adult role model volunteers and participating children. Mentees in the program are survivors ages 6 to 18, including both children and siblings of the fallen.

CAREER RESOURCE CENTER

Through our Career Mentoring and programs such as Take Our Children to Work Day, Career Shadow Days and various workshops with corporate partners, youth are enabled to broaden their horizons and better prepare for a career in the field they love. We also work with American Corporate Partners (ACP) to offer career guidance with spouses entering or returning to the work force or making a career change. ACP is a national nonprofit organization focused on assisting veterans and military spouses. It aims to help them find their next career through one-on-one mentoring, networking and online career advice.

PROJECT COMMON BOND

Since 2008, Project COMMON BOND has brought together over 800 young adults ages 15-20 from 31 countries who share a common bond – the loss of a family member due to terrorism, violent extremism or war. Participants in our weeklong summer program and multiday winter session learn peacebuilding skills and are empowered to return home as agents of change.

ABOUT TUESDAY'S CHILDREN

Tuesday's Children provides a lifetime of healing for families who have been forever changed by terrorism, military conflict or mass violence. Through a time-tested, long-term approach, Tuesday's Children programming serves and supports our nation's military Families of the Fallen; builds resilience and common bonds in communities worldwide recovering from tragedies; and keeps the promise to support all those impacted by Tuesday, September 11, 2001.

www.tuesdayschildren.org

(212) 332-2980

info@tuesdayschildren.org

Twitter: <https://twitter.com/Tuesdayschldr>

Facebook: www.facebook.com/tuesdayschildren/

Instagram: <https://www.instagram.com/tuesdayschldr/>

Appetizers & Snacks

LAYERED MEXI DIP

Submitted by Beth, Program Manager, Tuesday's Children

Ingredients:

1 8-ounce tub of spreadable Cream Cheese
1 can of Refried Beans
1 jar of Salsa
1 bag of shredded Cheddar Cheese
1 bunch Green Onions (optional)
1 small jar sliced Black Olives (optional)
1 bag of Tortilla Chips

Directions:

Step 1: Spread cream cheese in a single layer on a platter or pizza pan.

Step 2: Spread refried beans over the cream cheese.

Step 3: Pour salsa over the beans.

Step 4: Sprinkle cheese over the top.

Step 5: Garnish with snips of green onion and/or black olives, if desired. Serve with tortilla chips.

With simple ingredients and no oven required, this popular classic is the perfect go-to recipe for kids, non-cooks or busy people who want a snack at home or to take to a potluck.



Entrees & Sides

Honoring the Legacies of Fallen Military Heroes

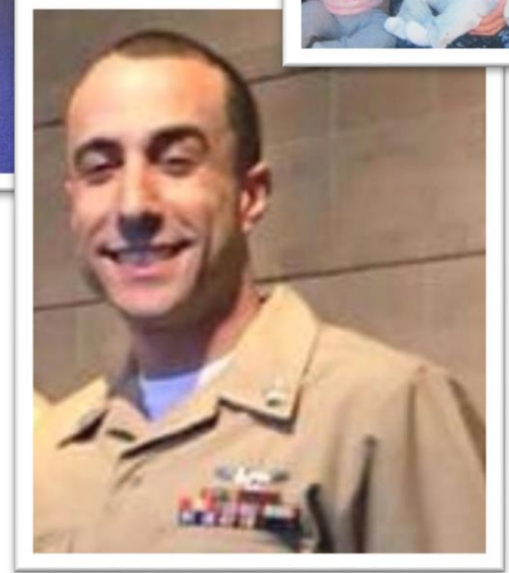
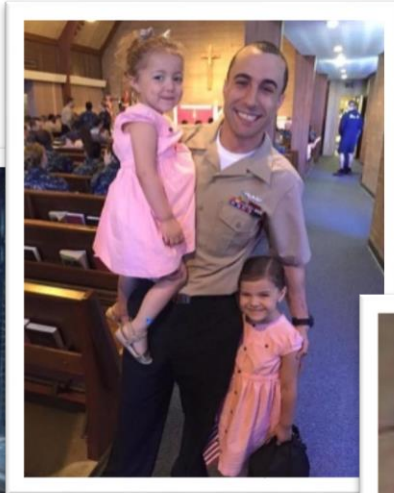
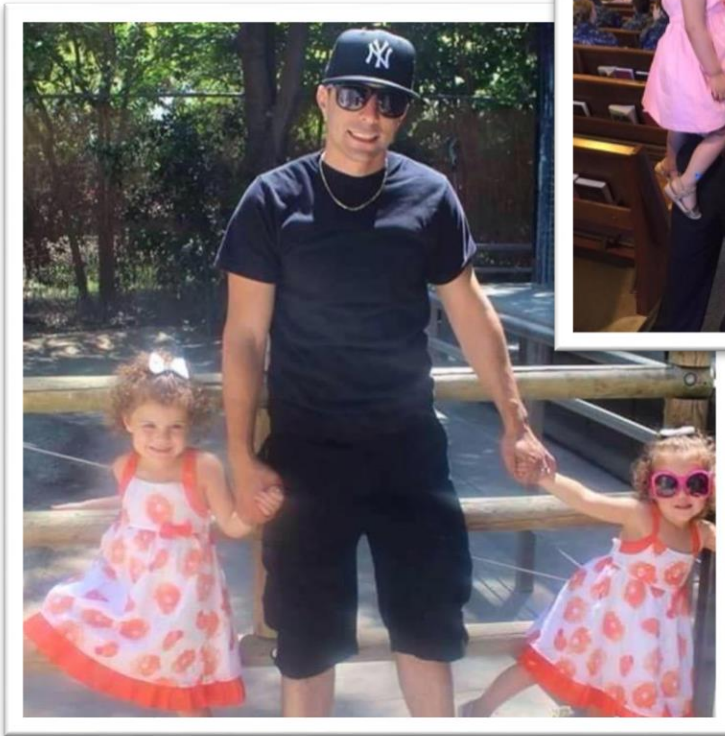
Entrees & Sides

Moroccan Roasted Lamb Shoulder	<i>in memory of Ilyass Bourbel, USN</i>
Jimmy's Shrimp Scampi	<i>in memory of James Allen Slape, USANG</i>
Tomato Basil Soup	<i>in memory of Johnathon Goffred, USMC</i>
Crispy Coconut Chicken Dippers	<i>in memory of William James Keys, USN</i>
Sara's Best Ever Sweet Potatoes	<i>in memory of Sara Knutson Cullen, USA</i>
Pierogi Fest Pierogis	<i>in memory of Joseph John Pudlowski, USN</i>
Classic Meatloaf	<i>in memory of Scott W. Shaw, USN</i>
Justin's Mac & Cheese	<i>in memory of Justin R. Woods, USN</i>
Adam's Chicken and Sausage Gumbo	<i>in memory of Adam A. Dyer, USN</i>
Adam's Crawfish Étouffée	<i>in memory of Adam A. Dyer, USN</i>
The Perfect Seared Steak	<i>in memory of Jason Leroy Andrews, USN</i>
Guyanese Chicken Curry	<i>in memory of Kris Romeo Bishundat, USN</i>
Shrimp and White Wine Sauce	<i>in memory of Jeffery Ferren II, USN</i>
Mexican Lasagna	<i>in memory of Marcus Woods, USN</i>
Stewed Chicken and Pie Bread	<i>in memory of Maurice L. Quidley, Jr., USN</i>
Bear's Favorite White Chicken Chili	<i>in memory of Brandon G. McCoy, USA</i>
Pineapple Stuffing	<i>from the team at the Exceptional Family Member Program</i>

From the Families of Our Nation's Fallen Service Members

A memory of **Ilyass Bourbel,**

Petty Officer, United States Navy



Submitted by *Gold Star Mother*, Bouchra Benzari & *Gold Star Father*, Mohammed Bourbel, Parents of Ilyass Bourbel.

Ilyass served as an Aviation Structural Mechanic in the United States Navy; he was treasured by his family and shipmates, and will always be honored and remembered.

His mother shared this amazing dish, stating: “This is a recipe of a Moroccan dish in memory of my beloved son, who used to love it so much, and it was one of his favorite dishes.”

MOROCCAN ROASTED LAMB SHOULDER

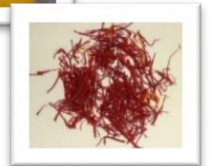
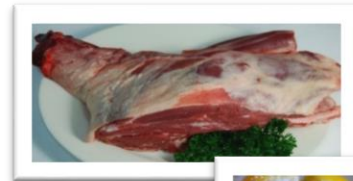
Ingredients:

1 Lamb Leg or Shoulder, around 3 to 3.5 pounds
2 preserved Lemons (Moroccan way), cut into quarters and rinds only
1 cup of Vegetable Oil or Olive Oil
3 cups of Water

Marinade Ingredients:

1 teaspoon Ground Cumin
1/2 teaspoon Ground Turmeric
A pinch of Saffron threads.
1/4 teaspoon Black Pepper
1/2 Onion, grated
1/4 preserved Lemon, pulp only

1 teaspoon Sweet Paprika
1 teaspoon Ground Ginger
1 teaspoon Salt
3 Garlic Cloves, grated
2 tablespoons finely chopped Parsley



Directions:

Step 1: Prepare the Marinade

In a large bowl, mix all the ingredients. Add a little bit of water and mix until you have a thick paste. Leave it to marinate for 10 to 15 minutes. Make cuts in shoulder or leg meat. Cover the lamb shoulder or leg with the marinade from all sides.

Step 2: Cook the Meat

Preheat an oven to 450-500°F range. Place the lamb shoulder or leg in a deep baking pan. Drizzle the vegetable oil or olive oil on the meat. Place the preserved lemon rinds underneath the meat, and pour water around. Place the meat in the oven in the middle rack and roast at that temperature for around 20 to 25 minutes. Reduce the temperature to 300-350°F and continue cooking for another 2-2.5 hours, basting from time to time, until the meat is tender and the lamb has a nice dark crust. Check temperature with meat thermometer regularly for desired temperature, and add water if necessary.

Step 3: Serve the Meat

Place the meat immediately in a large plate and let it sit for 10 minutes before serving, so that the juices spread inside the meat to make it tender.

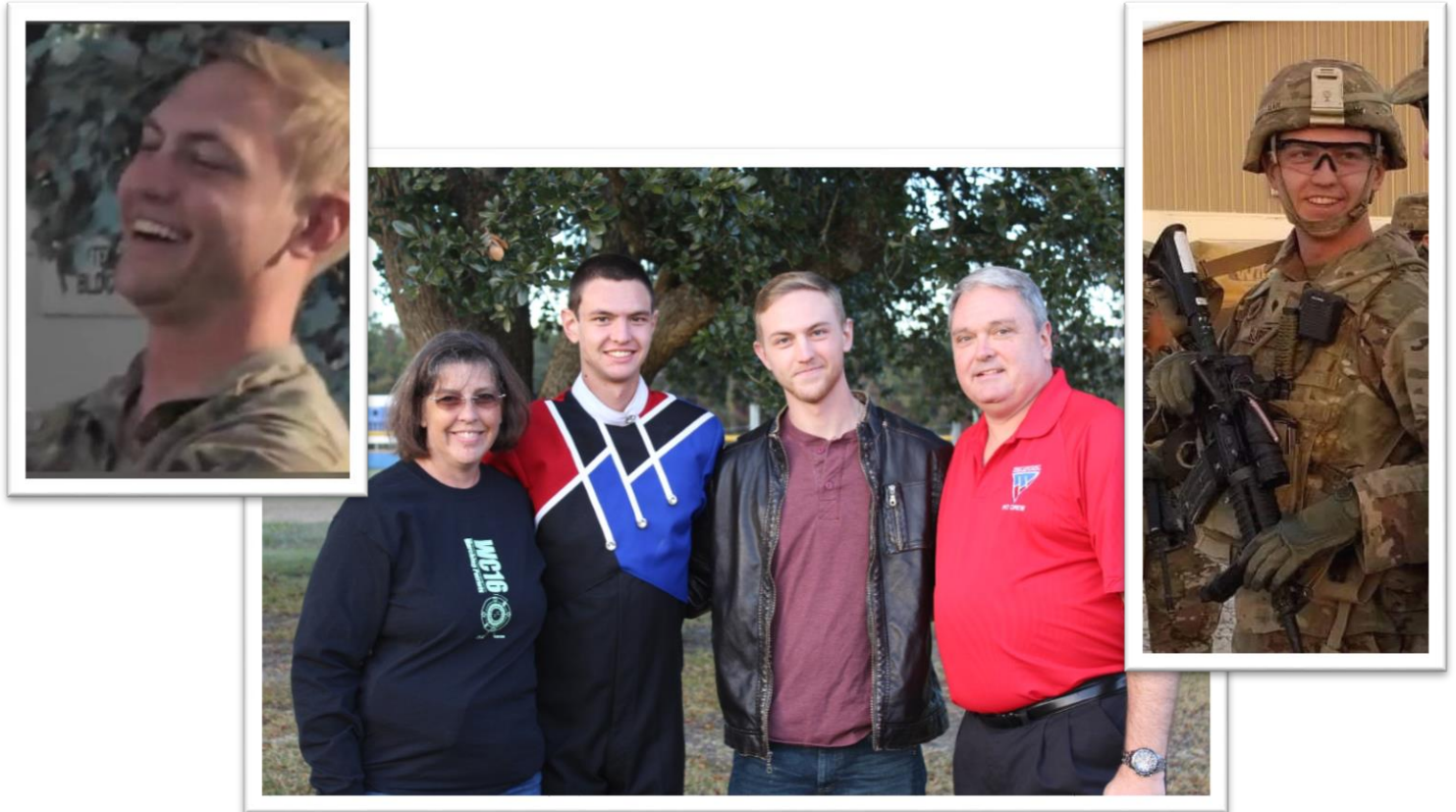
In the meantime, pour the sauce in a saucepan and cook it on high heat for a few minutes so it boils, reduces and becomes thicker. Serve with salt and cumin on the side, as people like to take chunks of meat and dip it in salt and cumin for more flavors.



From the Families of Our Nation's Fallen Service Members

A memory of **James Allen Slape,**

Sergeant, US Army National Guard (NC)



Submitted by *Gold Star Mother*, Patricia Slape, Mother of James A. Slape.

“One of my most cherished memories will always be playing sous chef to Jimmy’s chef. After he moved out, he would sometimes come over and we would cook dinner together – I’m not the best cook, so it was always a thrill to see what he would come up with.

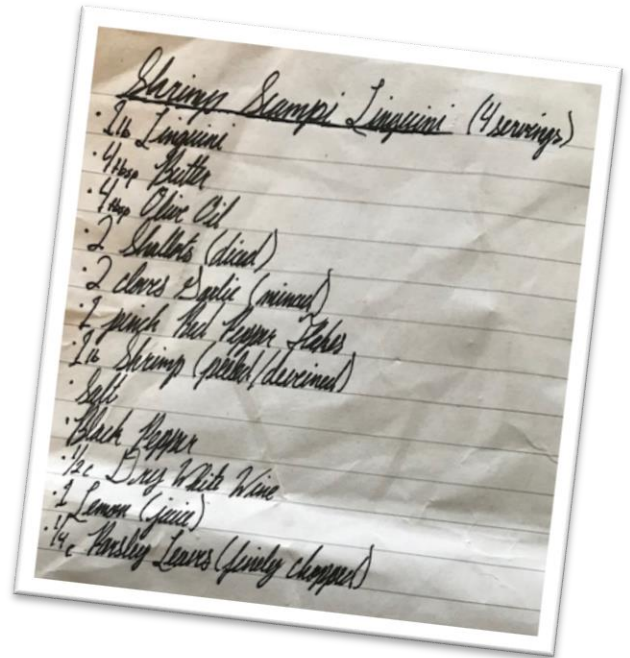
He would send me a list of ingredients to pick up from the store and when he got to the house, we would go to town. The Shrimp Scampi was our favorite – I’ve attached a copy in his own writing.”

Entrees & Sides

JIMMY'S SHRIMP SCAMPI

Ingredients:

- 1 pound Linguini
- 4 tablespoons Butter
- 4 tablespoons Olive Oil
- 2 Shallots (diced)
- 2 cloves Garlic (minced)
- 1 pinch Red Pepper Flakes
- 1 pound Shrimp (peeled/deveined)
- Salt
- Black Pepper
- ½ cup Dry White Wine
- 1 Lemon (juice)
- ¼ cup Parsley Leaves (finely chopped)



Directions:

Step 1: Cook linguine according to package - to desired consistency.

Step 2: Melt butter and olive oil in a large skillet over medium - low heat. Add the garlic, shallots, red pepper flakes and wine - bring to a simmer.

Step 3: Add shrimp - sauté, stirring frequently - until shrimp turns pink. Add salt and black pepper to taste – between 1-1 1/2 teaspoons each.

Step 4: Remove from heat. Stir in lemon juice and parsley – continue to stir until completely mixed. Add linguine – toss until completely coated.



From the Families of Our Nation's Fallen Service Members

A memory of **Johnathon Goffred,**

Lance Corporal, United States Marine Corps



**Submitted by *Gold Star Mother*, Angelique Goffred-Martin,
Mother of Johnathon Goffred.**

Johnathon served in the United States Marine Corps; he was treasured by his family and fellow Marines, and will always be honored and remembered. This favorite soup brings back fond memories of winter adventures, and is easy to prepare all year round.

“Johnathon enjoyed tomato soup and grilled cheese sandwiches every time he came in from the snow in Kentucky.”

Appetizers & Snacks

TOMATO BASIL SOUP

Ingredients:

¼ cup softened Butter
1-2 teaspoons finely chopped Sun Dried Tomato in oil
2 (14-ounce) cans of Diced Tomatoes, with their juices
1 teaspoon finely snipped Basil Leaves
¼ teaspoon Garlic Salt
½ cup Heavy Cream

Directions:

Step 1: Drain and pat dry the sundried tomato, finely chop. Add to butter in large saucepan and sauté lightly.

Step 2: Add the canned tomatoes, garlic and basil to the large saucepan and stir to combine. Heat over medium-high heat until nearly boiling, stirring occasionally. Reduce heat to medium-low, cover, and simmer for 10 minutes.

Step 3: Use a blender to puree the soup until smooth, then return to pan. Stir in the heavy cream until combined.

Step 4: Season with salt and pepper if needed. Serve warm.



From the Families of Our Nation's Fallen Service Members

A memory of **William James Keys,**

Petty Officer, United States Navy



Submitted by *Gold Star Mother*, Lisa Keys, Mother of William James Keys.

This recipe was shared by a Gold Star Family Member who has inspired many by sharing her journey online, sharing memories of William and his legacy of courage and love, and providing others experiencing grief with a forum to share the stories of their Loved Ones and the positive ways they celebrate their legacies.

“Celebrating life, love and the healing power of food, I created the blog: Goodgriefcook.com to honor my son. This recipe was among his favorites and won a national recipe contest. Will continues to inspire me and is forever in my heart.”

CRISPY COCONUT CHICKEN DIPPERS

Ingredients:

4 boneless skinless Chicken Breasts
1 teaspoon Salt
½ teaspoon Pepper
2 cups sweetened Flaked Coconut *
Vegetable Oil (for frying)

1 cup Flour
1 teaspoon ground Ginger
¾ cup lime-flavored Seltzer Water
1 cup Fine Dry Breadcrumbs
Salt (optional)

Maui Wowie Dipping Sauce

1 (8 ounce) can crushed pineapple, drained
½ cup red pepper jelly
3 tablespoons whole grain mustard

Directions:

Step 1: Cut each chicken breast into 4 to 6 (1-inch) strips.

Step 2: Whisk together flour and next 4 ingredients in a bowl.

Step 3: Combine coconut and breadcrumbs in a large shallow dish. Dip chicken pieces in flour mixture, and dredge in coconut mixture.

Step 4: Pour oil to a depth of 2 inches in a deep skillet or Dutch oven; heat to 350°.

Step 5: Fry chicken, in batches, 2 to 3 minutes or until golden. Drain on paper towels. Sprinkle lightly with salt, if desired.

Step 6: To make the dipping sauce simply mix all the ingredients together in a bowl

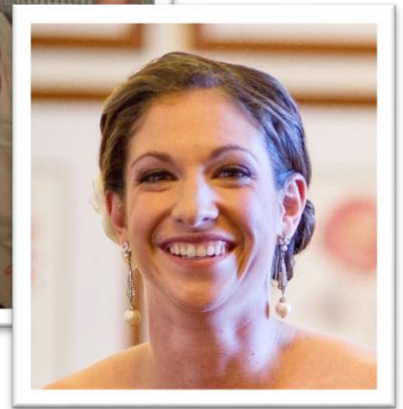
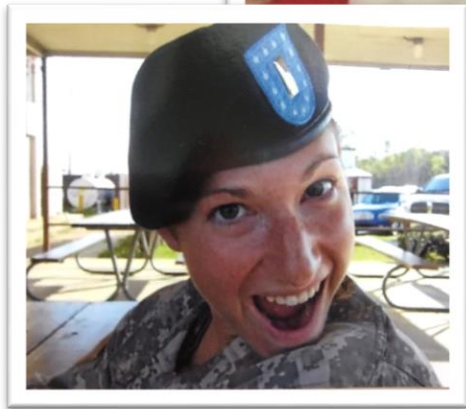
Step 7: Serve with Wowie Maui Dipping Sauce.

**Note: unsweetened coconut works well, too. I like Bob's Red Mill unsweetened shredded coconut*



From the Families of Our Nation's Fallen Service Members

A memory of **Sara Knutson Cullen,**
Captain, United States Army



Submitted by *Gold Star Mother*, Lynn Knutson, Mother of Sara Knutson Cullen.

This recipe from family in North Carolina was Sara's favorite food - The Best Ever Sweet Potatoes!

“Sara loved these sweet potatoes, so much so, that for holidays I always had to make two dishes - one for the family and one just for her. One year she asked for sweet potatoes instead of a cake for her birthday. We all had a good laugh over trying to get candles to stand up in sweet potatoes.

It was the last thing I made for her before she left for Afghanistan. I was afraid I'd made them too often but she told me “you can never make sweet potatoes too often Mom.”

SARA'S BEST EVER SWEET POTATOES

Ingredients:

3 cups Mashed Sweet Potatoes
1 cup Sugar
1 teaspoon Vanilla
½ cup Melted Butter
2 Eggs

Ingredients for Topping:

1 cup Brown Sugar
1/3 cup Flour
1/3 cup Butter (cut up but NOT melted)

Directions:

Step 1: Mix sweet potatoes, sugar, vanilla, and melted butter along with eggs and put in a buttered casserole dish.

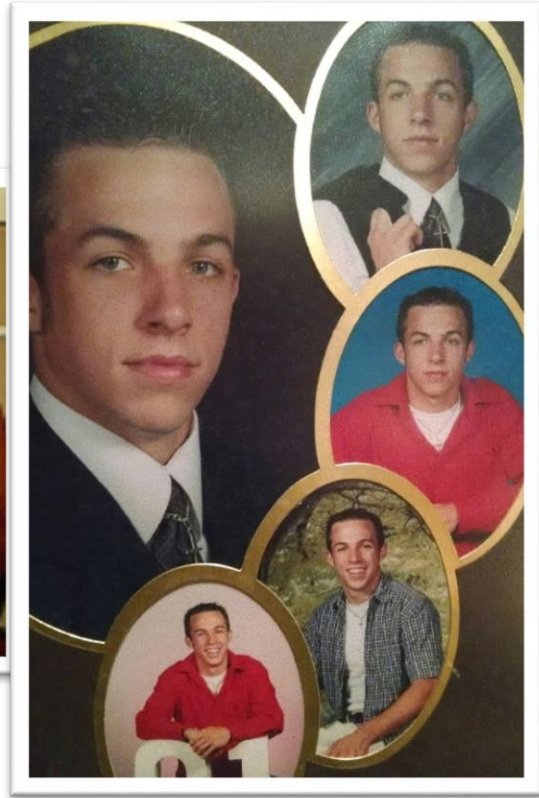
Step 2: Mix topping ingredients: Brown Sugar, Flour, and Butter to crumb consistency and sprinkle on top of potatoes.

Step 3: Bake at 350 degrees for 30 minutes.



From the Families of Our Nation's Fallen Service Members

A memory of **Joseph John Pudlowski,**
Seaman, United States Navy



**Submitted by *Gold Star Father*, Mark Pudlowski, and *Gold Star Mother*, Susan Pudlowski,
Parents of Joseph John Pudlowski.**

Joseph served in the United States Navy and was treasured by his family and shipmates, and will always be honored and remembered. His family in Pennsylvania shared this photo of Daniel, Susan, Ryan and Mark, as well as photos of Joseph over the years. Their family has an annual Pierogi Fest and shared secrets to creating the best homemade pierogi. One other tip they share from Pierogi Fest is that you have to make a lot, because A LOT will be eaten!

“Here is our family recipe for the famous Pierogi Fest in the Pudlowski home.”

PIEROGI FEST PIEROGIS

Ingredients:

2 cups of Flour
1 teaspoon Vegetable Oil
1 cup Cold Water (use as needed)

½ teaspoon Salt
2 Eggs

Filling Mixture:

8-9 Russet Potatoes, good ones
1 pound of grated American cheese
Salt and Pepper to taste
Other filling options: sauerkraut & onions with a little taste of cottage cheese

Directions:

Step 1: Make the Pierogi Dough

Mix the flour, eggs, and salt for approximately 4 minutes. Add oil and then mix for another 2 minutes. Add Cold Water a little at a time to get the right consistency, you want a stiff dough. Knead until smooth, let rest covered for approximately 30 minutes.

Step 2: Make the Filling.

Pre cook the potatoes, onions, and/or sauerkraut. Bring potatoes to a boil in large pot over high heat, cover and simmer 10-15 minutes or until tender. Sauté onions, or prepare sauerkraut. It is very important to have the potato, onion, or sauerkraut mixture cooked completely before you make the pierogi or they will not turn out.

Step 3: Fill and Freeze

Roll dough out on lightly floured surface and cut into circles (using cutter or a glass), spoon filling into the center, fold into half-circles, and press to seal the edges. After the pierogi are made, make sure they are coated lightly with flour before you freeze them, so they don't stick. Once frozen, cook by bringing saucepan of water to a boil, add frozen pierogi, and boil until they float to the top.



From the Families of Our Nation's Fallen Service Members

A memory of **Scott Walter Shaw,**

Petty Officer, United States Navy



Submitted by Gold Star Father, Al Shaw Jr., Father of Scott W. Shaw.

Scott served as a Gunner's Mate in the United States Navy and a Navy Diver. He was treasured by his family and shipmates, and will always be honored and remembered. His family in Virginia and Massachusetts share fond memories and this photo of Scott.

Scott's Father, Al, was asked about his favorite foods and shared that, "Scott liked a good Meatloaf and Mac and Cheese." This meatloaf pairs well with the macaroni and cheese recipe that follows!

CLASSIC MEATLOAF

Ingredients:

1 tablespoon Butter
1/4 cup minced Onion
2 cloves Garlic, minced
1 1/2 teaspoons Salt
1 1/2 teaspoons freshly ground Black Pepper
2 pounds extra-lean Ground Beef
1/4 cup Seasoned Breadcrumbs
1 Egg, lightly beaten
1 1/2 tablespoons Worcestershire Sauce
3 tablespoons Ketchup
3-4 teaspoons Milk (optional)

Topping:

1/4 cup Ketchup
2-3 tablespoons Yellow Mustard
2-3 tablespoons Brown Sugar



Directions:

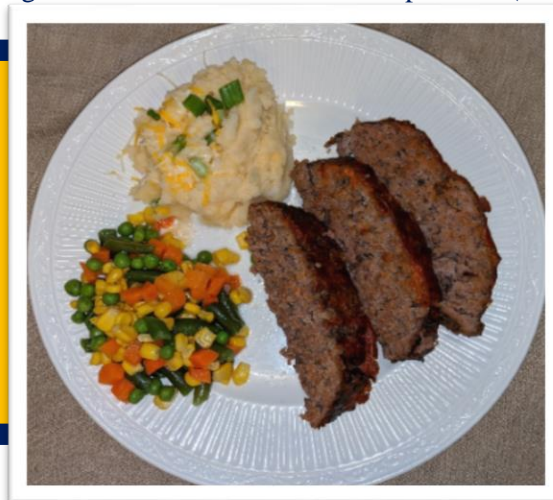
Step 1: Preheat oven to 350 degrees. Melt the butter in a skillet over medium heat, and cook the onion and garlic 5 minutes, until onion is tender. Remove from heat, and season with salt and pepper.

Step 2: In a large bowl, mix the onion and garlic, beef, breadcrumbs, egg, Worcestershire sauce, and the 3 tablespoons of ketchup. Gradually stir in the milk 1 teaspoon at a time until mixture is moist, but not soggy. Transfer the mixture to a 5x9 inch loaf pan (or 9x13 shallow pan and shape into a loaf in center).

Step 3: Bake uncovered in the preheated oven 40 minutes.

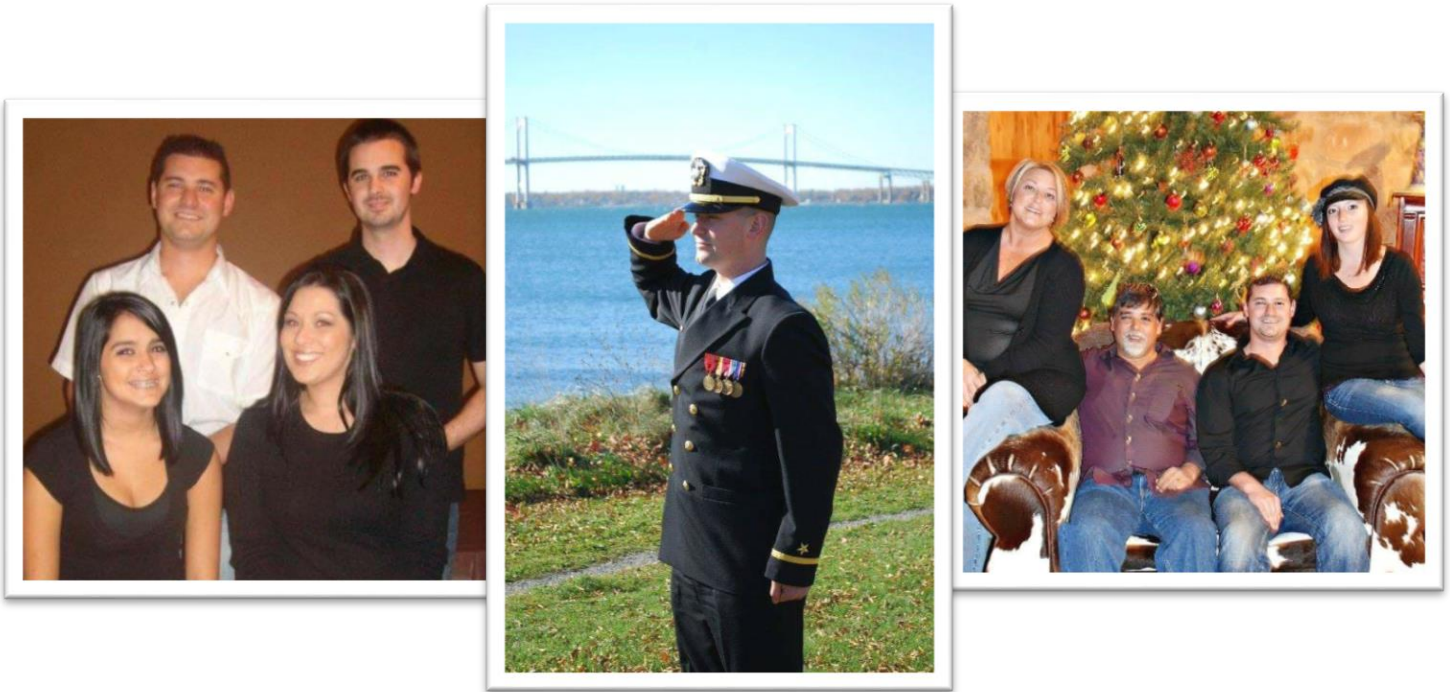
Step 4: Increase oven temperature to 400 degrees and continue baking 15 minutes, to an internal temperature of 160 degrees.

Step 5: In a small bowl, mix the remaining 1/4 cup of ketchup, the mustard and the brown sugar. Spread over the top of the meatloaf, and continue baking for 10 minutes at the same temperature (400 degrees).



From the Families of Our Nation's Fallen Service Members

A memory of **Justin R. Woods,**
Ensign, United States Navy



Submitted by *Gold Star Mother*, Cheryl Markland, Mother of Justin R. Woods.

Ensign Justin Woods left our world on August 23, 2012 and his family shares fond memories of this special recipe, which has sparked a family tradition.

“These photos include Justin and his siblings, the day he graduated from OCS, and when we went to Fredericksburg for the Christmas wine tour.

The recipe is my son’s own made up creation. He wanted to make an amazing mac and cheese. It did taste amazing. Then we found out he spent almost \$60 on just cheese. We have made this part of our annual Christmas dinner. We all participate in prep and cooking.”

JUSTIN'S MAC AND CHEESE

Ingredients:

3 8-ounce blocks of White Cheddar cheese
1 8-ounce block Fancy Parmesan cheese (Pecorino Romano)
1 8-ounce block Gruyere cheese
Macaroni Shells (1 pound package)
2 small packs of the “real bacon” bits (Hormel brand)
Whole Milk (16 ounce, small container)
1 stick Butter
1 package sliced Mushrooms

Directions:

Step 1: Shred all cheeses. Cook the macaroni noodles according to directions.

Step 2: Chop mushrooms and sauté in saucepan with half of the bacon bits.

Step 3: Slowly melt about 2/3 of all cheese into the pot with ½ stick of butter and about half of the milk. Stir it a LOT so it does not burn or stick (it needs to have the consistency of queso).

Step 4: Combine noodles, salt, pepper, and melted cheese mixture and pour into a baking dish (coat with Pam cooking spray or softened butter so it does not stick). Top with more shredded cheese and remaining bacon.

Step 5: Bake at 350 for 10 minutes. Remove from oven and add a light sprinkle of fancy cheese (Pecorino Romano) and bake for another 5 minutes. (Too much of this cheese on top will make it just taste like Pecorino Romano.)



From the Families of Our Nation's Fallen Service Members

A memory of **Adam A. Dyer,**

Lieutenant, United States Navy



Submitted by *Gold Star Father*, David Dyer, Father of Adam A. Dyer.

The family of Adam Dyer recalls two favorite recipes of their Fallen Hero and invites readers to learn more about his life by visiting the website <http://adamdyer.com> and the Facebook page in his honor, at https://www.facebook.com/Lt.AdamDyer/?ref=aymt_homepage_panel

“LT. Dyer was from Louisiana and attended LSU before entering the Navy as an aviator. He loved the food and culture of Louisiana and these are a couple of his favorite recipes.”

ADAM'S CHICKEN AND SAUSAGE GUMBO

Ingredients:

- 1 Yellow Onion
- 1 Bell Pepper
- 1 bunch Green Onions
- 3 links Smoked Sausage
- 1 package De-boned Chicken Thighs or Chick Breasts
- 1 jar of Roux
- 3 cups Rice, uncooked



Directions:

Step 1: Boil water in a large pot and mix in approximately 1/2 jar of Roux. Once roux is well dissolved in boiling water, season to taste with salt, black and red pepper.

Step 2: Finely chop yellow onion and bell pepper and place in pot, then chop the ends of the green onions and also add to pot. Slice the links of smoked sausage and place in pot as well as the de-boned chicken thighs or breasts.

Step 3: Bring pot to a boil. Let cook for at least thirty to forty-five minutes before serving.

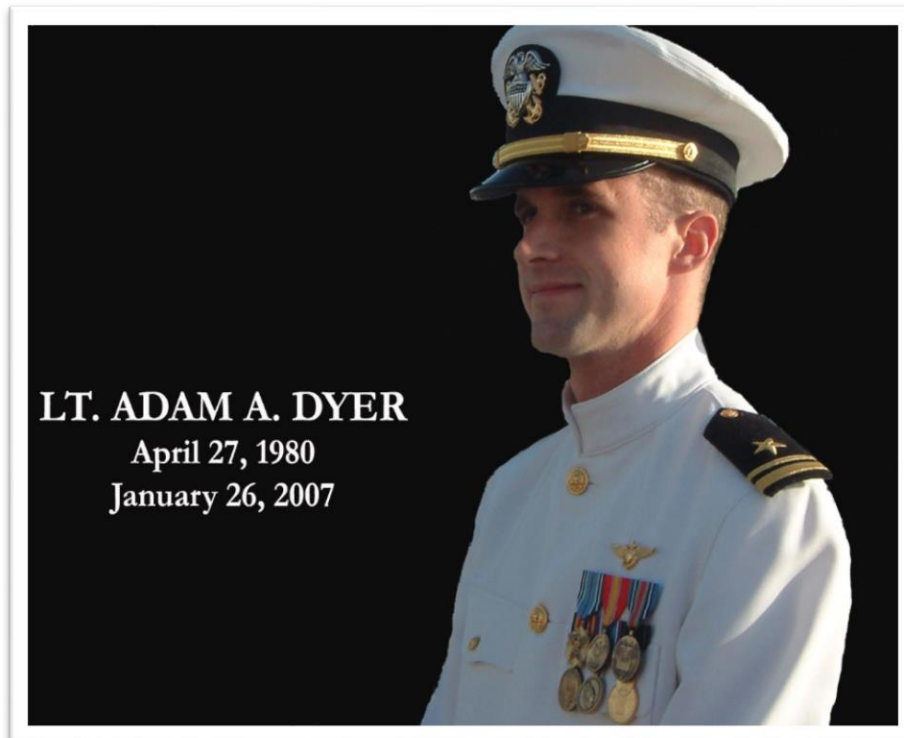
Step 4: Cook three cups of rice in rice cooker and when cooked, serve gumbo over the rice.



From the Families of Our Nation's Fallen Service Members

A memory of **Adam A. Dyer,**

Lieutenant, United States Navy



Submitted by *Gold Star Father*, David Dyer, Father of Adam A. Dyer.

The family of Adam Dyer recalls two favorite recipes of their Fallen Hero and invites readers to learn more about his life by visiting the website <http://adamdyer.com> and the Facebook page in his honor, at https://www.facebook.com/Lt.AdamDyer/?ref=aymt_homepage_panel

“LT. Dyer was from Louisiana and attended LSU before entering the Navy as an aviator. He loved the food and culture of Louisiana and these are a couple of his favorite recipes.”

ADAM'S CRAWFISH ÉTOUFFÉE

Ingredients:

1 stick of Butter
1 Bell Pepper (chopped)
1 Onion (chopped)
1 can (10½-ounces) of Cream of Mushroom Soup
1 pound of Crawfish Tails
1 can of Hunt Tomato Sauce
3 cups Rice, uncooked



Directions:

Step 1: Sauté onion and bell pepper in butter in large soup pot or large heavy skillet.

Step 2: Add mushroom soup. Cook on low heat until mushroom soup bubbles.

Step 3: Add can of Hunt Tomato Sauce and stir till blended. Season with salt, pepper, red pepper to taste.

Step 4: Simmer on reduced heat. Twenty minutes before serving, add crawfish tails and stir well.

Step 5: Cook three cups of rice in rice cooker and when completely cooked, serve étouffée over rice.

Serves approximately four people.



From the Families of Our Nation's Fallen Service Members

A memory of **Jason Leroy Andrews,**
Chief Petty Officer, United States Navy



Submitted by *Gold Star Mother*, Pam Andrews, Mother of Jason L. Andrews.

“Jason was not the one to cook in this family. He could not boil water! No kidding! He said he did not have the time to wait for it to boil! Actually, the microwave was his best friend. It was not until High School that he showed a slight interest to cook at home. Jason starting working at Carrabba’s as a kitchen helper (whatever that meant). Then one day he told us he was working with the sous chef learning trade secrets. Great! Maybe now he can cook!

I will never forget Jason coming home for a family cookout and telling me that since we were having steaks, he wanted to show us how to cook the perfect steak. Of course, back then it seemed that nobody wanted to man the grill, so whoever ended up cooking the steaks, the purpose was not to cook the “perfect” steak, but to just “cook” the steak. It seemed that they always turned out to be overcooked! I was so excited to see what he could teach us!”

THE PERFECT SEARED STEAK

Ingredients: Steak, Salt

Directions:

We were standing over his shoulder while he was telling us how to prep the steak (this was apparently a very important step)

Step 1: The steak needs to sit out for approx. 30 minutes before cooking. It is not good for a cold steak to hit the grill or pan.

Step 2: Make sure to salt the steak on both sides while it is coming to room temperature.

No need to use any other seasoning except salt during this stage.

The salt will draw out the liquids, which will help get a good searing crust on the steak!

After the 30 minutes are up, the chill should be off the steak.

Step 3: Pat the steaks dry with paper towels. Finally!

Time to put the steaks on the grill or cast-iron skillet using high heat.

He told us to not move the steak for at least 3 minutes to get that crusty outside.

Step 4: After 3 minutes, turn down the heat and you can flip the steak.

“So, how do you want your steak?” he asked.

This is the best part: he showed us how to tell when your steak is ready without piercing it with a temperature gauge.

He called it the finger test. What? I never heard of it!

The finger test is strange, but it works!

We can check the doneness of the meat in stages by feeling our fleshy area under our thumb!

Raw is stage 1. Hold your hand out straight with palm up and fingers spread out and relaxed. With your other hand and with your forefinger, touch the area under your thumb. Well done is touching your pinky to your thumb and feeling the flesh area. It should feel very firm.

Are you trying it right now! Medium is thumb to ring finger. Are you seeing the theme here??

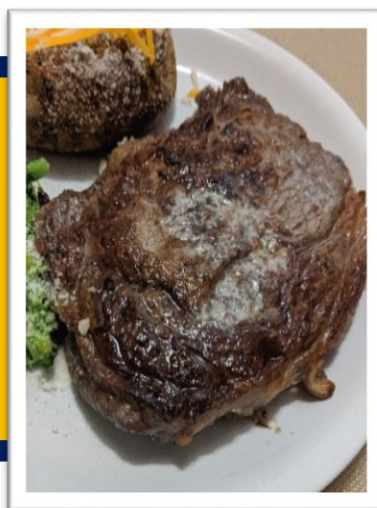
Thumb to middle finger is Medium Rare. Then back to rare (my personal favorite)!

Step 5: You should start checking about 2 minutes after flipping your steak.

Oh! I almost forgot! Don't be a steak flipper! 2 flips tops!

Step 6: Never pierce the steak and for goodness sake, let the steak rest for at least 5 minutes before eating!

Enjoy a perfect steak!



From the Families of Our Nation's Fallen Service Members

A memory of **Kris Romeo Bishundat,**

Petty Officer, United States Navy



Submitted by *Gold Star Mother*, Basmattie Bishundat, Mother of Kris Romeo Bishundat.

Kris Romeo Bishundat served as an Information Systems Technician in the United States Navy; he was beloved by his family and his shipmates, and will always be honored and remembered.

GUYANAESE CHICKEN CURRY

Ingredients:

2 pounds cut up chicken	1 teaspoon Salt
¼ cup Cooking Oil	1 teaspoon Black Pepper
1 whole Onion	1 tablespoon Chopped Cilantro
1 tablespoon Minced Garlic	1 teaspoon Crushed Ginger
1 tablespoon Curry Powder	1 tablespoon Tomato Paste
1 teaspoon Cumin	1 whole Potato
1 teaspoon Graham Masala	
1 teaspoon Turmeric	

Directions:

Step 1: Add oil to skillet over medium heat: add onion, garlic and ginger to hot oil and stir for about 2-3 minutes.

Step 2: Stir curry powder, cumin, and turmeric and graham masala with 2-3 tablespoon of water to make a paste then add to pan.

Step 3: Cook mixture for about 2-3 minutes before adding chicken.

Step 4: Stir chicken and add salt and cilantro and tomato paste then cover. Stir every 5 minutes for about 25 minutes then add cut up potato.

Step 5: After water from chicken has evaporated, add 2 cups of water for gravy.

Step 6: Cook for another 25 minutes until gravy thickens to your likeness and add black pepper.



From the Families of Our Nation's Fallen Service Members

A memory of **Jeffery Ferren II,**
Petty Officer, United States Navy



Submitted by *Gold Star Spouse*, Gabriella Kubinyi, Wife of Jeffrey Ferren II.

Jeffrey Ferren served as an Engineman in the United States Navy; he was beloved by his family and his shipmates, and will always be honored and remembered.

SHRIMP AND WHITE WINE SAUCE

Ingredients:

Coarse Salt and Ground Pepper
2 ounces Linguine (about a 1/2-inch-wide handful)
1 tablespoon cold Butter, cut into pieces
1/2 Garlic Clove, minced
Red-Pepper Flakes
1/3 cup Dry White Wine
1/4 pound large Shrimp, peeled and deveined
1/2 teaspoon fresh Lemon Juice
Fresh Parsley leaves, for garnish

Directions:

Step 1: In a large saucepan of boiling salted water, cook pasta until al dente.

Step 2: Meanwhile, in a small nonstick skillet, melt half the butter over medium. Add garlic and pinch of red-pepper flakes; cook until fragrant, 1 minute.

Step 3: Raise temperature to medium-high and add wine. Cook until reduced by 1/3, about 1 minute.

Step 4: Add shrimp and season with salt and pepper; cook until opaque throughout, 1 to 2 minutes.

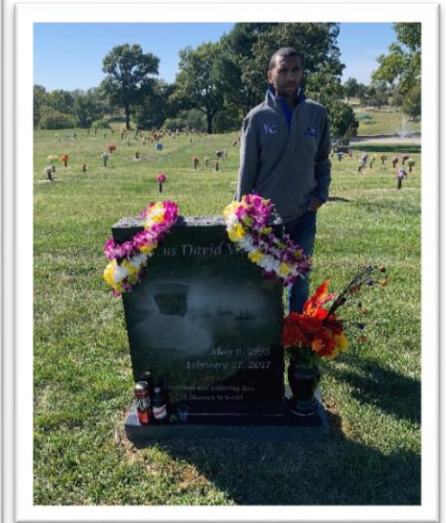
Step 5: Remove skillet from heat; add in the lemon juice and remaining butter. Add pasta and toss to combine. Serve topped with parsley and enjoy!



From the Families of Our Nation's Fallen Service Members

A memory of **Marcus Woods,**

Petty Officer, United States Navy



Submitted by *Gold Star Mother*, Cindy Woods, and The Woods Family.

The Woods Family shared this recipe from Tommy, Cindy, Chris, and Marley as they remember Petty Officer Third Class Marcus Woods and this wonderful favorite meal.

“Marcus loved to eat his grandmother’s Mexican Lasagna. He would ask her to fix it each week for lunch after church on Sunday. If he did not get the lasagna then he would bug her for macaroni and cheese. It got to the point where the rest of us would say “no more lasagna” but she would still make it at least twice a month for him.”

MEXICAN LASAGNA

Ingredients:

1 pound of Ground Beef – browned and drained
¼ cup chopped White Onion
8 ounces real Sour Cream
1 can Cream of Chicken soup
1 cup Mild Salsa, plus enough salsa to lightly coat the bottom of a 9 x 13 baking dish
2 cups finely shredded Colby-Jack Cheese, plus topping
10 corn Tortillas – cut into strips
Salt and Pepper to taste

Directions:

Step 1: Pre-heat oven to 350°. Brown the ground beef and add onion. Drain all of the grease.

Step 2: Add sour cream, salsa, and the soup to the beef and onion mixture. Stir until well blended.

Step 3: Grease the baking dish and lightly cover the bottom of the dish with extra salsa.

Step 4: Layer corn tortillas, meat mixture, and one cup of cheese. Repeat this process. Finish lasagna with top layer of corn tortillas and cheese.

Step 5: Bake in a 350° oven for 30-40 minutes. It is ready when sides are bubbling. Let stand 10 minutes before serving.



From the Families of Our Nation's Fallen Service Members

A memory of **Maurice L. Quidley, Jr.,**

Petty Officer, United States Navy



Submitted by *Gold Star Mother*, Sandra Quidley, Mother of Maurice L. Quidley, Jr.

Maurice L. Quidley, Jr. served as an Explosive Ordnance Disposal Technician in the United States Navy; he was beloved by his family and his shipmates, and will always be honored and remembered.

STEWED CHICKEN AND PIE BREAD

Ingredients:

5 pounds of Hen or Roasting Chicken
Salt and Pepper to taste
3 (32 ounce) boxes of Chicken Broth
5 cups self-rising Flour
1 teaspoon of Oil
Water as needed

Directions:

Step 1: In a large pot, cook the hen or chicken in the chicken broth for 45 minutes to an hour on top of the stove. Add salt and pepper to your taste.

Step 2: While the chicken is cooking, make the pie bread. The pie bread is made by mixing the flour and oil together with a pastry blender, adding enough water to make a dough ball.

Step 3: Flour a pastry board, roll out the dough and cut it into thin strips.

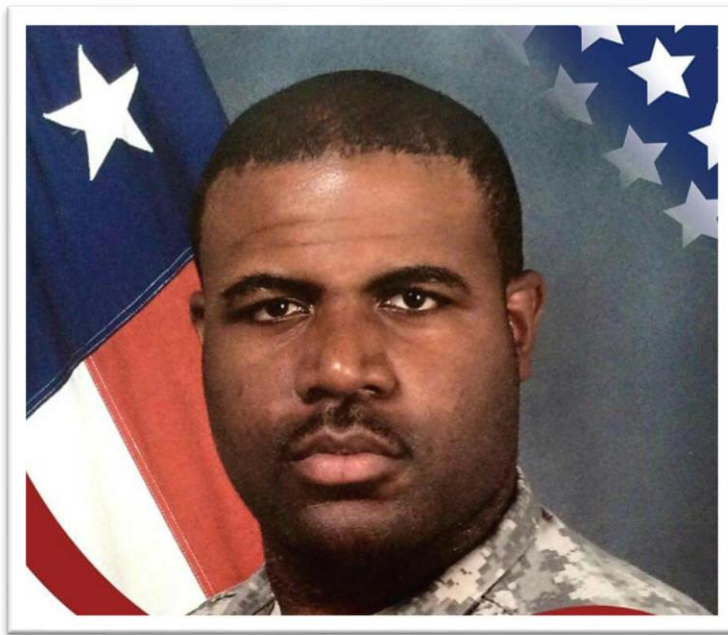
Step 4: Drop the strips of dough carefully in to the boiling chicken and broth, then cook for 25 to 30 minutes.

Step 5: Let stand for 10 minutes then serve.



From the Families of Our Nation's Fallen Service Members

A memory of **Brandon Garfield McCoy,**
Sergeant, United States Army



Submitted by Gold Star Spouse, Alicia McCoy, Wife of Brandon Garfield McCoy.

“My husband, Brandon G. McCoy, loved to cook almost as much as he loved to eat. One of his favorite recipes that I prepared over the years we were together was a White Chicken Chili. He tended to like it much spicier than most, so I typically made the dish for those with less than eager spicy appetites and that way it was able to be spiced up as each person preferred. It is a quick, simple recipe that could be thrown together and ready to serve in under an hour and it was the perfect meal for the fall or winter seasons.

Brandon was a good man, who served honorably in both the US Navy (1999-2007) and the US Army (2007-2012). He had absolutely no break in service in the passing from one branch to the next. Back then, we called that “Blue to Green”, and as a Soldier, my husband thrived as a squad leader. He was well liked by his soldiers and his loss in 2012 was felt by all who knew him. Today, our two daughters and my son carry on his love for people and for food; they all like to cook, especially this recipe. We hope you enjoy.

SGT Brandon Garfield McCoy, 04/09/1977-03/18/2012; My husband, Their Dad, OUR HERO!”

BEAR'S FAVORITE WHITE CHICKEN CHILI

Ingredients:

1 pound boneless Chicken Breast cut in small pieces (I use 2-3lbs fresh Chicken tenderloins cut up its faster)
1 medium Onion
1 1/2 teaspoon Garlic Powder (or 1 teaspoon minced Garlic)
1 tablespoon Vegetable Oil or Olive Oil
2 cans mixed Great Northern/Pinto Beans (lightly drained) 2 cans chopped Green Chilies
1 can Chicken Broth (more if you want thinner soup) 1 teaspoon Salt
1 teaspoon ground Cumin (I use more to taste) 1 teaspoon Oregano
1/2 teaspoon Pepper 1/4 teaspoon Cayenne Pepper (optional)
1 cup Sour Cream 1/2 cup Heavy Whipping Cream (or whole milk)
Cheddar cheese, scallions and tortilla chips (optional)

Directions:

Step 1: In large pan sauté the chicken, onion, and garlic in the oil until the chicken is no longer pink.

Step 2: Add beans, broth, chilies, and seasonings. Bring to a boil.

Step 3: Reduce heat and simmer uncovered for 30 minutes. Remove from heat and add sour cream and milk/cream.

Step 4: I like to use cheddar cheese to top, or some fresh scallions and tortilla chips. You can always add things like corn or even red peppers for fun. Great with corn bread and a simple salad!

Note: This recipe has been modified for people who don't enjoy spicy meals; you can always add more cayenne pepper or chili powder to taste.



From the Families of Our Nation's Fallen Service Members

Warm Wishes from Fleet and Family Support Center



Exceptional Family Member Program

Fleet and Family Support Center provides services to support our warfighters and their families, as a part of the Commander, Navy Installation Command (CNIC) spectrum of programs and services.

The support for those family members enrolled in the **Exceptional Family Member Program (EFMP)** is one of the many services provided by Fleet and Family Support Center (FFSC).

The Navy's Exceptional Family Member Program serves military families with special needs. The EFMP is a mandatory enrollment program for Active Duty sponsors with qualifying family members, and while enrollment in the EFMP concludes when a service member passes away, the support services from Fleet and Family Support Center's EFMP Liaisons continues to be available.

Special needs include special medical, dental, mental health, developmental or educational requirements, the requirement for adaptive equipment assistive technology devices and services and/or wheelchair accessibility.

The **Fleet and Family Support Program** is the Information and Referral (I&R) conduit for questions regarding EFM resources in the local community.

EFMP Liaisons located at Fleet and Family Support Centers:

Provide information, referral and system navigation to special needs families.

Link families with available military, national and local community resources.

Provide non-medical case management.

Develop and maintain Individual Service Plans (ISP).

Partner with the MTF Coordinators to provide information, education, and more.

More information about the services available and the contact information for EFMP Liaisons is available by contacting your nearest Navy Gold Star Program Coordinator, contacting a local Fleet and Family Support Center, or visiting the Commander Navy Installations Command website at: www.cnic.navy.mil

PINEAPPLE STUFFING

Submitted by Robin, EFMP Liaison, FFSC Exceptional Family Member Program

Ingredients:

1 1/4 cups Sugar
1 stick Butter
3 Eggs
20 ounce can Crushed Pineapple
1/2 cup Milk
4 cups Bread Cubes

Directions:

Step 1: Mix the butter and sugar together, with an electric mixture, until well blended.

Step 2: Add the eggs one at a time and mix well.

Step 3: Add the pineapple, milk and bread cubes and mix until combined.

Step 4: Place mixture in greased baking pan. A 9x13 inch pan works well. The size pan may determine how long you need to bake.

Step 5: Bake at 350 degrees for 1 hour or until center is hot.



Treats & Desserts

Honoring the Legacies of Fallen Military Heroes

Treats & Desserts

Martinelli's Banana Puddin'

in memory of Marissa Martinelli, USN

Buckeyes

in memory of Daniel R. Biddle, USN

Jeremy's Pumpkin Pie

in memory of Jeremy M. Barrett, USN

Peanut Butter Pie

in memory of Micah Farrell, USN

Freddy's Hello Dollies

in memory of Frederick Henry Eissler, USN

Kris' Blueberry Cheese Pie

in memory of Kristofer L. Guy, USN

Gabriel's Raspberry Tart

in memory of Gabriel A. Olivero, USN

Lemon Pound Cake

in memory of Linwood C. Carter Jr., USA

Pumpkin Spice Cake

in memory of Johnathon Goffred, USMC

Apple Crisp *from the team of Employment Educators at Fleet & Family Support Center*

Gingerbread *from the team of Financial Educators at Fleet & Family Support Center*

Mum's Blueberry Muffins *from the team of Counselors at Fleet & Family Support Center*

Chocolate Drop Cookies *from the team at the Tragedy Assistance Program for Survivors (TAPS)*

Patriotic Trifle *from the Women, Infants, and Children (WIC) Offices of Virginia Beach*

Candy Sushi *from the team of Child Counselors at Fleet & Family Support Center*

Baked Sweet Potato Casserole

from the team of Patriot Guard Riders

From the Families of Our Nation's Fallen Service Members

A memory of **Marissa Martinelli**

Petty Officer, United States Navy

OUR JOY!



Submitted by Gold Star Mother, Clarissa Martinelli, as well as Marissa's entire family.

“This is Marissa’s favorite dessert - Banana Pudding. However, our family did not like the banana part! From being fed this yummy dessert on the tip of her Grandma’s finger, to having me ship it to places unknown as a way to say, “we love and miss you so very much”, this was Marissa’s “cozy soul warming, wrapping her entire body” in Martinelli love chow.

It is hard to prepare it now but, on her birthday, through waterfall of tears, the sound of her voice in my ear and the loving memories in my heart, we celebrate our awesome daughter and sister, “Our Joy”, Marissa!

Oh, by the way, her favorite meal to go along with this amazing dessert is - Crusty Seasoned Southern Fried Catfish, Rice, Fresh Tomatoes, Collard Greens, and Johnny Cake Corn Bread!”



**Forever in Our Hearts!
Dad, Mom, Biancha, Sophia & Nicolas
The Furry Kids – Sadie, Hachi & Cookie**



MARTINELLI'S BANANA PUDDIN'

(Please no bananas!)

Ingredients:

1 can Eagle Brand Sweetened Condensed Milk
14 ounces of Water (use the empty milk can)
3 Egg Yolks
1 1/2 tablespoons All-purpose Flour
3 tablespoons Sugar
3 tablespoons Pure Vanilla flavoring
1 box Nilla Wafers

Directions:

Step 1: Pour Eagle Brand Condensed milk into double boiler pot. Fill empty milk can with water and pour into condensed milk.

Step 2: Beat 3 egg yolks and add to mixture – stir until well blended.

Step 3: Add enough water to the flour to make a slurry. Add to the custard (from steps 1 and 2) and mix thoroughly.

Step 4: Ensure there is water in the bottom boiler pan. Stir often, as the custard will begin to thicken. Cook to your desired consistency. Add sugar and vanilla flavoring.

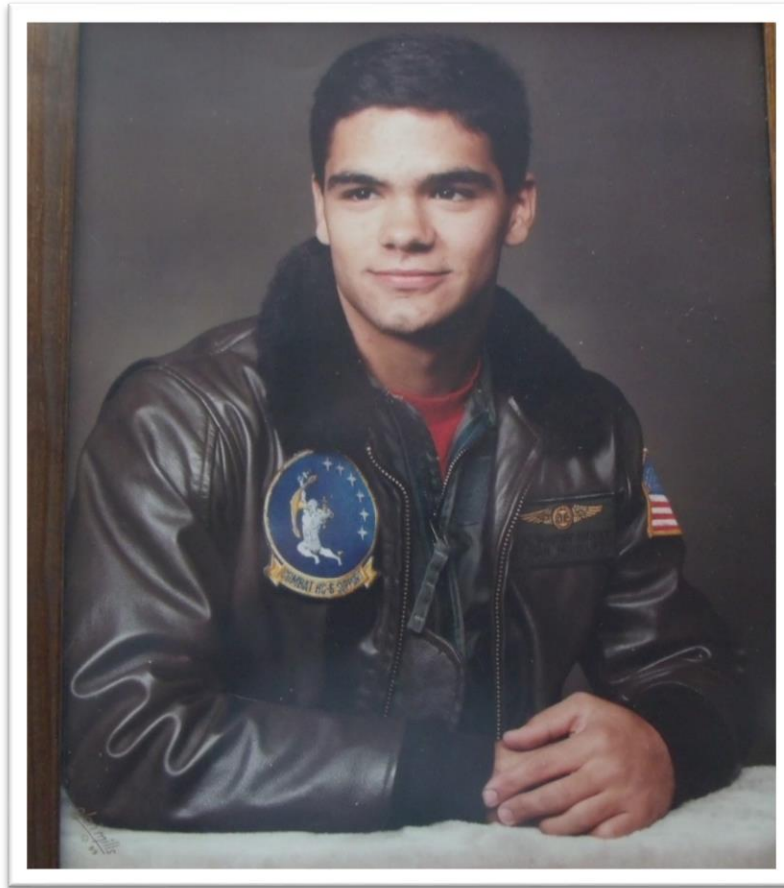
Step 5: Stir to mix thoroughly. Line the desired dish with Nilla wafers (bottom and sides). Pour custard on top of wafers. Continue alternating layers, ending with Nilla wafers.

May each spoonful melt away your troubles, if only for one bite!



From the Families of Our Nation's Fallen Service Members

A memory of **Daniel “Bond” Biddle,**
Petty Officer, United States Navy



Submitted by *Gold Star Spouse, Melissa Biddle Black, Wife of Dan “Bond” Biddle.*

“Growing up in rural Ohio, this recipe for Buckeyes was one of Dan’s favorites. His mother made them every Christmas season. Dan LOVED chocolate. I remember when we were newly married, and on a very tight enlisted budget, when he would want chocolate, he would go into the refrigerator and literally squeeze the chocolate syrup directly into his mouth. It was wonderful having someone love and appreciate chocolate as much I did!

I miss him every minute of every day and wonder where we would be together if he hadn’t been called Home so soon. I look forward to our reunion!”

DAN'S BUCKEYES

Ingredients:

1 box Powdered Sugar
12 ounce jar of Smooth Peanut Butter
1 1/3 sticks Butter – melted
1 12-oz package of Chocolate Chips
¼ cup paraffin

Directions:

Step 1: Mix together the powdered sugar, peanut butter, and melted butter. Mixture will be dry.

Step 2: Then roll into small balls.

Step 3: Place on wax/parchment paper or cookie sheet. Chill.

Step 4: Melt 12 ounces of chocolate chips and ¼ cup paraffin in double boiler.

Step 5: Take toothpick and dip each ball in chocolate, leaving small circle at top so you can see peanut butter.

Step 6: Chill and enjoy!



From the Families of Our Nation's Fallen Service Members

A memory of **Jeremy M. Barrett,**

Petty Officer, United States Navy



Submitted by *Gold Star Mother*, Linda Weir Jacobi, Mother of Jeremy M. Barrett.

Jeremy was a Deep Sea Diver and Underwater Welder, his family in Iowa would bring pies when he was stationed in Pearl Harbor.

“Jeremy always wanted homemade pumpkin pie, I made a couple of pies and froze them to take with us (back in the day when you could still take things on the airplane), and transported to Oahu in a cooler with me when we visited back in 2002 (the pies thawed in transit so they were ready to eat upon arrival).

I recall Jeremy was sharing a house with 3 others and he quickly informed his roommates that if they touch the pies, they die! The other foods we brought were sharable, but don't mess with his homemade pumpkin pies!”

JEREMY'S PUMPKIN PIE

Ingredients:

1 cup prepared Pumpkin	
2 Eggs	2/3 cup Milk, (Evaporated or condensed for a sweeter pie)
2/3 cup Sugar (brown-packed or white)	1/4 teaspoon Salt
1/4 teaspoon Ginger	1/4 teaspoon Nutmeg
1 teaspoon Cinnamon	1/8 teaspoon Cloves

Crust:

1 1/2 cup Flour	Pinch of Salt
1/2 cup Shortening	1/4 cup Cold Water

Directions:

Step 1: Preheat oven to 350 degrees. Create homemade crust.

To create homemade crust: Mix together flour, salt, shortening and cold water. Then roll out. Line in pie tins and press edges to ensure even layer, makes 1 double or 2 single pie crusts.

Step 2: To prepare pumpkin: use any firm baking pumpkin (they are a smaller pumpkin in size), cut baking pumpkin in half placing flat side down on deep cookie sheet and bake at 350 degrees until soft, remove flesh from your pumpkin. Don't use skin or seeds. Drain and mash. Firmly pack pumpkin when measuring, being sure to drain off any excess liquid (or if you don't want to mess with the baking of a fresh pumpkin, you use one can of prepared pumpkin from the store).

Step 3: To prepare pie filling: combine eggs, cooked pumpkin, milk, sugar, salt, ginger, nutmeg, cinnamon, and cloves in blender or mixer. Blend until smooth.

Step 4: Pour into crust and bake at 375 degrees for 15 minutes, then reduce to 350 degrees for remainder of baking time—45 to 55 minutes.



From the Families of Our Nation's Fallen Service Members

A memory of **Micah Farrell,**

Petty Officer, United States Navy



Submitted by *Gold Star Mother*, Keri Farrell, Mother of Micah Farrell.

Micah served as a Machinist's Mate in the Navy, his Mother shared a quick but delicious Peanut Butter Pie recipe in his honor.

“Micah always enjoyed this simple, but yummy, pie. He was always impressed with it and I never told him how simple it was to make.”

PEANUT BUTTER PIE

Ingredients:

1 cup of Peanut Butter
1 cup Powdered Sugar
1 8 ounce Cool Whip
1 prepared or homemade graham cracker Pie Crust

Directions:

Step 1: Prepare graham cracker pie crust.

Step 2: Mix the peanut butter, powdered sugar and cool whip together until well blended.

Step 3: Spread filling in a graham cracker pie shell.

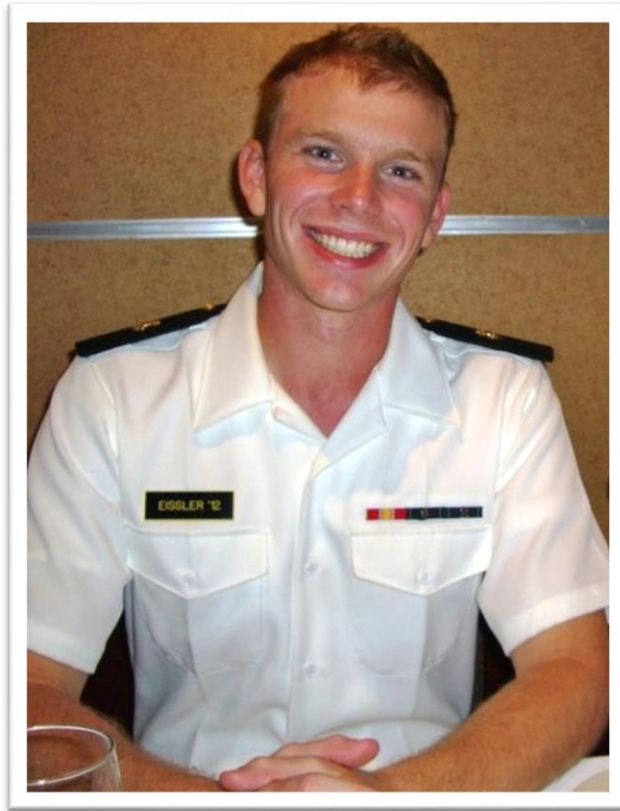
Step 4: Refrigerate before serving.



From the Families of Our Nation's Fallen Service Members

A memory of **Frederick Henry Eissler,**

Midshipman, United States Navy



Submitted by *Gold Star Mother*, Helene Eissler, Mother of Frederick H. Eissler.

“Freddy loved to spend time with his family during the holidays. Thanksgiving and Christmas were always special. Every year I made plates full of holiday treats that would be inhaled by Freddy and his four sisters and shared with family and friends.

Freddy would want us to continue our holiday traditions so we have. But we added a special remembrance of him by erecting Freddy’s own Christmas tree and we gift to him new ornaments every year so he is celebrated too!”

FREDDY'S HELLO DOLLIES

Ingredients:

One stick of Butter (½ pound)
16-ounce bag of Semi-sweet Chocolate Chip morsels
1 ½ cups shredded Coconut
1 ½ cups chopped Walnuts
1 can (14 ounces) Sweetened Condensed Milk
1 ½ cups of Graham Cracker Crumbs

Directions:

Step 1: Begin by melting the stick of butter in a glass pan (9x13 inch) in oven at 350 degrees. Remove from oven when melted - try not to brown the butter.

Step 2: Add to the melted butter 1 ½ cups of graham cracker crumbs. Combine the graham cracker crumbs and melted butter by using a fork to mat the two together to form the base spread evenly across the bottom of the pan.

Step 3: Add one can of sweetened condensed milk on top of the graham cracker base. Try to cover the whole base.

Step 4: Next spread semi-sweet chocolate chip morsels across the top, add as much as to your taste.

Step 5: Add the chopped walnuts - again adding according to your taste.

Step 6: Last spread over top the coconut to taste. Use a fork to press the mixture together.

Step 7: Place in oven to bake at 350 degrees for 20 - 25 minutes or until coconut edges start to turn light brown. Remove from oven and allow to cool.

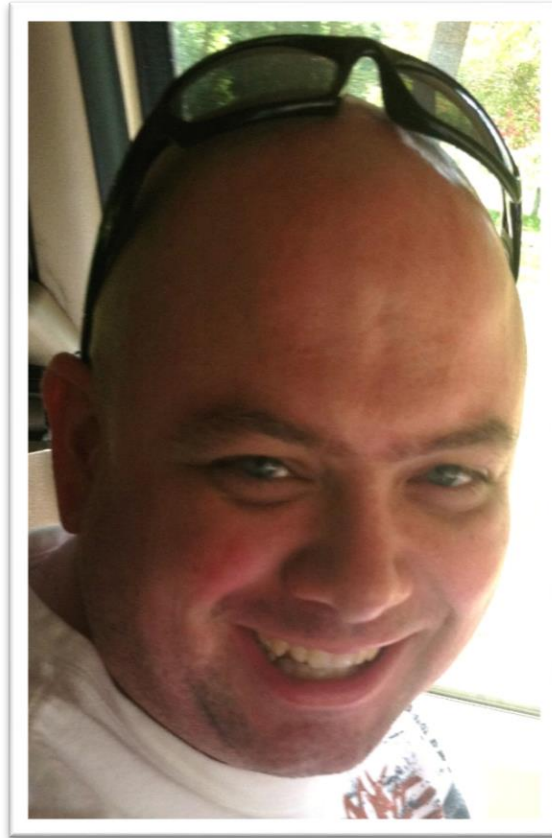
Step 8: Cut into squares and then enjoy! A simple and quick treat to delight your holiday guests!



From the Families of Our Nation's Fallen Service Members

A memory of **Kristofer L. Guy,**

Petty Officer, United States Navy



Submitted by *Gold Star Mother*, Sherry Guy, Mother of Kristofer L. Guy.

Kristofer L. Guy served as a First Class Petty Officer in the United States Navy; he was beloved by his family and his shipmates, and will always be honored and remembered.

His mother has shared a wonderful recipe for Blueberry Cheese Pie with this fond memory:

“My son loved this so much that every time he was home on leave, his Grandmother made sure that he got a whole pie to himself.”

KRIS' BLUEBERRY CHEESE PIE

Ingredients:

Crust:

2 cups Flour
2 sticks Butter
1/2 cup finely chopped Nuts
2 tablespoons Sugar

Filling:

8 ounces softened Cream Cheese
2 cups powdered Sugar
1 teaspoon Vanilla
2 packages of Dream Whip
1 can Blueberry Pie Filling

Directions:

Step 1: To make the crust, mix together 2 cups flour, 2 sticks butter, 1/2 cup finely chopped nuts, and 2 tablespoons sugar and press into 2 pie pans, then bake for 15 minutes at 350 degrees.

Step 2: To make the filling, mix dream whip according to package directions and then add the rest of the ingredients (cream cheese, sugar, vanilla).

Step 3: Pour into the pie shells and cover with 1 can of blueberry pie filling.

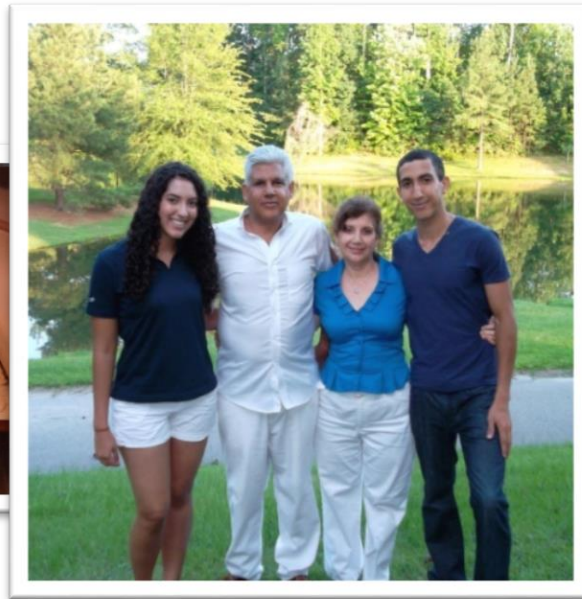
Step 4: Chill for at least 1 hour.



From the Families of Our Nation's Fallen Service Members

A memory of **Gabriel A. Olivero,**

Petty Officer, United States Navy



Submitted by *Gold Star Mother, Martha Dominguez, Mother of Gabriel A. Olivero*

This wonderful recipe was shared along with family photos of young Gabriel making doughnuts, a family photo taken right before Gabriel joined the Navy (including Gabriel's sister Elba, Gabriel's father Ramon, Gabriel's mother Martha, and Gabriel) and one of Gabriel cooking with friends.

"Gabriel loved to cook and bake. When he was in college, he used to watch cooking shows and share recipes with me. While in the Navy in Okinawa, Japan, he organized a BBQ and cooked for 50 of his fellow service members and friends. It was so nice to see him enjoying the preparation to cook for them— less than a week before his passing.

For fun, we would try to guess the ingredients in a dessert from a local French bakery in Cary, North Carolina, La Farm. I tried the following recipe and he loved it. The taste and consistency of the two tarts are slightly different but just as good!"

GABRIEL'S RASPBERRY TART

Ingredients:

1 14-ounce can Sweetened Condensed Milk
8 ounces Cream Cheese
1/2 Lemon (Juiced) or 1 Tablespoon of Yogurt
Your Choice of Raspberries, Blueberries and/or Strawberries

Directions:

Step 1: Preheat oven to 350 degrees. Mix sweetened condensed milk, cream cheese, and juice squeezed from 1/2 of a lemon (or yogurt).

Step 2: Add to an 8-inch round greased pan.

Step 3: Decorate with preferred selection of berries.

Step 4: Bake at 350 degrees for 30 minutes.



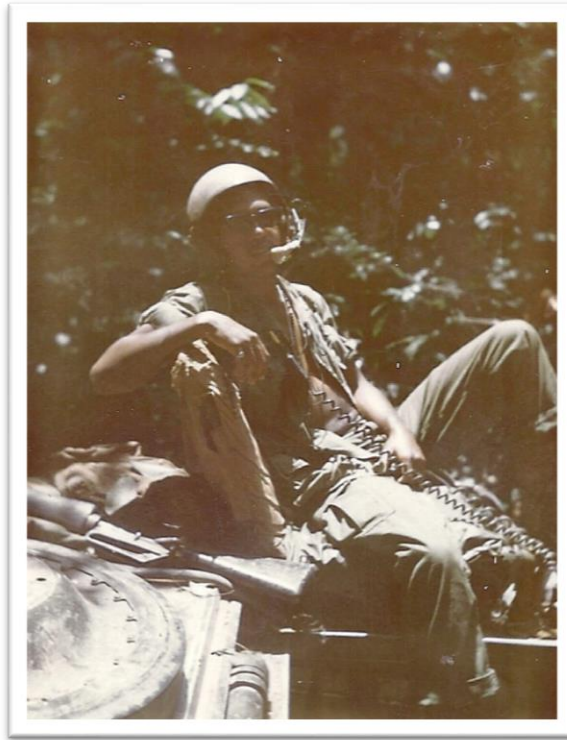
Comparison of the two tarts, one by Gabriel's mom (left) and a piece from La Farm (right)



From the Families of Our Nation's Fallen Service Members

A memory of **Linwood C. Carter, Jr.**

First Lieutenant, United States Army



Submitted by Gold Star Spouse, Carolyn Carter, Wife of Linwood C. Carter, Jr.

“My husband, the late Army 1LT. Linwood C. Carter Jr. was the baker of our home. Prior to leaving for Viet Nam, he had to bake six lemon pound cakes for my mother to freeze. She said that would hold her until his return.

While in Viet Nam, he was my cake taster, as I aspired to match his baking skills. Cakes were mailed to him for his stamp of approval.”

Carolyn has included Linwood’s recipe for his delicious lemon pound cake.

LEMON POUND CAKE

Ingredients:

4 large Eggs, at room temp.
2 sticks of Butter
1 ½ cups of Cake Flour
1 ½ cups of Sugar
½ teaspoon of Baking Powder
2 teaspoons of Vanilla Extract
½ cup of Lemon Juice (may need to add more depending on the consistency of the batter)
1 teaspoon Salt
¾ cup of Evaporated Milk

Glaze:

1 cup of Lemon Juice
½ cup of Sugar

Directions:

Step 1: Preheat the oven at 350 degrees. Grease and flour a tube cake pan.

Step 2: Start the pound cake batter by beating your eggs with the soft butter then add the dry ingredients.

Step 3: Slowly add the liquids until the desired consistency, then pour into the tube cake pan.

Step 4: Bake for 45 minutes to 1 hour.

Step 5: Create the Glaze: In a saucepan, on low heat, get 1 cup of lemon juice heated. While heating add ½ cup of sugar until the sugar dissolves. While the cake is warm, pour the lemon-sugar glaze over it.



From the Families of Our Nation's Fallen Service Members

A memory of **Johnathon Goffred,**

Lance Corporal, United States Marine Corps



**Submitted by *Gold Star Mother*, Angelique Goffred-Martin,
Mother of Johnathon Goffred.**

Ms. Goffred-Martin shares this Pumpkin Spice Cake, which is a fun way to enjoy the pleasure of mixing seasonal flavors to create a new and delicious recipe. Paired with a Pumpkin-Cream Cheese Frosting, it will create a lasting impression and be a treasured way to enjoy the scents and flavors that invoke cherished memories.

PUMPKIN SPICE CAKE

Ingredients:

3/4 cup Unsalted Butter (1 ½ sticks), softened
1 cup firmly packed dark brown sugar
1 cup Sugar
3 large Eggs
1 cup Pumpkin Purée
1/2 cup Buttermilk
1 teaspoon Pure Vanilla Extract
2 cups All-purpose Flour
2 teaspoons Baking Powder
1 1/2 teaspoons Ground Cinnamon
1 teaspoon Baking Soda
1 teaspoon freshly Ground Nutmeg

Makes 1 8-inch, 3 layer cake (16 servings)

Pumpkin Cream-Cheese Frosting

4 cups Powdered Sugar, sifted
1 teaspoon Ground Cinnamon
1/4 teaspoon freshly Ground Nutmeg
12 ounces Cream Cheese, at room temp.
8 tablespoons Unsalted Butter (1 stick), at room temp.
1/3 cup Pumpkin Purée

Directions:

Step 1: Prepare cake pans. Preheat oven to 350 degrees. Lightly coat three 8-inch cake pans with softened butter. Cut 8-inch circles out of parchment paper and fit these into the bottom of the cake pans. Lightly cover the paper circles with butter and set aside.

Step 2: Make the batter: Cream butter until smooth in a large bowl with an electric mixer set on medium speed. Add the sugars and blend until smooth. Add eggs, one at a time, beating well after each addition, until the mixture is smooth and light. Set aside. Combine the pumpkin puree, buttermilk, and vanilla in a medium bowl and set aside. Combine the flour, baking powder, cinnamon, baking soda, and nutmeg in a large bowl and set aside. In thirds, alternately add the flour mixture and buttermilk mixture to the butter mixture, mixing well after each addition until smooth.

Step 3: Bake the cake: Pour batter into the prepared pans and bake until a toothpick inserted into the middle of each cake comes out clean—35 to 40 minutes. Cool the cakes in the pan on wire racks for 30 minutes. Remove cakes from the pans and return to the wire racks until completely cool.

Step 4: Make the Frosting: Place the sugar, cinnamon, and nutmeg in a medium bowl and whisk to combine; set aside. Place the cream cheese and butter in the bowl of a stand mixer with a paddle attachment and beat on medium speed until fully combined and smooth (about 1 minute). Reduce the speed to low, slowly add the powdered sugar mixture, and beat until fully incorporated and smooth, about 3 minutes. Stop the mixer and scrape down the paddle and sides of the bowl with a rubber spatula. Turn the mixer to medium speed, add the pumpkin, and mix until fully incorporated and smooth, about 1 minute. Use immediately.

Step 5: Assemble the cake: Place one layer on a cake plate and top with 1/3 of the recipe of Pumpkin Cream-Cheese Frosting. Repeat with the second and third layers. Serve or store refrigerated for up to 4 days.



From the Families of Our Nation's Fallen Service Members

Warm Wishes from Fleet and Family Support Center



Employment Specialists

The **Fleet and Family Support Center (FFSC)** provides services to support our warfighters and their families, and offer Family Employment Readiness and Transition Assistance, as well as Education support as a part of the **Commander, Navy Installation Command (CNIC)** spectrum of programs and services.

The Family Employment Readiness Program provides no-cost consultations, programs and services to help Military Families in the job search process. Consultants are available to guide spouses and family members on career planning, job seeking and resume writing, as well as to help them prepare for interviews and negotiate offers. This includes Gold Star Family Members with access to FFSC Offices.

Family Employment Readiness Program: Fleet and Family Support Center offers a variety of services if you are looking for a career or simply a temporary job. Learn more about how FERP can help you.

Beginning Your Search: Career Exploration: Wondering where you should start to find a career? Or, perhaps you are ready for a change in your existing career.

Resumes: A resume is the key to obtaining interviews. Fleet and Family Support Centers can help make sure your resume advertises your skills and abilities.

Interviews: The job interview is your opportunity to market yourself and learn more about the position.

Federal Employment: If you are a spouse who meets certain criteria, you may be eligible for non-competitive entry into federal employment or employment placement preference in DoD civilian personnel positions.

Self-Employment: Do you want a job where you can be your own boss, set your own hours, or have the flexibility you need?

Volunteerism: Some of the best reasons to volunteer include offering your time to individuals and organizations in need, sharing your skills, connecting with the community and making a difference in someone else's life.

Military Families serve right along with their Service Member and we want to empower you to use the programs and services we offer. We provide these directly through **Fleet and Family Support Centers**, at 81 service delivery sites worldwide, with 58 of those sites delivering a full selection of programs and services to meet the ever growing needs of our Service Members and their Families.

Gold Star Family Members are eligible for many of the services offered and can apply for a Base Access ID Card to visit the Fleet and Family Support Center nearest them. Visit the website at

https://www.cnic.navy.mil/family_readiness.html for more information or call your nearest Fleet and Family Support Center for more information. For the DBIDS Base Access Card information, contact your Navy Gold Star Program Coordinator or the Survivor Services Program Representative for the Branch of Service that your Fallen Hero served in.

A detailed listing of services and more information is available at

https://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program.html

APPLE CRISP

Submitted by the team of Employment Educators, FFSC

Ingredients:

6 Apples (golden delicious are recommended), peeled and chopped or sliced
2 Tablespoons Granulated Sugar
1 3/4 teaspoons ground Cinnamon, divided
1 1/2 teaspoons Lemon Juice
1 cup Light Brown Sugar
3/4 cup Old Fashioned Oats
3/4 cup All-purpose Flour
1/2 cup cold Unsalted Butter, diced into small cubes
Pinch of Kosher Salt

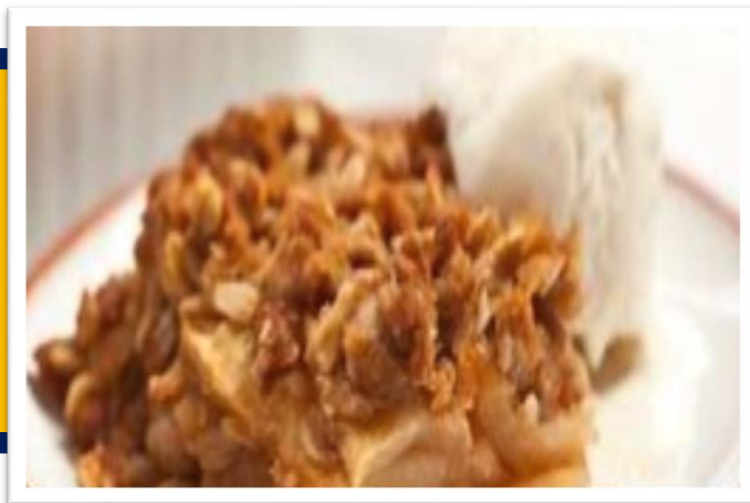
Directions:

Step 1: Preheat oven to 350 degrees. Butter one 8x8 baking dish, or spray with non-stick cooking spray. Set aside.

Step 2: In a mixing bowl, add the chopped apples, granulated sugar, 3/4 tsp of the cinnamon and lemon juice. Stir to combine and then transfer to prepared baking dish.

Step 3: In a separate mixing bowl, add the topping ingredients (brown sugar, oats, flour, 1 tsp cinnamon, salt, and diced cold butter). Use a pastry cutter to cut the butter into the oat mixture, using a twisting motion, until mixture resembled pea-sized crumbs. Alternatively, you can use two forks or even your hands to cut butter into the mixture.

Step 4: Spread topping over apples in baking dish, and gently pat to even it out. Bake 40-50 minutes, until golden brown and bubbly. Serve warm, or add a heap of ice cream!



From the Families of Our Nation's Fallen Service Members

Warm Wishes from Fleet and Family Support Center



Financial Educators

The **Fleet and Family Support Center** (FFSC) provides services to support our warfighters and their families, and offers Personal Financial Management as a part of the **Commander, Navy Installation Command** (CNIC) spectrum of programs and services.

Overall, the Personal Financial Management (PFM) program offers information and referral, education and training, as well as financial counseling to address the financial education needs of Sailors and their families. The PFM program is to emphasize a proactive approach to service members' and families' personal financial responsibility and accountability by providing basic principles and practices of sound money management, counseling tools and referral services using a comprehensive education and training program.

The classes provided include a variety of important topics such as the following:

Predatory Lending: The Navy's PFM program wants to help educate Military Families on predatory lending, which is any lending practice that imposes unfair or abusive loan terms on a borrower. It is sometimes called a cash advance or 'pay-day' loan. It is also any practice that convinces a borrower to accept unfair terms through deceptive, coercive, exploitative or unscrupulous actions for a loan that a borrower does not need, does not want or cannot afford.

Aside from a variety of classes, FFSC Personal Financial Management Specialists can work one-on-one with clients to create budgets and savings plans, discuss renting and home buying, look at ways to fund college education, understand investing, prepare for major purchases, and more. The PFM team can also run credit reports free of charge and provide full reports including credit scores.

Military Families serve right along with their Service Member and we want to empower you to use the programs and services we offer. We provide these directly through **Fleet and Family Support Centers**, at 81 service delivery sites worldwide, with 58 of those sites delivering a full selection of programs and services to meet the ever growing needs of our Service Members and their Families.

Gold Star Family Members are eligible for many of the services offered and can apply for a Base Access ID Card to visit the Fleet and Family Support Center nearest them. Visit the website at https://www.cnic.navy.mil/ffr/family_readiness.html for more information or call your nearest Fleet and Family Support Center for more information. For the DBIDS Base Access Card information, contact your Navy Gold Star Program Coordinator or the Survivor Services Program Representative for the Branch of Service that your Fallen Hero served in.

A detailed listing of services and more information is available at https://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program.html

Treats & Desserts

GINGERBREAD

Submitted by Jackie, Financial Educator, FFSC

Honoring her Great-Grandfather who served in the United States Army.

Ingredients:

1 cup Molasses
1 cup Sugar
1 cup Oil
3 Eggs
2 level-teaspoons Baking Soda in $\frac{1}{4}$ cup warm water
1 teaspoon Ginger (ground)
1 teaspoon Cinnamon (ground)
1 teaspoon Allspice (ground)
2 cups self-rising Flour
1 cup Hot Water

Directions:

Step 1: Prepare ungreased 9 x 13 pan and preheat oven to 350 degrees.

Step 2: Mix the molasses, sugar, oil, eggs, ginger, cinnamon, and allspice.

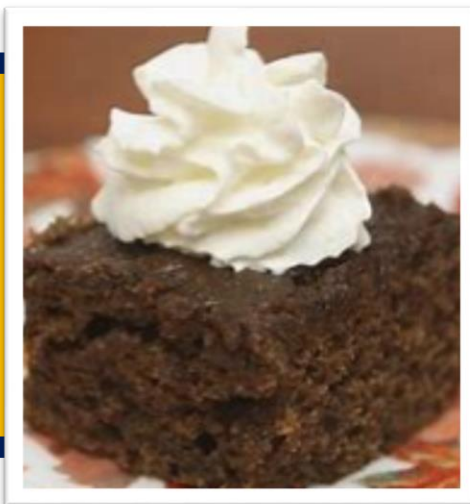
Step 3: Mix the baking soda in warm water then add to the batter. Beat until well blended.

Step 4: Add the 2 cups of flour. Mix until well blended.

Step 5: Add the 1 cup of hot water to the batter. Mix slightly.

Step 6: Bake for 25 minutes at 350 degrees or until done.

Step 7: Serve warm, top with whipped cream or ice cream if desired.



From the Families of Our Nation's Fallen Service Members

Warm Wishes from Fleet and Family Support Center



Clinical Counselors

The **Fleet and Family Support Center** (FFSC) provides services to support our warfighters and their families, and offers Clinical Counseling as a part of the **Commander, Navy Installation Command** (CNIC) spectrum of programs and services.

As the CNIC website explains, we all experience ups and downs in life. At some point just about everyone needs **help coping with stress** caused by life's many challenges. Stress can be caused by family hardships, death of a Loved One, marital conflicts, parent/child issues, money concerns, frequent moves, health and environmental factors and other difficulties.

We may first try to discuss problems with family, friends or coworkers, but often this just isn't enough. Sometimes it helps to **talk to an experienced counselor**. Fleet and Family Support Centers (FFSC) offer **confidential** counseling by professional, licensed clinicians. Clinical counseling services are **free of charge** to active duty personnel and family members.

If you need someone to talk to, you **do not need a referral** just call your local Fleet and Family Support Center to make an appointment. If the FFSC team is unable to see Gold Star Family Members at the time, the nearest Navy Gold Star Program Coordinator can locate additional services by organizations such as TAPS, Give an Hour, the Vet Center's Bereavement Counseling, and more.

Services offered by FFSC include: Short-term clinical counseling for individuals, groups and families, Crisis intervention and/or response to disasters and other catastrophes, Group counseling and/or educational groups, Referral to other military and community resources.

Clinical counseling is short-term counseling to help you sort things out and get to the heart of the problem. It can help you come up with a plan to deal with the problem or situation you are facing. It can also help by providing contact information for other services and resources in your community.

At Fleet and Family Support Centers, clinical counselors hold a masters or doctorate degree in counseling, social work, marriage and family or psychology. These professionals are experienced and fully qualified to assist those in need.

During your first appointment, you and your counselor will talk about your concerns and decide on the best way to tackle them.

Military Families serve right along with their Service Member and we want to empower you to use the programs and services we offer. We provide these directly through **Fleet and Family Support Centers** to meet the ever growing needs of our Service Members and their Families.

Visit the website at https://www.cnic.navy.mil/ffr/family_readiness.html for more information or call your nearest Fleet and Family Support Center for more information. For the DBIDS Base Access Card information, contact your Navy Gold Star Program Coordinator or the Survivor Services Program Representative for the Branch of Service that your Fallen Hero served in.

Our mission is to provide exceptional service to Sailors, Marines, Soldiers, Airman, and Coastguardsman as well as their Families. Services are available to Active Duty, Transitioning, and Retired Service Members, their Family Members, and the Gold Star Family Members of those who died while serving on Active Duty.

A detailed listing of services and more information is available at https://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program.html

MUM'S BLUEBERRY MUFFINS

Submitted by Sara, Clinical Counselor, FFSC Clinical Counseling Team

Honoring her Mother, Cathy

Ingredients:

½ cup Shortening
1 cup Sugar
2 Eggs, separated yolks/whites
1 ½ cups sifted Flour
1 teaspoon Baking Powder
½ teaspoon Salt
⅓ cup Milk
1 teaspoon Vanilla
1 ½ cups floured Blueberries



Directions:

Step 1: Cream together the shortening, sugar, and the 2 well-beaten egg yolks. Beat Egg Whites until stiff in another bowl). Set aside these two mixtures.

Step 2: Blend the flour, baking powder, and salt.

Step 3: Add the dry mixture to the first mixture slowly, alternating with the milk. Fold in the egg whites and then add vanilla (vanilla can also be added to the milk and blended at that time). Once blended, add the floured blueberries and stir gently until evenly mixed.

Step 4: Bake at 350 degrees in lined muffin tins for 20-25 minutes.



From the Families of Our Nation's Fallen Service Members

Warm Wishes from the Tragedy Assistance Program for Survivors



The **Tragedy Assistance Program for Survivors (TAPS)** is the national organization offering compassionate care for all those grieving the death of a military loved one.

Whether you are new to grief, or it has been years since your loss, all are welcome in the TAPS family. We have been brought together through loss and are bonded

TAPS is here to support you along every step of your journey. Our survivor programs and resources put you in touch with others who understand your grief and provide the support and care you need.

TAPS services are provided free of charge.

TAPS Helpline: 1-800-959-TAPS (8277).

Website: TAPS.org

Social Media: @TAPSorg.

TAPS provides:

National Military Survivor Helpline

National Peer Support Network

Events for Adults, including Seminars, Retreats, Gatherings, Sports and Entertainment-Related Events, and more

Good Grief Camps for Children and Teens

Connections to Community- Based Care

Emergency Financial Assistance

24/7 resource and information helpline for all who have been affected by a military death

For more information about the Tragedy Assistance Program for Survivors, visit the website at TAPS.org or email info@taps.org or call 1-800-959-8277

CHOCOLATE DROP COOKIES

Submitted by Carole, Survivor Care Team, TAPS Organization

Ingredients:

2 Eggs, well beaten
2 cups Brown Sugar
2 teaspoons Vanilla Extract
1 cup Shortening (melted)
4 1-oz squares of Unsweetened Chocolate (melted)
3 1/3 cups Flour, sifted
1 teaspoon Salt
1 cup Broken Walnuts (optional)

1 cup Milk
4 tablespoon White Vinegar
1 teaspoon Baking Soda

Chocolate Frosting

3 tablespoons Unsweetened Cocoa
3 tablespoons Melted Butter or Margarine
1/2 teaspoon Vanilla Extract
1 cup Powdered Sugar

Directions:

Step 1: Make sour milk by combining vinegar and milk in a small bowl. Let stand a few minutes, then add baking soda to the mixture. Stir and let stand a few more minutes. Be aware that the mixture will expand – so use a bigger bowl than you expect.

Step 2: Beat eggs and sugar until light, add vanilla. Melt shortening and unsweetened chocolate together, then add to the batter and blend. Add dry ingredients alternately with sour milk. Batter will be mousse-like. Add walnut if desired.

Step 3: Drop from teaspoon 2 inches apart onto greased cookie sheet. Bake at 350° for 9 to 11 minutes until set.

Step 4: Combine cocoa, melted butter and vanilla. Beat until smooth. Add powdered sugar gradually until of spreading consistency. Frost while warm. Makes 5 dozen cookies.

For Mocha Chocolate Frosting, add 3 tbsp. hot coffee and increase the powdered sugar to approximately 1.5 cups.



From the Families of Our Nation's Fallen Service Members

Warm Wishes from the WIC Offices of Virginia Beach



The Women, Infants, and Children (WIC) Program is a special supplemental nutrition program for women, infants, and children sponsored by the United States Department of Agriculture. WIC helps pregnant women, post-partum and breastfeeding mothers, infants (newborn – 11 months) and young children (less than 5 yrs.) stay healthy and eat right during times of important growth.

Our mission is to work with communities to provide nutrition and health information, resources, and support to encourage choices for healthy living.

What WIC offers:

- Personalized nutrition assessments and education
- Referrals to medical and social service agencies
- Breastfeeding support
- Supplemental nutritious food

Eligibility is determined by the following 4 criteria:

1. Categorical

Pregnant/Postpartum women, Breastfeeding mothers, Infants less than 1 year old, Children less than 5 years old

2. Residential – proof of residency includes one of the items below, but is not limited to:

Current driver's license, Current Medicaid card, Business mail with local address – such as a phone or utility bill, Rent or mortgage receipts, etc.

If you are in the military and just moved to the area, other documentation may also be used as proof of residency.

3. Financial Eligibility

Must fall below 185% of the Federal Poverty Level, Enrollment in TANF, FAMIS, Medicaid, SNAP/Food Stamps, Free/Reduced Prices Lunches automatically qualify with proof of enrollment.

4. Nutritional – assessments are done to determine a nutrition risk such as:

Medical condition such as anemia inadequate weight gain during pregnancy, or weight/height over 95 percentile for children; Diet with too many or not enough nutrients

Among the clients at local WIC Offices are Military Personnel and their Families, including Gold Star Family Members. If you would like more information about the Women, Infants, and Children (WIC) Program, nutrition assistance programs, how to support WIC's mission, and the Food and Nutrition Service (FNS), please visit:

<https://www.fns.usda.gov/wic/about-wic> or your local WIC office or website.

PATRIOTIC TRIFLE

Submitted by the WIC Office Team at NAS Oceana

Ingredients:

1 package (1- ounce) Jell-O Vanilla Flavor Instant Pudding
1 ½ cups cold Fat-free Milk
8 ounces Cool Whip Whipped Topping, thawed and divided
13 ounces Angel Food Cake, cut into ½ cubes, approx. 6 ½ cups
2 cups fresh Strawberries and/or Raspberries
1 cups Blueberries

Directions:

Step 1: Beat the pudding mix and milk in a medium bowl with a whisk for 2 minutes.

Step 2: Stir in the 1 ½ cups of Cool Whip.

Step 3: Layer half of the cake cubes and berries in a large serving bowl, cover with pudding mixture.

Step 4: Top with layers of the remaining cake cubes, berries, and then cool whip.

Step 5: Refrigerate at least 1 hour before serving.



From the Families of Our Nation's Fallen Service Members

Warm Wishes from Fleet and Family Support Center



Child Counselors

Some **Fleet and Family Support Center (FFSC)** Offices are able to provide professional counseling services to the Spouses and Children of Service Members who die while serving on Active Duty. Across the country and around the world, Fleet and Family Support Centers have child counselors on staff that can help military children address issues such as Anxiety, Depression, Sadness, Grief / Loss, Deployment-Related Concerns, Stress, and much more.

These services are available to Children in Military Families of all branches of the Armed Forces, in locations where Child Counseling is available. Additional bereavement support and resources specifically tailored for the Sons and Daughters of Fallen Service Members include, but are not limited to:

TAPS: TAPS is the Tragedy Assistance Program for Survivors and they offer 24/7 assistance online and by phone, as well as in-person gatherings. These include Peer Support, Programs for Adults like TAPS “Togethers”, Seminars, Retreats, and Health and Wellness Activities. They offer Good Grief Camps for children and teens and additional connections to Community Based Care. They have a Military Mentor Program to support Young Survivors and much more. Their website is taps.org, they can be reached 24/7 at 1-800-959-8277.

ANGELS OF AMERICA’S FALLEN: Angels of America’s Fallen is an organization that provides support for children of fallen military personnel connecting with long-term healthy activities with a coach or instructor throughout their childhood. More information at www.aoafallen.org or by calling 719-377-8264 or 719-377-7352.

GIVE AN HOUR: Give an Hour’s mission is to develop national networks of volunteer professionals capable of responding to both acute and chronic conditions that arise within our society. Since 2005 they have focused on providing free and confidential mental health care to those who serve, our veterans, and their families. Through the generosity, compassion, and expertise of Give an Hour’s skilled volunteers, they are able to increase the likelihood that those in need receive the support and care they deserve. More information at <https://giveanhour.org/>.

TUESDAY’S CHILDREN: Tuesday’s Children has a Military Initiative for Families of the Fallen which guides them beyond grief into next steps towards a lifetime of healing. The programs provide long-term support enabling widows, children, parents and siblings to heal, recover and thrive for a lifetime. This work fills the gap in available long-term healing programs for Families of the Fallen, more info at www.tuesdayschildren.org/.

MILITARY ONE SOURCE: Military One Source includes information about resources for eligible survivors including beneficiaries, spouses and children such as financial planning, survivor benefits guides, counseling resources, and more. <https://www.militaryonesource.mil/>.

CHILDREN OF FALLEN PATRIOTS: Children of Fallen Patriots Foundation is an organization dedicated to providing college scholarships and educational counseling to military children who have lost a parent in the line of duty or due to service connection. They aim to bridge the gap in funding between the VA and other grants and help with the total cost of undergraduate college education, more information at www.fallenpatriots.org.

CANDY SUSHI

Submitted by Kerry, Child Counselor, FFSC at NAS Oceana

This candy sushi recipe makes adorable sushi look-alikes from Rice Krispies, gummy worms, and pre-made candies!

Please note that this recipe creates two "types" of sushi: the maki rolls, and the fish-topped nigiri. You can make both, or choose just one type and omit the instructions for the other. As written, the recipe makes approximately 2 dozen rolls and 2 dozen nigiri.

Ingredients:

4 tablespoon Butter
4 cups Miniature Marshmallows
6 cups Crispy Rice Cereal (like Rice Krispies)

20 Gummy Worms
2 boxes green-colored Fruit Roll-Ups
30 fish-shaped gummy candies

Directions:

CANDY SUSHI - TYPE 1:

Step 1: Prepare a 12 x 17 inch baking sheet, lining with waxed paper and spraying paper with nonstick cooking spray.

Step 2: Place 2 tablespoons of Butter in a large microwave-safe bowl, and microwave until melted (about 45 seconds).

Step 3: Add 2 cups of Miniature Marshmallows to the bowl, and microwave until the marshmallows are completely melted, about 1 minute, stirring every 30 seconds.

Stir the mixture until it is completely smooth.

Step 4: Add 3 cups of rice cereal and stir until completely coated. Immediately pour the mixture out onto the prepared baking sheet. Spray your hands with nonstick cooking spray, and begin to press the candy into the sheet in a thin layer.

Begin working from the edge of the shorter side of the sheet. The mixture will only cover approximately half of the baking sheet.

Step 5: With the short side of the baking sheet nearest you, place a pair of gummy worms 1- inch from the edge. Place another pair directly below, and repeat until you have a line of worms stretching across the baking sheet.

Step 6: Using the waxed paper to help you, roll the cereal mixture around the gummy worms, pressing firmly to make a tight roll. Take a large sharp knife and cut the log away from the rest of the mixture. Place it off to the side, and repeat the worms/rolling/cutting procedure for the remainder of the cereal.

Step 7: Slice the logs into 1-inch rounds. Wrap each round in a strip of green-colored Fruit Roll-Ups.

CANDY SUSHI - TYPE 2

Step 1: To make the fish-topped "nigiri," repeat steps 1 to 4 to make the rice candy base, but do not press the rice mixture as thinly. It should be about 3/4 inch thick once pressed into the baking sheet.

Step 2: Cut the candy into rectangles about 3/4 inch by 1 1/2 inches. Place a candy fish on top of each rectangle, and wrap a 1/2-inch strip of green Fruit Roll-Up around the entire package.

Step 3: For a finishing touch, decorate your sushi platter to look more authentic. Suggestions include substituting chocolate sauce for soy sauce, green-tinted whipped cream (or melted white chocolate) for wasabi, and thinly sliced pink fish for pickled ginger.

Note: These candies are best eaten the day they are made, as the fruit wrapping gets sticky if left overnight. Alternately, you can prepare them up until the final step, and wrap them once you are ready to eat them.



From the Families of Our Nation's Fallen Service Members

Warm Wishes from the Patriot Guard Riders



Founded in 2005 to shield families of fallen heroes from those that would disrupt the services of their loved ones, the Patriot Guard Riders has grown to include thousands of members across all 50 states in the US. We are a 100% volunteer 501(c)(3) organization.

As our membership has grown, so has the scope of our mission. We also honor first responders as well as our military veterans. Additionally we have an active Help On The Homefront (HOTH) program, which provides assistance to our veterans and their families.

We commonly get asked “How do I join, and what is required?”

Joining the PGR is pretty simple, visit the website at www.patriotguard.org/ and then click on the **Login/Join** link in the upper menu, then follow the steps to register.

As for requirements, anyone and everyone can join and stand with us. You don't need to be a veteran, and you don't need to ride a bike. All you need is respect for our military, veterans, and first responders; and desire to show that respect to them and their families.

Standing for Those Who Stood for Us

It is our honor to stand in respect for the families of those active military, veterans, and first responders who stood for us, and for our country.

The Patriot Guard Riders participate in two broad categories of mission types - **Honor Missions** and **HOTH Missions**.

Honor Missions are typically funeral requests, or a memorial service for a hero or heroes that have passed.

HOTH (Help on the Homefront) **Missions** include those that are meant to honor a group or a living individual; such as a parade on Veterans Day, a send off for a military unit, and escorts to veteran's event. Basically any military or first responder event that is not a funeral.

For more information, visit www.patriotguard.org

BAKED SWEET POTATO CASSEROLE

Submitted by Rob, a Ride Captain for the Virginia Patriot Guard Riders

This casserole is so sweet it could be served as a side or a dessert!

Ingredients:

3 cups Baked Sweet Potatoes (about 4 large Sweet Potatoes)
1 cup Sugar
2 Eggs, beaten
½ stick Margarine, melted
½ cup Milk
1 teaspoon Vanilla
1 teaspoon Cinnamon

Topping:

½ cup Brown Sugar
½ stick Margarine
½ cup Chopped Pecans
¾ cup Cinnamon Crunch Cereal

Directions:

Step 1: Preheat oven to 350 degrees.

Step 2: Mix the sweet potatoes, sugar, eggs, margarine, milk, vanilla, and cinnamon in a bowl using an electric mixer.

Step 3: Pour into a 10 x 6 – inch baking dish. Bake at 350 degrees for 20 minutes.

Step 4: To create the topping, creaming together the brown sugar, margarine, pecans, and cinnamon crunch cereal.

Step 5: Remove casserole from oven after 20 minutes and spread topping over the casserole.

Step 6: Return to oven and bake for 10 minutes more.



Beverages & More

Honoring the Legacies of Fallen Military Heroes

Beverages & More

Crock Pot Hot Chocolate *from the Navy Gold Star Program Coordinator at NAS Oceana*

Sparkling Punch *from the Life Skills Educators at Fleet & Family Support Center*

Hot Chocolate Whiskey Martini *in memory of Daniel R. Biddle, USN*

Apple Cider Punch *from the Relocation team at Fleet & Family Support Center*

Golden Milk *from the team at Navy Gold Star Program*

Lemonade *from the Navy Gold Star Program Coordinator at NAS Oceana & Family*

Hot Cranberry Punch *from the team at Navy-Marine Corps Relief Society*

A Garden For All Seasons *in memory of Ronald E. Irwin, USN*

From the Families of Our Nation's Fallen Service Members

Warm Wishes from the Navy Gold Star Program



The **Navy Gold Star Program** is the Navy's official program for providing long-term support to surviving families of Sailors who pass away while serving on Active Duty. The Program was established in 2014 and works alongside the long-term assistance programs of each branch of the Armed Forces to ensure that the Families of Fallen Service Members are connected to resources, support, and opportunities to honor their Fallen Loved One. The Program Coordinators work with Military Commands and Community Partners to foster a community of remembrance, honoring the service and sacrifice of Fallen Service Members and Gold Star Family Members.

The Navy Gold Star Program is inclusive of all immediate Family Members – extending all applicable resources and support, regardless of a Fallen Service Member's Military Branch, the Survivor's location, or the manner of the Fallen Service Members' death. Our commitment to the Families we serve is to provide dedicated outreach and support when, and for as long as, they desire. Navy Gold Star Program Coordinators are located around the United States and are ready to help you in any way they can in connecting to local and national resources.

We are dedicated to delivering on the promise of taking care of our own by providing ongoing support to Surviving Families.

Individuals who are eligible to participate in the Navy Gold Star program include the Fallen Service Member's spouse, parents, and their next of kin. This includes all widows and widowers; the term "parents" includes mother, father, stepmother, stepfather, mother through adoption, father through adoption, and foster parents who stood in loco parentis; the term "next of kin" includes children as well as brothers, sisters, half-brothers, and half-sisters; the sons and daughters, including stepchildren and children gained through adoption are eligible at any age to participate in the Navy Gold Star Program.

Participation in the Navy Gold Star Program does not provide or grant authorization to Survivors for additional benefits/privileges beyond what the Survivor was entitled to prior to the death of the service member.

The Navy Gold Star Program Coordinators stand ready to assist with benefits questions, connection to value resources such as counseling providers, bereavement support, financial planning, and many more services. Each Installation Navy Gold Star Program Coordinator hosts remembrance events throughout the year to ensure Families have an opportunity to honor their Fallen Service Member, and to connect with the Gold Star Community and with Resources Providers.

More information about Navy Gold Star Programs resources, services, and events can be found at:

www.navygoldstar.com, on Facebook at www.facebook.com/NavyGoldStar or by phone at **1-888-509-8759**.

Beverages & More

CROCK POT HOT CHOCOLATE

Submitted by Heather, Navy Gold Star Program Coordinator, NAS Oceana

Ingredients:

1 1/2 cups Heavy Whipping Cream
1 (14 ounce) can Sweetened Condensed Milk
6 cups Milk
1 teaspoon Vanilla
2 cups of Milk Chocolate Chips (or you can use half semi-sweet)

Directions:

Step 1: Preheat crockpot. Add all ingredients into crock-pot, stir well.

Step 2: Cover and cook on low heat for 2 hours, stirring occasionally (approximately every 30 minutes) with a whisk, until mixture is hot and chocolate chips are melted.

Step 3: Once it is heated through and chocolate is melted, switch the slow cooker to the warm setting. Stir again before serving. This recipe provides 6-8 servings, it can be doubled and prepared in a 6.5-quart crock-pot (or larger) for a larger gathering.

Step 4: Serve in individual cups and garnish with marshmallows, whipped cream, crushed mint, or other preferred toppings. This super-creamy rich hot chocolate is sure to be a warm addition to any gathering!



From the Families of Our Nation's Fallen Service Members

Warm Wishes from Fleet and Family Support Center



Life Skills Educators

The **Fleet and Family Support Center** (FFSC) provides services to support our warfighters and their families, and offers Life Skills Education as a part of the **Commander, Navy Installation Command** (CNIC) spectrum of programs and services.

Life Skills are all about self-discovery, exploring new ways to think, interact and problem-solve. The Fleet and Family Support Centers (FFSCs) offer workshops that are focused on using conflict to direct positive change; connecting the power of communication to strengthen relationships through mutual respect and understanding; and employing mindful thought management and problem solving strategies. Explore the following workshop topics in order to get to 'mission-ready green' and stay in Operational Stress Control (OSC).

Topics covered in Life Skills classes, trainings, and working one-on-one with providers include:

Anger Management

Communication Skills

Conflict Management

Parent Education, including resources such as Sesame Workshop Talk, Listen, Connect addresses issues related to multiple deployments, family changes that occur when a parent is physically or psychologically injured, and the loss of a parent.

Stress Management

Suicide Prevention

and more

Gold Star Family Members are eligible for many of the services offered and can apply for a Base Access ID Card to visit the Fleet and Family Support Center nearest them and to utilize services such as financial education, career planning, family employment readiness, life skills programs, and more. In some locations, additional services offered by FFSC may be available to Gold Star Family Members. Visit the website at https://www.cnic.navy.mil/ffr/family_readiness.html for more information or call your nearest Fleet and Family Support Center for more information. For the DBIDS Base Access Card information, contact your Navy Gold Star Program Coordinator or the Survivor Services Program Representative for the Branch of Service that your Fallen Hero served in.

Our mission is to provide exceptional service to Sailors, Marines, Soldiers, Airman, and Coastguardsman as well as their Families. Services are available to Active Duty, Transitioning, and Retired Service Members, their Family Members, and the Gold Star Family Members of those who died while serving on Active Duty.

A detailed listing of services and more information is available at

https://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program.html

Beverages & More

SPARKLING PUNCH

Ingredients:

4 cups Cold Water
1 can (6 ounces) frozen Orange Juice Concentrate, thawed
3/4 cup thawed Lemonade Concentrate
3/4 cup thawed Grape Juice concentrate
2 cups Ginger Ale, chilled
Ice cubes or Crushed ice

Directions:

Step 1: In a large bowl, combine the water and concentrates.

Step 2: Stir in ginger ale.

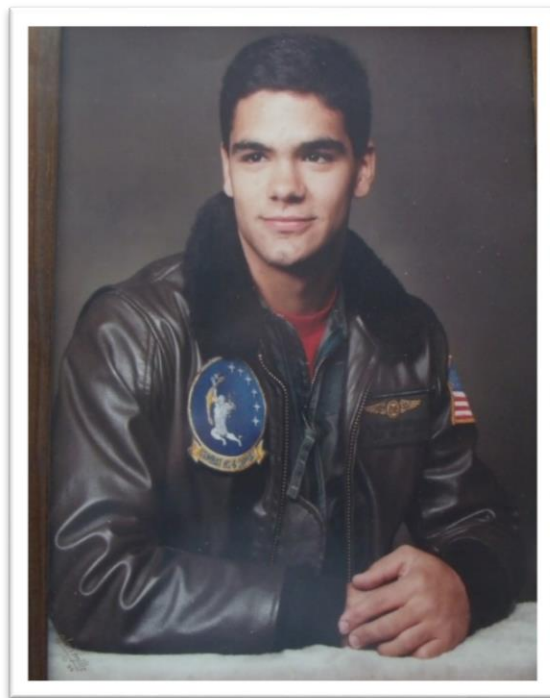
Step 3: Serve immediately over ice.



From the Families of Our Nation's Fallen Service Members

A memory of **Daniel R. Biddle**

Petty Officer, United States Navy



“Bond”

Inspired by Dan’s nicknames of “Bond” and call sign of “007” as a reference he included in his signature, this beverage was something that came to mind when Melissa Biddle Black, Gold Star Spouse of Daniel R. Biddle, was sharing stories with me about his love of chocolate. Well, really, their mutual love of chocolate!

After two years as a Navy Gold Star Program Coordinator, serving alongside Melissa as my neighboring Navy Gold Star Program Coordinator for the Hampton Roads area and beyond, I have been so grateful for her to share her story, mentor me in my role as a Coordinator, and allow me a glimpse into the life and legacy of her beloved Dan.

I am always inspired and humbled by the Gold Star Family Member who walks a journey not only of remembrance, but also full of joyful memories about their Fallen Hero.

I am so grateful to Melissa, to all of my fellow Coordinators, and to all of the Gold Star Family Members I have served, for the opportunity to honor and remember their Fallen Service Member and to recognize the Gold Star Families that steadfastly honor their Loved Ones’ Legacy.

Beverages & More

HOT CHOCOLATE WHISKEY MARTINI

Ingredients:

2 ounces Bourbon Whiskey
4 ounces Half and Half
2 tablespoons Dark Chocolate syrup (or Milk Chocolate if preferred)
Cinnamon stick (optional)
Additional chocolate syrup and/or chocolate truffle for garnish (optional)

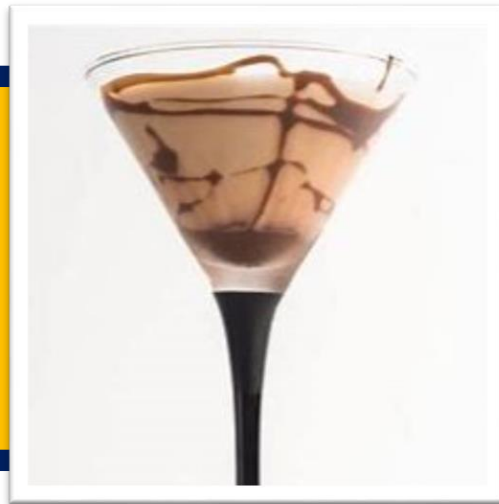
Directions:

Step 1: Warm the half and half in a saucepan and stir in the chocolate syrup.

Step 2: Garnish martini glass with a drizzle of chocolate syrup (optional). Pour the whiskey into the prepared glass.

Step 3: Gently pour hot chocolate into whiskey (barely shaken not stirred!).

Step 4: Garnish with a cinnamon stick, chocolate truffle, or any extra chocolate! Serve.



From the Families of Our Nation's Fallen Service Members

Warm Wishes from Fleet and Family Support Center



Relocation Specialists

The **Fleet and Family Support Center** (FFSC) provides services to support our warfighters and their families, and offers Relocation Assistance as a part of the **Commander, Navy Installation Command** (CNIC) spectrum of programs and services.

The Fleet and Family Support Program's Relocation Assistance Program can make your move a lot easier, whether you are settling into the area or departing from your current location. The RAP is designed to make the moving process run as effortlessly as possible for the service member but also for family members, and the team can be a resource to eligible Gold Star Family Members seeking assistance with a move after the loss of their Loved One on active duty.

They can assist with topics such as:

- Preparing for your Move
- Plan Your Move
- Personally Procurement Move (PPM)
- Housing and Lodging
- CYP & School Research
- Moving with Vehicles and Pets
- and After the Move

Gold Star Family Members are eligible for many of the services offered and can apply for a Base Access ID Card to visit the Fleet and Family Support Center nearest them and to utilize services such as financial education, career planning, family employment readiness, life skills programs, and more. In some locations, additional services offered by FFSC may be available to Gold Star Family Members. Visit the website at https://www.cnic.navy.mil/ffr/family_readiness.html for more information or call your nearest Fleet and Family Support Center for more information. For the DBIDS Base Access Card information, contact your Navy Gold Star Program Coordinator or the Survivor Services Program Representative for the Branch of Service that your Fallen Hero served in.

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A detailed listing of services and more information is available at https://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program.html

Beverages & More

APPLE CIDER PUNCH

Ingredients:

6 cups Apple Cider
1 (750 ml) bottle Sparkling Red Grape Juice
2 cups Orange Juice
2 tablespoons Lemon Juice
Apple Slices or Wedges

Directions:

Step 1: Stir apple cider, sparkling grape juice, orange juice, and lemon juice together.

Step 2: Refrigerate until serving.

Step 3: Garnish with apple slices/wedges. Serve.



From the Families of Our Nation's Fallen Service Members

Warm Wishes from the Navy Gold Star Program



The **Navy Gold Star Program** is the Navy's official program for providing long-term support to surviving families of Sailors who pass away while serving on Active Duty. The Program was established in 2014 and works alongside the long-term assistance programs of each branch of the Armed Forces to ensure that the Families of Fallen Service Members are connected to resources, support, and opportunities to honor their Fallen Loved One. The Program Coordinators work with Military Commands and Community Partners to foster a community of remembrance, honoring the service and sacrifice of Fallen Service Members and Gold Star Family Members.

The Navy Gold Star Program is inclusive of all immediate Family Members – extending all applicable resources and support, regardless of a Fallen Service Member's Military Branch, the Survivor's location, or the manner of the Fallen Service Members' death. Our commitment to the Families we serve is to provide dedicated outreach and support when, and for as long as, they desire. Navy Gold Star Program Coordinators are located around the United States and are ready to help you in any way they can in connecting to local and national resources.

We are dedicated to delivering on the promise of taking care of our own by providing ongoing support to Surviving Families.

Individuals who are eligible to participate in the Navy Gold Star program include the Fallen Service Member's spouse, parents, and their next of kin. This includes all widows and widowers; the term "parents" includes mother, father, stepmother, stepfather, mother through adoption, father through adoption, and foster parents who stood in loco parentis; the term "next of kin" includes children as well as brothers, sisters, half-brothers, and half-sisters; the sons and daughters, including stepchildren and children gained through adoption are eligible at any age to participate in the Navy Gold Star Program.

Participation in the Navy Gold Star Program does not provide or grant authorization to Survivors for additional benefits/privileges beyond what the Survivor was entitled to prior to the death of the service member.

The Navy Gold Star Program Coordinators stand ready to assist with benefits questions, connection to value resources such as counseling providers, bereavement support, financial planning, and many more services. Each Installation Navy Gold Star Program Coordinator hosts remembrance events throughout the year to ensure Families have an opportunity to honor their Fallen Service Member, and to connect with the Gold Star Community and with Resources Providers.

More information about Navy Gold Star Programs resources, services, and events can be found at:

www.navygoldstar.com, on Facebook at www.facebook.com/NavyGoldStar or by phone at **1-888-509-8759**.

Beverages & More

GOLDEN MILK

Ingredients:

2 ½ cups of Milk, or Coconut Milk (or unsweetened, full fat Almond Milk)
1 stick Cinnamon (or ¼ teaspoon of ground Cinnamon and more as a garnish)
1 ½ teaspoon ground Turmeric spice
½ teaspoon ground Ginger
1 tablespoon Coconut Oil
Pinch of Black Pepper
1 tablespoon Honey (or Maple Syrup)

Directions:

Step 1: Place the Milk, Cinnamon (ground or stick), Turmeric, Ginger, Coconut Oil, and Black Pepper in a small saucepan.

Step 2: Cook on medium heat, stirring frequently, until it is blended and warm but not boiling, approximately 5 minutes.

Step 3: Add in your preferred sweetener, Honey or Maple Syrup, to taste.

Step 4: If you used a Cinnamon stick, strain the mixture it into your cup(s). If not, divide it in two mugs.

Step 5: As an optional touch/garnish, sprinkle with pinch of ground cinnamon. Serve while hot.

This Golden Milk goes by many different names and many unique recipes, and is filled with ingredients that are known for their antioxidant, antibacterial, anti-cariogenic, and anti-inflammatory properties. With all of the healthy properties, this latte-like creamy drink can provide comfort and nutrition.



From the Families of Our Nation's Fallen Service Members

Warm Wishes from the Navy Gold Star Program



The Navy Gold Star Program Coordinators stand ready to assist with benefits questions, connection to value resources such as counseling providers, bereavement support, financial planning, and many more services. Each Installation Navy Gold Star Program Coordinator hosts remembrance events throughout the year to ensure Families have an opportunity to honor their Fallen Service Member, and to connect with the Gold Star Community and with Resources Providers.

More information about Navy Gold Star Programs resources, services, and events can be found at:

www.navygoldstar.com, on Facebook at www.facebook.com/NavyGoldStar or by phone at **1-888-509-8759**.

From My Family to Yours

When I shared the news with my family that I would be creating this Recipe Book to honor Fallen Service Members, in hopes of sharing cherished memories and bringing joy to the incredible families we serve as part of the mission of the Navy Gold Star Program, they immediately wanted to help!

In putting this Recipe Book together, we have prepared recipes and taken photos of the beautiful and delicious dishes, and shared these stories in honor of the Fallen Heroes included and their Gold Star Families as we gathered in the kitchen and tried new meals and old favorites alike! My children asked to share a favorite beverage that they enjoy creating together—a homemade lemonade that they love to make and share with friends and neighbors at every opportunity!

Although it is a simple recipe and a fun (slightly messy!) process, there is a very important tip that my little ones wanted to share: you must garnish each glass of this lemonade with a spring of fresh mint, just before serving it, as it changes the entire beverage in an unbelievable way!

I hope that you enjoy this and other recipes shared throughout this Recipe Book, and that the stories, photos, tips, resources, and flavors all bring you joy!

Beverages & More

LEMONADE

Submitted by Heather, Installation Navy Gold Star Program Coordinator, and Family

Ingredients:

6-8 medium Lemons (creating 1 ½ cups of fresh Lemon Juice)
2 cups Granulated Sugar
4-5 cups Water, divided
8+ Thinly Sliced Lemons
8+ Springs of Mint

Directions:

Step 1: Combine the sugar and 2 cups of water in a saucepan over medium heat. Juice the lemons.

Step 2: Bring to a boil and stir until sugar has dissolved. Remove this simple syrup from heat and cool to room temperature.

Step 3: Strain the lemon juice through a strainer into a 2-quart pitcher.

Step 4: Add the simple syrup and stir to combine. Refrigerate until cold.

Step 5: When ready to serve, add approximately 2 1/2 cups of cold water and stir. This is a good time to sample it, and add more water if you feel it is too sweet. Makes approx. 8 servings.

Step 6: Serve with ice, the thinly sliced lemons and fresh spring of mint. Enjoy!



From the Families of Our Nation's Fallen Service Members

Warm Wishes from Navy-Marine Corps Relief Society



Navy-Marine Corps Relief Society was founded in 1904, when several Naval personnel and their spouses and civilian friends saw the need for more formal and organized assistance for members of the Armed Forces. The Society was incorporated on January 23 of that year. Initial funding came from the proceeds of the 1903 Army-Navy Football Game held at Franklin Field, Philadelphia, Pennsylvania. In its first year, the Society gave \$9,500 to widows and families of enlisted men.

During World War I, military pay days were often delayed. To help cover the gap, the Society began an interest-free loan program for Navy and Marine Corps personnel. Eventually, this financial assistance expanded to help with other needs, such as medical bills.

Anticipating the personal needs of those serving in the U.S. military during World War II, President Franklin D. Roosevelt authorized a public appeal for support to benefit the military relief associations. This national fundraising effort helped establish the Society's Reserve Fund in 1942. This fund provides a rainy-day means of support and relief assistance not covered by other revenue streams, especially during catastrophic natural disasters that affect Navy and Marine Corps members and their families.

Today, Navy-Marine Corps Relief Society assists Active Duty and Retired Military Personnel, their Families, and Gold Star Spouses/Dependents as well. When a client is having trouble meeting urgent financial needs, NMCRS may be able to provide an interest-free loan or grant. Through financial counseling, they will also help clients plan for better financial stability. From everyday bills to unexpected expenses, our caseworkers are ready to help. They understand the unique challenges of military life, and they are ready to listen and suggest options to bring clients needed relief. NMCRS services are completely confidential.

Volunteers have been the backbone of the Navy-Marine Corps Relief Society for more than 100 years. They make up more than 90 percent of our workforce. Volunteers make it possible for their donated funds to directly assist Sailors, Marines, and their families.

When service members seek our assistance, they often interact directly with one of our skilled volunteers. As a volunteer, each team member receives specialized training, gets extensive support and resources, connects with other volunteers and builds friendships, gets assistance with child- and dependent-care and mileage expenses, helps others and makes a difference!

NMCRS volunteers have unique backgrounds and experiences, and they have different reasons for serving. However, they all desire to support the community of active duty and retired Navy and Marine Corps service members and their families.

Helping Sailors and Marines in times of need or crisis is an excellent way to make a difference!

More information about NMCRS programs, services, and volunteer opportunities is at www.nmcrs.org

Beverages & More

HOT CRANBERRY PUNCH

Submitted by Volunteers at Navy-Marine Corps Relief Society

Ingredients:

3 cup Pineapple Juice
3 cup Cranberry Juice
1½ cup Water
1/3 cup Brown Sugar
2 Lemon Slices
2 Cinnamon Sticks
½ teaspoon Cloves

Directions:

Step 1: Combine all ingredients in a large pot.

Step 2: Bring to a boil.

Step 3: Reduce heat and simmer uncovered for 1 hour.

Step 4: Serve warm or refrigerate until serving time and reheat in microwave.



From the Families of Our Nation's Fallen Service Members

A memory of **Ronald E. Irwin**

Lieutenant, United States Navy

This beautiful message, *A Garden For All Seasons*, is shared by

Gold Star Spouse, Wanda Irwin, Wife of Ronald E. Irwin

Ronald E. Irwin served in the United States Navy and was treasured by his family and his shipmates. He will always be honored and remembered.

Beverages & More

A GARDEN FOR ALL SEASONS

A Garden For All Seasons

First, plant four rows of peas:

Peace

Preparation

Pleasantness

Perseverance

Next to these, plant four rows of squash:

Squash gossip

Squash griping

Squash unconstructive criticism

Squash hostility

Now plant five rows of lettuce:

Let us obey rules

Let us be true to our obligations

Let us be faithful to our duty

Let us be loyal and unselfish

Let us love one another

No garden is complete without turnips:

Turn up on time for meetings

Turn up with a smile

Turn up with new ideas

Turn up with determination

to make everything count

for something good and worthwhile

In Loving Memory of Lt. Ronald E. Irwin



Measurements

Conversions,



More

Measurements

DRY MEASUREMENTS

pinch = approx. 1/8 teaspoon
1 ounce = 1/16 pound = 28.35 g
1 peck = 8 quarts = 1/4 bushel
1 pound = 16 ounces = 453.6 g

LIQUID MEASUREMENTS

1 dash = 6 drops
1 teaspoon = 1/3 tablespoon = 4.93 ml
1 tablespoon = 1/16 cup or 1/2 fluid ounce = 3 teaspoons = 14.79 ml
1 fluid ounce = 1/16 pint = 29.57 ml
1 cup = 8 fluid ounces = 16 tablespoons = 237 ml
1 pint = 2 cups = 473 ml
1 fifth = 757 ml
1 quart = 2 pints = 946 ml
1 gallon = 4 quarts = 3.78 l

ABBREVIATIONS

cup = C
ounce = oz
quart = qt
gallon = gal
ounce = oz
pint = pt
pound = lb
quart = qt
tablespoon = T or Tbsp
teaspoon = t or tsp

Conversions

BASIC KITCHEN CONVERSIONS & EQUIVALENTS

DRY MEASUREMENTS CONVERSION CHART

3 TEASPOONS = 1 TABLESPOON = 1/16 CUP
6 TEASPOONS = 2 TABLESPOONS = 1/8 CUP
12 TEASPOONS = 4 TABLESPOONS = 1/4 CUP
24 TEASPOONS = 8 TABLESPOONS = 1/2 CUP
36 TEASPOONS = 12 TABLESPOONS = 3/4 CUP
48 TEASPOONS = 16 TABLESPOONS = 1 CUP

LIQUID MEASUREMENTS CONVERSION CHART

8 FLUID OUNCES = 1 CUP = 1/2 PINT
= 1/4 QUART
16 FLUID OUNCES = 2 CUPS = 1 PINT
= 1/2 QUART
32 FLUID OUNCES = 4 CUPS = 2 PINTS
= 1 QUART = 1/4 GALLON
128 FLUID OUNCES = 16 CUPS = 8 PINTS
= 4 QUARTS = 1 GALLON

BUTTER

1 CUP BUTTER = 2 STICKS = 8 OUNCES
= 230 GRAMS = 8 TABLESPOONS

METRIC TO US COOKING CONVERSIONS

OVEN TEMPERATURES

120 C = 250 F
160 C = 320 F
180 C = 350 F
205 C = 400 F
220 C = 425 F

BAKING IN GRAMS

1 CUP FLOUR = 140 GRAMS
1 CUP SUGAR = 150 GRAMS
1 CUP POWDERED SUGAR = 160 GRAMS
1 CUP HEAVY CREAM = 235 GRAMS

VOLUME

1 MILLILITER = 1/5 TEASPOON
5 ML = 1 TEASPOON
15 ML = 1 TABLESPOON
240 ML = 1 CUP OR 8 FLUID OUNCES
1 LITER = 34 FL. OUNCES

WEIGHT

1 GRAM = .035 OUNCES
100 GRAMS = 3.5 OUNCES
500 GRAMS = 1.1 POUNDS
1 KILOGRAM = 35 OUNCES

US TO METRIC COOKING CONVERSIONS

1/5 TSP = 1 ML
1 TSP = 5 ML
1 TBSP = 15 ML
1 FL OUNCE = 30 ML
1 CUP = 237 ML
1 PINT (2 CUPS) = 473 ML
1 QUART (4 CUPS) = .95 LITER
1 GALLON (16 CUPS) = 3.8 LITERS
1 OZ = 28 GRAMS
1 POUND = 454 GRAMS

WHAT DOES 1 CUP EQUAL ?

1 CUP = 8 FLUID OUNCES
1 CUP = 16 TABLESPOONS
1 CUP = 48 TEASPOONS
1 CUP = 1/2 PINT
1 CUP = 1/4 QUART
1 CUP = 1/16 GALLON
1 CUP = 240 ML

BAKING PAN CONVERSIONS

9-INCH ROUND CAKE PAN = 12 CUPS
10-INCH TUBE PAN = 16 CUPS
10-INCH BUNDT PAN = 12 CUPS
9-INCH SPRINGFORM PAN = 10 CUPS
9 X 5 INCH LOAF PAN = 8 CUPS
9-INCH SQUARE PAN = 8 CUPS

BAKING PAN CONVERSIONS

1 CUP ALL-PURPOSE FLOUR = 4.5 OZ
1 CUP ROLLED OATS = 3 OZ
1 LARGE EGG = 1.7 OZ
1 CUP BUTTER = 8 OZ
1 CUP MILK = 8 OZ
1 CUP HEAVY CREAM = 8.4 OZ
1 CUP GRANULATED SUGAR = 7.1 OZ
1 CUP PACKED BROWN SUGAR = 7.75 OZ
1 CUP VEGETABLE OIL = 7.7 OZ
1 CUP UNSIFTED POWDERED SUGAR = 4.4 OZ

Notes

Notes

Produced in January 2020 by the Navy Gold Star Program.

Printed in the United States of America.

The Navy Gold Star Program is the United States Navy's official program for providing long-term support to surviving Families of Sailors who have died while serving on Active Duty.

Individuals eligible to participate in the Navy Gold Star Program include Spouses, Parents, Siblings, Sons and Daughters of Fallen Service Members from all branches of service, as well as step- family members and those family members gained through adoption.

This book may be shared and printed for personal use only. No part of this book may be reproduced in any manner for a resale purpose.

This Recipe Book is a compilation of photos, stories, and recipes submitted with the permission of all participants for use by the Navy Gold Star Program and for distribution only as a free resource. The resulting product is a complimentary remembrance gift and resource guide not intended for sale but solely as a free electronic or printed gift for those wishing to honor our Nation's Fallen Service Members.

Participation in the Navy Gold Star program does not provide or grant authorization to Survivors for additional benefits/privileges beyond what the Survivor was entitled to prior to the death of the service member.





*Created in Loving Memory of
Our Nation's Fallen Service Members*

Recipes and Memories from the Families of



Fallen United States Military Service Members