



GOLD STAR COMMUNITY COOKBOOK

RECIPES AND MEMORIES FROM THE FAMILIES OF
FALLEN U.S. MILITARY SERVICE MEMBERS



THE NAVY GOLD STAR PROGRAM IS THE UNITED STATES NAVY'S OFFICIAL PROGRAM FOR PROVIDING LONG-TERM SUPPORT TO THE FAMILIES OF SERVICE MEMBERS WHO HAVE DIED WHILE SERVING ON ACTIVE DUTY.

INDIVIDUALS ELIGIBLE TO PARTICIPATE IN THE NAVY GOLD STAR PROGRAM INCLUDE SPOUSES, PARENTS, SIBLINGS, AND SONS AND DAUGHTERS OF FALLEN SERVICE MEMBERS FROM ALL BRANCHES OF MILITARY SERVICE.

THIS GOLD STAR COMMUNITY COOKBOOK 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 ITEM FOR THOSE WISHING TO HONOR OUR NATION'S FALLEN SERVICE MEMBERS.

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.

THE MENTION OF ANY BRANDS, STORES, WEBSITES, OR ORGANIZATIONS DOES NOT CONSTITUTE ENDORSEMENT BY THE DEPARTMENT OF DEFENSE (DOD) OR DEPARTMENT OF THE NAVY (DON). BE SURE TO CONTACT ANY LISTED ORGANIZATIONS DIRECTLY TO LEARN MORE ABOUT THEIR PROGRAMS AND ELIGIBILITY REQUIREMENTS.

CONTENTS

INTRODUCTION	2
APPETIZERS & SIDES	7
SOUPS & STEWS	37
ENTRÉES	47
DESSERTS	83
BREAKFAST ENTRÉES	121
RESOURCES	129

INTRODUCTION

HONORING THE LEGACIES OF FALLEN MILITARY HEROES, CONNECTING WITH THEIR GOLD STAR FAMILY MEMBERS

The making and sharing of food has been integral in bringing families and groups of people together throughout history. Across cultures, talking and sharing stories over a meal create some of the fondest memories people have. One of the Navy Gold Star Program's primary missions is to help ensure that the memories of this nation's fallen are not forgotten. This cookbook was born from a desire to help that mission and share their favorite recipes and stories within our communities.

Navy Gold Star coordinators invited families to contribute some of their loved ones' favorite recipes and share memories that they made together. In addition to these favorite recipes, we extended an invitation to numerous service providers to include their favorite recipes and resources to make this cookbook a true community project.

We hope you join us in reading more about the service members and their families and find a few awesome new foods to try. You can also learn a little more about some of the programs available that support our surviving families.

– The Navy Gold Star Team

APPETIZERS & SIDES

Cucumbers and Sour Cream *in memory of Michael Shane Kolb, USN*

Grandma Faison's Corn Pudding *in memory of James Allen Slape, USANG*

Cauliflower "Fried Rice" *in memory of Bethany Jordan, USN*

Rudy's Jamaican Rice and Peas *in memory of Rudolph O. Ross, USN*

Spinach Dip *in memory of Caleb King, USN*

Juicy Buttermilk Chicken Nuggets *in memory of Maxwell C. Atkins, USN*

Broccoli and Cheese *in memory of Hunter Nathaniel Biehle, USN*

Val Family Mac and Cheese *in memory of Thomas Michael Valenzuela, USN*

Michael's Mac and Cheese *in memory of Michael Elving, USN*

Mama Mac's Mac N' Cheese *in memory of Brandon G. McCoy, USA*

Mom's Pasta Salad *in memory of LeMontee Romone Stevenson, USN*

Cornbread Dressing *in memory of Kristopher Lee Guy, USN*

Sue's Blue-Ribbon Roquefort Dressing *from Tim McGough, CNIC FFSP*

Golden Sweet Cornbread *from Lisa Bauch, Navy Gold Star Program*

Shrimp Stuffing *from Dr. S.L. Walker, CNIC TAP*

Hot Virginia Dip *from the Woody Williams Foundation*

Garlicy Skillet Green Beans *from Eliana Moore, aspiring kid chef*

SOUPS & STEWS

Shrimp and Corn Chowder *in memory of Jonathan Kilian Dozier, USA*

Sweet Rodeo Chili *in memory of Mark David Lyons, USN*

Cowboy Stew *in memory of Keith F. Gillette Jr., USN*

Ukrainian Borscht *in memory of Dmitry Chepusov, USN*

Heart-Healthy Turkey Chili and Cornbread *from Fran Jackson, CNIC PFM Program*

ENTRÉES

Lasagna *in memory of Nicholas Forrest, USN*

Reverse-Seared Santa Maria Tri-Tip *in memory of Adam Johnson, USN*

Medium-Rare Steak with Sauteed Mushrooms in Butter *in memory of Christopher Michael Colafati, USN*

Swiss Steak *in memory of Dustin K. Burnett, USN*

Mom's Tuna Sandwich *in memory of Rene William Zook, USN*

Dolores' Tex-Mex Enchiladas *in memory of Rene William Zook, USN*

Hamburger Casserole *in memory of Matthew John Austin, USN*

Kelly Chicken *in memory of Koleton Carpenter, USN*

Apricot Chicken *in memory of James "Tyler" Grotjan, USAF*

Patrick's Chicken *in memory of Patrick Drury, USN*

Rice's Chicken *in memory of Christopher R. Rice, USN*

Sabrina's Roasted Cajun Turkey *in memory of Sabrina Martinez, USA*

Dad's Spaghetti and Sauce *in memory of Shantel "Shanny" Louise Fugere, USN*

Dirty Rice *in memory of Marcus E. Cline, USN*

Shortie Burgers *in memory of David A. Moberg, USN*

Nonni's Stuffed Peppers *in memory of Francis T. Williams, USN*

Chicken Stir Fry *from George A. Lutz Sr., Gold Star father and founder of Honor and Remember, Inc.*

Southern Maryland Stuffed Ham *from Katie Stratchko, CNIC SAPR Program*

Sweet and Tangy Glazed Salmon *from Eliana Moore, aspiring kid chef*

DESSERTS

Boston Fudge Cake with Peanut Butter Icing *in memory of Charles Z. Walker, USN*

Red Velvet Cupcakes *in memory of Johnathon C. Duran, USN*

Dominican Cake *in memory of Christopher Joe Johnson, USN*

Boston Cream Pie Cupcakes *in memory of William James Keys, USN*

Chocolate Sheet Cake *in memory of Patrick Dolphin, USMC*

Hot Cross Buns *in memory of Keon Askew, USN*

Jelly Cake *in memory of Joshua T. Newton, USN*

Strawberry Rhubarb Pie *in memory of Stewart McGurk, USA*

Southern Sweet Potato Pie *in memory of Clarence J. Roach, USN*

Chocolate Chip Skillet Cookie *in memory of Brian Richard Stead, USN*

Strawberry Swirl Cake *in memory of Koleton Carpenter, USN*

Gus' Chocolate Kahlúa Cake *in memory of Gustav Carl Bahruth, USN*

Buckeyes *in memory of Stephen Tyler Murphy, USN*

Goopy Butter Cookies *in memory of Kevin Flynt, USN*

Red Velvet Cake Parfaits *in memory of George Henry Rush Jr., USN*

Coca-Cola Cake *in memory of Charles Z. Walker, USN*

Susan's Award-Winning Irish Crown Chocolate Mousse *from Tim McGough, CNIC FFSP*

BREAKFAST ENTRÉES

Biscuits and Gravy *in memory of Elizabeth Anne Richardson, USN*

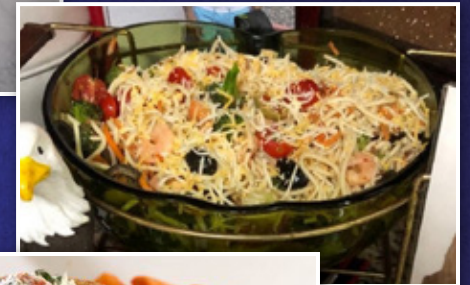
Crepe-Style Pancakes *in memory of Brent M. Doire, USN*

"Instant" Pancakes *from the Tragedy Assistance Program for Survivors (TAPS)*

Slow Cooker Breakfast Casserole *from the Navy Gold Star Program*

APPETIZERS & SIDES

This page intentionally left blank.



This page intentionally left blank.



FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
**SENIOR CHIEF PETTY OFFICER
MICHAEL SHANE KOLB,**
U.S. NAVY



Submitted by Joann Kolb, mother of Michael Shane Kolb

"This was Michael's favorite thing for me to make him when he came home on leave."

— Joann Kolb

CUCUMBERS AND SOUR CREAM

Ingredients

- 3 cucumbers
- 1 onion
- 1 cup sour cream
- 1-2 tablespoons vinegar
- Dash of milk
- ½ teaspoon sugar

Directions

Step 1: Slice cucumbers and onion very thin, preferably with a slicer.

Step 2: Sprinkle with salt shaker and cover the mixture well by turning it.

Step 3: Let it stand for 1 hour.

Step 4: Squeeze water out of cucumbers/onions and drain water off.

Step 5: In a separate bowl, mix sour cream, vinegar, and sugar with whisk. Add milk to thin mixture a little, not a lot.

Step 6: Add to cucumbers and onions.

Step 7: Refrigerate for a couple of hours.

Step 8: Enjoy!





FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
SERGEANT JAMES ALLEN SLAPE,
U.S. ARMY NATIONAL GUARD



Submitted by Trish Slape, mother of James Allen Slape

"Holidays with family are always special, and my memories with our family are some of the happiest that I will always cherish! I am not the best cook, and my kids grew up very picky, so there wasn't a huge repertoire of things I could cook that they would even eat. Vegetables were the lowest on the list – corn, potatoes, peas (and Jimmy wouldn't even eat peas – even as an adult) – so not a huge variety there!"

"I grew up with the standard holiday fare – turkey, stuffing, sweet potato casserole, green bean casserole, cranberry sauce, and corn pudding! My grandmother made the best corn pudding! I was intent on carrying on this tradition with my boys, so I always fixed corn pudding with our holiday dinners – my heart was full that both my boys enjoyed the corn pudding as much as I had growing up. I had succeeded in broadening their horizons – even if for only one or two meals a year!"

– Patricia Slape

GRANDMA FAISON'S CORN PUDDING

Prep time: 15 minutes

Ingredients

- 6 eggs, beaten
- 1 cup milk, scalded
- 1 stick butter, melted
- 3 tablespoons sugar
- 2 cans cream-style corn
- 2 cans whole kernel corn, drained
- Salt and pepper to taste

Directions

Step 1: Combine all ingredients.

Step 2: Put in greased deep casserole pan or 9"x13" dish.

Step 3: Bake in a 325 F oven for 1½ hours.





FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
**PETTY OFFICER 2ND CLASS
BETHANY JORDAN,**
U.S. NAVY



Submitted by Jayne Jordan, mother of Bethany Jordan

“While I was trying to address some health issues, I opted to go mostly grain-free with my cooking. My daughter was in high school when I first started using this particular recipe and I had to fight her for it, it was so good! She was more than happy to go grain-free too if it meant getting to eat this. After she joined the Navy, she would request for me to make this when I visited her. And if it was too long in between visits, she’d even make it herself occasionally.”

– Jayne Jordan

CAULIFLOWER “FRIED RICE”

Prep time: 50 minutes

Serves: 6

Ingredients

- 2 heads of cauliflower, cut into bite-size pieces or 2 (1-pound) bags of frozen riced cauliflower, thawed
- 1 cup frozen peas, thawed
- 2 carrots, diced
- 3 tablespoons coconut oil
- 5 tablespoons fermented tamari sauce, plus more to taste
- 3 large eggs
- 4 scallions, white and green parts, chopped

Directions

Step 1: Place half the cauliflower in the bowl of a food processor. Pulse for 12 to 15 one-second pulses or until the cauliflower is about the size of grains of rice. Transfer to a bowl and repeat with the rest of the cauliflower. (Skip this step if using frozen riced cauliflower.)

Step 2: Place the peas and carrots in a small saucepan and cover with water. Bring to a simmer over medium heat and cook until tender, 8-10 minutes. Drain.

Step 3: Heat a large skillet over medium heat for 2 minutes. Add the coconut oil and swirl to coat. Add the cauliflower and tamari and cook, stirring occasionally, until the cauliflower is hot and coated with the tamari, about 3 minutes.

Step 4: Move the cauliflower to the outside edge of the pan to make a space for the eggs. Crack the eggs into the center of the pan and scramble them there, then stir them into the cauliflower.

Step 5: Add the peas, carrots and scallions and cook, stirring, for about 2 minutes, until all the ingredients are incorporated and hot. Season to taste with a bit more tamari if needed. Serve immediately.

Paleo/dairy-free adaptation: Use coconut aminos in place of the tamari.

Note: To turn this recipe into a main dish, mix 1 pound ground chicken with 2 tablespoons fermented tamari sauce and marinate for 30 minutes in the fridge. Cook the meat thoroughly in a skillet, breaking it into small pieces with the back of a spoon, then mix it in with the cauliflower before adding the eggs.



FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
SEAMAN RUDOLPH O. ROSS,
U.S. NAVY



Submitted by Rossonya Ross, daughter of Rudolph O. Ross

“Before my dad, Rudolph, joined the Navy, he helped manage a Caribbean restaurant, which is where my mom and dad met. This is my dad’s rice and peas recipe. My mom learned it from him and has made it for years, though with her own twist depending on what she has on hand. She doesn’t typically measure, so this is our best guess, and you may want to make some modifications. You can double the recipe or add more red beans or seasonings to your liking!”

– Rossonya Ross

RUDY’S JAMAICAN RICE AND PEAS

Ingredients

- 1½ cups long-grain rice
- 1 can of red beans, drained (or 1-2 cups dried red beans that have been soaked/prepared)
- 1 can coconut milk
- 1½ cups water
- ½ teaspoon ground allspice
- 2-4 sprigs fresh thyme or 2 teaspoons dried thyme
- 2 bundles scallions (4-6 stalks), cut into 3-inch pieces so they stay intact while cooking
- 1 teaspoon salt
- 4 cloves garlic, minced
- 2 tablespoons coconut oil or other cooking oil

Directions

Step 1: Heat coconut oil over medium heat. Add rice and sauté for a couple minutes.

Step 2: Add garlic and allspice and sauté for another minute.

Step 3: Add can of coconut milk, water, salt, black pepper, scallions, and red beans.

Step 4: Give a quick mix and then allow to simmer gently for about 10 minutes until the liquid skims the surface of the rice (maybe a couple millimeters above the rice).

Step 5: Then reduce heat to low, cover with a lid, and cook for about 15 more minutes.

Serve this dish with whatever you like, but it’s delicious alongside jerk chicken, plantains, and some salad or sautéed veggies.





FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
LIEUTENANT CALEB KING,
U.S. NAVY



Submitted by Victoria King, spouse of Caleb King

“Caleb’s mom used to make this recipe whenever he would come home for break while he was at the Naval Academy. He loved this so much!”

– Victoria King

SPINACH DIP

Ingredients

- 1 (10 ounces) package frozen chopped spinach, thawed and drained
- 1 (16 ounces) container sour cream
- 1 cup Hellmann’s mayonnaise
- 3 green onions, chopped
- 1 (1.4 ounces) package Knorr vegetable recipe mix
- 1 (8 ounces) can water chestnuts, drained and chopped (optional)
- 1 large unsliced oval or round loaf of bread, hollowed out

Directions

Step 1: In medium bowl, stir all ingredients until well mixed.

Step 2: Cover and chill 2 hours to blend flavors.

Step 3: Stir before serving. Spoon dip into hollowed out bread loaf.





FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
SEAMAN MAXWELL C. ATKINS,
U.S. NAVY



Submitted by Reuben and Kelly Byrd, parents of Maxwell C. Atkins

"Max served the U.S. Navy as an aviation ordnanceman for the VFA-14 'Tophatters' Strike Fighter Squadron based in Lemoore, California. His squadron was attached to the USS Abraham Lincoln, where he served his first deployment in the Pacific and South China Sea for seven months in 2022. Max is forever in the hearts of his friends and family."

"Max was a super-picky eater and a bona fide fast-food connoisseur. He devoured his favorite food but if it wasn't readily available, he would forego eating and wait until he got what he wanted. His favorite fast food was Chipotle, Chick-fil-A and the local tacos on the base, which he would buy en masse. Beyond fast food, Max was all about a thick and juicy steak and loaded baked potato. When Reuben made his juicy buttermilk chicken nuggets for the first time, Max declared that they were better than Chick-fil-A, the gold standard! We hope you enjoy these delicious nuggets with your families and friends."

– Reuben and Kelly Byrd

JUICY BUTTERMILK CHICKEN NUGGETS

Ingredients

- 2 pounds chicken tenders or boneless chicken breasts, tendons removed and cut into nugget-sized pieces
- Vegetable oil for frying, about 2-inches deep in a cast iron pan; if using a fryer, fill based on manufacturer's instructions

Buttermilk Marinade

- 1 quart buttermilk
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon paprika

Flour Dredge

- 2 cups all-purpose flour
- 1 teaspoon basil, dried and crushed with mortar and pestle
- 1 teaspoon black pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon oregano, dried and crushed with mortar and pestle
- 1 teaspoon paprika
- 1 teaspoon salt
- 1 teaspoon thyme, dried and crushed with mortar and pestle
- ½ teaspoon white pepper

Directions

Step 1: For the marinade, place chicken nugget pieces in a medium-size bowl and sprinkle with garlic powder, onion powder and paprika. Pour buttermilk in the bowl, submerging the chicken. Cover and place in the refrigerator overnight.

Step 2: For the flour dredge, combine the flour, basil, black pepper, garlic powder, onion powder, oregano, paprika, salt, thyme, and white pepper. Mix thoroughly.

Step 3: Heat the oil to 325 F. Drain excess marinade and drop about five nuggets at a time into the flour mixture. Coat the nuggets thoroughly and shake off any excess coating.

Step 4: Gently place the coated nuggets in the hot oil for 4-6 minutes. Check the oil regularly to maintain the recommended temperature. Place the cooked nuggets on a baking pan with a wire rack to drain any excess oil, and place the baking pan in the oven at 200 F to keep warm. Continue with the remaining batches of nuggets until all the nuggets are prepared.

Step 5: Place nuggets in a bowl and serve with your favorite sauce.





FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
**SEAMAN APPRENTICE
HUNTER NATHANIEL BIEHLE,**
U.S. NAVY



Submitted by Jennifer Biehle, mother of Hunter Nathaniel Biehle

“This was one of Hunter’s favorite dishes to eat with a ribeye or have at Thanksgiving dinner. He and his sister would fight over the leftovers the next day and who would get what was left.”

– Jennifer Biehle

BROCCOLI AND CHEESE

Ingredients

- 4 cups Minute Rice
- 1 (16 ounces) block of Velveeta cheese
- 2 (10.75 ounces) cans cream of mushroom soup
- 4 (10 ounces) packages of chopped frozen broccoli
- 2 (16 ounces) packages of Jimmy Dean sausage, any flavor you like (Our Sailor liked it spicy, so we got it hot.)

Directions

Step 1: Brown the Jimmy Dean sausage in a large skillet and set aside.

Step 2: Cook broccoli in the microwave until tender.

Step 3: Cook rice per instructions on box.

Step 4: Chop up Velveeta into medium chunks.

Step 5: Mix all ingredients with the sausage in a large skillet. Heat until it is all melted together.





FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
**PETTY OFFICER 1ST CLASS
THOMAS MICHAEL VALENZUELA,**
U.S. NAVY



Submitted by Thomas and Michelle Valenzuela, parents of Thomas Michael Valenzuela

Tommy's mom, Michelle, per request from Tommy and his sisters, made this homemade mac and cheese for every get together and holiday meals spent with family and friends.

"Tommy really loved this mac and cheese. One year, he called me for the recipe so he could make it for his roommates for their Thanksgiving away from home. He was so excited to share it with his friends. When I followed up to see how it went, he was so proud. The recipe was a success and his roommates absolutely loved it."

"Tommy was beloved by his family and friends and is deeply missed by all who had the privilege of knowing and serving with him. He will always and forever be honored and remembered! May he rest in peace."

– Michelle Valenzuela

VAL FAMILY MAC AND CHEESE

Ingredients

- 1 package pasta (whatever type you prefer is fine)
- 1 stick butter
- 1 clove garlic, minced (optional)
- 1 pint heavy cream
- 1 cup any preferred type of cheese, grated (cheddar, gouda, white cheddar or any combination)
- 1 (8-ounce) package cream cheese
- Salt and pepper, to taste

Directions

Step 1: Prepare pasta as described on packaging.

Step 2: In a medium pan over medium heat, melt butter and sauté garlic (optional, about 1 minute) until melted.

Step 3: Add heavy cream and cook another minute, while constantly stirring.

Step 4: Lower heat and slowly add cheese and cream cheese, stirring until melted. This should create a nice thick sauce.

Step 5: Add salt and pepper to taste.

Step 6: After preparing pasta as recommended, thoroughly drain water and add to the sauce mixture in pan, stirring until completely incorporated together.





FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
PETTY OFFICER 2ND CLASS MICHAEL ELVING,
U.S. NAVY



Submitted by Brenda Elving, mother of Michael Elving

“Michael’s favorite comfort food was macaroni and cheese, from scratch, the way mom made it. He could make it himself and discovered that Panera made a passable substitute, but leave wasn’t complete until he’d stopped for a bowl at home with me. I’ve never measured anything; it was all ‘to taste’ and ‘til it looks right.’ He enjoyed a splash of salsa mixed into it on occasion and would get into discussions with others about the appropriateness of salsa in mac and cheese. In his mind, the addition of salsa made a complete meal, although it was sufficient on its own ‘if done right.’”

– Brenda Elving

MICHAEL’S MAC AND CHEESE

Ingredients

- 1 bag elbow macaroni or corkscrew noodles
- ¼ cup butter
- 2 tablespoons flour
- Pepper to taste (more is better), salt
- 2 cups milk
- 5 slices American cheese
- 1½ to 2 cups shredded cheddar or Mexi-mix cheese

Directions

Step 1: Cook macaroni in boiling water according to package directions. Pour macaroni into a colander and set aside.

Step 2: Using the same pot over low heat, melt butter and sprinkle over flour, a pinch of salt and fresh ground pepper (more is better).

Step 3: Whisk until smooth and add milk, a little at a time, until smooth and the consistency of gravy.

Step 4: Add American cheese and stir until melted, then add cheddar and continue stirring until smooth. Add more milk if it gets too thick.

Step 5: Stir in macaroni, add more salt and pepper to taste.





FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
SERGEANT BRANDON G. MCCOY,
U.S. ARMY



Submitted by Alicia D. McCoy, wife of Brandon G. McCoy

"My late husband, Brandon, served his country faithfully in the U.S. Navy from 1999-2007, and then he transferred to the U.S. Army, serving there from 2007-2012. He was a wonderful soldier, a good husband, and a great dad. He loved his family with everything he had, and his loss made an enormous impact on not just our lives, but all those that knew him. He loved life, he loved to laugh, and he absolutely loved to eat. He was one of those guys that no matter how much food you put in front of him, he always cleared the plate, and yet magically never gained weight (not fair, I know)! This was one of his favorite dishes out of the many things that I made, and he swore that every time I prepared it, it got better. This was a staple food at our home for holiday meals (Thanksgiving, Christmas, Easter, etc.), and whenever he took leftovers to work, he always ended up begging me to make another pan just to share with his soldiers. They dubbed it 'Mama Mac's Mac-n-Cheese,' and it stuck. I hope you enjoy this as much as our family, his soldiers, and he did."

– Alicia D. McCoy, Navy Gold Star Program coordinator for Kentucky, North Carolina and Ohio families

MAMA MAC'S MAC N' CHEESE

Ingredients

- 8 ounces uncooked elbow macaroni
- 1 egg
- ½ cup milk
- 1 (10.5-ounce) can cream of chicken and mushroom soup
- Salt (I use Lawry's Seasoned Salt)
- Pepper
- 2 tablespoons melted butter
- ½ tablespoon olive oil
- 2-3 bags cheddar cheese, shredded (or you can use four cheese, Mexican cheese, or Colby jack-type mixed shredded cheese)
- ½ bag of pre-cut Colby jack or cheddar jack cheese cubes

**It is always a good idea to make sure you have a good deal more shredded cheese on hand so you can adjust your recipe based on how many people you are serving and how cheesy you want it to be.*

Directions

Step 1: Preheat the oven to 375 F.

Step 2: Use a cooking spray to grease a 9"x13" baking dish (wipe for excess; needs to be lightly done, not heavily greased).

Step 3: On stovetop, cook macaroni as directed on package until done, drain well, set aside.

Step 4: Use a large saucepan, whisk together egg and milk over medium heat to simmer.

Step 5: Add soup, melted butter, oil, salt (just a little bit), and pepper (slightly more pepper than salt); mix well and bring to simmer.

Step 6: Add 1 cup cheese to pot, continue to simmer.

Step 7: Fold in the macaroni slowly, mixing as you bring each bit in. Mix well until it feels right.

Step 8: Slowly add first layer of mixture to your baking dish; it just needs to be enough to fully cover the bottom of the pan. Sprinkle salt and pepper across top of mixture, then place several cubes of cheese in various spots across the top as well. Repeat this process until all the macaroni mix is in baking dish.

Step 9: Place in oven and bake at 375 F for 30-45 mins; if using a glass dish, the mixture will be bubbling.

Step 10: Remove from oven; add in all that extra shredded cheese you have on hand (to taste, but ideally, you shouldn't see the baked macaroni underneath).

Step 11: Place back into oven on broil just long enough to get a soft brown melt across the top (maybe a few minutes, depending on the oven).

Note: This dish is best served hot and bubbly, but you can easily make it ahead of time and freeze it. It will keep and reheat easily. If that is your plan, I suggest you let it cool for at least a couple of hours (until bottom of pan is no longer hot, then cover well and freeze).





FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
**SEAMAN APPRENTICE
LEMONTEE ROMONE STEVENSON,**
U.S. NAVY



Submitted by Leeuna Stevenson, mom of LeMontee Romone Stevenson

"LeMontee was a gentle giant who loved to eat, especially pasta and vegetables. His favorite dish was his mom's pasta salad, and it was an automatic meal prepared every time he came home. He loved it so much that before he would even finish the first plate and/or bowl full, he was requesting a second helping. LeMontee was so proud to be a U.S. Navy Sailor, and above all, he loved his mom and his family more than anything!"

– Leeuna Stevenson

MOM'S PASTA SALAD

Ingredients

- Spaghetti pasta
- Olives, black and green
- Hot banana pepper rings
- Carrots
- Broccoli
- Tomatoes (cherry or Roma preferred)
- Celery
- Pepperoni
- Shrimp (fresh or frozen)
- Cucumber
- Shredded cheese (your choice; Parmesan tends to go best)
- Zesty Italian dressing (I use Wishbone)

Directions

- Step 1:** Prepare shrimp. If using fresh shrimp, recommend that you prepare via steaming, shell and devein/butterfly for best results. If using previously cooked, but frozen shrimp, thaw accordingly to serve.
- Step 2:** Prepare pasta/spaghetti on stove per package instructions, drain well and set aside.
- Step 3:** As for the rest of the ingredients, the amount is up to the preparer as to whether this is a single-size serving or for a family. Suggest cutting/dicing/slicing/quartering fresh veggies per your liking.
- Step 4:** Add all of the above into a bowl, stir in shredded cheese and dressing, mix well, and serve.





FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
**PETTY OFFICER 1ST CLASS
KRISTOPHER LEE GUY,**
U.S. NAVY



Submitted by Sherry Guy, mom of Kristopher Lee Guy

"This was one of Kris' favorite sides at Thanksgiving and Christmas."

– Sherry Guy

CORNBREAD DRESSING

Ingredients

- 1 pan of cornbread
- 6-7 slices of toast
- 1 onion, chopped
- 3 ribs celery, chopped
- ½ -1 cup milk
- 3-4 cans chicken broth
- 3 eggs
- Sage, to taste
- Salt, to taste
- Pepper, to taste

Directions

Step 1: Finely crumble cornbread and toast.

Step 2: Add chopped onions, celery, sage, salt, and pepper. Be careful with the salt, as broth is always a little salty.

Step 3: Mix thoroughly, add broth and milk. Taste and adjust seasonings. Mixture should be soupy. Add eggs and combine thoroughly.

Step 4: Bake in 350 F oven until center no longer "jiggles." Enjoy with turkey, chicken, etc.



SUE'S BLUE-RIBBON ROQUEFORT DRESSING

Submitted by Tim McGough, CNIC FFSP communication analyst, in honor of all fallen service members and their families

Ingredients

- 2 cups mayonnaise
- ½ cup sour cream
- 4 ounces blue cheese
- 1 tablespoon wine vinegar
- ½ teaspoon garlic powder
- ¼ teaspoon salt and pepper, to taste

Directions

Step 1: Crumble blue cheese and mix all ingredients into a mixing bowl.

Step 2: Blend well, chill and serve with salad, wings, etc.

GOLDEN SWEET CORNBREAD

Submitted by Lisa Bauch, Navy Gold Star Program analyst, in honor of all those who have made the ultimate sacrifice and the family who loved them best

Ingredients

- 1 cup all-purpose flour
- 1 cup yellow cornmeal
- ⅔ cup white sugar
- 3½ teaspoons baking powder
- 1 teaspoon salt
- 1 cup milk
- ⅓ cup vegetable oil
- 1 large egg

Directions

Step 1: Gather ingredients.

Step 2: Preheat oven to 400 F and lightly grease a 9-inch round cake pan.

Step 3: Whisk flour, cornmeal, sugar, baking powder, and salt together in a large bowl.

Step 4: Add milk, vegetable oil and egg; whisk until well combined.

Step 5: Pour batter into the prepared pan.

Step 6: Bake in the preheated oven until a toothpick inserted into the center of the pan comes out clean, about 20-25 minutes.

Step 7: Slice and enjoy!



SHRIMP STUFFING

*Submitted by Dr. S. L. Walker, CNIC Transition Assistance Program analyst
This is her mother's down south shrimp stuffing recipe.*

Ingredients

- ½ pound fresh, chopped uncooked shrimp, tails off
- 1½ cups diced onions
- 1½ cups diced celery
- 2 tablespoons black pepper
- 2 tablespoons parsley
- 2 tablespoons sage
- 2 tablespoons Old Bay Seasoning
- 4 cups of crumbled cornbread
- 4 cups clam juice or vegetable broth
- ½ cup melted butter
- 1 beaten egg

Directions

Step 1: Preheat oven to 350 F.

Step 2: Lightly season and cook shrimp in a frying skillet until no longer pink. Set aside.

Step 3: In a large bowl, add the cornbread, onions, celery, black pepper, Old Bay Seasoning, parsley, sage, egg, shrimp, butter, and clam juice (add slowly to desired moisture), and mix well.

Step 4: Place mixture in a 9"x13" greased glass casserole baking dish or a nonstick baking pan.

Step 5: Bake for 45 minutes to 1 hour.



HOT VIRGINIA DIP

*Submitted by the Woody Williams Foundation in remembrance of all who made the
ultimate sacrifice*

Ingredients

- 8 ounces sour cream
- 8 ounces cream cheese, softened
- 1 small jar of dried beef (2.25 ounces), torn into bite-sized pieces.
- 2 tablespoons butter
- ½ cup pecans

Directions

Step 1: Combine the sour cream, cream cheese and beef.

Step 2: Melt the butter and stir in chopped pecans.

Step 3: Pour butter/pecan mixture into the first mixture.

Step 4: Transfer to baking dish.

Step 5: Bake at 350 F for 15-20 minutes.

GARLICY SKILLET GREEN BEANS

Submitted by Eliana Moore, aspiring kid chef and niece of Katelyn Smetana, Navy Gold Star coordinator.

Prep time: 15 minutes

Cooking time: 15 minutes

Serves: 4

Ingredients

- 1 teaspoon extra-virgin olive oil
- 1 pound fresh green beans, trimmed
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- ¼ cup water
- 1 tablespoon unsalted butter
- 3 garlic gloves, peeled and minced

Directions

Step 1: In a 12-inch nonstick skillet, heat oil over medium heat for 1 minute (oil should be hot but not smoking).

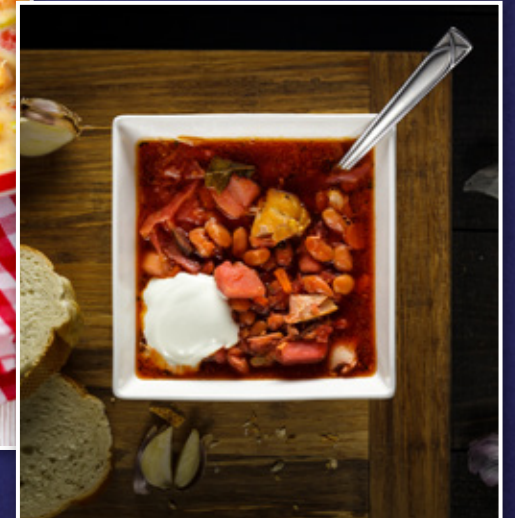
Step 2: Add green beans, salt and pepper, and cook, stirring occasionally with rubber spatula, until spotty brown, 4-6 minutes.

Step 3: Carefully add water to skillet. Cover and cook until green beans are bright green, about 2 minutes. Remove lid.

Step 4: Increase heat to medium-high and cook until water evaporates, about 1 minute.

Step 5: Stir in butter and garlic and cook, stirring often, until green beans are lightly browned, about 2-4 minutes. Turn off heat. Use spatula to transfer green beans to serving platter.

SOUPS & STEWES



This page intentionally left blank.



FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
**SERGEANT FIRST CLASS
JONATHAN KILIAN DOZIER,**
U.S. ARMY



Submitted by Amy Dozier, wife of Jonathan Kilian Dozier

"Jon loved family time around the dinner table. So many memories of him revolve around food and fellowship. From around-the-world beer tastings to cookouts by the pool with his friends and family, Jon's appetite for experiencing life was second to none. One of his favorite dishes that his mom made is shrimp and corn chowder! He loved it so much that he took his mom's recipe and made it for his friends when deployed. Jon truly enjoyed being with others around the table. He spent his last Christmas dinner with battle buddies in Iraq. His daughter Emma has found her passion in baking and often shares her goodies with friends and teachers! Jon is missed by so many and leaves behind a beautiful legacy in those who continue to gather at tables big and small to share the stories of his life. SFC Jonathan Kilian Dozier, U.S. Army 09/30/77-01/09/2008, KIA Operation Iraqi Freedom."

– Amy Dozier

SHRIMP AND CORN CHOWDER

Ingredients

- 1 can diced tomatoes and green chilies
- 1 large onion, chopped
- ½ teaspoon minced garlic
- 6 tablespoons butter
- ½ cup all-purpose flour
- 4 cups water
- 2 pounds medium shrimp, peeled and chopped
- 1 (16-ounce) bag frozen corn
- 1 (16-ounce) can creamed corn
- 16 ounces kielbasa, sliced
- 1 bunch green onions, sliced
- ¼ cup chopped parsley
- Salt and pepper to taste

Directions

Step 1: Puree tomatoes and green chilies in a food processor.

Step 2: In a large pot, melt butter, then add onions and garlic. Sauté until tender.

Step 3: Sprinkle in flour.

Step 4: Gradually stir in puree and water.

Step 5: Add frozen and creamed corn.

Step 6: Add kielbasa and let cook for about 3 minutes.

Step 7: Once this mixture comes to a boil, add the shrimp.

Step 8: Lower heat and let cook 5-7 more minutes (until shrimp look pink).

Step 9: Add green onions and parsley, salt and pepper to taste.





FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
PETTY OFFICER 1ST CLASS
MARK DAVID LYONS,
U.S. NAVY



Submitted by Gwen Lyons, mom of Mark David Lyons

“Mark was handsome and loved laughing. When Mark came home, he always expected his favorite chili. The first meal he made in his first apartment was chili. He said his tasted a little different and asked if I had a secret ingredient. I told him mine was made with a lot of love. You can spice up the chili to suit your taste. This is how Mark liked it.”

– Gwen Lyons

SWEET RODEO CHILI

Ingredients

- 2 pounds lean ground beef
- 1 large sweet onion, chopped
- 1 large green bell pepper, chopped
- 2 (14-ounce) cans Del Monte tomatoes with Italian seasoning
- ½ cup Mexican-style corn
- 1 can light red kidney beans, drained
- 4 tablespoons chili powder
- 1 teaspoon garlic salt
- 1 teaspoon black pepper
- ½ teaspoon cayenne pepper
- ¼ cup sugar

Directions

Step 1: Brown ground beef, sweet onion, and green pepper together over medium heat until cooked. Drain off grease.

Step 2: Cut Del Monte tomatoes into small pieces.

Step 3: Add tomatoes, 2 cans of water, corn, spices, and ground beef mixture to a large pot.

Step 4: Bring to a boil, then reduce heat and simmer, covered, for 25 minutes. Add salt to taste. Add more chili powder if you like more spice.

Step 5: Top with shredded cheese and serve with cornbread.





FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
COMMANDER KEITH F. GILLETTE JR.,
U.S. NAVY



Submitted by Trudy Gillette, spouse of Keith F. Gillette Jr.

"A childhood favorite of CDR Keith F. Gillette Jr."

– Trudy Gillette

COWBOY STEW

Ingredients

- 1 (1.5-pound) round steak
- 1 large yellow or white onion
- 1 can beef broth/bouillon
- 5-6 medium/large potatoes
- 5-6 large carrots
- 1 package of onion soup mix

Directions

Step 1: Trim and cube round steak to 1-inch cubes, roll in white flour, and brown lightly in a small amount of oil (olive oil, Crisco, etc.).

Step 2: Peel and cut onion into pieces. Slice or chop, your choice. Add to meat and brown slightly.

Step 3: Add one can of beef broth/bouillon and 1-3 cans of water.

Step 4: Peel and cube the potatoes and add to the water/beef.

Step 5: Peel and slice carrots (shape and size of your choice), add to stew.

Step 6: I like to add a package of dried Lipton onion or beef onion soup mix for more flavor. Add salt and pepper to taste.

Step 7: Cover pot and simmer for 45-60 minutes or until meat and vegetables are tender.

Step 8: To thicken gravy, mix 1-2 tablespoons of white flour with water and add to stew. Stir until gravy is smooth. You can use cornstarch instead of flour, but you will need to let it cook longer to thicken.

Serve with bread or rolls to not lose any gravy!





FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
**PETTY OFFICER 2ND CLASS
DMITRY CHEPUSOV,**
U.S. NAVY



Submitted by *Eugenia Bushmich*, mother of Dmitry Chepusov

"There are many variations of this dish, but this is how we cook it in our family. This is a vegetarian version, but can be cooked with beef or chicken broth instead of water with the addition of meat if desired."

– *Eugenia Bushmich*

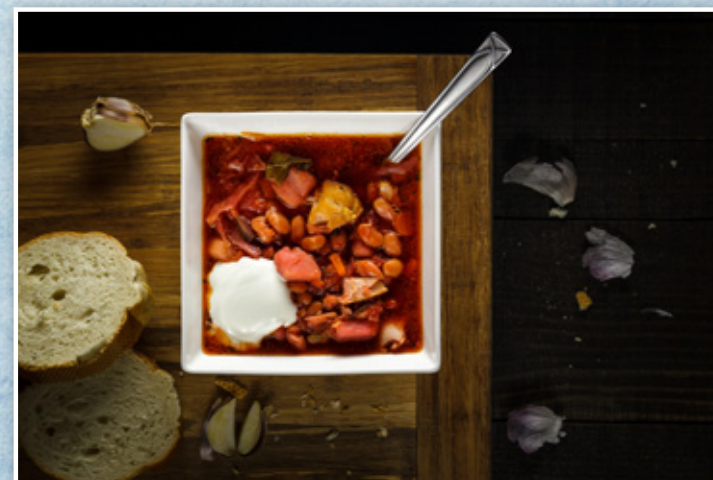
UKRAINIAN BORSCHT

Ingredients

- 1 medium onion, chopped
- 2 medium carrots, julienned or cut into thin, longer pieces
- 2 medium beets, julienned or cut into longer pieces
- 2 tablespoons vegetable oil
- 2 tablespoons tomato paste
- 8 cups water
- ¼ head of cabbage, thinly shredded
- 3 medium potatoes, cubed
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 2-3 cloves garlic, crushed
- 1 tablespoon white vinegar
- 1 teaspoon sugar
- Sour cream

Directions

- Step 1:** In a soup pot, sauté onion, carrots, and beets in 2 tablespoons of vegetable oil.
- Step 2:** Sauté until onions are translucent, then add tomato paste and sauté for few more minutes.
- Step 3:** Add 8 cups of water to the pot and bring mixture to a boil.
- Step 4:** Add cabbage and potatoes to the borscht and cook on low heat for 20 minutes, or until the potatoes are done.
- Step 5:** Add salt, pepper, garlic, vinegar, and sugar to the borsht. Taste for salt and add more if desired.
- Step 6:** Serve with 1 teaspoon of sour cream in each soup plate.



HEART-HEALTHY TURKEY CHILI AND CORNBREAD

Submitted by Fran Jackson, CNIC Personal Financial Management Program analyst

Ingredients

- 2 pounds ground turkey
- 1 medium yellow onion, diced
- 4 cans kidney beans
- ½ clove garlic, minced
- ½ cup avocado oil
- 2 cans tomato sauce
- 4 ounces chili seasoning
- 2 cups buttermilk cornmeal
- 1 cup all-purpose flour
- 1 cup granulated sugar
- 1 teaspoon salt
- 3 eggs
- 1 cup milk
- 1½ cups water

Directions

Step 1: Preheat oven to 400 F.

Step 2: In a medium pot, cook ½ onion and garlic in avocado oil.

Step 3: Add ground turkey and cook until brown, making sure to break up larger chunks.

Step 4: Add kidney beans, tomato sauce, and chili seasoning. Mix well and cover. Stir every 10 minutes for a total of 30 minutes.

Step 5: In a mixing bowl, combine cornmeal, flour, sugar, and salt.

Step 6: Add eggs and milk. Stir. Gradually add water to reach a pancake batter-like consistency.

Step 7: Pour contents of bowl onto a sheet pan greased with avocado oil.

Step 8: Place in the oven on center rack for 30 minutes.

Step 9: Top chili with desired toppings of choice. Suggestions: sour cream, shredded cheese, jalapenos, oyster crackers. Enjoy!



ENTRÉES

ENTRÉES

This page intentionally left blank.





FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
**PETTY OFFICER 3RD CLASS
NICHOLAS FORREST,**
U.S. NAVY



Submitted by Stephen and Laura Forrest, parents of Nicholas Forrest

*"A family tradition at Christmas as we gathered from all over
the country was lasagna."*

– Stephen and Laura Forrest

LASAGNA

Ingredients

- ½ pound ground beef
- ½ pound ground Italian sausage
- 1 clove minced garlic
- 1 (12-ounce) can diced tomatoes
- 1 (8-ounce) can tomato sauce
- 1 (6-ounce) can tomato paste
- ¼ cup fresh basil, chopped
- 3 tablespoons fresh parsley, chopped
- 1 teaspoon salt
- 1 (8-ounce) package oven-ready lasagna noodles
- 1 tablespoon olive oil
- 2½ cups ricotta cheese
- ¾ cup parmesan cheese, grated
- 1 pound mozzarella cheese, shredded
- 2 eggs
- Salt and pepper

Directions

Step 1: Preheat oven to 375 F.

Step 2: Brown meat, onion and garlic.

Step 3: Drain fat.

Step 4: Stir in undrained tomatoes, sauce and paste. Add basil and ½ the parsley. Add a pinch of salt and fresh ground pepper.

Step 5: Cover and simmer for 15 minutes. Stir often. (If noodles are not oven ready, while sauce simmers, cook noodles in boiling water with 1 tablespoon of olive oil.)

Step 6: In a separate bowl, beat the eggs. Add ricotta, ½ cup parmesan, ½ the parsley, 1 teaspoon salt, and ½ teaspoon ground pepper. Mix well.

Step 7: Use cooking spray on the inside of a 9"x13" baking dish.

Step 8: Add a little of the sauce to the baking dish, then add a layer of noodles, ⅓ cup of the meat sauce, then a little bit of the ricotta mixture, then a layer of mozzarella and parmesan. Repeat three times. (No Ricotta on the top layer!)

Step 9: Top with mozzarella and parmesan and bake for 30-35 minutes. Let stand for 10 minutes. Enjoy!





FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
LIEUTENANT ADAM JOHNSON,
U.S. NAVY



Submitted by Brian and Joni Johnson, parents of Adam Johnson

“Adam loved to cook while off-duty – pizza from scratch, homemade bread, espresso, and, of course, steak. Much like flying, grilling combines a need for precision (measurements, temperature reading) while factoring in the variability of nature (thickness of meat, charcoal heat, etc.). At flight school in Kingsville, Texas, (NAS Kingsville), he had a smoker and a charcoal grill on the back porch – a setup he repeated in Anacortes (NAS Whidbey Island). Whenever we visited, Adam would make this tri-tip steak – a cut common in West Coast supermarkets and perfect for this reverse-grilling technique.”

– Brian and Joni Johnson

REVERSE-SEARED SANTA MARIA TRI-TIP

Ingredients

- 2-3 pounds tri-tip steak
- 1 tablespoon kosher salt
- 1 tablespoon ground pepper
- 1 tablespoon garlic powder
- 1 tablespoon Texas chili powder
- 2 teaspoons spicy paprika
- 1 teaspoon cayenne powder

Directions

- Step 1:** Coat the tri-tip with the rub mixture. Let sit for about 2 hours as it comes to room temperature.
- Step 2:** Place the tri-tip on indirect heat on a charcoal or gas grill. The grill temperature with the lid down should be about 200-250 F.
- Step 3:** When the meat reaches 105 F, remove it from the grill, wrap it in foil, and let it rest for 10 minutes.
- Step 4:** While the steak is resting, turn the grill to the highest setting possible.
- Step 5:** After 10 minutes, put the tri-tip back on the grill and sear for about 2 minutes per side.
- Step 6:** Because the meat rested prior to the sear, it can be served immediately. Enjoy.





FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
PETTY OFFICER 1ST CLASS
CHRISTOPHER MICHAEL COLAFATI,
U.S. NAVY



Submitted by Gail Jagrosse, mom of Christopher Michael Colafati

“One of my son’s favorite meals was steak cooked medium rare with sautéed mushrooms in butter and a baked potato on the side. This was what I taught him to cook at 9 years old. He had gone to school one day and the teacher asked the class who in the room could cook. Christopher was the only one who raised his hand and shared with the class what he could make for himself and his siblings. He came home that day so excited that he was the only one that was even allowed to cook a meal like that. Naturally, either I or his older brothers would supervise him. After a few months, he would cook without supervision. He was immensely proud and responsible. So that happened to be one of his favorites. Simple! He loved his steak.”

– Gail Jagrosse

MEDIUM-RARE STEAK WITH SAUTÉED MUSHROOMS IN BUTTER

Ingredients

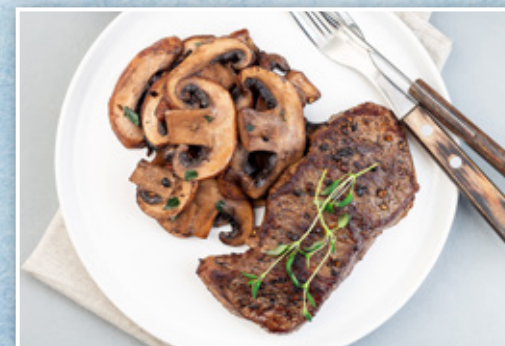
- 2 lean New York strip steaks (boneless is best)
- 6 ounces fresh mushrooms, sliced
- 1 tablespoon butter
- 3 tablespoons olive oil (if fixing in cast iron skillet only)
- 3 garlic cloves, minced
- 1 teaspoon thyme, chopped
- 1 teaspoon rosemary, chopped
- 1 teaspoon oregano, chopped

Garlic Butter Compound

- ¼ cup softened butter
- 3 garlic cloves, minced
- 1 teaspoon thyme, chopped
- 1 teaspoon rosemary, chopped
- 1 teaspoon oregano, chopped

Directions

- Step 1:** Let steak sit at room temperature for 30 minutes. Season the steak generously on each side with salt and pepper to taste.
- Step 2:** Take a large cast iron skillet, and heat to just over medium-high heat, add olive oil, butter, mushrooms, garlic, thyme, rosemary, and oregano.
- Step 3:** Add the steaks to the pan and sear each side for 3 minutes or until brown (depending on the size of the steak’s thickness, can be up to 10 minutes or so).
- Step 4:** Reduce heat to medium low. Right before the steaks are done, make the garlic butter compound.
- Step 5:** In a separate bowl, mix the butter, garlic and fresh chopped herbs. Slather on top of steaks. Add the mushrooms back to the pan and heat through. Let the butter melt into the steaks.
- Step 6:** Cook the steak to desired doneness.





FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
SEAMAN DUSTIN K. BURNETT,
U.S. NAVY



Submitted by Debra Nuchols, mother of Dustin K. Burnett

"Dustin was a super sweet, compassionate kid. I think that's what made him decide to be a corpsman. He did want to go to Afghanistan to help save as many Marines as he could. Dustin was always a big eater. He was known to eat everybody's leftovers. He loved food so much. Thanksgiving was his favorite holiday. He didn't care as much about Christmas. He loved big meals with family. His favorite was Swiss steak that his grandma Linda made. He was the best son a mom could ask for, and now he is my angel and my hero. He is missed by so many – I can't wait to see him again in heaven."

Dustin was deployed with 2nd Battalion, 7th Marine Regiment, based at Twentynine Palms, California, when he was KIA on June 20, 2008.

– Debra Nuchols

SWISS STEAK

Ingredients

- 3 large top round steaks
- 1 small can stewed tomatoes
- 1 small can Ortega diced chilis
- 2 jars Heinz mushroom gravy

Directions

Step 1: Brown steak in large skillet on medium heat.

Step 2: Heat with a small amount of oil or butter.

Step 3: Add remaining ingredients and simmer on low for 2-3 hours until tender.





FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
SEAMAN APPRENTICE RENE WILLIAM ZOOK,
U.S. NAVY



Submitted by Dolores Wilkes, mother of Rene William Zook

“Mom, can you make me a tuna sandwich?” The family of Rene remembers, as if it were yesterday, his love for mom’s tuna sandwich. Rene would often ask his mom for a tuna sandwich after a day filled with sports. He was an athlete and was competitive in football, basketball and track. On his down time, he took part in board games with friends and family, as well as video games. In his spare time, he enjoyed writing. Rene’s mom, brother Jonathan, and stepfather, showed up to every game, even in the rain.”

Rene was born in Pasadena, Texas, on May 16, 1985, and passed away on Dec. 21, 2005, in Providence, Rhode Island, while stationed at Naval Submarine Base New London, Groton, Connecticut. Rene was a 2004 graduate of Clear Brook High School in Friendswood, Texas.

– Dolores Wilkes

MOM’S TUNA SANDWICH

Ingredients

- 2 cans tuna in water
- 1-2 whole dill pickles, finely chopped
- ½ cup onion, finely chopped
- ½ tomato, diced
- 1-2 hard-boiled eggs, chopped
- 2 tablespoons mayonnaise
- Salt and pepper to taste
- Whole wheat bread

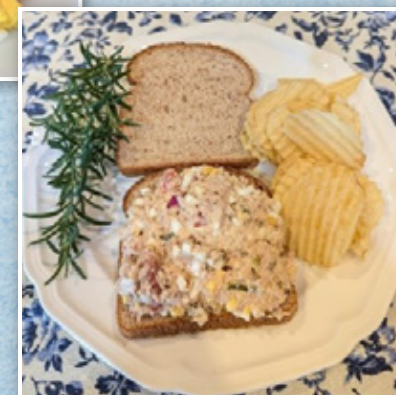
Directions

Step 1: Drain water from tuna and transfer tuna into a bowl.

Step 2: Combine all ingredients together. Stir with a spatula until the mayonnaise is well blended.

Step 3: Refrigerate for 1 hour or overnight.

Step 4: Dish up on whole wheat bread.





FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
SEAMAN APPRENTICE RENE WILLIAM ZOOK,
U.S. NAVY



Submitted by Jonathan Zook, brother, and family of Rene William Zook

"It has been 19 years since I lost my brother; however, it is like I see him daily in my son, Aiden Rene. Rene was one of the greatest brothers anyone could have asked for. He loved playing video games and basketball, and was just excited about life in general. Rene was a great jokester and had a smile that would instantly make you like him. Mom's Tex-Mex enchiladas was one of his favorite go-to meals.

"Today, I keep his memory alive for my children by sharing stories about him and I growing up and all the crazy things we would do together. We will always remember Uncle Rene!"

– Jonathan Zook

DOLORES' TEX-MEX ENCHILADAS

Ingredients

- 1 pound ground beef
- ½ onion, chopped
- 2 teaspoons ground comino (Spanish spice)
- 2 cloves fresh garlic
- 1 bundle of green onions, chopped for topping
- 2 cans Old El Paso enchilada sauce (mild)
- 20 yellow corn tortillas
- 1 (16-ounce) bag shredded Mexican blend four cheese
- 2 tablespoons olive oil
- Chopped cilantro, sour cream and hot sauce, to taste



Directions

Step 1: In a large skillet, add olive oil and chopped onions, and cook over medium heat.

Step 2: Add beef and continue to brown and break into fine pieces while mixing with the onions.

Step 3: Add comino and crushed garlic, and cook until meat is well cooked. Set the meat mixture aside.

Step 4: Pour the enchilada sauce in a medium pot and warm over a low temperature.

Step 5: In a large pan, heat 2 tablespoons olive oil.

Step 6: Place corn tortillas in heated oil, browning both sides to a golden brown.

Step 7: One at a time, dip tortillas into the heated sauce, then place flat in a glass baking dish. Fill each tortilla with the meat mixture and roll the tortilla closed with the open edge on the bottom. Repeat, finishing the meat and tortillas and placing all the tortillas in the baking dish.

Step 8: Pour remaining sauce over the tortillas.

Step 9: Sprinkle the cheese and green onions over the dish and place in 350 F preheated oven for 30 minutes.

Step 10: Remove from oven and sprinkle with chopped cilantro for serving.

Step 11: Sour cream and hot sauce can be added to taste.

Enjoy the taste of South Texas!



FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
**PETTY OFFICER 1ST CLASS
MATTHEW JOHN AUSTIN,**
U.S. NAVY



Submitted by Angela Austin, mother of Matthew John Austin

"Matthew always wanted me to make this simple dish when he came home on the weekends."

— Angela Austin

HAMBURGER CASSEROLE

Ingredients

- 1 pound ground beef
- 1 bottle barbecue sauce (I use original Kraft)
- 1-2 cans canned crescent or croissant rolls
- Shredded cheese (your choice of cheese)

Directions

Step 1: Brown ground beef and drain.

Step 2: Mix in one bottle of barbecue sauce.

Step 3: Spray 9"x12" pan with spam and roll out croissants into bottom and sides of pan.

Step 4: Add hamburger and barbecue sauce mixture.

Step 5: Top with shredded cheese and add rolled-out croissants to the top.

Step 6: Bake at 350 F for about 20 minutes, until croissants are cooked through and the casserole is golden brown.





FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
SEAMAN KOLETON CARPENTER,
U.S. NAVY



Submitted by Kelly Phelps, mother of Koleton Carpenter

“My son Koleton loved to eat! He would eat anything and everything in sight and not gain a pound! He loved these two dishes that I made (Kelly chicken and strawberry swirl cake), and more than anything else he would ask for these. Koleton has a big heart, but even bigger laugh. He loved to act goofy to make other people laugh. He always gave everything to his friends and family, often going without himself to help someone else out. He had a kind soul, and the world lost a bright light when he left us.”

– Kelly Phelps

KELLY CHICKEN

Ingredients

- 1 pound chicken breasts (boneless, skinless) cut into small pieces
- 2 large eggs, beaten
- 2 cups dry breadcrumbs
- 2 tablespoons Italian seasoning
- 1 large plastic storage bag
- 1 small can sliced mushrooms
- 8 ounces Muenster cheese (if sliced, cut into small pieces; if a block of cheese, shred it)
- 2 chicken bouillon cubes
- 1 cup water
- 2 tablespoons cooking oil
- 2 tablespoons butter

Directions

Step 1: Marinate chicken in beaten eggs at least 1-2 hours in the refrigerator.

Step 2: Preheat oven to 425 F.

Step 3: Mix breadcrumbs and Italian seasoning in the storage bag. Take a slotted spoon to get excess egg off chicken and toss pieces of chicken in the breadcrumbs. You may need to add more breadcrumbs, depending on the amount of chicken used.

Step 4: Heat oil in a large skillet/frying pan. Brown chicken in oil. Then put chicken on a plate lined with paper towels.

Step 5: Melt 2 tablespoons butter in a 9"x13" baking dish. Put the chicken in the baking dish and add mushrooms on top. Then put the shredded cheese on top.

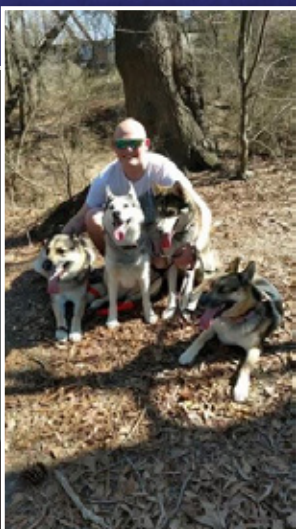
Step 6: Mix bouillon and water in a pot and bring to a boil. Once boiling, pour on top of chicken, mushrooms and cheese.

Step 7: Bake at 425 F for 30-45 minutes, depending on your oven. Should just be lightly brown on top when ready.



FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
STAFF SERGEANT JAMES "TYLER" GROTJAN,
U.S. AIR FORCE



Submitted by Ali and Randy Grotjan, parents of James "Tyler" Grotjan

"This was a meal that Tyler requested frequently. Once he joined the Air Force and was living on his own for the first time, he would often make this for himself. He used to enjoy experimenting with any type of unique jelly he could get his hands on and especially liked the hot pepper jellies he would find, telling us how amazing they were."

— Ali and Randy Grotjan

APRICOT CHICKEN

Ingredients

- 8 chicken breast halves
- 1 jar (8 ounces) apricot preserves
- 2 envelopes dry onion soup mix
- 1 bottle (8 ounces) French salad dressing

Directions

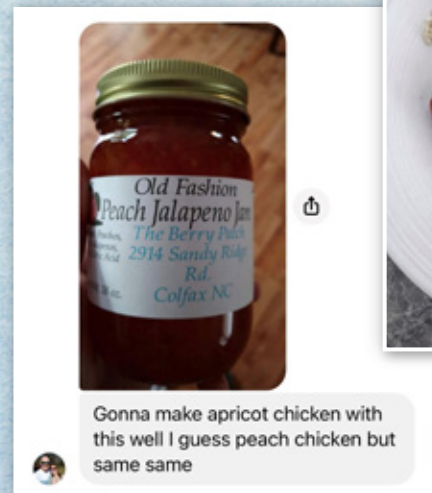
Step 1: In a small bowl, combine preserves, soup mix and salad dressing. Stir until well combined.

Step 2: Place chicken breasts in a baking dish prepared with cooking spray. Spread preserve mixture over the chicken breasts.

Step 3: Bake at 350 F for 1 hour, or until chicken is cooked through.

Step 4: Serve with your favorite rice. (We recommend rice pilaf.)

Have fun and experiment using different types of preserves or jellies!



This is a screen shot of the last message James sent his mother talking about how he was going to experiment with the recipe.



FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
**LIEUTENANT JUNIOR GRADE
PATRICK DRURY,**
U.S. NAVY



Submitted by Lois Drury, mother of Patrick Drury

"He was quite the eater!"

– Lois Drury

PATRICK'S CHICKEN

Ingredients

- 6 boneless, skinless chicken breasts, pounded flat
- 1 stick butter, melted
- ½ onion, diced
- 1 bunch of scallions, sliced ¼ inch size
- 1 can cream of chicken soup, undiluted
- 1 cup sour cream
- 1 cup sharp cheddar cheese, grated
- ¼ cup dry white wine
- Salt, pepper and paprika to taste

Directions

Step 1: Melt the butter in a large frying pan.

Step 2: Add the chicken breasts to the pan, 3 at a time, and sprinkle with salt, pepper and paprika.

Step 3: Sauté at a medium heat until the chicken is white in color, about 5 minutes on each side. Repeat the sauté process with the last 3 chicken breasts.

Step 4: When the chicken is finished cooking, transfer to a 9"x13" oblong baking dish.

Step 5: In the same frying pan, add the onion and cook until it is translucent in color, then add the scallions, soup and sour cream to the pan and mix well. Add the wine and cook for 3 minutes.

Step 6: Pour the sauce over the chicken and bake for 25 minutes in a 350 F oven.

Step 7: Remove from the oven and add grated cheese to top of casserole, then bake again for 5-10 minutes or until the cheese melts. Enjoy!



FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
**CHIEF PETTY OFFICER
CHRISTOPHER R. RICE,**
U.S. NAVY



Submitted by Megan Phillips, daughter of Christopher R. Rice

“Our dad cooked this chicken as we grew up. It was a staple in our home and reminds us of a time when life was simple. As we played in the pool, our dad would cook this chicken and the smell would make our mouths water every time.”

– Megan Phillips

RICE'S CHICKEN

Ingredients

- 8-12 chicken legs
- 1 cup apple cider vinegar
- 1 stick unsalted butter
- Lawry's seasoning salt

Directions

Step 1: Pat the chicken dry and turn on the grill.

Step 2: In a separate pot, over low heat, melt a stick of butter, continuously whisking to not burn the butter.

Step 3: Add the apple cider vinegar.

Step 4: While whisking, add Lawry's seasoning salt, to taste.

Step 5: Coat the chicken with the melted butter and seasoning mixture before placing it on the grill.

Step 6: Constantly baste the chicken with every turn to prevent burning.

Step 7: Pull the chicken at 165 F internal temperature.





FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
STAFF SERGEANT SABRINA MARTINEZ,
U.S. ARMY



Submitted by Felicia Gustaitis, mother of Sabrina Martinez

"Thanksgiving Day, 2010, Sabrina was stationed in Korea and would be cooking Thanksgiving dinner for her family as well as several other soldiers who would otherwise be spending the day alone. She carefully planned the menu to include all the fixings of a 'family style' Thanksgiving dinner. Amid her preparation of the dinner, I received a frantic call because she had bought a 27-pound turkey, and her Korean oven was too small to fit this huge bird into it. After several tries and even more laughter, she ended up taking the racks out and somehow managed to stuff that huge bird into that tiny oven. All reports were that her dinner turned out delicious and everyone enjoyed their day. Miss her daily!"

"Sabrina's daughter, Brookelyn, remembers her momma making this recipe for Thanksgiving."

– Felicia Gustaitis

SABRINA'S ROASTED CAJUN TURKEY

Ingredients

- 1 (15 pounds) fresh turkey
- 2 yellow onions, chopped in large pieces
- 3 large carrots
- 2 lemons
- 4 stalks celery
- 16 ounces chicken broth
- 4 ounces quality white cooking wine

Cajun Compound Butter

- 2 pounds unsalted butter (room temperature)
- 1 tablespoon fresh rosemary, chopped
- 1 tablespoon fresh oregano, chopped
- 1 tablespoon fresh thyme, chopped
- 1 tablespoon Cajun seasoning
- 1 tablespoon smoked paprika
- 1 tablespoon fresh lemon juice
- 1 teaspoon pepper
- Salt, to taste

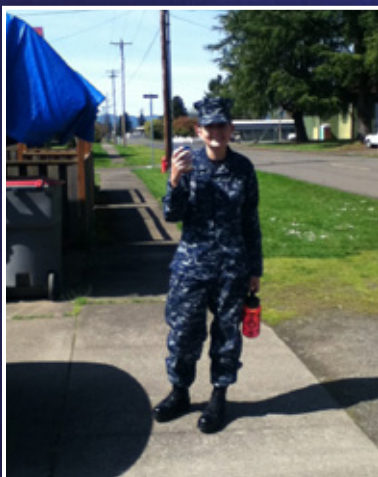
Directions

- Step 1:** Pat turkey dry and season generously with kosher salt (1 tablespoon for every 5 pounds of turkey). Place in the refrigerator overnight. A few hours before cooking, remove turkey from refrigerator and allow to come to room temperature.
- Step 2:** Mix the ingredients for the compound butter. Rub the compound butter underneath the skin of the turkey, being careful not to rip the skin. Using about half of the compound butter, spread a thick layer on the top, legs, wings, and back of the turkey.
- Step 3:** Place half of the carrots, lemons, onions, and celery into the cavity of the turkey. Tie the legs with kitchen rope/twine. Add the remaining vegetables to the bottom of a roasting pan along with the chicken broth and white wine. Place the rack inside of the roasting pan and lay your turkey on top.
- Step 4:** Bake for 45 minutes at 400 F. Remove the turkey from the oven and reduce the oven temperature to 325 F.
- Step 5:** Melt the remaining compound butter. Fill a turkey injector with the melted compound butter and inject the turkey in each thigh, breast, leg, and wing.
- Step 6:** Cut a piece of cheesecloth so it fits over the turkey and soak it in the compound butter. Lay it over the turkey, making sure it's snug. Bake for 3 more hours. After the first hour, while leaving the cheesecloth in place, baste the turkey with the remaining compound butter. Finish baking the turkey until it reaches an internal temperature of 165 F.



FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
**PETTY OFFICER 3RD CLASS
SHANTEL "SHANNY" LOUISE FUGERE,**
U.S. NAVY



Submitted by Doug and Laura Fugere, parents of Shantel "Shanny"
Louise Fugere

"Shanny was a track and cross-country runner. She would ask for this meal the night before any race. One evening she wanted to share this meal with her friends. So over to our house her couple of friends arrived. I think there were seven friends and her. I made the meal and set it all on the table for them. Her mom and I moved to our bedroom with the door open and enjoyed listening to their stories and laughter they shared around the table."

– Doug Fugere

DAD'S SPAGHETTI AND SAUCE

Ingredients

- 2 large cans tomato sauce
- 1 small can tomato paste
- 1 small can mushrooms
- 1 teaspoon sugar
- 1 onion, diced and sliced into small pieces
- 4 cloves garlic, sliced and diced
- ½ cup Italian seasoning for sauce
- ¼ cup Italian seasoning for meat
- 1 pound ground beef
- 1 pound Italian sausage
- ½ cup Romano and parmesan cheese
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 pound spaghetti pasta
- ¼ cup olive oil
- 1 loaf French bread
- ½ stick butter
- 1 teaspoon garlic powder

Directions

Step 1: In a mixing bowl, combine ground beef, sausage, ¼ cup Italian seasoning, salt, and pepper. Mix well. Roll into 1-inch meatballs and cook in a frying pan. Set aside.

Step 2: In another pan, cook onions down (sweat them to translucent, about 4-5 minutes). While sweating the onions for 3 minutes, add garlic (garlic will cook faster than onions). Set aside.

Step 3: In a large pot on medium heat, add tomato paste and sauce, mushrooms, sugar, ½ cup Italian seasoning, cooked onions, garlic, and meatballs. Cook 20 minutes, then turn down heat and keep stirring. Add ½ cup Romano and parmesan cheese, cook 5 more minutes.

Step 4: In another large pot, bring water to a boil, add olive oil, dash of salt, pasta, and cook until tender. Drain water and set aside.

Step 5: While pasta is cooking, make garlic bread. Melt butter in pan. When melted, add garlic powder.

Step 6: Cut a loaf of French bread into halves. Spread butter and garlic mixture onto the halves. This would also be a good time to add Romano and parmesan cheese.

Step 7: Put the bread on a sheet and in the oven on high broil until golden brown.

Step 8: Plate the pasta with a scoop of sauce on top. Add Romano and parmesan cheese to your liking. Serve with the garlic bread. Enjoy!





FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
PETTY OFFICER 3RD CLASS MARCUS E. CLINE,
U.S. NAVY



Submitted by Barney Cline, brother of Marcus E. Cline

"Mark raised registered cattle and exhibited several at the Louisiana State Fair and the International Cattle Expo in Chicago, Illinois. He owned three grand champions and used his winnings to expand his herd that we maintained for him while overseas. While we lived in Northwest Louisiana and were not 'Cajuns,' Mark enjoyed many of their traditional meal items. Thank you for allowing me to submit this in honor of my big brother, my hero!"

– Barney Cline

Marcus, from Shreveport, Louisiana, died in Vietnam on June 24, 1968. He was 21. Marcus was serving with Patrol Boat, Riverine 723 (PBR-723), Riverine Division 53, Task Force 116, U.S. Naval Forces Vietnam (USNAVFORV).

DIRTY RICE

Ingredients

- ½ cup oil
- ½ cup flour
- 1 pound ground beef
- 1 pound ground pork
- ¼ pound ground pork liver
- 1 bell pepper, chopped
- 3 onions, chopped
- 4 celery stalks, chopped
- 1½ cups water
- 1 bunch green onion tops, chopped
- ½ cup minced parsley
- 3 cups cooked rice
- Salt, black pepper and cayenne pepper, to taste

Directions

Step 1: Make a light brown roux with oil and flour.

Step 2: Sauté beef, pork and liver in another pot until light brown. Add bell pepper, onions and celery, and continue cooking until onions are transparent.

Step 3: Add roux and water to meat mixture, simmer 30-45 minutes.

Step 4: Add salt, black pepper, cayenne pepper, green onion tops, and parsley. Mix well.

Step 5: When ready to serve, add cooked rice and mix. Yields 6-8 servings.





FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
PETTY OFFICER 1ST CLASS DAVID A. MOBERG,
U.S. NAVY



Submitted by Lee Moberg, father of David A. Moberg

"This recipe was a favorite of our family going back to when David's grandparents got married. David grew up enjoying shortie burgers and especially liked sharing them with his Boy Scout troop. This recipe scales well from a family of 4 to a troop of 20. David and his troop ate this on many camping trips. It can be cooked in a Dutch oven over coals on a car camping trip or pre-made and frozen to take along on a multi-day backpack trip."

– Lee Moberg

SHORTIE BURGERS

Ingredients

- 2 pounds ground hamburger
- 1 teaspoon Lowry seasoned salt
- 1 (8 ounces) can chili without beans
- 2 cans chicken gumbo soup
- Onions, to taste

Directions

Step 1: Brown and drain hamburger (and optional onions).

Step 2: Add remaining ingredients and simmer for 20 minutes, uncovered.

Step 3: Serve on hot dog buns with ketchup.





FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
COMMANDER FRANCIS T. WILLIAMS,
U.S. NAVY



Submitted by Janice Williams, spouse of Francis T. Williams

"This recipe was taught to me by my husband's grandmother Francseca Cogliandro, from Calabria, Italy. My husband loved his Italian heritage and especially any of the foods his grandmother taught us both how to make. His second duty station was NAS Sigonella, Sicily, and we were able to travel multiple times to his family's birthplace on the mainland. I have now taught our three sons all these wonderful dishes, including my husband's favorite 'stuffed peppers.'"

– Janice Williams

NONNI'S STUFFED PEPPERS

Ingredients

- 4 medium to large bell peppers
- 1 sweet onion
- 1 pound ground beef
- Fresh chopped garlic, salt and pepper, to taste
- 1 jar spaghetti sauce (your choice)
- 2 cups Minute Rice
- Mozzarella or parmesan cheese, grated (optional)

Directions

- Step 1:** Wash and cut tops off green peppers, remove the stem, chop the tops into small pieces, and dice the onion.
- Step 2:** Parboil the peppers until soft but firm enough to stand on their own.
- Step 3:** While peppers are simmering, sauté onion, small pieces of peppers from removed tops, fresh garlic, salt and pepper. Remove from heat and put aside.
- Step 4:** Sauté 1 pound of good-quality ground beef until browned, drain excess fat.
- Step 5:** Add the cooked vegetables to the ground beef and mix together with the spaghetti sauce.
- Step 6:** Let mixture simmer until flavors blend.
- Step 7:** Make 2 cups Minute Rice per package directions, then add cooked rice to the beef mixture.
- Step 8:** Fill peppers with the combined mixture to top, and add grated cheese if desired.
- Step 9:** Bake at 350 F for about 45 minutes or until heated all the way through. Serve with salad and garlic bread. Enjoy!



CHICKEN STIR FRY

Submitted by George A. Lutz Sr., Gold Star father and founder of Honor and Remember, Inc.

This recipe is a “go-to” meal that is simple to make and has very few ingredients. It’s both healthy and tasty.

Ingredients

- Chicken tenders (I use the frozen kind since I travel a lot – frozen everything)
- 1 bag frozen or fresh mixed vegetables
- 2 tablespoons butter
- 2 teaspoons salt
- 1 teaspoon pepper

Directions

Step 1: In a fry pan or wok, cook the chicken. Add 1 tablespoon butter and spices.

Step 2: Place the cooked chicken in a separate bowl and slice into pieces.

Step 3: Place the vegetables in the fry pan. Add 1 tablespoon butter and cook the vegetables.

Step 4: Once the vegetables are almost done cooking, add the chicken to the fry pan, stir and serve. Bon appétit!

Honor and Remember – Together We Remember Them All



SOUTHERN MARYLAND STUFFED HAM

Submitted by Katie Stratchko, CNIC supervisory SAPR Program analyst

From the founders of the Maryland colony to the tables of today, Southern Maryland stuffed ham remains the hallmark of an unforgettable holiday feast!

Ingredients

- 1 (20-25 pounds) corned ham, deboned
- 4 pounds kale
- 2 large heads cabbage
- ½ bunch of celery, stalks only
- 2 large onions
- ½ cup salt
- ¼ cup black pepper
- ¼ cup ground red pepper
- ¼ cup crushed red pepper
- 1½ teaspoons celery seed
- 3 teaspoons mustard seed

Directions

Step 1: Bring a large pot of water to a boil.

Step 2: Blanch cabbage and kale until soft.

Step 3: Remove cabbage and kale and drain. Let cool to room temperature.

Step 4: Chop kale, cabbage, celery, and onions into small pieces (you may use a food processor, but be careful not to chop too fine).

Step 5: In a large bowl, combine chopped kale, cabbage, celery, and onion, then mix in salt, red pepper spices, celery seed, and mustard seed.

Step 6: With a sharp knife, cut vertically (with the grain) through the ham, making 12 pockets.

Step 7: Fill pockets with as much stuffing as possible.

Step 8: Put remaining stuffing on top of ham.

Step 9: Use enough heavy-duty aluminum foil to wrap ham twice. Spray foil with Pam cooking spray and pour 1 cup water in foil with stuffed ham. Tightly wrap foil around ham and put in large roasting pan.

Step 10: Bake at 350 F for 1½ hours for every 5 pounds of ham.

Step 11: Remove from oven and cool at room temperature before storing in refrigerator.



SWEET AND TANGY GLAZED SALMON

Submitted by Eliana Moore, aspiring kid chef and niece of Katelyn Smetana, Navy Gold Star coordinator

Prep time: 10 minutes

Cooking time: 25 minutes

Serves: 4

Ingredients

- ¼ cup maple syrup
- 2 tablespoons balsamic vinegar
- 2 tablespoons soy sauce
- 1 tablespoon lime juice, squeezed from 1 lime
- 2 garlic cloves, peeled and minced
- Salt and pepper
- 4 (6 ounces) skin-on salmon fillets
- 1 lime, cut into wedges

Directions

Step 1: In a medium saucepan, combine maple syrup, balsamic vinegar, soy sauce, lime juice, and garlic. Set aside.

Step 2: In a 12-inch nonstick skillet, sprinkle ¼ teaspoon salt and ¼ teaspoon pepper in an even layer. Place salmon fillets, skin side down, in skillet. Sprinkle tops of fillets with ¼ teaspoon salt and ¼ teaspoon pepper.

Step 3: Cook salmon over medium heat, without moving salmon, until fat begins to puddle around fillets and skin begins to brown, 6-8 minutes.

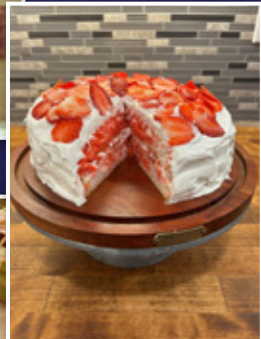
Step 4: Use tongs and spatula to carefully flip fillets. Cook, without moving fillets, until center of each fillet registers 125 F. Turn off heat. Transfer fillets, skin side down, to serving platter. Cover platter with aluminum foil.

Step 5: Cook maple syrup mixture in saucepan over medium heat, stirring occasionally with rubber spatula, until thick and syrupy, 4-6 minutes (sauce will be very bubbly when it thickens). Turn off heat. Spoon glaze evenly over salmon. Serve with lime wedges.



DESSERTS

This page intentionally left blank.





FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
**LIEUTENANT COMMANDER
CHARLES Z. WALKER,**
U.S. NAVY



Submitted by Katie Polak, wife, and Debra Huey-Walker, mother, of Charles Z. Walker

"This was actually my birthday cake favorite, but one year on my birthday, we were visiting Charles in his new house in another state, and I wouldn't get my cake. To my surprise, he baked this for me – his first time baking a cake. It was perfect and the best one I ever had. Charles also loved desserts with peanut butter and chocolate flavors together!"

– Debra Huey-Walker, USN, Ret.

BOSTON FUDGE CAKE WITH PEANUT BUTTER ICING

Ingredients

- 2 cups light brown sugar
- ½ cup butter, softened
- 1 cup buttermilk
- 1 teaspoon vanilla
- 3 eggs
- 2 squares chocolate, melted
- 2 cups flour
- 1 teaspoon baking soda
- ¾ teaspoon salt

Directions

Step 1: Beat together the brown sugar, softened butter, buttermilk, and vanilla.

Step 2: Add the eggs and melted chocolate, then continue beating mixture.

Step 3: In a separate bowl, mix the flour, baking soda and salt, then add to the above and mix until smooth.

Step 4: Pour batter into a 9"x13" greased pan and bake at 350 F for 40-45 minutes.

Step 5: Use your favorite vanilla icing recipe and add peanut butter (creamy) to taste.





FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
**PETTY OFFICER 2ND CLASS
JOHNATHON C. DURAN,**
U.S. NAVY



Submitted by Stephani Forman, mother of Johnathon C. Duran

“During John’s senior year of high school, he worked at a retirement home. He started as a server and worked his way up to the kitchen staff, and that is where his love of baking cupcakes came from! John joined the Navy after high school and often brought homemade goods to his shipmates. One Thanksgiving, he made sure that all of the Sailors stuck on the ship had a home-cooked meal. Every time he came home to visit, he’d proudly put on his uniform to go eat lunch with the residents at the retirement home. He truly put his heart into everything he did. John loved his country and community. He is missed by all who love him. Bravo Zulu. Fair winds and following seas.”

– Stephani Forman

RED VELVET CUPCAKES

Prep time: 15 minutes

Cooking time: 20 minutes

Servings: 12

Ingredients

- ¼ cup plain hot coffee or boiling water
- 2 tablespoons unsweetened natural cocoa powder
- 1 cup + 2 tablespoons all-purpose flour
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon finely-ground sea salt
- ⅛ teaspoon ground cinnamon (optional)
- 1 cup granulated sugar
- ¼ cup fresh vegetable oil
- ½ stick (4 tablespoons) unsalted butter, melted
- 1 large egg, room temperature
- ½ cup buttermilk, at cool room temperature
- 1 teaspoon vanilla extract
- 1½ teaspoons red gel food coloring
- ½ teaspoon distilled white vinegar

Frosting

- 5 ounces cream cheese, room temperature
- 5 tablespoons unsalted butter, at cool room temperature
- ¾ teaspoon vanilla extract
- 1½ cups powdered sugar, sifted



Instructions

- Step 1:** Preheat the oven to 350 F. Line a 12-cup muffin pan with paper liners.
- Step 2:** In a glass measuring cup or small bowl, whisk the hot coffee and cocoa powder. Cover and let stand for 5 minutes.
- Step 3:** In a medium bowl, mix together the flour, baking powder, baking soda, salt, and cinnamon.
- Step 4:** In a large mixing bowl, whisk together the sugar, vegetable oil, and melted butter. Add in the egg and mix for 20 seconds, or until very well combined. Add in the buttermilk, vanilla and food coloring, and whisk to combine. Whisk in the vinegar and coffee mixture.
- Step 5:** Using a fine mesh sifter, add the flour mixture into the batter, a third at a time, whisking until each addition is mixed thoroughly. The batter will be thin.
- Step 6:** Using a scoop, divide the batter evenly among prepared muffin cups. Lightly tap the bottom of the pan against the counter several times to release any air bubbles.
- Step 7:** Bake until cupcake tops are no longer sticky to the touch and a toothpick comes out clean, about 17-20 minutes.
- Step 8:** Let cupcakes cool in pan on a wire rack for 10 minutes before removing from the pan to cool completely, about 1 hour.
- Step 9:** While the cupcakes are cooling, make the frosting.
- Step 10:** In the bowl using the mixer, beat the cream cheese and butter on medium-high speed until very light, creamy and smooth. Scrape down the bottom and sides of the bowl to ensure no clumps remain.
- Step 11:** Add in the vanilla and beat until combined.
- Step 12:** On low speed, gradually add in the sifted powdered sugar and beat until fluffy, about 3 minutes. If the frosting is too thick, add a splash of milk. If it's too thin, add more sifted powdered sugar.
- Step 13:** Once the cupcakes have cooled, frost them and enjoy!





FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
**PETTY OFFICER 1ST CLASS
CHRISTOPHER JOE JOHNSON,
U.S. NAVY**



Submitted by Dusty Johnson, wife; Dalea and Kenzie, daughters; Hudson, son; and Melinda Hypes, mother of Christopher Joe Johnson

"Chris served in the U.S. Navy for over 12 years. The pictures are of his wife and his children while vacationing. The one where he is waving was taken right before he went white water rafting. Little did anyone know, this would be the last time Chris waved goodbye to his wife, children, parents, and family. Chris was treasured by all who met him because of his smile and his quick wit. While stationed in Norfolk, Virginia, Chris' family met another military family from the Dominican Republic and they became quick friends. Chris, his wife Dusty, and their children frequently had barbecues and shared meals with Angel, Miss Molly, and their children. At these barbecues, cultures merged. Chris' family introduced Angel's family to things such as the Midwestern love of hamburgers, hotdogs and cornhole, while Angel and Miss Molly helped them gain an appreciation of new food, such as goat. When Angel and Miss Molly moved to their next station, they were gifted the cornhole game.

"Chris loved to cook and experiment with different ingredients. One day, Miss Molly asked Chris to make her favorite, Dominican cake. Chris was eager to take on the challenge, and within a few days, Miss Molly was excited to receive the delicious Dominican cake. Chris enjoyed making the cake so much that the next time he was home on leave, he made at least two more for his family and friends.

"Chris' infectious smile and the love he had for his family is greatly missed by his wife, Dusty, his children, Dalea, Kenzie and Hudson, his parents, his sister, and extended family. MMI Christopher Joe Johnson, Nov. 30, 1977-June 16, 2011." – Melinda Hypes

DOMINICAN CAKE

Ingredients

- 1¾ cups all-purpose flour
- 6 egg yolks and 8 ounces egg whites (8-10 eggs)
- 1½ tablespoons baking powder
- 8 ounces (2 sticks) salted butter, room temperature
- 1 teaspoon lime zest
- 2 cups granulated white sugar
- 2 teaspoons vanilla extract
- ½ cup orange juice, room temperature

Pineapple Filling

- 1 pineapple
- ½ cup white granulated sugar
- 4 cups water
- 1 teaspoon vanilla extract

Meringue Icing

- 1½ cups granulated white sugar
- ¼ teaspoon cream of tartar
- ½ cup egg white
- ½ teaspoon vanilla extract
- 4 tablespoons powdered white sugar

Directions

Step 1: Preset the oven to 350 F. Butter and flour two 8" round cake pans.

Step 2: Mix the flour and baking powder and sift together. Divide into thirds and set aside.

Step 3: Using the paddle attachment of your mixer, beat the butter and sugar at medium speed until light and fluffy, about 4 minutes.

Step 4: Add the eggs a third at a time, beating 2 minutes after each addition. Add in vanilla and lime zest.

Step 5: Increase speed to mid-high, pour in a third of the juice and mix 2 minutes. Add a third of the flour and mix 2 minutes. Continue alternating the ingredients a third at a time, beating 2 minutes after each addition.

Step 6: Pour half the batter in each baking pan. Bake for 30 minutes without opening the oven. Cool to room temperature before removing from the pan.

Step 7: Make the pineapple filling. Peel, core and mince the pineapple. Put pineapple and the remaining ingredients in a thick-bottomed pot and heat over medium heat until it reaches a gentle boil. Cover and boil over low heat until all the liquid has evaporated, about 2 hours.

Step 8: Make the meringue icing. Mix granulated sugar, cream of tartar and water in a saucepan over medium-high heat. Boil until it reaches 235 F. While the sugar and water are cooking, whisk the egg whites for 30 seconds at low speed, then increase the speed until peaks are formed, about 3 minutes. Slowly pour a thin stream of syrup into the bowl while whisking at high speed until it forms very firm peaks, about 5 minutes.

Step 9: Assemble the cake. Pipe icing around the outside of the bottom layer. Put the pineapple filling on the inside. Add the top layer and icing to the sides and remainder of the cake.





FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
PETTY OFFICER 3RD CLASS
WILLIAM JAMES KEYS,
U.S. NAVY



Submitted by Lisa Keyes, mother of William James Keys

“Boston cream pie was among William’s favorite desserts. Inspired by him, I created this recipe to include a little bit of ‘spirit’ in it. We love and miss you every day, my son.”

– Lisa Keyes

BOSTON CREAM PIE CUPCAKES

Ingredients

- 1½ cups all-purpose flour
- 1½ teaspoon baking powder
- ¼ teaspoon salt
- ½ cup unsalted butter, room temperature
- 1 cup sugar
- 2 large eggs, room temperature
- 1½ teaspoons vanilla
- ½ cup milk, room temperature
- 2 large egg yolks
- 3 tablespoons sugar
- 2 teaspoons cornstarch, firmly packed
- ⅛ teaspoon salt
- 1 cup whole milk
- ½ teaspoon unsalted butter, softened
- ½ teaspoon vanilla
- 4 ounces semisweet or bittersweet chocolate, chopped
- 3 tablespoons unsalted butter
- 1½ tablespoons light corn syrup (or liquid glucose or golden syrup)
- 1 teaspoon Jack Daniels
- 2 squares white chocolate

Directions

Step 1: Heat oven to 350 F and lightly butter 12 muffin cups, or spray with a nonstick baking vegetable spray. (I did 6 cupcakes and a 6-inch round cake.)

Step 2: In a bowl, whisk together the flour, baking powder and salt.

Step 3: In the bowl of your electric mixer, or with a hand mixer, beat the butter until soft (about 1-2 minutes). Add the sugar and beat until light and fluffy (about 3-4 minutes).

Step 4: Scrape down the sides of the bowl, as needed.

Step 5: Add the eggs, one at a time, beating well after each addition. Beat in the vanilla extract.

Step 6: Then, with the mixer on low speed, alternately add the flour mixture and the milk, in three additions, beginning and ending with the flour.

Step 7: Using a level ice-cream scoopful, fill 6 muffin cups with the batter and bake for about 16-18 minutes, or until a toothpick inserted into a cupcake comes out clean.

- Step 8:** Spoon remaining batter into the 6-inch round pan.
- Step 9:** Bake 30 minutes or until wooden pick inserted in center comes out clean.
- Step 10:** Remove from oven and place on a wire rack to cool completely.
- Step 11:** Make the pastry cream. In a medium-sized heatproof bowl, whisk the 2 egg yolks with the sugar.
- Step 12:** Add the cornstarch (corn flour) and salt, and mix until you have a smooth paste.
- Step 13:** Meanwhile, in a saucepan bring the milk just to boiling (the milk starts to foam up). Remove from heat and slowly pour the milk into the egg mixture, whisking constantly to prevent the eggs from curdling (pour through a strainer if necessary).
- Step 14:** Pour the egg mixture back into a medium saucepan and cook over medium heat until boiling, whisking constantly. When it boils, keep whisking the mixture for another 30-60 seconds or until it becomes thick. Remove from heat and immediately whisk in the butter and vanilla extract.
- Step 15:** Pour into a clean bowl and cover the surface with plastic wrap to prevent a crust from forming.
- Step 16:** Cool to room temperature and then refrigerate until firm. The pastry cream can be stored for up to 3 days. Whisk or stir before using to get rid of any lumps that may have formed. (I pressed mine through a sieve to get it extra smooth and creamy.)
- Step 17:** Make the chocolate glaze. Melt the chocolate, butter and corn syrup in a stainless-steel bowl placed over a saucepan of simmering water. Remove from heat, stir in the Jack Daniels, and let cool until it thickens slightly (to pouring consistency). Melt the white chocolate.
- Step 18:** Assemble. Place the pastry cream in a piping bag fitted with a ½ inch plain tip. Fill each cupcake with the pastry cream by inserting the pastry tip into the top of each cupcake and squeezing just until you start to see cracks in the top of the cupcake.
- Step 19:** Then pour about 1-2 tablespoons of the chocolate glaze onto the center of each cupcake, letting it drip down the sides.
- Step 20:** Drizzle with some melted white chocolate and swirl with the end of a toothpick.

- Step 21:** Let the cupcakes sit at room temperature for an hour or two, or until the chocolate glaze dries.
- Step 22:** The cupcakes can then be covered and stored in the refrigerator for a couple of days. Bring to room temperature before serving. (I zapped a cold cupcake for 15 seconds in the microwave and it was heavenly!)
- Step 23:** Slice the cake in half horizontally and place bottom half on serving plate. Top with the remaining pastry cream. Place second cake layer on top. Spoon remaining glaze and white chocolate over the top and swirl it.

Note: This recipe makes 12 cupcakes or 6 cupcakes, plus 1 (6-inch) round cake.

Find it online: <https://www.goodgriefcook.com/birthday-boys-spirited-boston-cream-pie/>





FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
STAFF SERGEANT PATRICK DOLPHIN,
U.S. MARINE CORPS



Submitted by Jean Uffalussy, mother of Patrick Dolphin

“When we asked him what cake he wanted for his high school graduation, he said, ‘Your chocolate sheet cake!’ He loved this cake almost as much as he loved being a Marine.”

– Jean Uffalussy

CHOCOLATE SHEET CAKE

Ingredients

- 2 cups flour
- 2 cups sugar
- 1 stick butter
- ½ cup vegetable oil
- 1 cup hot water
- 4 tablespoons cocoa
- 2 eggs
- 1 teaspoon vanilla
- 1 teaspoon baking soda
- ½ cup milk

Icing

- 1 stick butter
- 6 tablespoons milk
- 4 tablespoons cocoa
- 1 teaspoon vanilla
- 1 pound powdered sugar
- 1 cup chopped nuts (optional)

Directions

Step 1: Mix flour and sugar together.

Step 2: Bring the butter, vegetable oil, hot water, and cocoa to a rapid boil.

Step 3: Pour over the dry mixture. Stir in the eggs, vanilla, soda, and milk.

Step 4: Pour into a greased jelly roll pan. Bake at 350 F for 20-25 minutes.

Step 5: While the cake is baking, make the icing. Bring the butter, milk and cocoa to a boil. Remove from burner. Add vanilla, powdered sugar and nuts. Spread on cake immediately after it comes out of the oven. Cool and cut.





FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
PETTY OFFICER 2ND CLASS KEON ASKEW,
U.S. NAVY



Submitted by Joy Goode, mother of Keon Askew

"While still in high school, Keon decided that his group was going to make hot cross buns. I asked, 'When do you need them?' Of course, he said tomorrow! I went around to some stores and could not find hot cross buns. That's when I found out that hot cross buns are only in stores around Easter. It also has a white cross on top of it. I and another mom got all five of the children in his group together. Each of them had to bring three ingredients. I thought it was great that there was one girl in the group. When I went to pick her up, she asked if she could use the flour her mom already used to fry chicken. Then she gave me two small pieces of balled up foil. I opened one and smelled it. I asked her, 'What was it?' She said, 'season all.' However, I asked her to bring allspice. In the other piece of foil was raisins coated in sugar. I asked her if she got those raisins out of the raisin bran, and she said 'yes.' That is when I knew there were not two scoops of raisins in Kellogg's Raisin Bran! The students made 30 hot cross buns and played video games while waiting for them to rise."

– Joy Goode

HOT CROSS BUNS

Prep time: 20 minutes

Cooking time: 20 minutes

Additional time: 1 hour, 45 minutes

Total time: 2 hours, 25 minutes

Servings: 12

Ingredients

- 3 cups all-purpose flour
- $\frac{3}{4}$ cup warm water (110 F)
- $\frac{1}{4}$ cup white sugar
- 1 large egg
- 1 large egg, separated and divided
- 3 tablespoons butter, softened
- 1 tablespoon active dry yeast
- 1 tablespoon instant powdered milk
- $\frac{3}{8}$ teaspoon salt
- $\frac{3}{4}$ cup dried currants
- 1 teaspoon ground cinnamon
- 2 tablespoons water
- $\frac{1}{2}$ cup confectioners' sugar
- 2 teaspoons milk
- $\frac{1}{4}$ teaspoon vanilla extract

Directions

Step 1: Put flour, warm water, $\frac{1}{4}$ cup white sugar, egg, egg white, butter, yeast, milk powder, and salt in a bread maker and start on dough program.

Step 2: When 5 minutes of kneading are left, add currants and cinnamon. Leave in the machine until doubled in size, about 1 hour.

Step 3: Punch down dough on a floured surface, cover and let rest for 10 minutes.

Step 4: Shape into 12 balls and place in a greased 9"x12" pan. Cover and let rise in a warm place until doubled, 35-40 minutes.

Step 5: Preheat the oven to 375 F.

Step 6: Mix egg yolk with 2 tablespoons water in a small bowl and brush on dough.

Step 7: Bake in the preheated oven until golden brown, about 20 minutes. Remove from pan immediately and cool on wire rack.

Step 8: Mix confectioners' sugar, milk and vanilla together until smooth. Place glaze in a piping bag or a sandwich bag with the corner snipped off and pipe a cross onto each roll.

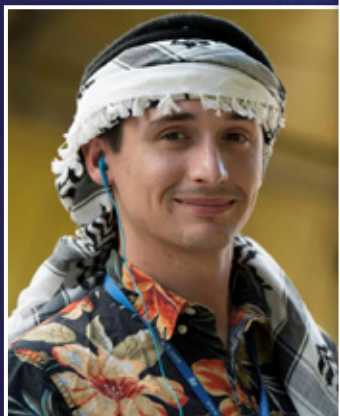
Note: To make the dough in a stand mixer, combine warm water and yeast in the bowl of the mixer and let soften for about 5 minutes. Add flour, milk powder, $\frac{1}{4}$ cup white sugar, egg, egg white, and salt. Mix, scraping the dough down occasionally, on low speed using the dough hook for 10 minutes. Add butter, currants and cinnamon, and mix for an additional 5 minutes. Transfer dough to a greased bowl, cover with plastic wrap and a kitchen towel, and allow it to rise until doubled, about 1 hour. Proceed with the recipe instructions.





FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
PETTY OFFICER 1ST CLASS
JOSHUA T. NEWTON,
U.S. NAVY



Submitted by Teresa and John Newton, parents of Joshua T. Newton

"Josh loved a simple cake, so every birthday he requested a jelly cake!!"

– Teresa and John Newton

JELLY CAKE

Ingredients

- 1 box yellow cake mix
- 1 small jar grape jelly (or your favorite flavor)

Directions

Step 1: Preheat the oven to the temperature instructed on the cake box.

Step 2: Mix ingredients together and bake cake according to directions on box.

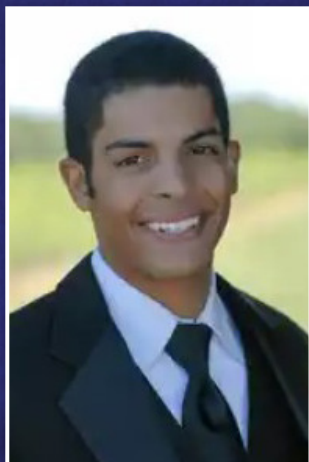
Step 3: Spread the jelly over the cake while it's warm, but not hot, so it will soak into the cake.





FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
MAJOR STEWART MCGURK,
U.S. ARMY



Submitted by Helen Tin, spouse of Stewart McGurk

"Stewart loved strawberry rhubarb pie! While we lived in Germany, he was given orders to Afghanistan. We had just learned I was pregnant with our son, Bronson, and realized he was not going to be home for the birth of our first child. I made him a strawberry rhubarb pie to go. No joke, I wrapped that pie up in foil so that it would travel well with him!"

"He packed all his stuff for deployment with a fragile and very important (to him) package – the strawberry rhubarb pie. Through numerous stops, that pie made it all the way to Afghanistan! He said he had a little each day after dinner. He shared it with his battle buddy. He also informed me that a Soldier asked him during dinner time where he got that slice of pie. Stewart told him that I made it and it came from home. The Soldier did not believe him."

"I would make this daily if it meant he could be here to enjoy it again."

– Helen Tin

STRAWBERRY RHUBARB PIE

Ingredients

- $\frac{3}{4}$ cup white sugar
- $\frac{1}{2}$ cup all-purpose flour
- 1 pound rhubarb, cut into 1/4-inch slices
- 2 pints strawberries, hulled and quartered
- 1 pastry recipe for 9" double-crust pie
- 2 tablespoons butter
- 1 large egg yolk
- 2 tablespoons white sugar for sprinkling

Directions

Step 1: Preheat oven to 400 F.

Step 2: Mix flour and sugar together in a large bowl

Step 3: Add strawberries and chopped rhubarb. Toss with sugar and flour, let stand for 30 minutes.

Step 4: Pour filling into the prepared pie crust. Dot top with butte, and cover with top crust. Seal edges of top and bottom crust with water.

Step 5: Brush egg yolk on top of pie with a pastry brush.

Step 6: Sprinkle top with sugar (optional).

Step 7: Cut several slits in the top crust to allow steam to escape.

Step 8: Bake in the preheated oven until bubbly and brown, about 35-40 minutes. Cool pie on rack. Enjoy!

Pie Crust

- $1\frac{1}{4}$ cups all-purpose flour
- $\frac{1}{2}$ cup butter, diced and then chilled
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ cup ice cold water, or as needed

Directions

Step 1: Combine flour and salt in a large bowl. Add chilled, diced butter into the flour mixture until mixture resembles coarse crumbs.

Step 2: Add 1 tablespoon cold water at a time, mixing with a spatula or your hands until the dough comes together. You may need less than $\frac{1}{4}$ cup water.

Step 3: Shape dough into a disc, wrap in plastic, and refrigerate for at least 4 hours or overnight.

Step 4: Place chilled dough on a generously floured surface and roll out to an 11" circle, adding more flour to your rolling pin as needed.

Step 5: Carefully roll dough onto the rolling pin, then unroll over a 9" pie dish. Press dough evenly into the bottom and sides of the dish. Trim any excess dough and flute the edges.

Step 6: Blind bake or fill and bake as directed in your pie recipe.





FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
**PETTY OFFICER 1ST CLASS
CLARENCE J. ROACH,**
U.S. NAVY



Submitted by Takima Porter-Roach, spouse of Clarence J. Roach

"My favorite memory is spending quality time around Thanksgiving. Clarence would critique the sweet potato pie because he wanted it to taste exactly like his late mother's pie. I think my pie is pretty close to it. Our daughter is now the taste tester and I think she's a harder critic than Clarence was. And I still love the quality time. His presence is always here with us, not only in the memories and our hearts, but in the pie as well."

– Takima Porter-Roach

SOUTHERN SWEET POTATO PIE

Ingredients

- 1 (9-inch) unbaked pie crust (I like the deep dish)
- ¼ teaspoon ground ginger
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 1 cup whole milk (you can substitute evaporated milk)
- 2 eggs
- 2 tablespoons bourbon (or 1 teaspoon vanilla extract or 1:1 ratio 'cause I'm a menace)
- ½ stick butter, melted
- ¾ cup sugar
- ½ cup brown sugar
- 1 tablespoon honey
- 2½ cups sweet potatoes, baked and peeled
- 1 cup heavy whipping cream
- 4 tablespoons powdered sugar

Directions

Step 1: For the filling, using a mixer of your choice, combine the sweet potatoes, sugars, spices, butter, eggs, honey, and extract until well combined.

Step 2: Add the milk and mix a bit more. Pour into pie filling and bake at 325 F for about 1 hour.

Step 3: For the topping, combine heavy whipping cream and powdered sugar, and beat with a mixer until it forms stiff peaks.

Step 4: Once the pie has cooled, place whipped cream on top and enjoy. If you're feeling risky, cream a slice while it's warm (that's how Clarence and my daughter prefer it). Enjoy!





FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
PETTY OFFICER 1ST CLASS
BRIAN RICHARD STEAD,
U.S. NAVY



Submitted by Susan and Gary Stead, parents of Brian Richard Stead

“Brian served in the Navy for 11 years. He is missed by all his friends and family who were lucky enough to know him. We have so many happy memories making and sharing food with Brian. The last time we visited Brian and his lovely wife and baby daughter, I made this skillet cookie for us all. Brian always requested it when we came to town. He sat at the table banging and chanting over and over, ‘Skillet cookie! Skillet cookie!’ till it was ready! He actually had his 10-month-old daughter bang along. Even though she had no idea what was happening, she was just excited right along with her dad! Never did we think he would be gone three weeks later. Our memories are all so bittersweet but truly blessed to have had 34 years with our wonderful son!”

– Susan and Gary Stead

CHOCOLATE CHIP SKILLET COOKIE

Ingredients

- 6 tablespoons unsalted butter, room temperature
- ⅓ cup dark-brown sugar, packed
- ½ cup sugar
- 1 large egg
- 1 teaspoon pure vanilla extract
- 1 cup flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 cup semisweet chocolate chips

Directions

Step 1: Preheat oven to 350 F.

Step 2: In a bowl, combine butter and both sugars with a wooden spoon until creamy.

Step 3: Stir in the egg and vanilla. Stir in flour, baking soda and salt. Stir in chocolate chips.

Step 4: Transfer to a 10” cast iron skillet and smooth the top of the cookie batter.

Step 5: Bake until golden brown, about 18-20 minutes. Let cool 5 minutes before serving.



FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
SEAMAN KOLETON CARPENTER,
U.S. NAVY



Submitted by Kelly Phelps, mom of Koleton Carpenter

"My son Koleton loved to eat! He would eat anything and everything in sight and not gain a pound! He loved this recipe and for every birthday, Koleton wanted his strawberry cake! This is a recipe from Kraft, with just a minor change. Koleton has a big heart, but an even bigger laugh. He loved to act goofy to make other people laugh. He always gave everything to his friends and family, often going without himself to help someone else out. He had a kind soul, and the world lost a bright light when he left us.

– Kelly Phelps

STRAWBERRY SWIRL CAKE

Ingredients

- 1 package white cake mix (any kind)
- 2 (8" or 9") round cake pans, sprayed with oil and dusted with flour
- 1 (3 ounces) package strawberry Jell-O
- $\frac{2}{3}$ cup sour cream
- $\frac{2}{3}$ cup powdered sugar
- 1 (8 ounces) tub whipped topping
- 1 package strawberries, sliced thinly (about 2 cups sliced)

Directions

Step 1: Heat oven to 350 F.

Step 2: Prepare cake batter as directed on package. Pour half into a medium bowl (you will have 2 bowls of batter).

Step 3: Add dry gelatin mix to one of the bowls of batter. Stir until blended.

Step 4: Spoon half the white batter and half the pink batter, side by side, into each prepared pan. Swirl gently with spoon.

Step 5: Bake 30 minutes. Cool cakes for 30 minutes in pans. Remove to wire racks and cool completely.

Step 6: Mix sour cream and powdered sugar in medium bowl until blended. Gently stir in Cool Whip.

Step 7: Stack cake layers on plate, filling with 1 cup of Cool Whip mixture and 1 cup berries. Frost top and side with remaining Cool Whip mixture. Top with remaining berries.

Note: I have changed this recipe and used different flavored Jell-O and fruit, and it always comes out moist and delicious!





FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
**PETTY OFFICER 3RD CLASS
GUSTAV CARL BAHRUTH,**
U.S. NAVY



Submitted by Maria Bahruth, mother of Gustav Carl Bahruth

"A tradition started by my mom, Sonia Wagner, and passed down to our family was whomever was celebrating a birthday got to pick their favorite cake. From when he was a little boy, Gus' birthday cake was invariably chocolate Kahlúa cake. It soon became a favorite of his friends, too. The last time I saw Gus was when I visited him in Pensacola before his passing. I brought a batch of cupcakes on the plane to Corry Station to celebrate his 21st birthday on New Year's Eve 2023. I'd like to think that his grandma Wagner is baking this favorite cake for him in heaven. I look forward to our reunion!"

– Maria Bahruth

GUS' CHOCOLATE KAHLÚA CAKE

Ingredients

- 1 package yellow cake mix
- ½ cup granulated sugar
- 6 ½ ounces instant chocolate pudding mix (almost 2 packages)
- ¾ cup vegetable oil
- 4 eggs
- ¼ cup vodka
- ¼ cup Kahlúa
- ¾ cup water

Glaze

- 1 cup powdered sugar
- ¼ cup Kahlúa

Directions

Step 1: Preheat oven to 350 F. Butter a Bundt pan.

Step 2: Combine dry ingredients and mix thoroughly.

Step 3: Slowly add oil, eggs and liquids so they don't slosh out of the bowl. Mix on low thoroughly.

Step 4: Pour batter into Bundt pan and place in oven. Bake 45-50 minutes.

Step 5: While cake is baking, prepare glaze in a bowl. Pour in powdered sugar and whisk lumps away. Slowly pour in Kahlúa until desired consistency. Whisk to combine. Less powdered sugar or more Kahlúa will make a slightly thinner glaze that soaks into the cake (Gus' preferred method!).

Step 6: After cake has been tested with a toothpick, remove from oven and let cool for 10 minutes. Invert cake on desired cake plate, poke holes and drizzle with glaze.

Note: This recipe also makes 29 cupcakes. Bake at 350 F for 20 minutes.





FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
**CHIEF PETTY OFFICER
STEPHEN TYLER MURPHY,**
U.S. NAVY



Submitted by Eileen Murphy, mother of Stephen Tyler Murphy

"I used to make these the day before Tyler would come home. After he arrived home, the first thing he would do is go to the fridge for his buckeyes. By then I would have them bagged into one or two gallon bags so when it was time for him to leave, he would grab his candy and go back to Virginia Beach."

– Eileen Murphy

BUCKEYES

Ingredients

- 1 (1 pound) box of confectioners' sugar
- 1 (16 ounces) jar of chunky peanut butter (or creamy peanut butter)
- 1 stick butter, softened
- 1 bag semisweet chocolate chips
- 2 teaspoons Crisco shortening (per bag of chocolate chips)

Directions

Step 1: Line the cookie sheets with wax paper before making the buckeyes.

Step 2: Beat the sugar, peanut butter and butter together until smooth. Roll mixture into 1" balls and transfer onto wax paper-lined baking sheets. Refrigerate them as soon as you can, but avoid waiting too long because the balls may crumble. Cold peanut butter balls are easier to work with.

Step 3: When the balls are finished hardening, melt the chocolate chips and shortening in a double boiler. It is important to not let any water from the double boiler get in the mixture or to let the melted chocolate burn.

Step 4: Once the chocolate and Crisco look melted enough to dip the balls, take the sheets of cold peanut butter balls from the refrigerator. Dip each ball in the melted chocolate. Just dunk and retrieve each ball with a utensil you are comfortable using. (I use a metal shish kabob stick or a two-pronged fork.) Put the dunked balls back on the cookie sheets.

Step 5: After they are all dipped, cover the balls lightly with wax paper and put them back in the fridge to let them become set.

Note: It is always a good idea to double the chips and shortening until you have made the recipe a couple of times. Some peanut balls grab more chocolate than others.





FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
PETTY OFFICER 1ST CLASS KEVIN FLYNT,
U.S. NAVY



Submitted by Jeannette Tesar, mom of Kevin Flynt

“Kevin would always tell his grandma that he wanted cookies when he came home for Christmas. She would make so many that he would take the cookies home to share with his shipmates. He would have to repack his bag more than once to get all the cookies in and make sure they didn’t become crumbs. Kevin passed away March 12, 2022.”

– Jeannette Tesar

GOOEY BUTTER COOKIES

Ingredients

- ¼ cup confectioners’ sugar
- 1 (8 ounces) package cream cheese, softened
- ½ cup unsalted butter, softened
- 1 large egg
- ¼ teaspoon vanilla extract
- 1 (15.25 ounces) package yellow cake mix

Directions

Step 1: Preheat the oven to 350 F. Place confectioners’ sugar into a shallow bowl.

Step 2: Beat cream cheese and butter with an electric mixer in a medium bowl until creamy. Stir in egg and vanilla. Add cake mix and stir until well blended. Roll dough into 1-inch balls.

Step 3: Roll balls in confectioners’ sugar to coat; place 1-inch apart on an ungreased cookie sheet.

Step 4: Bake in the preheated oven until set, 10-13 minutes. Remove from the oven and transfer to wire rack to cool.





FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
**PETTY OFFICER 2ND CLASS
GEORGE HENRY RUSH JR.,
U.S. NAVY**



Submitted by Tiffany Rush-Green, daughter of George Henry Rush Jr.

"My father is George Henry Rush Jr. He died when my mother was 7 months pregnant, so I didn't get the blessing of meeting him. He died in a helicopter crash in Vietnam serving his country.

"I am told that he loved red velvet cake, and this is my rendition of red velvet cake. I know I would have been honored with so much love to make this for him, and he would have enjoyed every bit of it if he was here on earth."

– Tiffany Rush-Green

RED VELVET CAKE PARFAITS

Ingredients

- 1 box Duncan Hines red velvet cake mix
- 3 large eggs
- ⅓ cup canola oil

Icing

- 8 ounces cream cheese, softened
- 1 tablespoon butter
- 2 cups powdered sugar
- 1-2 tablespoons vanilla extract
- 2-4 tablespoons heavy cream, as needed to reach desired consistency of icing
- ½ cup chopped walnuts

Directions

Step 1: Follow instructions on the cake mix box, then allow cake to cool completely.

Step 2: While cake is baking, combine cream cheese, butter and powdered sugar in a mixing bowl, and beat on low to medium speed until combined.

Step 3: Add vanilla and heavy cream, and continue beating icing until smooth.

Step 4: Once cake has cooled, chop into squares or chunks.

Step 5: In a parfait cup, alternate icing and cake in layers and top with chopped walnuts.



COCA-COLA CAKE

Submitted by Katie Polak, wife, and Debra Huey-Walker, mother, of Charles Z. Walker

"This was Charles' favorite cake, and his grandmother made it for him every year on his birthday (and other times, too). As I read and wrote down the recipe, I remembered why I told him only his grandmother could make this for him." – Debra Huey-Walker

Ingredients

- 2 cups flour
- 2 cups sugar
- 2 sticks butter
- 3 tablespoons cocoa
- 1 cup Coca-Cola
- ½ cup buttermilk
- 2 beaten eggs
- 1 teaspoon baking soda
- 1 teaspoon vanilla
- 1½ cups miniature marshmallows

Icing

- 3 tablespoons cocoa
- ½ cup butter
- 1 box confectioners' sugar
- 6 tablespoons Coca-Cola

Directions

Step 1: Combine flour and sugar.

Step 2: Heat butter, cocoa and Coca-Cola until it boils, then pour over sugar and flour mixture, mixing well.

Step 3: Add buttermilk, eggs, baking soda, vanilla, and marshmallows, mix well.

Step 4: Pour into greased and floured 9"x13" pan and bake at 350 F for 30-40 minutes.

Step 5: Ice the cake while it's hot. Combine the butter, cocoa and Coca-Cola, bring to boil, then pour over the confectioners' sugar. Beat well.

Step 6: Spread icing over the hot cake.

SUSAN'S AWARD-WINNING IRISH CROWN CHOCOLATE MOUSSE

Submitted by Tim McGough, CNIC FFSP communication analyst

Ingredients

- 1 springform pan
- ⅔ cup Bailey's Irish Cream liqueur
- ½ cup cold water
- 2 envelopes unflavored gelatin
- 1 (16 ounces) bag of semisweet chocolate chips
- 3 large eggs, separated
- ¼ cup sugar
- 2 cups (1 pint) heavy cream
- 33 tubular-shaped cookies, such as Pepperidge Farm cookies, Pirouette or 1 package of Ladyfingers

Directions

Step 1: Mix liqueur with water in a large saucepan, sprinkle gelatin on top of liquid, let stand for a minute, then stir over low heat until gelatin is dissolved.

Step 2: Add chocolate chips, stirring until melted and smooth, then remove from heat.

Step 3: Whisk in egg yolks one at a time and allow the mixture to cool to room temperature.

Step 4: In a large bowl, beat egg whites until stiff, then gradually add sugar until you have glossy peaks.

Step 5: Stir egg whites into chocolate mixture by gently folding in the whipped cream.

Step 6: Spoon ¼ of mixture into the bottom of a springform pan, then stand cookies in mousse around the edge of the pan.

Step 7: Pour the remaining mixture into the pan. Do this carefully, as the cookies can fall into the mousse. Then let chill for several hours.

Note: This dessert can also be frozen. It will serve 12-16 people because of the richness of the dessert. You can use various types of liqueur; I used raspberry liqueur and fresh raspberries. When adding the cookies for this variation, alternate raspberries between cookies. You can also use sponge Ladyfinger cakes instead of cookies.

BREAKFAST ENTRÉES

BREAKFAST

This page intentionally left blank.



This page intentionally left blank.



FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
SEAMAN RECRUIT
ELIZABETH ANNE RICHARDSON,
U.S. NAVY



Submitted by Tracy Richardson, mother of Elizabeth Anne Richardson

"The picture I shared is with Lizzy, my husband, Doug, and Lizzy's grandfather and uncle (both deceased). My husband, Doug, and Lizzy's grandfather were also in the Navy. They were in Chicago taking a boat cruise. Lizzy passed away less than a year after this picture was taken at the age of 19.

"Lizzy used to say, 'I need more juice!' when she wanted more of the gravy over the biscuits. She would eat this dish morning, noon and night until it was gone!"

– Tracy Richardson

BISCUITS AND GRAVY

Ingredients

- 1¾ cups all-purpose flour (I don't sift it)
- ½ teaspoon salt
- 2 teaspoons double-acting baking powder
- 1 teaspoon sugar
- ½ teaspoon baking soda (should be less than 1 year old)
- 5 tablespoons butter
- ¾ cup buttermilk

Directions

Step 1: Preheat oven to 450 F.

Step 2: I use the "Joy of Cooking" recipe. Mix the dry ingredients.

Step 3: Cut in 5 tablespoons butter with a pastry cutter.

Step 4: Add buttermilk to dry mixture and stir.

Step 5: Drop from a spoon on a very lightly-sprayed cookie sheet (I use Pam spray).

Step 6: Bake for 10-12 minutes until golden brown.

Step 7: While your biscuits are baking, make the gravy.

Note: If you don't have any buttermilk, you can use ¾ cup milk and add 1 tablespoon lemon juice; let stand 5 minutes before using. You want to make the biscuits as stiff as possible. Don't overmix the dough or it will get tough.

Gravy

- 1 pound good ground sausage, such as Jimmy Dean's
- 3 tablespoons flour
- 4-6 ounces cream cheese
- ½ cup sour cream
- 1-3 cups milk (depending on how soupy you want it to be)
- 1 teaspoon white pepper, to taste
- 1 teaspoon black pepper, to taste

Directions

Step 1: Cook sausage over low-medium heat (not too high of heat) until pink is gone. Drain.

Step 2: Add flour and cook until well incorporated and very lightly tanned.

Step 3: Add cream cheese and sour cream, mix well.

Step 4: Add milk slowly, a little at a time, until desired consistency.

Step 5: Cook on low heat until it is bubbly, about 10 minutes.

Step 6: Place halved biscuits on plate and pour on the gravy. Enjoy! Makes about 4 servings.

Note: Depending on what kind of sausage you use, you can add one of the following to taste: sage (2-3 chopped fresh sage leaves or 1-2 teaspoons powdered sage) or ½ teaspoon cayenne pepper, adjust amount to taste.



FROM THE FAMILIES OF OUR NATION'S FALLEN SERVICE MEMBERS

IN MEMORY OF
CHIEF PETTY OFFICER BRENT M. DOIRE,
U.S. NAVY



Submitted by Julie Doire, mother of Brent M. Doire

Early to Bed, Early to Rise

“Breakfast was Brent’s wake-up call. He couldn’t resist the smell of coffee brewing, a fluffy, cheesy omelet, crispy fried potatoes, candied bacon, and buttered toast. That was the norm, but when he woke up to my light crepe-style pancakes topped with fresh strawberries, nothing else would bring the biggest smile and hearty appetite. He even swiped the pancakes left for his sisters.”

– Julie Doire

CREPE-STYLE PANCAKES

Ingredients

- 1½ cups all-purpose flour
- 3 tablespoons sugar
- 1½ teaspoon baking powder
- ½ teaspoon salt
- 1½ cups milk
- 3 tablespoons unsalted butter, melted
- 2 large eggs
- ½ teaspoon vanilla (optional)

Directions

Step 1: Prepare and preheat your griddle.

Step 2: Whisk together in a large bowl the flour, sugar, baking powder, and salt.

Step 3: In a second bowl, whisk together milk, butter, eggs, and vanilla.

Step 4: Pour the wet ingredients over the dry ingredients and gently whisk them together, mixing just until combined. If you wish, fold in one or more of the following: ½ cup fresh or frozen blueberries, raspberries, sliced bananas, crumbled bacon, finely chopped toasted nuts, or dried fruit, or ¼ cup shredded cheese, shredded sweetened dried coconut, or grated chocolate.

Step 5: Spoon ⅓ cup batter onto griddle for each pancake, nudging the batter into rounds. Cook until the top of each pancake is speckled with bubbles and some bubbles have popped open, then turn and cook until the underside is lightly browned. Serve immediately or keep warm in a 200 F oven while you finish cooking the rest. Serve with pure maple syrup or honey and pats of butter.

Recipe from “The All New All Purpose Joy of Cooking,” by Irma S. Rombauer, Marion Rombauer Becker and Ethan Becker (pp. 795, 796).



“INSTANT” PANCAKES

Submitted by the Tragedy Assistance Program for Survivors (TAPS)

This recipe allows you to premix and store the dry ingredients for up to 3 months. You will need a lidded container that can hold about 10-12 cups.

Ingredients – “Instant” Pancake Mix

- 6 cups all-purpose flour (I like to pour out a bunch of flour into a large bowl, whisk it around to aerate it, and then measure it, using a scoop-and-level method)
- 1½ teaspoons baking soda (check expiration date)
- 3 teaspoons double-acting baking powder (check expiration date)
- 1 tablespoon kosher salt
- 2 tablespoons sugar

Directions

Step 1: Combine all ingredients in a lidded container. Shake to mix and cover. Use within 3 months.

Step 2: Use the pancake mix to make pancakes.

Ingredients

- 2 cups “Instant” Pancake Mix, recipe above
- 2 eggs, separated into yolks and whites
- 2 cups buttermilk
- 4 tablespoons melted unsalted butter
- 1 stick butter, for greasing the pan
- 2 cups fresh fruit such as blueberries, if desired

Directions

Step 1: Heat an electric griddle or frying pan to 350 F.

Step 2: Whisk together the egg whites and the buttermilk in a small bowl. In another bowl, whisk the egg yolks with the melted butter.

Step 3: Combine the buttermilk mixture with the egg yolk mixture in a large mixing bowl and, using your largest whisk, whisk together until thoroughly combined.

Step 4: Pour the liquid ingredients on top of the pancake mix.

Step 5: Using the largest whisk you have, mix the batter for about 10 seconds, just enough to bring it together. Don’t try to work all the lumps out.

Step 6: Check to see that the griddle is hot by placing a few drops of water onto to the griddle. The griddle is ready if the water dances across the surface.

Step 7: Lightly butter the griddle. Wipe off thoroughly with a paper towel. No butter should be visible.

Step 8: Gently ladle the pancake batter onto the griddle in your desired pancake size and sprinkle on fruit (optional).

Step 9: When bubbles begin to set around the edges of the pancakes and the griddle side of the pancakes are golden, gently flip the pancakes.

Step 10: Continue to cook 2-3 minutes or until the pancakes are set.

Step 11: Serve immediately or remove to a towel-lined baking sheet and cover with a towel.

Step 12: Extra pancakes can be kept in a 200 F oven for 20-30 minutes.



SLOW COOKER BREAKFAST CASSEROLE

Submitted by the Navy Gold Star Program

Ingredients

- 30 ounces frozen hashbrown potatoes
- 1 pound breakfast sausage (I like to purchase precooked and crumbled turkey sausage, but you can use your favorite sausage)
- 1 white onion, diced
- 12 large eggs
- 1 cup milk
- 1 teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 1 bag (8 ounces) shredded sharp cheddar cheese

Directions

Step 1: If your sausage is not precooked, cook sausage and drain grease.

Step 2: Add frozen hashbrowns, diced onions and sausage to the slow cooker and stir together.

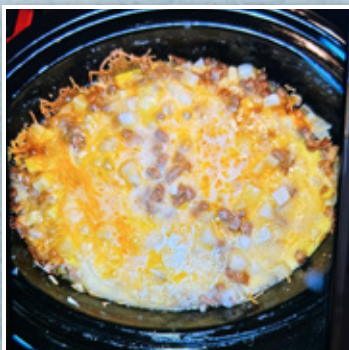
Step 3: In a large bowl, add eggs, milk and seasonings. Whisk together.

Step 4: Pour the egg mixture evenly over the hashbrowns and sausage.

Step 5: Sprinkle the cheese evenly over the top.

Step 6: Place the lid on the slow cooker. Cook on High for 3½ hours or on low for 6 hours. Cooking time may vary depending on your cooker, so check at the end of the time window and ensure mixture is no longer runny. If more time is needed, feel free to adjust.

Note: For a little variety, consider adding diced green peppers and mushrooms before cooking, and serve with salsa.



RESOURCES



NAVY GOLD STAR PROGRAM

The Navy Gold Star Program is the Navy's official program for providing long-term support to the families of those who die on active duty, regardless of the cause, for as long as they desire.

The program serves as their link to the Navy as well as the bridge for these families to survivor support resources, both within the government and the community, as well as each other. This is primarily done through outreach to identify their needs, connecting them with resources to meet their needs, and following up to ensure that these needs are met.

Navy Gold Star Program staff are empowered to create opportunities for our surviving families to connect with one another through support groups and social outings as well as to create a culture of remembrance by hosting ceremonies and events that show these families that their loved ones are not forgotten. To learn more, visit www.navygoldstar.com.

This page intentionally left blank.



MORALE, WELFARE AND RECREATION PROGRAMS

Morale, Welfare and Recreation (MWR) programs and facilities worldwide are generally available for use by any DoD ID cardholder. Check with the installation for any access requirements.

Fitness: Navy MWR Fitness provides the Navy community with education, programs, equipment, and facilities in the areas of fitness, sports and aquatics to promote mission readiness and enhance quality of life. These programs include full-service fitness centers featuring a variety of cardio and weight equipment, basketball and racquetball courts, exercise spaces and classes, outdoor fields and courts, running tracks and trails, self-directed activities, informal sports, intramural leagues, tournaments and events, and fitness and recreational swimming.

MWR Entertainment: The Navy MWR Entertainment Program provides quality, live entertainment for Sailors stationed overseas and on deployed ships at sea. The program assists CONUS locations with talent referral and production of shows, and partners with United Service Organizations (USO) and Armed Forces Entertainment (AFE) to bring additional shows to Navy audiences.

Navy MWR Library Program: The Navy MWR Library Program supports ashore and afloat libraries, as well as the joint-service DoD MWR Virtual Library. Managed by the Navy General Library Program (NGLP), shore libraries offer innovative library programs, access to technology and information resources, and a diverse collection of lendable materials such as books, movies and video games. Ashore and afloat collections are supplemented by the DoD MWR Virtual Library (www.dodmwrlibraries.org), which offers 24/7 access to more than 80 eResources such as eBooks, test prep, streaming services, and much more – all free of charge. NGLP's mission is to strive to connect the Navy military community to new ideas, accurate information and memorable experiences.

Community Recreation: Navy MWR Community Recreation engages patrons by providing recreational programs and services in the areas of activities, special events, leisure classes, trip and outings, recreation equipment rentals, dedicated and discounted tickets to attractions (Military Ticket Program), leisure travel services (American Forces Travel), information and resources, parks and picnic areas, and green spaces. Additional auxiliary programs may include doggie daycare facilities, horse stables for personal boarding, paintball, ropes courses, and skeet and trap ranges.

Marinas: Encouraging responsible boating practices and providing skills development and instruction are just a few of the services that MWR marinas offer to promote boating to eligible patrons. The program also provides berthing, mooring and equipment rental services, as well as other on-water activities, such as fishing, sailing and more.

Recreational Lodging: MWR cabins, cottages, RV parks, campgrounds and resort-style vacation rentals provide leisure accommodations to eligible patrons at CONUS and OCONUS installations. Most site amenities include barbecue areas, bathhouses, children's play areas, community centers, game rooms, and laundry facilities. Some locations also offer swimming pools. For reservations, visit www.navygetaways.com or call 1-877-NAVY-BED.

Movie Program – Commercial: Navy Motion Picture Service (NMPS) provides digital/3D cinema projection movies to sites worldwide. Commercial-style theaters offer movie-going experiences on par with off-base theaters, including full concessions at reasonable prices. Special "advance screenings" are coordinated with the film industry and other government agencies for showings the week before the movie's commercial release. Designated overseas NAVY FIRST theaters show prime movies on the same day they open in U.S. commercial theaters.

Bowling Program: Navy Bowling Centers range from four to 40 lanes. Our modern facilities include electronic scoring, Wi-Fi, music and light shows, bowling leagues for youths/adults/seniors, birthday party programs, bowling instruction, and pro shop services. Many of our centers have food and beverage offerings, billiards and arcades, making them a great venue for your family or group.

Golf Program: Navy MWR offers a wide range of attractive golf courses in the U.S. and overseas. Courses offer driving ranges, lessons, tournament play, clubhouse dining, and pro shops. Courses are designed and maintained to attract players of all skill levels.

MWR Food and Beverage Program: With operations worldwide, MWR's Food and Beverage Program offers a wide variety of concepts ranging from full-service clubs to quick-service restaurants in on-base clubs, catering and conference centers, pubs, delis, coffee shops, and nightclubs. More than 100 branded concepts are located throughout the Navy. The MWR Food and Beverage Program has created a portfolio of restaurant brands within industry-recognized service styles, including kiosks, fast food, fast casual, casual, themed, tavern/saloons, brewpubs, catering, delivery, and fine dining.



CHILD AND YOUTH PROGRAMS

Fallen Warrior Respite Care: The family of a service member who has died while on active duty is authorized 40-hours of respite care per child per family (to be taken at one time during the year after the member's death). Documentation must be provided from the command, or verification can be provided by the Navy Gold Star coordinator or by the CNIC Navy Gold Star Program (navygoldstar.fct@navy.mil).

Gold Star Spouse (Combat-Related) Eligibility for CYP: Children of surviving spouses of military members who die from a combat-related incident are eligible to enroll in child care in Child and Youth Programs (CYP) on a space-available basis. Requests for child care must be placed at www.MilitaryChildCare.com. As eligible patrons, Gold Star spouses (combat-related) are eligible to use hourly child care on a first-come, first-served basis where available, and their dependents are eligible to participate in other CYP recreational programs (where available), including Teen Programs, Youth Sports, Recreational Preschool, and Recreational School Age Programs. Eligible patrons can contact their local CYP to learn about local offerings. Contact information for each installation is available at <https://installations.militaryonesource.mil/>.

Maintaining Child Care Enrollment: Gold Star spouses and surviving spouses of active-duty service members who die while their dependents are enrolled in an installation-based child development program are not subject to supplanting by higher priority patrons. Additionally, they may maintain their space in their currently enrolled program until they withdraw from the program or the child ages out of DoD Child Development Programs.

School Liaison Program: Gold Star spouses (combat-related) are eligible to receive support from the School Liaison Program. The School Liaison Program provides support to families with children in pre-kindergarten through 12th grade, assisting with everything from school transfers to homeschool support, to meeting graduation requirements. For more information about the School Liaison Program, or to find your local School Liaison, visit <https://www.navycyp.org/programs-services/child-and-youth-education-services>.

Expanded Hourly Child Care Options: Through Military OneSource, survivors of active-duty members have free access to a national database of more than a million caregivers to find hourly, flexible and on-demand child care. For more information, visit <https://www.militaryonesource.mil/parenting/child-care/military-child-care-services/>.

Tutor.com Military: Survivors of active-duty service members have access to Tutor.com for U.S. Military Families, which provides on-demand, online tutoring and homework help at no cost with more than 3,000 expert tutors in 150+ subjects. For more information, visit <https://military.tutor.com/home>.



WORK AND FAMILY LIFE PROGRAMS

The Personal Financial Management (PFM) Program supports military families with the tools and resources needed for financial stability and success. The Department of Defense (DoD) ensures that these services are available at the Fleet and Family Support Center (FFSC), where highly-trained personal financial managers (PFMs) are ready to assist.

PFMs at your FFSC are experts in managing finances, holding at least a bachelor's degree and nationally-accredited financial counseling certifications. They work tirelessly to guide and support service members and their families, helping them succeed financially.

PFM staff understand military families' unique challenges, and their program is designed to offer them the education and support necessary to manage their finances effectively. Here's how the PFMs can assist:

Information and Referral: PFMs help families navigate local resources, understand their benefits, and handle financial emergencies by connecting them with the right services and support.

Education and Training: PFMs offer classes and workshops on essential topics like budgeting, saving, investing, home buying, and retirement planning. These sessions provide practical advice that can be used immediately, empowering families to take control of their finances.

Financial Counseling: Financial counselors are available for personalized, one-on-one counseling sessions to help create tailored plans for financial goals, whether getting out of debt, saving for major purchases, or planning for future needs.

The PFM Program supports military families at every step, offering tools such as free credit report access (certain restrictions apply), Debt Destroyer, and budgeting assistance to help them make informed decisions and avoid common financial pitfalls. PFMs are committed to supporting military families in achieving financial well-being.

To find a PFM at your installation or for more information, contact your NGS coordinator or visit the Fleet and Family Support Program website at www.ffsp.navy.mil.

EFMP Exceptional Family Member Program

The Navy's Exceptional Family Member Program (EFMP) provides comprehensive support to active-duty families that have an eligible family member(s) with special needs, whether medical, social/emotional or educational based. Criteria for the mandatory enrollment can include eligible dependents with special medical, dental, mental health, developmental delay diagnosis, and/or children who are receiving special education supports/services in school.

The key components of the EFMP are identification and enrollment, assignment screening, and family support. The ultimate goal is to ensure the continuum of care of those exceptional family members (EFMs) as they execute a permanent change of station (PCS) with the service member from duty station to duty station.

Through enrollment in the EFMP, a service member's assignments will be screened to ensure that the services and support required by their EFM are available and accessible at the designated duty station.

Additionally, each service member/family is assigned an EFMP case liaison who provides the key component of family support. The family support component includes providing regular contact with the families, documenting each interaction for the case history and follow-on support, offering information and referral, creating a Family Needs Assessment, support with navigating the various systems (TRICARE, ECHO, SSI, Medicare), advising of respite care resources, reviewing Individual Education Programs(IEP), and even attending those meetings as requested by the parent.

The EFMP case liaison will also provide a warm handoff to the gaining installation EFMP case liaison, connecting the service member/family, so the support and resources needed can be identified and information made available to the family before they even arrive at their new duty station.

EFMP case liaisons are located at the Fleet and Family Support Centers (FFSCs) and are dedicated professionals who are passionate about helping the military's special needs families. For more information about the EFMP, contact your nearest Navy Gold Star Program coordinator or visit the Fleet and Family Support Program website at www.ffsp.navy.mil.



LIFE SKILLS EDUCATION

Life Skills Education is all about self-discovery and exploring new ways to think, interact and problem-solve. Navy 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.

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, which 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; Mind-Body Mental Fitness and more.

Mind-Body Mental Fitness (MBMF) is a primary prevention program that is facilitated by FFSC staff. It is evidence-based curricula that supports the mind, body and spirit. The six-class course can be taken together as a series, or any one session can stand alone. Each class deepens the participant's understanding of mental fitness and gives them the tools to manage stress. Life Skills and MBBF webinars are available in person at your nearest FFSC or virtually on mynavyfamily.com.

Life Skills Education services are designed to make life more manageable and less stressful. Some participation restrictions may apply. Contact your NGS coordinator to learn more or visit the Fleet and Family Support Program website at www.ffsp.navy.mil for more information.



RELOCATION SPECIALISTS

The Relocation Assistance Program, offered by Fleet and Family Support Centers (FFSCs), is intended to help make the relocation process less stressful for service members and their families through proper planning and an array of services that it provides.

The services provided through advanced web-based technology and personalized assistance can help military families with challenges such as planning for the move, finding affordable housing, reputable schools, child and youth programs, moving with vehicles and pets, steps to take after the move, and referrals to outside services. FFSCs offer access to computers and web-based resources to research new installations or locations.

The FFSC's relocation specialists can be a resource for eligible Gold Star family members seeking assistance with a move after the loss of their loved one on active duty. Some participation restrictions may apply.

Relocation assistance trainings/webinars are available in person at your nearest FFSC or virtually on mynavyfamily.com. Contact your NGS coordinator to learn more or visit the Fleet and Family Support Program website at www.ffsp.navy.mil.



SEXUAL ASSAULT PREVENTION AND RESPONSE PROGRAM

The U.S. Navy's Sexual Assault Prevention and Response (SAPR) Program is designed to meet the needs of victims through comprehensive response and compassionate advocacy. Our mission is to prevent and respond to sexual assault, eliminating it from our ranks and preserving Navy mission readiness. Sexual assault response coordinators and SAPR victim advocates stand at the ready to assist with electing reporting options, accessing medical and mental health care, and getting connected to legal, spiritual, and other resources.

The DoD Safe Helpline can connect you to your local SAPR program and provides live, individualized support for sexual assault incidents. Services are available to the DoD community 24/7 via telephone (1-877-995-5247), text (55-247 or 001-202-470-5546) or online at www.safehelpline.org.

In addition, the National Sexual Assault Hotline is available 24/7 and can put you in touch with a local rape crisis center at 1-800-656-4673.

MILITARY ONE SOURCE

Military OneSource provides military families with a 24/7 connection to information and support on a variety of topics. From articles and products to programs and learning courses, we have you covered. Need grief counseling? We are here for you. Visit Military OneSource for free access to these and other resources tailored specifically for military survivors. Available support includes:

Online Survivor Benefits Report: The interactive online survivor benefits report helps eligible surviving spouses and dependent children determine the financial benefits they should be receiving and projects future benefits. So map out your future now at <https://www.militaryonesource.mil/benefits/online-survivor-benefits-reports/>.

Surviving Family Member Inquiry Form: Have a question or concern? This form provides a way for survivors of active-duty deaths to reach out for help. Access the form at <https://public.militaryonesource.mil/survivor-inquiry>.

The Survivor Connection: Want to stay connected? The Survivor Connection links to enduring support for survivors whose loved ones died while on active duty: Get connected at <https://www.militaryonesource.mil/epublications/the-survivor-connection-enewsletter-archives/>.

Military In Lasting Tribute: This online site is a place where survivors can view, remember and share tributes to their loved ones with their networks, extended survivor community and military family. To be eligible, service members must have died while serving honorably on active duty from 1985 to the present. Find out more at <https://tribute.militaryonesource.mil/>.

Understanding Grief: While there is no right or wrong way to grieve, there are healthy ways to cope, including through grief counseling. Get the help you need now at <https://www.militaryonesource.mil/casualty-assistance/grief-support/>.

MilLife Learning: Check out the online learning courses that offer resources to assist surviving family members and those who support them at <https://www.militaryonesource.mil/resources/training/>.

MilTax: MilTax provides free tax services and software for eligible survivors from financial consultants and tax professionals with military expertise. Don't leave money on the table. Get answers to your tax questions at <https://www.militaryonesource.mil/resources/millife-guides/miltax-software-support/>.

Morale, Welfare and Recreation Programs: MWR offers a wide range of services and activities, including fitness centers, sports and entertainment programs, outdoor recreation opportunities and leisure travel. Connect with others and have a little fun along the way at <https://www.militaryonesource.mil/benefits/mwr-programs/>.

Spouse Education Career Opportunities: This program, known as SECO, offers free services to connect surviving spouses with education and career opportunities. Unlock your future at <https://www.militaryonesource.mil/benefits/spouse-education-and-career-opportunities-program/>.

For more information about survivor resources and support, visit <https://www.militaryonesource.mil/role/survivor/>.



WOODY WILLIAMS FOUNDATION

The Woody Williams Foundation is a 501(c)(3) charitable, nonprofit organization that pursues the vision of Medal of Honor recipient Hershel "Woody" Williams to establish Gold Star Families Memorial Monuments in communities throughout the country, sponsor Gold Star family outreach programs, provide Living Legacy scholarships to eligible Gold Star children, and to advocate for educational benefits for all Gold Star family members. This mission is pursued through three focused programs: Gold Star Families Memorial Monuments, Outreach and Education.

Gold Star Families Memorial Monuments: Gold Star Families Memorial Monuments provide a place of permanence for Gold Star families to gather and use in honor and remembrance of their loved ones who paid the ultimate sacrifice in the U.S. Armed Forces. They are intended to demonstrate to Gold Star families that their community cares for them, to establish and strengthen local Gold Star family communities, and to educate the general public about the enduring sacrifices of Gold Star families and the ultimate sacrifice made by their loved ones. The Woody Williams Foundation has a goal to establish these monuments in as many communities as possible in all 50 states and U.S. territories.

Outreach: After the dedication of each monument, the foundation is focused on keeping each local Gold Star family community engaged through sponsoring and hosting outreach programs and events. Events include memorial events, 5K runs and walks, motorcycle rides from monument to monument, riverboat gatherings, school speeches, and events such as Gold Star Family Day at the Ballpark. These events provide opportunities for Gold Star families to come together, honor their loved ones and build a system of support, while also raising public awareness about Gold Star families and their enduring sacrifice.

Education: Gold Star Living Legacy scholarships are provided to an underserved group that is not eligible for the Fry Scholarship and/or DEA (Dependents Educational Assistance). The Gold Star Living Legacy Scholarship award amount is needs-based with a maximum award amount of \$5,000 per academic year. In addition to scholarships, the Woody Williams Foundation works to advocate for educational benefits for all Gold Star family members. This is accomplished by working with nonprofit partners and educational institutions as well as federal and state governments.



TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS

The Tragedy Assistance Program for Survivors (TAPS) is the leading national organization providing compassionate care and survivor support services for the families of America's fallen military heroes.

Since 1994, TAPS has provided comfort and hope 24/7 through a national peer support network and connection to grief resources, all at no cost to surviving families and loved ones.

TAPS provides a variety of programs to survivors nationally and worldwide. Their National Military Survivor Seminar and Good Grief Camp has been held annually in Washington, D.C., over Memorial Day weekend since 1994. TAPS also conducts regional survivor seminars for adults and youth programs at locations across the country, as well as retreats and expeditions around the world. Staff connect survivors to counseling in their community and can help them navigate benefits and resources.

Those grieving the loss of a fallen service member can contact the TAPS 24/7 National Military Survivor Helpline toll-free to find loving support and resources at 800-959-TAPS (8277).



NOVEMBER 2024