

September is Gold Star Family month.

This is a time to recognize those families among us who have paid the ultimate price for our country's freedoms. Please reach out to the families and let them know you are there and care about them and their loss. If you have any event going on at your post invite them to join you for it. Offering them their meal is a way of saying thank you. Find out if they need help with anything around the house like mowing the lawn, cleaning, painting or any other thing that they are unable to do alone and find volunteers among your members to assist them. If you sponsor a scout troop or other youth group remember they too can help with some things that these families may need done. Even just a call or a card saying "We are thinking of you" can go a long way toward letting these families know someone recognizes their sacrifice.

If any of the families are interested in learning more about Gold Star Families they can contact Arlene Murray who is the president of the Tahoma Gold Star Wives of America. (253-720-1766 or email her at [a.murray2293@gmail.com](mailto:a.murray2293@gmail.com)). Let's make September special for these families. Remember, you could also increase your membership, if they don't already belong to an auxiliary.

Also, check out Captain Joseph House in Port Angeles, which will provide a respite for Gold Star Families on the journey from grieving victim to empowered survivor; from familiar military community to civilian life. The Captain Joseph House Foundation is a one-of-a-kind non-profit corporation created to lend support to the Gold Star Families of our military's Fallen Heroes. The Foundation has been forging new horizons in extended care for these Families. The House offers them a place to start rebuilding while reflecting on things past and future, and also sharing their experiences with other Gold Star Families. They want the Gold Star Families to know that they are committed to helping them rebuild and care deeply about their daily challenges and that the sacrifice of their loved one will not be forgotten.

For information go to: <http://captainjosephhousefoundation.org>